

Improving well-being of caregivers of those living with dementia goal of upcoming awareness breakfast

Forget-Me-Not Breakfast focusses on caregiver health and wellness by teaching effective communication strategies and brain health fitness

FOR IMMEDIATE RELEASE

AURORA, ON (March 29, 2019) – Improving the well-being of caregivers is the goal for the Forget-Me-Not Breakfast taking place April 27 at King’s Riding Golf Course in King City.

Dr. J.B. Orange, a professor in the school of communications and sciences and disorders at Western University and the scientific director of the Canadian Centre for Activity and Aging at Western, is the keynote speaker at the breakfast, which goes from 8:30 a.m. to 12:30 p.m. Dr. Orange offers practical strategies for caregivers to communicate with people living with dementia with the goal of “making lives of family members better.”

Jill Hewlett, a brain fitness expert, will present an interaction session for caregivers, teaching effective strategies to deal with current issues and cognitive decline.

“We can’t give what we don’t have,” Hewlett says. “If our own well is empty or we are heading in the same direction as those who are dependent on us, and then we can’t serve or make a difference. When we take time to nurture our own brain health and fitness, immediate and long-term benefits can be experienced.”

Each presentation will be followed by a Q&A session. The Forget-Me-Not Breakfast hopes to inspire caregivers to take care of themselves.

Tickets for the breakfast are \$50. Sponsorships are still available. Contact Loren O’Brien at lobrien@alzheimer-york.com for details. Tickets can be purchased at <http://bit.ly/ForgetMeNot19>

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About the Alzheimer Society York Region (AS York)

The Alzheimer Society of York Region is a leader in actively supporting individuals and families living with Alzheimer’s disease and other dementias. Our quality, dementia-specific DAY program services, enriched social work program and education opportunities is well respected.

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More information and story: <http://bit.ly/ForgetMeNotInfo>

Note: Dr. J.B. Orange is available for interviews. Contact Lisa Day, communications coordinator, at lday@alzheimer-york.com, to arrange an interview. Jill Hewlett is unavailable for comment, however, you are welcome to take any information found in the story.

Pictures: Jill Hewlett, brain graphic, poster