

Free presentations, 1-2 hours in duration. Call today and schedule one for your organization.

ARTHRITIS

Introduction to Arthritis: A one-hour presentation that describes arthritis, what can be done to treat the disease and how The Arthritis Society can help.

Understanding Arthritis: A one-hour presentation addresses the definition and types of arthritis, the warning signs and the importance of a whole health care team. (Available for 2014 bookings)

Contact: Maureen MacFarlane, Arthritis Society, 780-424-1740 ext.2303
mmacfarlane@arthritis.ca

DEMENTIA AND ALZHEIMER'S

Alzheimer's 101: Find out the difference between Dementia and Alzheimer Disease, learn practical tips to help yourself and those with the disease have a better quality of life, learn how to prevent the disease and have your questions answered.

Contact: Kaitlyn Ross, Alzheimer Society, 780-488-2266 ext. 223 kruss@alzheimer.ab.ca

Alzheimer's Disease & Other Dementias: Learn how to make the most of the memories that your loved one with Alzheimer's disease has retained. Safely and effectively manage the difficult behaviors symptomatic of the disease; and last, activities that maximize the abilities and independence for an individual with Alzheimer's disease.

Contact: Shawn Turcotte, Home Instead, 780-439-9990
Shawn.Turcotte@homeinstead.com

DIABETES

Diabetes – What You Need to Know: Types of diabetes, signs, symptoms, risk factors and prevention. A brief overview of complications. Making healthy food choices and increasing physical activity.

Living Well with Diabetes: Facts about diabetes, healthcare team and preventing complications. Making healthy food choices and increasing physical activity.

Contact: Roxane Bitar, Canadian Diabetes Association, 780-423-5722 ext. 240
Roxane.Bitar@diabetes.ca

Diabetes: Are You at Risk?: Explains Type 2 diabetes, risk factors, and tips to reduce risk of getting Type 2 diabetes.

Healthy Living with Diabetes: This presentation discusses types of Diabetes, risk factors, symptoms and complications. It also identifies approaches to managing diabetes with physical activity, medication, healthy eating and blood glucose monitoring.

Contact: Sarah Lartey, Alberta Health Services, 780-735-1066
Sarah.Lartey@albertahealthservices.ca

HEARING LOSS

Your Third Ear: The program takes participants on a path recognizing unrealistic expectations they may have of hearing aids, accepting their reality of hearing loss, develop an understanding of what they need to do to reconnect with loved ones and learn to laugh at the foibles of hearing loss.

Contact: Cindy Gordon, Bridges Support Services, 780-428-6624 (TTY) cindy@bridessupport.com

HEART HEALTH

Two separate one hour visual presentations by a Registered Dietitian filled with everyday examples to make nutrition come alive! **Eating for a Healthy Heart:** How to lower cholesterol
Sodium Surprises: Reducing blood pressure with diet

Contact: Ruth West, Covenant Health, 780-735-7427 Ruth.West@covenanthealth.ca

Interested in Tracking and Maintaining your

Heart Health?: This session will cover; Maintaining healthy lifestyle choices that contribute to heart health, knowing what normal blood pressure targets are, what types of chest discomforts are worrisome and could be associated with heart disease, and what atrial fibrillation is and how to monitor for it.

Contact: Marcie Smigorowsky RN, MN, NP, CCN(C,) Mazankowski Alberta Heart Institute
780-407-2061

Marcie.Smigorowsky@albertahealthservices.ca

HOME CARE & CONTINUING CARE ACCESS

Community Care Access: Describes who is eligible for continuing care services including home living, supportive living and facility living. An overview of the supports available through home living programs and how one would access supportive living or facility living should the need for more support arise.

Contact: Michelle McGrandle, Alberta Health Services, 780-735-3129

Michelle.McGrandle@albertahealthservices.ca

HOUSING TRANSITIONS

SAGE Housing Information: Provides information, referrals and support for seniors seeking subsidized or non-subsidized housing. We also provide information for families whose parents have experienced changes in health which might require them to move into a different type of housing.

Contact: Eric Storey, SAGE, 780-701-9018
estorey@MySage.ca

MEDICATION MANAGEMENT

Explains the challenges associated with medication management when dealing with multiple medications and complex regimens. How the pharmacist can empower patients and help with monitoring medication for safety and efficacy. (Available in Bonny Doon and NE Edm.)

Contact: Aileen Jang, Medi-Drugs, 780-478-9480
aileenjang@gmail.com

STRESS MANAGEMENT

Caregiver Stress: Identify the signs of poor work-life balance, learn tips and strategies to help ease your caregiving duties, find out about employer programs and alternative work options and learn about ways to take care of yourself.

Contact: Shawn Turcotte, Home Instead, 780-439-9990

Shawn.Turcotte@homeinstead.com

Reducing the Stress of Family/Friend Caregiving: Caregivers often find themselves in circumstances that create stress and strain. This presentation will assist participants to become aware of the stresses of caregiving, how our bodies react to stress and explore strategies to reduce stress and increase well-being through self-care.

Contact: Patti Lowe, Alberta Caregivers Association, 780-453-5088
patti@albertacaregivers.org