

JANUARY/FEBRUARY 2012

Summary of sessions for January (please scroll through whole document for details):

- *Advance Care Planning,*
- *Understanding Dementia – for family caregivers, friends, neighbours, volunteers, and health care professionals*
- *What is the echo of your story?*
- *Heads Up: Introduction to Brain Health*
- *Conversation Café: New Years Resolutions*

Summary of sessions for February (please scroll through whole document for details):

- *Conversation Café: Theatre, Music, Movies, Shows.....*
- *Understanding and Living with Dementia*
- *BCAA Mature Drivers Workshop – Living Well, Driving Well*
- *Activities to do with a person with Dementia*
- *Exercise control over arthritis*
- *Conversation Café: If I were the Premier of BC for the day, I would.....*

Registering for sessions:

- Call 250-370-5641 and press '2' to leave your message of which session(s) you want to register for **OR**
- Email: WellnessCentreRegistration@viha.ca
- Provide your first and last name, your phone number, session you are registering for and number of people attending session

If you live in the Saanich Peninsula area & want to participate in any of the sessions listed that are offered during the day (Monday- Friday) – please contact Melody at 250-208-2092 – these sessions can be viewed at Saanich Peninsula Hospital – thank you!

Thank you for your continued support and suggestions toward the Yakimovich Wellness Centre!!

(Two hour free parking on side streets or paid parking behind Aberdeen/)
For more information call the Yakimovich Centre: 250-370-5641

JANUARY/FEBRUARY 2012

Please check our web site at www.viha.ca/hshc/yakimovich_wellness_centre.htm

DATE: MONDAY, JANUARY 16TH, 2012

TOPIC: ADVANCE CARE PLANNING

TIME: 10:00am-12noon

Presenter: Dawn Dompierre, Advance Care Planning Nurse, RN, Seniors Integrated Health Team, Seniors Health

Session Description: Advance Care Planning allows you to have a say in the health care you will receive if you are too sick to speak for yourself.

Topics covered in this session are:

- What is Advance Care Planning?
- What are the changes in the Ministry of Health legislation in regards to Advance Care Planning?
- What does giving consent to health care mean?
- What are Representation Agreements, Advance Directives, and Temporary Decision Makers?
- What is involved in creating an Advance Care Plan?

By discussing and documenting your wishes with your loved ones, health care team and family physician they will be better able to act on your behalf.

Free Admission

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DATE: TUESDAY, JANUARY 17TH, 2012

TOPIC: UNDERSTANDING DEMENTIA

TIME: 1:30-3:30pm

Presenter: Christin Hillary, Support & Education Coordinator, Alzheimer's Resource Centre

Session Description: Participants will receive basic information on dementia and the impact it has on the individual, caregivers, families and the community, as well as an overview of the progression of Alzheimer's. Caregivers will learn what to expect throughout the journey with dementia and learn approaches for meeting the challenges associated with the disease.

This session is for family caregivers, friends, neighbours, volunteers, and health care professionals

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DATE: WEDNESDAY, JANUARY 25TH, 2012

TOPIC: WHAT IS THE ECHO OF YOUR STORY?

TIME: 1:30-3:00pm

Presenter: Rob Jirucha, MA in Counseling Psychology and worked for 15 years as a family therapist. He is a self taught documentary photographer.

Losing his father to cancer 12 years ago, Rob realized he did not have the photos that captured his fathers' character. He had photos of family events, birthdays and a few formal portraits. However, it was the simple pleasures his dad enjoyed – woodworking, hiking, birding –that created a lasting impact for family and friends. Rob began photographing his mother participating in her unique interests as an heirloom for his own children.

Session Description: We all have a unique legacy. You may not realize it but your daily routines and hobbies have a lasting impact on others.

Rob's presentation will inspire you to recognize your own special story and the impact it has on family and friends through use of photography to capture moments in life. As well, he will provide some practical ideas for preserving your legacy for future generations. Rob will share with you the work he has done using photography to create a persons' legacy.

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DATE: MONDAY, JANUARY 23RD, 2012

TOPIC: HEADS UP: INTRODUCTION TO BRAIN HEALTH

TIME: 10:00am – 12noon

Presenter: Christin Hillary, Support & Education Coordinator, Alzheimer's Resource Centre

Session Description: Healthy aging is important for everyone, and it is essential not to forget the health of your brain as well! This workshop encourages participants to actively engage in protecting and maintaining their brain. Learn strategies and set goals for improving the health of your mind, body and spirit. Anyone interested in brain health is welcome to attend.

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Please check our web site at www.viha.ca/hshc/yakimovich_wellness_centre.htm

DATE: FRIDAY, JANUARY 27TH, 2012

TOPIC: CONVERSATION CAFÉ – NEW YEARS RESOLUTIONS

TIME: 10:00am – 11:30am

Meeters, Greeters and Facilitators: Seniors from the Finding Home™ – Senior Dialogues

Session Description: You are invited to participate in a Conversation Café. Cafes are for adults who are looking to make connections and have meaningful conversations. Please come on your own or invite a friend to come with you – we look forward to seeing you and having vibrant discussions.

- Do you believe in making New Year's resolutions or not?
- A new year a new perspective...
- Do you remember what was happening 10 years, 20years, and 30 years ago?
- Your wishes and wants for 2012...

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Please check our web site at www.viha.ca/hshc/yakimovich_wellness_centre.htm

DATE: SUNDAY, FEBRUARY 5TH, 2012

TOPIC: CONVERSATION CAFÉ: THEATRE, MUSIC, MOVIES, SHOWS...

TIME: 2:00 – 3:30PM

Meeters, Greeters and Facilitators: Seniors from the Finding Home™ – Senior Dialogues

Session Description: You are invited to participate in a Conversation Café. Cafes are for adults who are looking to make connections and have meaningful conversations. Please come on your own or invite a friend to come with you – we look forward to seeing you and having vibrant discussions.

- From oldies to new ones – what are some of your favourite shows and tunes and why?
- Do they make movies, shows, music like they used to?
- Where in Victoria do you go to see or watch shows, movies, listen to music?
- Do you sing, dance, act, and play an instrument...if so, with whom and where?
- Are the Arts valued as much as sports?

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DATE: MONDAY, FEBRUARY 6TH, 2012

TOPIC: UNDERSTANDING AND LIVING WITH DEMENTIA

TIME: 1:30-3:30pm

Presenter: Christin Hillary, Support & Education Coordinator, Alzheimer's Resource Centre

Session Description: Participants will receive basic information on dementia and the impact it has on the individual, their care partners, and their support network. You will have an opportunity to learn about the diagnosis, different programs and series available in the community, the importance of planning for the future, and strategies for living well. People with a diagnosis of dementia, care partners, and family members are all invited to attend.

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DATE: THURSDAY, FEBRUARY 9TH, 2012

TOPIC: BCAA MATURE DRIVERS WORKSHOP- LIVING WELL DRIVING WELL

TIME: 9:30-11:30am

Presenter: BCAA Traffic Safety Foundation

Session Description: The Living Well, Driving Well workshop is designed specifically to help mature drivers assess their driving skills and habits and make adjustments to reduce risk. If you feel it is time to look at your driving, this 2-hour workshop can help you identify areas that may need tuning up. Developed by BCAA Traffic Safety Foundation, this workshop is engaging, informative and practical.

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Please check our web site at www.viha.ca/hshc/yakimovich_wellness_centre.htm

DATE: FRIDAY, FEBRUARY 10TH, 2012

TOPIC: ACTIVITIES TO DO WITH A PERSON WITH DEMENTIA

TIME: 10:00am – 12noon

Presenter: Christin Hillary, Support & Education Coordinator, Alzheimer's Resource Centre

Session Description: Are you looking for creative ways to engage your family member with dementia in meaningful activities? This workshop for family caregivers explains the goals and benefits for meaningful activities, gives suggestions for appropriate activities and explains how to maximize the pleasure and benefit for you and the person.

This session is open to family members, friends, neighbors, volunteers, and health care professionals

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DATE: THURSDAY, FEBRUARY 16TH, 2012

TOPIC: EXERCISE CONTROL OVER ARTHRITIS

TIME: 10:00am – 12noon

Presenter: Cari Taylor, Manager of Education & Services for the Vancouver Island region of the Arthritis Society

Session Description: Almost two-thirds of Canadians struggling with arthritis believe that physical activity poses the risk of aggravating their symptoms. Are you missing out on some of the most effective treatments for joint pain? Join this 2-hour workshop where you will learn the truth about this and walk away more confident in your understanding of how and why 'movement matters'.

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Please check our web site at www.viha.ca/hshc/yakimovich_wellness_centre.htm

DATE: FRIDAY, FEBRUARY 24TH, 2012

TOPIC: CONVERSATION CAFÉ - IF I WERE THE PREMIER OF BC FOR THE DAY...I WOULD...

TIME: 10:00 – 11:30am

Meeters, Greeters and Facilitators: Seniors from the Finding Home™ – Senior Dialogues

Session Description: You are invited to participate in a Conversation Café. Cafes are for adults who are looking to make connections and have meaningful conversations.

Please come on your own or invite a friend to come with you – we look forward to seeing you and having vibrant discussions.

- For a day you can be the premier what would you do?
- What do you value about living in BC?
- What do you think your priority would be for BC?

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