

# *Soci t  Alzheimer Society*

OTTAWA AND RENFREW COUNTY

# Education Workshops Fall 2008

For Family Members and Caregivers

## **“Nutrition in the Elderly: The challenges of Alzheimer’s disease”**

Janey Hachey, RD., Registered Dietician, Ottawa Hospital Geriatric Assessment Unit  
Wednesday, **September 10<sup>th</sup>, 2008**, 1:00 – 2:30 p.m., PRVHC, Lupton Hall

This workshop will address:

- Importance of nutrition in the elderly
- Common nutritional problems associated with Alzheimer's disease
- General nutritional recommendations for the elderly
- Tips to improve the nutritional status of people with Alzheimer's disease

## **“Resources and Services for Caregivers - Community Panel”**

Lise Richard, Development Officer, Community Support Coalition  
Beth Janes, Case Manager, Champlain Community Care Access Centre  
Wednesday, **October 1<sup>st</sup>, 2008**, 1:00 – 2:30 p.m., PRVHC, Lupton Hall

This workshop will address:

- Services available in our community for families coping with Alzheimer's disease and related dementias
- Services most appropriate for you and your family during the early, middle and late stages of Alzheimer's disease

## **“Memory Loss - What is Normal and What is Alzheimer’s”**

Dr. Andrew Frank, M.D., B.Sc.H., F.R.C.P. (C), Cognitive Neurologist and  
Medical Director, Memory Disorder Clinic, Elisabeth Bruy re Health Centre  
Kelly Robinson, First Link Coordinator, Alzheimer Society of Ottawa and RC  
Wednesday, **November 5<sup>th</sup>, 2008**, 1:30 – 3:00 p.m.

**Location:** Stillwater Creek Retirement Community, 18 Robertson Road

**Cost:** \$5.00 (Refreshments will be provided)

Please turn over for Noticeboard/Calendar