



Alzheimer Society

PRINCE EDWARD ISLAND

Newsletter

March 2024

Brain Awareness Week

Next week, March 11-17, 2024 is Brain Awareness Week. This week is a time to shine a spotlight on the importance of brain health and raise awareness about conditions like Alzheimer's disease and other dementias. These conditions not only impact individuals directly but also their families and communities.

As we observe Brain Awareness Week, we want to emphasize the importance of supporting a healthy brain throughout the lifespan. Brain research allows us to understand our biology and body function better, which empowers medical professionals to find ways to prevent or treat brain, nervous system, and body problems.

Reduce your risk of Alzheimer's and other dementias:

4 Ways to Support a Healthy Brain

1. Live a healthy lifestyle
2. Stay socially connected
3. Challenge your brain
4. Protect your head

Want to understand more? Join us for an in depth presentation where we discuss brain health, dementia, and reducing your risk.

[Register here for a free session in Summerside, O'Leary, or join virtually!](#)

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BRAIN AWARENESS WEEK!

MARCH 11-17, 2024



REGISTER FOR OUR BRAIN HEALTH PRESENTATIONS FOR SENIORS

Virtual • Summerside • O'Leary

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SALTWIRE



National Social Worker Month

March is National Social Worker Month, which is a time to honour and recognize the invaluable contributions of social workers. Join us in celebrating the dedication, compassion, and efforts of these essential professionals supporting our community, especially our resident Social Worker, Laura MacWilliam, who is our Programs and Services Manager at the Alzheimer Society of PEI.

Laura has been at ASPEI since 2019, but has worked for the Alzheimer Society for over 10 years! She understands what an amazing privilege it is to serve Islanders impacted by Alzheimer's Disease and other dementias. Laura's dog, Baxter, is often by her side and if you've ever stopped by the office in Charlottetown, he has probably greeted you.

Laura provides critical support to caregivers and persons living with dementia through one-on-one support, providing education and resources, facilitating numerous support groups, and much more.

As we honour National Social Worker Month, let us express our gratitude to Laura and all social workers for their unwavering commitment to the well-being of our communities.



Happy National Social
Worker Month!

**Laura MacWilliam RSW,
Programs and Services
Manager**



Upcoming Event!



IG Wealth Management Walk for Alzheimer's **Join us! Saturday, May 25th, 2024**

Your participation makes a difference, bringing hope, awareness, and vital funds to our community. The IG Wealth Management Walk for Alzheimer's fundraiser and awareness walk registration is OPEN! Join us as we lace up our shoes, step out into the fresh air, and walk together in solidarity to support Islanders impacted by Alzheimer's disease and dementia.

Who are you walking for?

[REGISTER NOW](#) as an individual or as a team, to get involved and make an impact!
[Donate Now](#) in honour of someone you know.



Who are you
walking for?

Register now!

#IGWalkforAlz

Career Opportunities

Support Services Coordinator - Kings County
(Full Time, Temporary Contract until July 2025 with possibility of extension)

To learn more about this position and view the job description, [click here!](#)

Applications can be submitted to society@alzpei.ca

Programs & Services

Support Groups

STARTING SOON!

We're launching two new support groups for persons with MCI or the early stages of dementia. Connect with others living a similar journey and learn from one another about how to live well with dementia.

Living with Changes in Thinking and Memory - Support Circle | Charlottetown
| 1-2pm 2nd & 4th Tuesday of every month | First session on May 14th

This group provides a safe and supportive environment where you can learn, laugh, and help each other through mutual understanding.

The Brew Crew | Alberton | 10-11am
2nd & 4th Thursday of every month | First session on April 11th

Relaxed and informal group for people living with early stage dementia and their friends and/or family members. Come socialize, have a (or another!) morning coffee or tea, and be in the presence of others who are living a similar journey. To participate please register by calling Jaclyn Gallant at 902.214.1722 or jgallant@alzpei.ca.



The Brew Crew
Social hour for people living with MCI or early stage dementia and their family and friends.

📍 **Alberton**
🕒 **2nd & 4th Thursday of each month**
10-11AM
Starting April 11th!

Living with Changes in Thinking and Memory: Support Circle

📍 **Charlottetown**
🕒 **2nd & 4th Tuesday of each month**
1-2PM
Starting May 14th!

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Support Groups

Our **Island-Wide Caregiver Support Groups** are for anyone supporting a family member or friend who is living with dementia. The groups provide a safe and supportive place to share feelings, exchange practical strategies, and connect with other caregivers living a similar journey.

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

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

Get Together! Social Activities for Seniors *Funded in part by Seniors Secretariat*

Connect & Knit

Thursday, March 14th | 10:30am-12:00pm | Summerside Inspire Learning Centre

Join us for our monthly knitting group Connect & Knit with volunteer Joy! We'll come together to knit, chat, and create beautiful works of art. Whether you're an experienced knitter or just starting out, everyone is welcome to join in the fun and connection.

Cornwall Crochet Cafe

In partnership with the Cornwall Public Library

Saturday, March 23rd | 1:00-3:00pm | Cornwall Public Library (15 Mercedes Dr)

Embrace the spirit of spring and National Crochet Month as we gather together to crochet beautiful and vibrant pieces inspired by the season. Grab a treat and enjoy a hot drink as we chat, laugh, and create together in a relaxed and inviting atmosphere. All experience levels welcome!

O'Leary Seniors Staycation
In partnership with the Town of O'Leary

Sunday, March 24th | 2:00-4:00pm | O'Leary Royal Canadian Legion

Experience a taste of the tropics right in your own backyard at our Seniors Staycation party! Enjoy live music by Louise & Friends, vibrant decorations, and tropical-inspired treats. Whether you're dreaming of sandy beaches or just looking for a fun-filled day out, our Staycation party will transport you to sunnier shores and create connections with friends old and new.

[Register here for March activities!](#)



Walking Groups

The **O'Leary Walking Group** is back! Join our lovely volunteers Bev Murphy & Carol Livingstone at the Centennial Park walking track. The group will meet at 1:00pm every Friday afternoon (please register to ensure you receive cancellation notices).

Charlottetown Walking Group is ongoing on Tuesday and Saturday mornings. Stay tuned for future snowshoeing adventures!

Montague Walking Group is on hold until the Spring 2024.

Our walking groups are free and offer a senior-friendly and dementia-friendly environment for all to stay active and connected!

[Register here](#) and receive updates on walk locations, cancellations, etc.



Education: Upcoming Webinars & Workshops

Free Education Sessions

First Link Learning Series: Next Steps for Families

For family members and friends caring for individuals with Alzheimer's disease or dementia. You'll learn about topics including dementia overview, memory loss, coping strategies, medications, treatments, research, planning for the future, and community resources and support. **Pre-registration is required to attend.**

Tignish Community Office | April 4th, 11th, and 18th | 5:30 - 8:30pm

Attendances on all dates is strongly encouraged. [Register here!](#)

First Link Learning Series: Care Essentials

This series will offer guidance throughout the caregiver journey and strategies for when a person with dementia's care needs have increased. Topics discussed include: the progression of the disease, understanding behaviour, day to day care and community resources. **Pre-registration is required to attend.**

Summerside Library | April 18th & 25th | 10:30am - 1:30pm

Attendance on all dates is strongly encouraged. [Register here!](#)

First Link Learning Series: Care in the Later Stages

For family members and friends caring for individuals with Alzheimer's disease or dementia. You'll learn about what to expect in the later stages of the disease. Topics include understanding experiences of grief and loss, learning about the later stages, recognizing pain and distress, and providing care that promotes dignity, comfort, and quality of life. **Pre-registration is required to attend.**

ASPEI Office, Charlottetown | March 19th & 26th | 1:00 - 3:30pm

Attendance on both dates is strongly encouraged. [Register here!](#)

[Click here](#) to learn more or please contact the office at (902) 628-2257.

Caring with Pride: 2SLGBTQIA+ Caregiver's Corner

Join us for a free education session on Caring with Pride. This education module is designed specifically for caregivers who are providing support to individuals who identify as 2SLGBTQIA+ and are living with dementia. The aim is to equip caregivers with a better understanding of the lived experience and unique needs of the pride community and the impact early life experiences can have on us later in life and while living with dementia. The goal is for caregivers to possess a comprehensive skill set, enabling them to provide empathetic, inclusive and affirming sensitive care.

Pre-registration is required to attend.

Virtual - Zoom | March 13, 2024 | 5:30-7:30pm

[Register here for Caring with Pride!](#)

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.



Dementia Care Training: Online

Dementia Care Training (DCT) is a comprehensive education program offered by the Alzheimer Society of PEI for healthcare providers to build capacity for best practices in dementia care. Register for our upcoming online DCT 101 session happening in the new year and get certification!

DCT 101: Essentials of Alzheimer's Disease & Dementia (March 11th - April 19th)

Learn about the types of dementia, dementia & the senses, communication, responsive behaviours, person-centred care, and get U-First! Certification.

For: admin staff, managers, coordinators, clinical & direct care staff

Time commitment: 2 hrs/week for 6 weeks + 1hr live webinar

DCT 102: Advanced Fundamentals of Care (Feb 25th - Apr 8th)

Advanced theoretical knowledge and hands-on skills including foundations in Teepa Snow's Positive Approach to Care, Dementiability, considerations for LGBTQ2S+ approaches to care, techniques to foster positive interactions between providers and persons living with dementia, including responsive behaviour applications and supports. Includes certification in DCT 102.

For: Managers/coordinators, Clinical, & direct care staff

Time commitment: 9 hours of coursework + 3-hour session for practicum and evaluation

*Subject to course fees. Certificates are provided. DCT 101 is a prerequisite for DCT 102.

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



Helpful Tips for Caregivers

Empowering Caregivers: Helpful Resources

Life can often feel isolating and overwhelming as a caregiver. The freedom and independence you once had may feel non-existent or significantly diminished. While we at the Alzheimer Society suggest connecting with friends and family members and asking for help, utilizing local services such as the Home Care Program, attending our Island-wide support groups, and committing to self-care practices, it's essential to acknowledge that you're not alone in this journey.

The following is a list of books, podcasts, and media recommendations that will hopefully provide you with valuable insight, relatable experiences, and encouragement as you move through this chapter of your life.

Book Recommendations

1. [**The 36-Hour Day**](#) offers practical advice and support for caregivers of individuals with Alzheimer's disease, other dementias, and memory loss.
2. [**Learning to Speak Alzheimer's**](#) provides effective guidance and innovative approaches for improving communication and fostering connection with individuals living with dementia.

Podcast Recommendations

1. [**Let's Not be Kidding**](#) follows comedian Gavin Crawford's humorous yet heartfelt account of losing his mother to dementia.
2. [**Dementia Together Podcast**](#) from the Alzheimer's Society (UK) offers practical advice, personal stories, and expert interviews to support caregivers and individuals affected by dementia.

Film Recommendations

1. **Still Alice** based on the novel by Lisa Genova, follows the journey of a renowned linguistics professor as she navigates the challenges of early-onset Alzheimer's disease.
 2. **Away from Her** portrays a husband's journey as he grapples with his wife's Alzheimer's diagnosis and her decision to move into a care facility.
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Volunteering

Opportunities for High School Students

High School Students! Volunteer with us to get \$10 per volunteer hour to be put towards your post-secondary education, up to \$1500.

The Community Service Bursary Program is applicable for students as of July 1 going into grade 10, all the way until July 31 after grade 12 graduation.

[Click here](#) for more information or contact us at society@alzpei.ca or (902) 628-2257.



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