



Newsletter

June 2022

Thank you!

Thank you to everyone who participated, donated, and volunteered in our IG Wealth Management Walk for Alzheimer's events! We had a great time on Sunday, and hope you did too.

To celebrate another successful Walk month, [click here](#) and scroll down to watch a special broadcast brought to you by IG Wealth Management featuring performances from the **Ennis Sisters, Kim Dunn, Ian Janes, Cory Tetford, Heather Rankin, and Alan Doyle!**

A reminder to **submit your scavenger hunt** to society@alzpei.ca by this Friday, June 3, for your chance to win dinner for 2 at The Inn at Bay Fortune and a What's the Scoop? Gift Card. Remember, you don't need to complete the hunt to win! Find all the details [here](#).

Want to win a \$75 gift card for Wheelhouse in Georgetown? [Click here](#) to enter our Facebook giveaway before noon today!

And finally, **there is still time to donate!** Visit walkpei.ca if you would like to help us reach our goal of \$37,500.

For individuals and teams, the **deadline for fund submission** for you to be included in our top fundraiser prizes is June 3.

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Thank you and we'll see you again next year!

Programs & Services

Focus Group

Help us design a NEW program for persons living with dementia!

We are launching a new program for persons living with dementia, their primary family caregiver, and other family members. The program has two components including bi-weekly Social Activities and weekly Walking Groups across the Island.

We need your help as we design these new programs. Please join us in person or online at one of the focus groups listed below to provide feedback that will help us deliver programs that meet your needs!

Where: In person at 166 Fitzroy St in Charlottetown, or join virtually (we will send you a link)

Option 1 - June 9th 6pm-7pm

Option 2 - June 14th 1pm-2pm

Registration required!

[Click here](#) to register or call 902-628-2257.

NEW Young Onset Dementia Support Group

The personal and social consequences of caring for a person diagnosed with dementia before the age of 65 are different compared to those diagnosed later. That's why we've created a group specific for family members and friends caring for someone diagnosed with young onset dementia.

Starting in June, join us on the 4th Thursday of the month from 6:00pm-7:00pm. In-person (Charlottetown) and virtual options are available.





Support Groups

**YOUNG ONSET
DEMENTIA
SUPPORT GROUP**

For Friends & Family



For more information or to register: society@alzpei.ca or 902-628-2257.

Island-wide Caregiver Support Groups

Our Caregiver Support Groups provide a safe and supportive environment where you can learn, laugh, and help each other through difficulties with mutual understanding.



Support Groups

ISLAND-WIDE CAREGIVER SUPPORT GROUPS



O'LEARY



SUMMERSIDE



CHARLOTTETOWN



MONTAGUE



Pre-registration is required to attend. [Click here](#) to learn more.
 Please contact the office at (902) 628-2257 or society@alzpei.ca.

Education: Upcoming Webinars & Workshops

Dementia Care Training

The Dementia Care Training program is offered by the Alzheimer Society of PEI for healthcare professionals to increase best practices in dementia care. Register for DCT 102 happening on June 16 & 23 in Charlottetown, or DCT 101 happening on September 7 & 8 in Montague.

[Click here](#) to learn more and register for Dementia Care Training (101 is a prerequisite for 102).



DCT 102 was delivered for the first time in quite a while! Participants from long-term care, community care and home care completed the 2 days of training to increase their skills and knowledge in caring for person's living with dementia.

Shelley has more in person trainings later in June and September, and many more to come later this year. [Register now!](#)

ASPEI's Lunchtime Learning Series

'Special topics in dementia'

Presented by Shelley King, LPN, and Jaime Constable, CEO - ASPEI



CHANGES IN COMMUNICATION & BEHAVIOUR



These free 30 minutes online sessions are open to all those experiencing cognitive changes or providing care for a person living with Alzheimer's or dementia, including family care partners and health and community service providers.

Falls Prevention and Dementia

June 9th, 12pm-12:30pm

[Register here](#)

Changes in Communication and Behaviour

June 23rd, 12pm-12:30pm

[Register here](#)

Volunteer

Walking Group Leader

ASPEI is **seeking seniors who enjoy an active lifestyle to volunteer as Walking Group Leaders for four Walking groups across the province** (O'Leary area/ Summerside/ Charlottetown/ Montague). The Walking Group Leaders will assist in designing and leading ongoing weekly Walking Groups for persons living with dementia and their caregiver and/or other family members/friends. Dementia specific training is provided!

For more information, [click here](#).

Volunteer Companion Program

Become a Volunteer Companion!



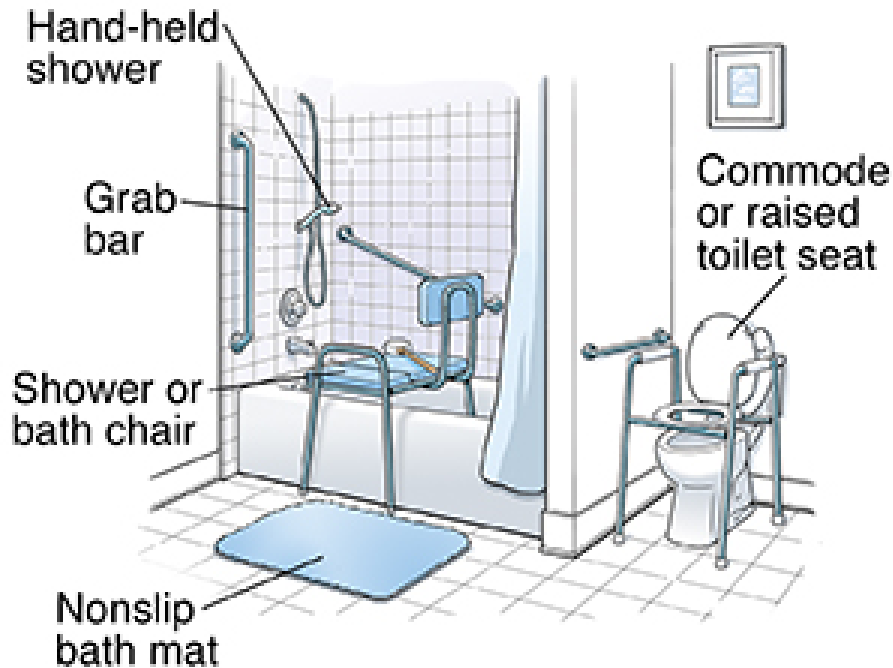


We are continuing to accept applications for volunteers for our Island-wide Volunteer Companion Program. If you are interested in participating in weekly friendly visits with a person living with dementia, we would love to meet you!

To apply, [click here](#) or contact ASPEI at society@alzpei.ca or 902-628-2257.

Helpful Tips for Caregivers

Falls Prevention



Falls are the leading cause of injury for seniors and the main reason why older adults lose their independence. Although risk factors increase with age, falls are not an inevitable part of aging. Most falls are predictable, and **preventing them could save your life.**

The single most effective fall prevention intervention is participation in a safe exercise program designed to improve strength and balance. It is recommended to complete 150 minutes of moderate exercise each week to help reduce the risk of falls and maintain a healthy lifestyle.

Join us live on June 9th to learn helpful tips on how to reduce your risk of falls.

Visit our website at www.alzpei.ca.
Connect with us on [Facebook](#), [Instagram](#) & [Twitter](#).
[Donate here](#).
Thank you!