

NEWSLETTER

SPRING 2021

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Follow us on social media & keep up to date!



@AlzheimerPEI

UP & COMING: EVENTS

This year we're organizing an Island-Wide SCAVENGER HUNT open to all Islanders for the month of May. The activities will incorporate supporting local and exploring our beautiful Island!

You can complete the activities with friends, family members, or on your own if you choose. The activities will be posted on Facebook on May 1st.

The Walk for Alzheimer's is our most important annual fundraiser. Register online as a team or as an individual to access information and resources to help you in your fundraising. Funds raised go to support essential programs and services for Islanders living with dementia, and their care partners.

In addition to the online space, we will have an in-person donation drop-off on May 30th, 2021 from 10am-noon at our office porch on Fitzroy St. in Charlottetown, where you can expect good music, a chat with our team and more.

There will be prizes!

To learn more and register visit walkpei.ca



Alzheimer Society

The Guardian

A member of the SaltWire Network

First Link Education Series

The First Link® Education Series is a four-module series for care partners and family members who are caring for a person with dementia. Topics covered will provide information on day-to-day living, caring for the care partner, and more.

[Click here for more information](#)

Medic Alert

The Alzheimer Society offers the Medic Alert Safely Home® program that helps find a person with Alzheimer's disease who is lost and assists in a safe return home.

For more information on how this service works, how to sign up and pricing, [click here](#).

EDUCATION ALZHEIMER'S AWARENESS CONFERENCE

Thank you to everyone who attended our Alzheimer's Awareness Conference, held on January 28, 2021, and a special thank you to our guests:

- Teepa Snow
- Dr. Martha Carmichael, Geriatrician
- Michelle Thompson
- Gord McNeilly

This year we focused on #ConnectionsMatter. A key element of the campaign looked at creative ways to stay connected during Covid to reduce social isolation for persons living with dementia and their care partners, a group of individuals already at an increased risk of isolation.

We need to come together to help Islanders living with dementia, building connections that matter, which is the heart and soul of the Alzheimer Society.



The conference can be found On Demand on Eastlink by selecting Community TV, Special Interest, Podium, Podium TV PEI, Season 13, S13/E11.

AGING WELL: BRAIN HEALTH WEBINAR

Heads Up for a Healthier Brain! Join us via Zoom to learn more about key ways to maximize your brain health, at any age.

We will discuss the role and importance of nutrition, physical exercise, social connections, staying mentally active, protecting your head, and reducing stress in supporting brain health. You can use this knowledge to benefit your own health, and to help you care for your friends and family members

April 28th, 7-8pm OR April 30th, 1-2pm

[Click Here to Register](#)



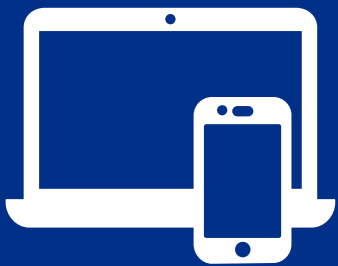
Online Support Groups

In response to Covid,
we are holding care
partner support
groups for Islanders
online via Zoom.

**This group meets on
the 1st and 3rd
Wednesday of the
month from
1:00pm - 2:00pm.**

Pre-registration is
required.

For more information,
please contact Laura
at 902-628-2257 or
email
society@alzpei.ca.



EDUCATION DEMENTIA CARE TRAINING

Did you know we have an evidence-based Dementia Care Training program for health care professionals?

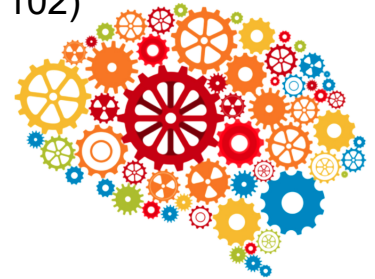
We've had the opportunity to work with a diverse group of professionals from many sectors including long-term care, home care, community care, acute care, and group homes.

The program is composed of two courses:

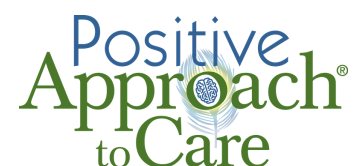
1. Dementia Care Training 101 (DCT - 101)
2. Dementia Care Training 102 (DCT - 102)

Upcoming Sessions:

- August 11 & 12, 2021
- November 24 & 25, 2021

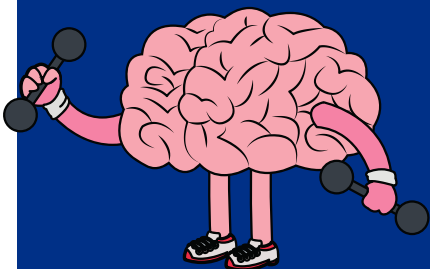


For more information & to register, [click here](#).



Brain Booster

1. What's full of holes but can still hold water?
2. What five-letter word becomes shorter when you add two letters to it
3. I have keys, but no locks. I have space, but no room. You can enter, but you can't go outside. What am I?



Did you get them all?

**Send your brain
boosters to
society@alzpei.ca!**

Answers: 1. A sponge, 2. Short,
3. A computer keyboard

EDUCATION FIRST LINK



First Link® is an innovative referral program designed to assist individuals diagnosed with Alzheimer's disease and other dementias, as well as their families and care partners. Providing support from the point of diagnosis and throughout the progression of the disease.

First Link® Connects People to:

- A learning series offering information about diagnosis, day-to-day living, positive approaches to care, how to manage changes and how to prepare for the future.
- Support groups and opportunities for one-to-one counselling.
- Additional community programs and services.

To learn more [click here.](#)

POLICE CADETS

On February 9, 2021, a Dementia 101 presentation was completed for Police Cadets at the Atlantic Police Academy. During this presentation, cadets learned the basics of dementia and potential implications for:

- driving
- shoplifting
- domestic violence
- responsive behaviour
- search and rescue



**HOLLAND COLLEGE
PRINCE EDWARD ISLAND**

Cadets were equipped with communication essentials to help them in their work. We thank them for their continual support!

Major Gifts & Bequests

We are grateful for the major gifts and bequests that we have received. We encourage you to consider a bequest or a family trust.



Donations

Your donation today will help bring services and support to people with dementia and their care partners across the Island. It helps us fund research into the causes and a cure for Alzheimer's disease and other dementias. You can donate directly through the Alzheimer Society of PEI, either by mail, telephone, or online through CanadaHelps.org.

ADVOCACY

MEDICAL ASSISTANCE IN DYING (MAiD)

Medical Assistance in Dying (often shortened to MAiD) is a very complex and personal issue.

The information presented here is intended to assist and support people living with dementia – together with their families and care partners – make informed decisions about their care.

Click [here](#) to learn more about MAiD.



[Click here](#) for more information about the changes to Canada's Medical Assistance in Dying (MAiD) laws from the Government of Canada website.

If you have specific questions about your care, please contact your healthcare provider.

Upcoming Webinars



Updates in Alzheimer's Disease Research

• June 29 at 1:00pm

Dementia 101 - Overview of Alzheimer's Disease and dementia

• April 20 at 7:00pm
• May 18 at 11:00am

Dementia 102 - Supportive Communication

• April 27 at 11:00am

Brain Health

• April 12 at 1:00pm
• June 14 at 11:00am

For more information and to register [click here.](#)

RESEARCH

10 DEMENTIA RESEARCH PRIORITIES

Research is vital to finding better ways to prevent, diagnose and treat dementia and improve the quality of life of those affected by it.

A recent study identified 10 priority areas for Canadian dementia researchers and research funding organizations:

1. Addressing stigma
2. Emotional well-being
3. Impact of early treatment
4. Health system capacity
5. Care partner support
6. Access to information and services post-diagnosis
7. Care provider education
8. Dementia-friendly communities
9. Implementation of best practices for care
10. Non-drug approaches to managing symptoms

[Click here for more information.](#)

THE DEMENTIA JOURNEY SURVEY

The Alzheimer Society of Canada, in partnership with the College of Family Physicians of Canada, is asking you to participate in [this 5-minute survey](#) to help us understand your experience with the care you receive from your family physician or other healthcare provider. To learn more [click here.](#)