

# WORLD ALZHEIMER'S DAY 2018

## CARING ABOUT CAREGIVERS: LET'S TALK ABOUT YOU!

Friday, September 21<sup>st</sup>, 2018

You are invited to our 9<sup>th</sup> annual educational day of engaging sessions on how to attend to your own physical and emotional needs while caring for a family member with dementia.

In this interactive session, you will learn:

- Ways to find time to take care of yourself
- Strategies for taking care of yourself, including:
  - How to stay focused on and enjoy the present moment
  - Self-Shiatsu massage techniques to release stress
  - Using digital technology to coordinate care



**Date:** Friday, September 21<sup>st</sup>, 2018 from 1:30pm – 3:30pm

**Location:** 3<sup>rd</sup> Floor, Conference rooms 201-203, 60 Murray St. Toronto

**Cost:** Free



**Sinai Health System**

THE CYRIL & DOROTHY, JOEL & JILL  
REITMAN CENTRE FOR ALZHEIMER'S  
SUPPORT AND TRAINING

**For more information or to RSVP:**

- **Visit** [www. www.mountsinai.on.ca/reitman](http://www.mountsinai.on.ca/reitman) or
- **Call** 416-586-4800 ext. 5882
- **RSVP requested & seats available at the door**

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### LET'S TALK ABOUT YOU!

*DR. IRINA NICA-GRAHAM, MD, FRCPC*

*Geriatric Psychiatrist, Department of Psychiatry, Mount Sinai Hospital*

Dr. Nica-Graham will explore the value and importance of taking care of yourself, the challenges of finding time for yourself when caring for a family member with dementia, and strategies to meet your needs.



### MINDFULNESS: EXPERIENCING THE PRESENT MOMENT

*AYNSLEY MOORHOUSE, MFA, MSW, RSW*

*Mental Health Clinician, The Reitman Centre, Mount Sinai Hospital*

Aynsley will guide you through a brief mindfulness exercise where you will have an opportunity to connect to the present moment through your senses.



### SHIATSU MASSAGE: RELAX AND UNWIND

*LEISA BELLMORE*

*Shiatsu Therapist, Artists' Health Centre, Toronto Western Hospital*

Leisa will teach self-Shiatsu (a Japanese form of massage) and other simple self-care strategies, which you can easily fit into your daily life.



### DIGITAL TECHNOLOGY: THE DEMENTIATALK APP

*EINAT DANIELI, B.O.T., OT Reg (Ont)*

*Project Manager (ENRICHES Collaborative), The Reitman Centre, Mount Sinai Hospital*

Einat will introduce the DementiaTalk App which can be used to better understand the individual with dementia's experience and to coordinate care.



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