

#### REGISTRATION GST#R119260685

Registration includes continental breakfast, lunch, breaks and registration materials. Please use a separate form for each registrant. It is suggested that you keep a photocopy of the completed form. Deadline for registration is October 31, 2008.

Mail to: *A Changing Melody*  
Murray Alzheimer Research and Education Program  
University of Waterloo, LHI 1630  
Waterloo, ON, N2L 3G1

#### CONFIRMATION

Confirmation will be provided with a letter of acknowledgement and a registration package mailed to you prior to the forum.

#### CANCELLATION POLICY

Your registration fee, less a \$10.00 service charge, will be refunded only if cancellation is received in writing by October 31, 2008. For cancellations after October 31, 2008 your registration fee will not be refunded but you may send a substitute or receive all the materials.

MAREP Telephone: (519) 888-4567, ext. 36880  
Fax: (519) 746-6776  
E-mail: lsadler@uwaterloo.ca  
Web site: www.marep.uwaterloo.ca

#### WE CAN HELP YOU GET THERE!

We have funding available courtesy of the Alzheimer Society of Ontario and the Alzheimer Society of Canada, for persons with dementia and their accompanying partner(s) in care to help offset travel, accommodation and registration costs that would otherwise prevent you from coming to the forum. Please contact us to find out how we can help you get to the forum, including coordinating travel plans, if you cannot drive.

#### THE IMPORTANCE OF CELEBRATING LIFE STORIES

Story telling helps us to make connections to other people – their past, present and future. Telling a life story provides people with an opportunity to voice their unique life history which is a treasure of valuable resources for others. Your life story is a way for you to share with others the important information that you want people to know about you.

*A Changing Melody* is excited to learn about you by having you share and celebrate your life story with us. Let people see the important parts of your life that you want people to know about you. There are a number of ways to participate in this years celebrating life story showcase.

#### Option #1

The first way to participate is to bring in a memento from your life. Examples of items you could bring include:

- Photograph(s) of a meaningful moment in your life such as:
  - A trip you have taken
  - Performing a past or new skill you learned
  - An accomplishment you are proud of
- Memorabilia from your former place of employment
- Newspaper clippings that are important to you
- An item from hobbies that you may have:
  - A book you wrote or read
  - Songs, poems, or stories you have written
  - Items you have quilted, knitted, sewn, or stitched
  - Woodworking or other items you have made

#### Option #2

Share your written and/or artistic representation of your life story on sheets that we will provide you with in the registration package sent to you before the forum. This is your opportunity to share your life story with others.

Please join in the celebration by sharing an important part of your life story with us at the forum. We would like to showcase these items throughout the day. For more information, please contact Leah Sadler at (519) 888-4567 ext. 36880, or lsadler@uwaterloo.ca

#### FORUM PARTNERS



Alzheimer Society



#### FORUM SPONSORS

Champion Sponsor



RIA



#### ACCOMMODATION

Metropolitan Hotel  
108 Chestnut Street  
Toronto, ON, M5G 1R3  
Phone: 416-977-5000, Toll free: 1-800-668-6600  
Fax: 416-977-9513  
Website: <http://metropolitan.com/toronto>

To obtain the special discounted rate of \$169.00 per night (single or double) plus applicable taxes, make your reservation **before October 31, 2008** and be sure to mention *A Changing Melody*.

Detailed driving instructions and parking information will be provided with the registration packages prior to the forum.



A Learning and Sharing Forum for Persons with Early-stage Dementia and their Partners in Care

Saturday, November 15, 2008

89 Chestnut Conference Centre  
89 Chestnut Street, Toronto, Ontario  
Downtown, across from the Metropolitan Hotel

#### Hosted By:

Murray Alzheimer Research and Education Program (a major division of RBJ Schlegel-UW Research Institute for Aging)  
Alzheimer Society of Canada  
Alzheimer Society of Ontario  
Dementia Advocacy and Support Network International

## Joining Forces: Building Supportive Dementia Communities

The theme of the fifth and final *A Changing Melody* is *Joining Forces: Building Supportive Dementia Communities*. In the past five years this event has grown and matured largely due to the driving force of partnerships. These partnerships continue to develop between persons with dementia, care partners and the organizations that provide services to these individuals. These partnerships are essential for the development of strong, supportive dementia communities.

A new era of *A Changing Melody* is before us. We invite you to come celebrate the successes of the past five years and learn how you can work with others to facilitate *A Changing Melody* in your local community. Together we can join forces to amplify the voices of persons with dementia and continue to change the perceptions and misunderstandings of living with dementia. Together we can create communities that are better able to support persons with memory loss and their families in continuing to live meaningful, fulfilled lives. Come be a part of this new era!

### Forum Schedule

8:30 - 9:15	Registration and coffee
9:15 - 9:30	Welcoming & Musical Tribute by Joanne Does
9:30 - 10:00	Session 1: Living with and Transforming Grief and Loss after Diagnosis
10:00 - 10:30	A Time for Dialogue about Grief and Loss
10:30 - 11:00	Refreshment and Networking Break
11:00 - 11:30	Session 2: Living in Meaningful Ways with Dementia
11:30 - 12:00	A Time for Dialogue about Living in Meaningful Ways with Dementia
12:00 - 1:15	Lunch and Networking Break
1:15 - 1:30	Musical Tribute by Mike and Gail Robinet
1:30 - 2:00	Session 3: Building Supportive Communities
2:00 - 2:30	A Time for Dialogue about Building Supportive Communities
2:30 - 3:00	Closing Remarks & Musical Tribute by Joanne Does

### Who is Invited

We invite persons who are living with early-stage dementia and their partners in care (e.g., family and friends) to participate. We also welcome health, social services, and other professionals, policy makers, and planners who are interested in improving dementia care and enhancing the quality of life of persons living with dementia and their families.

### Session 1

#### Living with and Transforming Grief and Loss after Diagnosis

*Brenda Hounam*, was diagnosed with early onset Alzheimer's disease at the age of 53. She now shares her experiences with Alzheimer's disease both provincially and internationally in a refreshingly open and honest way. In this session, Brenda will describe the roller coaster of emotions that she experienced when first dealing with her diagnosis. She will also share how she began to understand her losses and how she continues to cope in order to move forward and adapt to new ways of accomplishing tasks.

*Dr. Christine Jonas-Simpson* is an Assistant Professor, Faculty of Health, School of Nursing at York University and an Adjunct Researcher with the Women's College Research Institute. In her research Christine has explored the phenomenon of how human beings live with and transform loss in their lives. In this session, Christine will acknowledge the experience of grief and loss that persons with dementia and their families experience and discuss how human beings live with and transform loss through awareness, presence and hope.

### Session 2

#### Living in Meaningful Ways with Dementia

*Dr. Richard Taylor*, a person living with dementia and strong advocate for the dementia cause, will discuss creative strategies to live a purposeful life while coping with the symptoms of dementia. He will address the following questions: How do people with dementia lose their sense of purpose? What are the consequences of it? How can people with dementia be enabled to lead fulfilling and loving lives? How are people with dementia disabled by well intended supporters? How can care partners help persons with dementia stay in "today"?

How can care partners reduce stress in their own lives by changing how they see and relate to us? Richard fervently believes that if people with dementia don't speak up and speak out, others will never truly understand what it's like to live with and in the disease.

### Session 3

#### Building Supportive Communities

*Marg Eisner* is a registered nurse and educator and has worked as a volunteer with the Alzheimer Society for 12 years before assuming her present position as Director of Programs and Services for Ottawa and Renfrew County. Through the use of pictures, Marg will provide information on the programs that are available for persons in the early stage of dementia including the ways that advocacy has been encouraged and supported. Through sharing of this information, participants will be able to see tangible ways of building their own supportive communities.

As a Government Relations executive *Jim Mam* was an advocate for his employer with federal and provincial governments. Two years ago Jim was diagnosed with early onset Alzheimer's disease. Jim's presentation will weave where he is today with his advocacy experience and end with an invitation to participants to embark on their own journey of advocacy. Through illustration he makes his point that only by letting our voices be heard and encouraging others to do the same can we benefit ourselves and those around us in the short- and long-term.

#### A Time for Dialogue

*Connie Kuipers* is Acting Education Manager at Alzheimer Society of Ontario, based in Toronto. Connie uses an approach called dialogue education for adult learning and is passionate about the positive changes that can come from well designed, shared learning experiences. To ensure we all take something of value home with us, Connie will invite all present to reflect, absorb and plan for action in response to the shared stories and new information from each session. Prepare to be touched, moved and inspired by your fellow participants!

### REGISTRATION FORM (please print)

Please use a separate form for each registrant; two registration forms are included.

Surname \_\_\_\_\_  
 First name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 Province \_\_\_\_\_  
 Postal Code \_\_\_\_\_  
 Phone ( ) \_\_\_\_\_  
 Fax ( ) \_\_\_\_\_  
 E-mail \_\_\_\_\_  
 Special Needs (e.g., dietary needs) \_\_\_\_\_  
 \_\_\_\_\_  
 Organization (if applicable) \_\_\_\_\_  
 \_\_\_\_\_  
 Job title/position (if applicable) \_\_\_\_\_  
 \_\_\_\_\_

### REGISTRATION FEES (CDN funds, GST included)

- Person living with dementia.....\$50
- Partner in care .....\$50
- Professional accompanying person with dementia .....\$75
- Health or other professional .....\$155
- Amount Payable .....\$ \_\_\_\_\_
- Check here if a receipt is required

### METHOD OF PAYMENT

- Cheque or money order (Payable to University of Waterloo)
- Visa  MasterCard

Cardholder Name \_\_\_\_\_  
 Signature \_\_\_\_\_  
 Card number \_\_\_\_\_  
 Expiry Date \_\_\_\_\_

Register Online!  
 A registration form is available online at:  
[www.marep.uwaterloo.ca](http://www.marep.uwaterloo.ca)  
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