

## **January 2020 Sessions**

**DATE:** WEDNESDAY, JANUARY 15TH, 2020

**TOPIC:** MENTAL HEALTH AND WELL-BEING

**TIME:** 9:30– 11 a.m.

**Presenter:** Nicole Legg, Graduate student, Department of Psychology, University of Victoria

Session Description: This discussion will include general information about what mental health, self-care and well-being are, prevalence rates of mental health concerns and disorders, how to recognize when to seek help and how to get it, how to recognize mental health concerns in others and how to support others that are struggling. This broad talk is meant to provide a general overview of mental health and relevant information and include topics such as, focus on supporting others in crisis, mindfulness and explanations of various disorders.

**DATES:** THURSDAYS, JANUARY 16TH – FEBRUARY 20TH, 2020 (Six consecutive weeks)

**TOPIC:** CHRONIC PAIN SELF-MANAGEMENT PROGRAM

**TIME:** 1- 3:30 p.m. (each week)

**Facilitators:** Trained Peer Facilitators through Self-Management BC

Session Description: The Chronic Pain Self -Management Program is a six week workshop for people living with chronic pain to better manage their symptoms and daily lives. The workshop provides information and teaches practical skills. It gives people the confidence and motivation they need to manage the challenges of living with chronic pain.

Discover how to:

- o Pace activities to improve time management and energy
- o Plan for regular physical activity
- o Communicate more effectively with your health care team
- o Make daily tasks easier
- o Set realistic goals and use problem solving
- o Learn relaxation strategies
- o Take action and live a healthier

To Register: please call Self-Management Programs of BC at: Toll Free: 1-866-902-3767 or [selfmgmt@uvic.ca](mailto:selfmgmt@uvic.ca)

**DATE:** THURSDAY, JANUARY 23RD, 2020

**TOPIC:** GRIEVING LOSSES DURING THE DEMENTIA JOURNEY

**TIME:** 10 a.m. – 12 p.m.

**Presenter:** Alzheimer's Society of BC – Victoria Resource Centre

Session Description: The dementia journey requires ongoing adjustment to many changes that occur throughout the early, middle and late stages of the disease. Grief is the natural and necessary process to all of these changes that involve loss. This workshop is an opportunity to explore the loss and grief issues of the dementia caregiving experiences. There will be time for participants to consider some suggestions for weathering these losses.

**DATE:** FRIDAY, JANUARY 24TH, 2020

**TOPIC:** INTRODUCTION TO ADVANCE CARE PLANNING

**TIME:** 10 – 11:30 a.m.

Presenter: Trained Advance Care Planning volunteer

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

Everyone is welcome to attend this information session about what is an advance care plan, why it is important, how to get started and resources you can use to learn more about advance care planning. Discussing and documenting your wishes with your loved ones and health care providers mean they will be better able to speak on your behalf when needed.

**DATE:** FRIDAY, JANUARY 24TH, 2020

**TOPIC:** INTRODUCTION TO GENE EDITING

**TIME:** 1:30 – 3:30 p.m.

**Presenter:** Dr. Ed Ishiguro, Professor Emeritus, Department of Biochemistry and Microbiology, University of Victoria (UVic) and UVic Speaker's Bureau

Session Description: Gene editing is a form of genetic engineering that has been very much in the news. This is an introduction to the methodology, its applications and its controversies.

**DATE:** THURSDAY, JANUARY 30TH, 2020

**TOPIC:** SAFE MEDICATIONS USE FOR SENIORS

**TIME:** 10 – 11:30 a.m.

**Presenter:** Holly Sulisbury, Pharmacist, Community Health Services, Island Health

Session Description: In this session, you will learn about the following:

- Pharmacists role and choosing a pharmacy
- Understanding medication, taking medication and the storage of medication
- What is Pharmacare?
- Over the counter medications including herbals and supplements

**DATE:** FRIDAY, JANUARY 31ST, 2020

**TOPIC:** STOP YOUR BLADDER FROM RUNNING YOUR LIFE

**TIME:** 10:30 a.m. – 12 p.m.

**Presenter:** Jodi Ganton, BScPT, Registered Physiotherapist, Pelvic Floor Rehab

Session Description: Learn how pelvic floor function and lifestyle habits impact bladder health. Bladder leakage is not a normal part of aging – come to this session to learn how exercise and lifestyle modifications will help you to take control of your bladder.

### **NEAT (Neighbours Engaging in Activities Together)**

"Before NEAT I was in a bad slump and would isolate myself and consider not getting up each day, but now after completing NEAT I have new purpose in life, people to do activities with that we all enjoy and a positive distraction from all my chronic health problems."

NEAT is an opportunity for people 55+ who are currently receiving little or no health services, but, would benefit from:

- Gaining skills and knowledge about resources and programs, opportunities to learn about and connect with programs/services within their communities
- Try a variety of programs of choice in a supportive environment
- Increase opportunities for meaningful connections and socialization and

- To have fun along the way and much more!

Where: Marion Village (1976 Bee Street), Library Lounge, Oak Bay

When: Fridays, September 20th – November 29th, 2019

Time: 10:30am – 12noon

Cost: FREE

Where: Central Saanich Cultural Centre (1209 Clarke Rd), Central Saanich

When: Thursdays, October 17th – December 12th

Time: 10:30am – 12noon

Cost: FREE

To register contact:

Laura Van Dyk, Program Coordinator

250-475-3219

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