



Newsletter **May 2022**

IG Wealth Management Walk for Alzheimer's

Our most important fundraising event of the year is underway, and there are a variety of ways to participate (and win some amazing prizes)!

1. [Watch our Atlantic Kick-off Broadcast](#) if you missed it last Sunday!
2. Register at walkpei.ca as a team or individual to help fundraise.
3. Participate in our month-long, Island-wide Scavenger Hunt [available here!](#)
4. Join us for one of our 4 Walks on May 29th anytime between 1-3pm in O'Leary, Summerside, Charlottetown or Montague

We want to make a special shout-out to [The Local Pub](#) and [Oyster Bar](#) in Charlottetown who, throughout the month of May, will be donating proceeds from select menu items to the Alzheimer Society of PEI. Make sure you stop by this great new spot!

THANK YOU to all of our sponsors this year, including our gold sponsors: Key Murray Law, Parkdale Sherwood Lions Club, and Summerside Chrysler Dodge Jeep Ram. Your sponsorship helps us provide awareness and education within our community and support to the 1 in 3 Islanders affected by dementia.

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- Quick Links**
- [Our Website](#)
 - [Donate Now](#)
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Title Sponsor

Gold Sponsors

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In-Kind Sponsors

Scavenger Hunt Sponsors

Media Sponsors

For more information visit walkpei.ca or get in touch with us!

Programs & Services

Client Satisfaction & Dementia Needs Survey

We believe in continuously improving the quality and availability of programs and services to support persons living with dementia, their caregivers, and family members. **Your feedback about our services and your other needs related to dementia care help us to make the changes needed to serve you better and support changes in the whole system of care.**

We would be grateful for your feedback on this survey. Your participation is anonymous. In appreciation for your time, **we will do a draw for four \$25 gift cards** for anyone who includes their email address or phone number. (Optional)

[Click here to participate](#)
(Survey will be live until May 16th 2022)

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

Alzheimer Society
PRINCE EDWARD ISLAND

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



**DEMENTIA
CARE TRAINING**

A comprehensive two-day education program for healthcare professionals to increase best practices in dementia care.



The Dementia Care Training program is offered by the Alzheimer Society of PEI for healthcare professionals to increase best practices in dementia care, and **we're offering DCT 101 and 102 sessions in May and June!**

DCT 101: May 12 & 19 at Summerside Community Church
DCT 102: May 25 & 26 at Credit Union Place in Summerside
DCT 101: June 1 & 2 in Montague
DCT 102: June 15 & 16 in Charlottetown

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

ASPEI's Lunchtime Learning Series

'Special topics in dementia'

Presented by Penni Foresman & Laura MacWilliam, RSW

Alzheimer Society


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PRINCE EDWARD ISLAND

LUNCHTIME LEARNING SERIES


Special Topics in Dementia

IT TAKES A VILLAGE: DEMENTIA FRIENDLY COMMUNITIES
Presented by Penni Foresman
Thursday, May 12th | 12:00-12:30pm | Online


YOUNG ONSET DEMENTIA: COGNITIVE CHANGES UNDER 65
Presented by Laura MacWilliam, RSW
Thursday, May 26th | 12:00-12:30pm | Online



Penni Foresman



Laura MacWilliam, RSW



Education Sessions

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.

It Takes a Village - Dementia Friendly Communities

May 12th, 12:00-12:30pm

[Register Here](#)

Young Onset Dementia - Cognitive Changes Under 65

May 26th, 12:00-12:30pm

[Register Here](#)


Alzheimer Society of Canada: Young Onset Dementia

There are 28,000 people in Canada living with young onset dementia. Hear real-life stories by watching [this video](#).

Volunteer

Volunteer Companion Program

**BECOME A
VOLUNTEER
OR
PARTICIPANT**



PARTICIPANT



Alzheimer Society
PRINCE EDWARD ISLAND

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!

We match you with a client based on your location, the time that you are available and your shared interests. You would be a welcomed visitor and a light in the day of someone living with dementia.

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

Helpful Tips for Caregivers

8 Mindfulness Habits



So often we find ourselves in survival mode, but slowing down is possible. Through focused effort in mindful living practices, we can find more happiness, joy and meaning in our lives – even during our struggles.

Sit in the morning

Whether it be reading, controlled breathing, sitting quietly, praying/meditating or taking time to be thankful, we can begin our day by savouring time in the morning.

Eat mindfully

Try to not rush through meals. Sit and appreciate your prepared food as you eat slowly without the distraction of screens.

Spend time outdoors

Walking around your neighbourhood on trails or any green spaces can give you moments of peace as you observe the sights, sounds and smells around you.

Meditate

Make a conscious choice to tune out all of the distractions around you. As you breathe deeply you can relax and experience stress relief.

Focus on one task at a time

Multitasking is not always the answer. Focusing on one task at a time can reduce mistakes and be less overwhelming. Take a short break before starting the next task.

Feel the feelings

Part of being in the present is to experience the moment just the way it is. Accepting unpleasant feelings in a healthy way is beneficial.

Create something

If creating is something you enjoy, take the time to immerse yourself in that activity, enjoying the moment. Practicing mindfulness can induce creativity as well.

Engage in physical activities that you are passionate about

By participating in an activity you really enjoy and putting the effort into staying engaged and focused, you can learn to carry mindfulness into other areas in your life.

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