



Newsletter **February 2023**

11th Annual Alzheimer's Awareness Conference

We were thrilled to sell out our first in-person Awareness Conference since before the pandemic!

Thank you to our keynote speaker, Dr. Donald Weaver, who provided information on research, treatments, trials, and Covid's impact on the brain! Additionally, thank you to our many guest speakers; you provided so much insight, hope, and valuable knowledge for everyone who attended.

Thank you to our wonderful food providers 4 S Catering, the staff at Jack Blanchard Family Centre, our volunteers, our sponsors (IG Wealth Management, Bayshore Health Care, Harding Medical, Eastlink TV, and Saltwire Network), everyone at our info booths, and everyone who attended the Conference both in-person and virtually!

A special CONGRATULATIONS to Eric and Judy Goodwin, who were the winners of a \$1000 Travel Voucher as part of our travel raffle. Enjoy!

Stay tuned in the future as we'll let you know when Eastlink will be airing the Conference! We will also have a recording available soon.

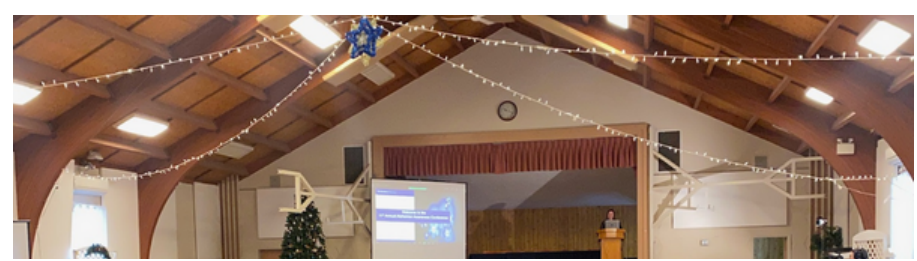
If you attended the Conference and did not have the chance to provide anonymous feedback, you can find our evaluation [here](#).

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Programs & Services

Upcoming Social Activities

We offer free, Island-wide social events for seniors! All events are dementia friendly and there are new events every month.

Registration is strongly recommended. [Click here](#) to see the full February flyer.

Knit Dishcloth Creations, Summerside | February 10, 2-4pm

An afternoon of creative dish cloth making and great company. Knit your way to a beautiful dish cloth. All supplies will be provided.

[Register here](#)

Sea Glass Heart Art, Charlottetown, Summerside, Montague & O'Leary | February 13, 1-3pm

Let's get creative! Join the Alzheimer Society Staff in creating a Valentine's Day themed sea glass shadow box art. Registration is required to ensure your spot as supplies are limited. Click below for exact locations.

[Register here](#)

Winter Seniors Dance, O'Leary | Date and Time TBA!

Come in out of the cold and warm up on the dance floor! Join us for some great music, refreshments, and connection with other seniors in the community!

More details to come! Keep an eye on our social media & [registration page](#).





Walking Groups for Seniors

Are you a senior looking to stay active and connect with others? Our walking groups are for you! Additionally, these groups are dementia friendly!

To learn more and register, [click here](#).



Island-wide Caregiver Support Groups

Our Caregiver Support Groups in Charlottetown, Summerside, Montague, and O'Leary provide a safe and supportive environment where you can learn, laugh, and help each other through difficulties with mutual understanding.

Pre-registration is required to attend. [Click here](#) to learn more.

Please contact the office at (902) 628-2257 or society@alzpei.ca.

"Support Group has allowed me to feel far less isolated in my role of caregiver, providing me a sense of shared connection, ideas and information by way of the experiences of others, and formal information." - Wendy



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Education: Upcoming Webinars & Workshops

Dementia Care Training

The Dementia Care Training program is offered by the Alzheimer Society of PEI for healthcare providers to increase best practices in dementia care. Register for DCT 102 happening March 8-9, 2023 in Montague. *DCT 101 is a prerequisite for DCT 102. New date added by popular demand in March for DCT 101 in Charlottetown March 22 & 29. Seating is limited, register early to have your seat reserved

[Click here](#) to learn more and register for Dementia Care Training.

Alzheimer Society
PRINCE EDWARD ISLAND

DEMENTIA CARE TRAINING

A comprehensive education program for healthcare providers to increase best practices in dementia care.

P - Physical
I - Intellectual
E - Emotional
C - Capabilities
E - Environment
S - Social / Culture

U-First!

Positive Approach to Care

DEMENTALITY

Next Steps for Families: First Link Learning Series

Join us for free sessions on February 16th and 23rd at our Charlottetown office to learn about caring for persons living with Alzheimer's disease or another dementia as a family member or friend. We will be providing an overview of the disease and what to expect in the early stage. Attendance on both dates is strongly encouraged!

[Click here](#) to learn more and register for Next Steps for Families.

Driving & Dementia

Driving following a diagnosis of dementia can be challenging for the individual and those closest to them. The Driving and Dementia Roadmap website provides support in helping to navigate the many challenges that driving poses in the context of dementia.

Learn more [here](#) or contact Elaine Stasiulis at estasiulis@baycrest.org



Concerned About Driving After a Diagnosis of Dementia?

Free online resource created by researchers, clinicians and individuals with lived experiences

www.drivinganddementia.ca

 DRIVING & DEMENTIA ROADMAP

Presentations in the Community

Do you belong to a community group that would be interested in hearing more about the Society and what we do? Or would you like to learn more about dementia? We have staff Island-wide who are available and happy to come and chat with your group.

Education is an important part of removing stigma and understanding the impacts of dementia and how we as a community can help.

If you are interested please contact us at society@alzpei.ca or 902-628-2257.

Volunteering

Walking Groups Leader

Are you an active senior? We are looking for volunteers to help lead weekly, dementia-friendly Walking Groups for seniors across PEI. Training and support is available!

Interested? [Click here](#) for more information.

Social Activities Leader

Share your talents! We are looking for seniors to volunteer and help us lead social activities for seniors across the Island. These could be arts and crafts, music related, games, and health and wellness education oriented.

If you're interested in leading an activity, please fill out our [volunteer application](#) or contact us!



Brought to you by
Wellness, Connect & Care



Social Activities

VOLUNTEERS NEEDED!

We're looking for seniors who would like to lead a dementia-friendly social activity of their choice.

Apply now! www.alzpei.ca or 902-628-2257

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Funded in part by the
Government of Canada's
New Horizons for Seniors Program | Canada

Fundraising

IG Wealth Management Walk for Alzheimer's

The IG Wealth Management Walk for Alzheimer's, our biggest fundraising event of the year, is around the corner! While we're still in planning mode for our best Walk yet, our registration page is now OPEN! It's never too early to get your team together or register as an individual, and begin fundraising.

[Click here to register](#) and stay tuned for more information!



Planned Giving

Individuals like you are the main reason we're able to provide programs and services for Islanders affected by dementia. From monthly donations to bequests, securities, and more, we have a variety of ways for you to support us and our community.

[Click here](#) to learn more.

Helpful Tips for Caregivers

Cold Weather Challenges

Winter can add additional challenges when caring for someone living with dementia; being cold can temporarily make symptoms worse, often because they're not able to

express or even recognize when they are cold. Here are a few helpful tips to help get you through the winter season.

1. Make the most of natural daylight. Decreased sunlight can sometimes increase confusion and anxiety.
2. Dress appropriately. Cotton and wool are best for maintaining body heat, and remember non-skid boots.
3. Keep active. Regular physical activity will not only help improve circulation, but also helps with keeping warm in cold weather. If it is not safe to go outside due to weather, move around in the home.
4. Keep a regular routine. If changes need to be made, make them slowly. Big changes can increase confusion and cause agitation.

Making the most of our winter season, adapting, and preparing for continued fresh air will help bring us to spring... Which is less than 8 weeks away!



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