

Subject: May Newsletter: Walk for Alzheimer's - exciting giveaways!

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From: Alzheimer Society of PEI

To: society@alzpei.ca

Société Alzheimer Society

PRINCE EDWARD ISLAND

Newsletter

May 2025

**WALK WITH US
THIS MAY**

**REGISTER
TODAY!**



IG Wealth Management Walk for Alzheimer's

Walk Month is here!! Join us for the largest dementia fundraiser in Canada, the IG Wealth Management **Walk for Alzheimer's**.

On **Saturday, May 24th** we'll get together in **Charlottetown, Summerside, and Montague** to celebrate, honour, and support individuals living with dementia and their caregivers. It will be an afternoon of fun with community spirit, live music, bouncy castles, facepainting, prizes, and more!

Proceeds from the Walk help fund critical programs and services for caregivers, families, and people living with dementia across the Island. Gather your friends, family, and coworkers to enjoy a day of entertainment, fun activities, and an opportunity to make a positive difference in the lives of people living with dementia and their families in PEI.

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Quick Links

- [Our Website](#)
- [Donate Now](#)
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- [Email Us](#)

Register or donate today at walkpei.ca!

I'M WALKING FOR:

MY MOM

WHO ARE YOU
WALKING FOR?



Giveaway Announcement

Haven't registered yet? Now is the perfect time!

We have two exciting giveaways, but time is running out!

- **Register by May 4th at midnight** and you'll be entered to win a 2-night stay at [The Bunker at Basin Head Beach](#).
- **Register and raise \$100 by May 23rd** and you'll automatically get two entries into a draw for a **2-night stay at Cradlehills Glamping Life** Island Time Cabin! Get an additional entry for every \$100 you raise.
 - **PLUS: anyone that donates \$50** (or more) between May 1-23 will automatically gain 1 entry for a chance to win!

**WIN a 2-night stay
in paradise!**

Register, fundraise, & donate to win!
See details and enter now: walkpei.ca

IG WEALTH
MANAGEMENT
**WALK FOR
ALZHEIMER'S**

Alzheimer Society



Thank you to our Walk Sponsors!



Upcoming Walk Booths - Register or donate in person!

Community Booth | Charlottetown Farmers Market ([100 Belvedere Ave.](#))
Saturday, May 3rd, 9am-2:30pm

Come explore local vendors, enjoy some food and drinks, and stop by the Alzheimer Society booth to make a donation (**\$50 donations are entered to win!**) and sign up for the IG Wealth Management Walk for Alzheimer's happening May 24th!

Montague Walk Kick-Off | Bogside Brewing ([11 Brook St, Montague](#))
Saturday, May 17th, 2-4pm

Come on down for some food and drinks as we kick-off Walk week! **A portion of pint sales (including non-alcoholic!) from the day will be donated to the Alzheimer Society of PEI.** Drop off donations or make a new contribution to the Walk and get into the community spirit before Walk Day, May 24th!

Join our Volunteer Team today!



Volunteers Needed: We need YOUR help on Walk Day!

We're looking for 40 volunteers for the IG Wealth Management Walk for Alzheimer's in Charlottetown, Montague, and Summerside on Saturday, May 24th. Key roles include:

- **Registration & donation tables**
- **Kid Zone: bouncy castle, face painting, colouring, crafts**
- **Hand out refreshments like water, chocolate milk, and other snacks**
- **Help with packing, unloading and setting up the event**
- **Route directors pointing the way and ensuring safe road crossings**

No matter your skills or time commitment, you can create waves of positive change. Sign up to volunteer!

Register as a Walk Volunteer: www.walkpei.ca

Contact: Bronwyn Spenceley

Operations & Special Projects Coordinator

walk@alzpei.ca / 902.628.2257

Programs & Services

Living with dementia is a very unique journey for both the individual and their family members and friends. As the disease progresses and capabilities change, some aspects of day-to-day life can become increasingly difficult.

You don't have to face this journey alone. The Alzheimer Society of PEI is here to support you every step of the way. Find support in PEI:

- Individual and family counselling
- Education
- Support groups for caregivers and for persons living with dementia
- Caregiver therapy
- Social activities & walking groups
- Volunteer Companion Program

Don't wait – reach out today at alzpei.ca or call us at 902-628-2257.

[Learn more - Click here to find support in PEI.](#)



National Nurses Week - May 12-18th

May 12-18 is National Nurses Week, a week dedicated to recognizing and celebrating the hard work and dedication of nurses across Canada and around the world. From the front lines of patient care to behind-the-scenes support, nurses play a vital role in transforming healthcare and for people living with dementia.

Thank you to all nurses for your dedication and compassion in providing care to those in need. Your efforts make a profound difference in shaping the lives of so many individuals and families.



A special thank you to our Manager of Programs and Services, Shelley King, LPN.

Shelley brings well over 15 years of nursing experience to our team. Shelley has changed the lives of many Islanders going through the journey of dementia. Every day, her passion for making a positive impact shines through, whether she is providing one-on-one support, facilitating support groups, or offering education and resources.

Education: Upcoming Webinars & Workshops

Dementia Care Training

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.

***There will be no sessions offered in the summer. These are the last sessions being offered until resuming in the fall.*

May 12 - June 20, 2025

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: <https://dct101.eventbrite.ca>

May 20 - June 27, 2025

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: <https://dct102.eventbrite.ca>

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

For more information, please contact society@alzpei.ca or call 902-628-2257.

DEMENTIA CARE TRAINING

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



The image shows a group of approximately 12 healthcare providers, mostly women, standing and sitting in front of a whiteboard. They are all smiling and holding up their Dementia Care Training certificates. The whiteboard behind them has some notes and diagrams, including a diagram with the letters P, I, I, and E, which likely stands for Person, Individual, Interaction, and Environment.



Helpful Tips for Caregivers

How Ignoring Emotions Impacts Your Health

Mental Health Week May 5-11

Taking care of someone living with dementia can often be draining, and many caregivers attempt to mask or ignore their negative emotions like shame, anger, fear, and sadness. Research shows that **suppressing your feelings can increase stress levels and lead to issues with mental and physical health** like heart disease, hypertension, anxiety, and depression. Not to mention, takes away the ability to reflect on your needs, what keeps you going, and boundary-setting. However, unleashing our emotions excessively isn't healthy, either.

So... what *are* you supposed to do? The key is to **allow yourself to feel whatever you're feeling, listen to your emotions, accept and understand what they're trying to tell you, and use that information to guide your behaviour**. It's not easy, but with practice you can work through emotions so they seem less uncomfortable, leading to less suppression and more acceptance.

When you are facing an uncomfortable feeling or emotion, instead of stuffing it away, take a moment and try using the following prompts:

- Identify the emotion you're feeling. Eg. sad, angry, anxious etc.
 - How is your body feeling?
 - How does the emotion feel to your senses? Eg. hot, tense, heavy, sharp, etc.
- Consider what the emotion is telling you about your present situation. What is the root cause of this feeling?
- Consider what action you need in order to work through the specific emotion. Eg. you might need reassurance, acknowledgement, or validation
- Feel the emotion as you go through your daily activities - bring it with you

Talking to a counselling therapist can give you the tools and techniques to help you through tough emotions. A great resource for this is our [Caregiver Therapy Program](#). This program is specifically for caregivers in PEI supporting a family member or friend with dementia and aims to provide caregivers with resources and methods to help cope with stress and process their emotions. Participate in 8-10 free sessions, in-person or virtually. **Contact us today to join the waitlist for individual and/or group therapy!**

Reference: "Suppressing Emotions Can Harm You—Here's What to Do Instead."
Psychology Today, 2022, Accessed 28 Apr. 2025.



Career Opportunities: We're hiring!

Philanthropy & Events Coordinator (1 year contract - Full time)

Position open until filled. See job description and learn how to apply [here](#).



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