

# Alzheimer Society

PRINCE EDWARD ISLAND

Newsletter

May 2024

## Who are you walking for?



Victoria Park  
Charlottetown



Saturday, May 25th

Register now: [walkpei.ca](http://walkpei.ca)



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## IG Wealth Management Walk for Alzheimer's

It's finally Walk Month! [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 from 1-4pm** to celebrate, honour, and support individuals living with dementia and their caregivers in PEI.

Proceeds from the Walk will help fund crucial programs and services for caregivers, families, and persons living with dementia across the Island. Every step you take helps us achieve our mission.

Thank you to everyone who has registered and started fundraising to ensure we reach our goal of \$100,000!

**Who are you walking for?**

Haven't registered yet? Now is the perfect time! Register and raise \$100 and you'll automatically get two entries into the draw for a **2-night stay at Cradlehills Glamping Life** cabins! Plus, get an additional entry for every \$100 you raise.

That's not the only way to enter! If you make a \$50 (or more) donation you'll gain an entry for a chance to win.

**[Enter to win: Register & fundraise or Donate now!](#)**



**GIVEAWAY!**  
Win a 2-Night Stay at  
Cradlehills Glamping Life  
Valued at \$400

2 ways to enter:  
1. Donate \$50 or more to the Walk  
2. Register & raise \$100 or more

**ENTER NOW:**  
[walkpei.ca](http://walkpei.ca)

\*Contest closes May 24th.

**Join us this Saturday in Montague!**

**Walk Kick-Off | Bogside Brewing - Montague  
Saturday, May 11th, 3-5pm**

Join us for live music from Blizzard Goat Band as we celebrate Walk month! A portion of pint sales (including non-alcoholic!) from the day will be donated to the Alzheimer Society of PEI. In addition, make a donation at the event (any amount!) and you'll be entered into our door prize raffle.



**MONTAGUE  
KICK-OFF**

**SATURDAY, MAY 11TH**

 Bogside Brewing  
 3:00-5:00pm  
 Blizzard Goat Band

A portion of pint sales will be donated to the Alzheimer Society of PEI.

[walkpei.ca](http://walkpei.ca) **SALTWIRE**

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## National Nurses Week

May 6-12 is National Nurses Week, a week dedicated to honouring and celebrating the incredible contributions of nurses. From the front lines of patient care to behind-the-scenes support, nurses play a vital role in healthcare and for people living with dementia.

To all the nurses out there: thank you for your dedication, compassion, and unwavering commitment to providing exceptional care to those in need. Your hard work and tireless efforts make a profound difference in the lives of so many, every single day.

We want to take a moment to recognize one of our own exceptional nurses, **Shelley King, who is a Licensed Practical Nurse and our Support Services Coordinator** covering Summerside, East Prince, and Western Queens. Shelley has over 15 years of nursing experience, mostly working with persons living with dementia. With her passion for making a positive impact and her compassionate approach to care, Shelley embodies the spirit of nursing excellence. Whether she is providing critical one-on-one support, facilitating support groups, or offering education and resources, Shelley's commitment to caregivers and persons living with dementia is truly exceptional.

When she's not busy providing care and support, Shelley loves nothing more than exploring the beauty of the Island. From breathing in the ocean air to combing the beaches for sea glass, she finds joy in the simple pleasures of life.

Thank you, Shelley, and to all nurses, for your selfless service, kindness, and dedication to the well-being of others. You are true heroes, and we are incredibly grateful for everything you do.

**Alzheimer Society**  
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Happy National  
Nurses Week!

**Shelley King, LPN**  
**Support Services Coordinator**



## Programs & Services

### Support Groups

Join a support group for persons living 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](mailto: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!

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Support Groups

### Island-Wide Caregiver 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**

**NEW! Caregiver Support Group in Alberton | 10-11:30am  
1st & 3rd Thursday of each month | First session May 16th**

[Click here](#) to learn more.

Please contact the office at (902) 628-2257 or [society@alzpei.ca](mailto:society@alzpei.ca) to register.

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

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

**Sunday, May 26th | 2-4pm | O'Leary Royal Canadian Legion**

Join us for the Summer Serenade: Seniors Tropical Luau Party, where we'll kick-off summer and escape to a tropical paradise while supporting a great cause! Enjoy 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. Let's raise funds in support of the IG Wealth Management Walk for Alzheimer's while also experiencing 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 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.**

**Tignish Community Office | June 12th & 19th | 5:30-8:30pm**

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

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

### **"Living with Dementia: I am still me"**

*Virtual Webinar - Finances & Dementia*

**Virtual Webinar | May 16th, 2024 | 2pm Atlantic Time**

Join us at the upcoming Finances and Dementia presentation co-hosted by IG Wealth Management "Living with dementia: I am still me". This session will cover:

- Recognizing the early stages and symptoms of dementia.
- Why advocacy is so important: "I am still me"
- Financial planning to support living with dementia and maintaining levels of independence

[Click here to register!](#)



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## 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 (registration still open!)**

#### **DCT 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 by emailing society@alzpei.ca\*\*](mailto:society@alzpei.ca) or call **902-628-2257**

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

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## DEMENTIA CARE TRAINING

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



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## Volunteering

**We need face painters!** 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. Supplies are provided!

### 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](mailto:society@alzpei.ca)  
or (902) 628-2257.



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# High School Students!

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

[society@alzpei.ca](mailto:society@alzpei.ca) (902) 628-2257



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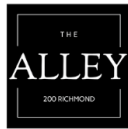


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