



Newsletter **April 2024**

IG Wealth Management Walk for Alzheimer's

The IG Wealth Management Walk for Alzheimer's is our most important annual fundraiser. Join us in Charlottetown at the Victoria Park Cultural Pavilion on Saturday, May 25th at 2pm to celebrate, honour, and support individuals living with dementia and their caregivers in PEI.

Proceeds from the IG Wealth Management Walk for Alzheimer's will directly fund crucial programs and services across the Island. Every step you take helps us achieve our mission.

Thank you to our early registered participants who are committed to fundraise to ensure we reach our goal of \$100,000!

Registered Individuals:

- Martin Arsenault
- Eva Brake
- Wendy Chappell
- Natasha Kaizer
- Lucy Larkin
- Cindy McKenna
- Walter Reilly

Registered Teams:

- Andrews Rockstars
- Just Walk A-Ways Again
- SMHRTies
- Team Andre
- Team Earl
- Team Ronnie
- Team Foosie MMG
- Team Mom
- Journey to Remember
- The Mount Walk & Rollers

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McKenna's
Moms Team
The Pirate's Ride 2: Curse of the Black Pearl

Thank you to our **Event Sponsors**: Key Murray Law, Fitzgerald and Snow, Connolly Financial Group, MRSB, Brown's Volkswagen, Maritime Electric

We need face painters and photographers/videographers!
Would you like to volunteer on Walk day? Please reach out to us by replying to this email or give us a call at (902) 628-2257.

[Click here to register as an individual or team!](#)

A blue banner for the 'Walk for Alzheimer's' event. On the left, white text asks 'Who are you walking for?' and lists the location 'Victoria Park Charlottetown' with a location pin icon, the date 'Saturday, May 25th' with a calendar icon, and the registration link 'Register now: walkpei.ca'. On the right, there are two circular images: the top one shows a group of people walking on a path, and the bottom one shows two women in blue 'WALK FOR ALZHEIMER'S' t-shirts and hats. A logo for 'IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S Alzheimer Society' is also present.

Who are you walking for?

Victoria Park
Charlottetown

Saturday, May 25th

Register now: walkpei.ca

IG WEALTH MANAGEMENT
WALK FOR ALZHEIMER'S
Alzheimer Society

Programs & Services

Support Groups

We have 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**

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**
Started April 11th!

Living with Changes in Thinking and Memory: Support Circle

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

Alzheimer Society
PRINCE EDWARD ISLAND
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.

**NEW! Evening Caregiver Support Group in Summerside | 6:30-7:30pm
1st Thursday of each month | First session on May 2nd**

**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 to register.

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

Connect & Knit

Thursday, May 9th | 10:30am-12pm | 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.

[Register Here!](#)

Summer Serenade: Seniors Tropical Luau
In partnership with the Town of O'Leary

Sunday, May 26th | 2-4pm | O'Leary Royal Canadian Legion
Kick-off summer and escape to a tropical paradise without even leaving town at our

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

[Click Here to Register](#)



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).

Our **Charlottetown Walking Group** is ongoing on Tuesday and Saturday mornings.

Montague Walking Group is currently on hold.

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.**

Virtual on Zoom | May 22nd & 29th | 1:00-3:30pm

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

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

Navigating Finances for Families Impacted by Dementia

Video Recording

Watch our FREE education module on navigating finances during dementia. This session was designed specifically for caregivers and persons living with dementia to learn about tax benefits and credits, scams, long-term care subsidies, advance care planning, and more. [Watch it here on YouTube!](#)

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 102 session and finish your certification!

May 13 - June 24, 2024

DCT 101: Essentials of Alzheimer's Disease & Dementia

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

[Sign up here](#)

April 29 - June 10, 2024

Dementia Care Training 102: Advanced Fundamentals of Care

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 total completed within 6 week period + 3-hour session for practicum and evaluation

[Sign up here](#)

*Subject to course fees. Certificates are provided. DCT 101 must be completed before starting DCT 102.



Helpful Tips for Caregivers

It All Starts with Our Thoughts

As caregivers, we're constantly reminded of the importance of self-care—making time for enjoyable activities, socializing, exercising, eating well, and getting enough sleep. These practices are crucial for our well-being but can be challenging when relying on outside help.

However, there's something we can do independently to lift ourselves out of any rut we may find ourselves in, especially after winter. Have you tried **self-affirmations**? They're positive statements we create to boost our self-worth, setting a positive tone for the day and empowering us to navigate caregiving challenges with resilience. It might sound simplistic, but just as exercise strengthens our bodies, training our brains to think positively is essential for our overall well-being.

Some examples of these can be:

- I have the courage and capacity to overcome challenges
- I am grateful for my life
- I am learning patience and will be kind to myself
- I deserve time for self-care without guilt
- I accept help to improve our quality of life
- I am a capable caregiver and show this in how I provide care
- I will manage my thoughts because they influence the person I aspire to be
- I will stay calm in difficult situations
- I set boundaries to protect my well-being
- Today will be a good day if I choose positivity

Today is a great day to start empowering yourself to live a life of quality and wellness! "One positive thought can survive and thrive to overpower an entire army of negative thoughts." - Robert H. Schuller

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.

Alzheimer Society
PRINCE EDWARD ISLAND

High School Students!

Volunteer with us and receive \$ towards your post-secondary education!

society@alzpei.ca (902) 628-2257



(902) 628-2257
society@alzpei.ca
www.alzpei.ca

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