

**The Long Term Care Association of Manitoba**  
**2008 ANNUAL CONFERENCE & EXHIBITION**  
**TUESDAY, MAY 27, 2008**

**Victoria Inn Hotel & Convention Centre**  
**1808 Wellington Avenue, Winnipeg, Manitoba**

**"Comfort Care – Lending a Hand" A Person Centered  
Care Approach...**



***Suggested audience:***

***All long term care staff, middle & upper management***

## Program Outline

0730 - 0815	Conference registration & continental breakfast
0815 - 0820	Opening remarks – Mel Fages, <i>President, Long Term Care Association of Manitoba</i>
0820 - 0830	Greetings – Jan Legeros, <i>Executive Director, Long Term Care Association of Manitoba</i>
0830 - 0945	<p><b>Keynote Address</b>  <b>Embracing the Challenge of Aging - <i>Honourable Sharon Carstairs, P.C. Chair of the Special Senate Committee on Aging</i></b></p> <p>In November 2006, the Senate of Canada struck a Special Committee on Aging, chaired by Senator Carstairs, to examine the implications of an ageing society in Canada. The Committee received a mandate to review public programs and services for seniors, the gaps that exist in meeting the needs of seniors, and the implications for future service delivery as the population ages.</p> <p>In considering the appropriate role of the federal government helping Canadians age well, the Committee was given a mandate to examine the issue of ageing in relation to, but not limited to: promoting active living and well being; housing and transportation needs; financial security and retirement; abuse and neglect; health promotion and prevention; and health care needs, including chronic diseases, medication use, mental health, palliative care, home care and caregiving.</p> <p>This talk will outline the key issues and options which have been discussed by the Senate Committee on Aging regarding the policies and programs of the federal government and its approach to the challenges of an aging population.</p>
0945 - 1030	Break – visit exhibitors
1030 - 1145	<p><b>Manitoba P.I.E.C.E.S.™ Project: Transforming Goals into Actions – <i>Norma Kirkby, Program Director, Alzheimer Society and Susan Bernjak, Regional Educator, WRHA Personal Care Home Program</i></b></p> <p>In response to the Alzheimer Strategy, the Manitoba P.I.E.C.E.S.™ Project will lay the groundwork for enhanced dementia care education in Manitoba. Hear about the plans for project implementation, the vital role of “Enabler” training and the outcomes the project plans to achieve.</p>

1145 - 1200	<b>Presentation of 2007 LTCAM Award for Excellence</b>
1200 - 1330	<b>Lunch break – visit exhibitors</b>
1330 - 1430	<p><b>Feels like Home - the Vision and the Reality of Palliative Care in a Hospice Setting – <i>Dr. Garnet Crawford and Sherril Matthes, Communications Consultant, Writer</i></b></p> <p>Jocelyn House was the first free standing Hospice in Western Canada, providing Palliative Care for over 20 years. Dr. Garnet Crawford and Sherril Matthes share what makes this model of care unique in the continuum of options today, and the extraordinary and creative visions for the next generation of Hospice Care.</p>
1430 - 1500	<b>Break – visit exhibitors</b>
1500 - 1615	<p><b>Sharing the Care – Dementia Reaching Out – <i>Sheila Warnock, Founder &amp; President, ShareTheCaregiving Inc.</i></b></p> <p><b><i>Share The Care</i></b> teaches ordinary people how to create a “care giving family” to help someone they know who needs assistance – whether it’s rehabilitation, illness, aging or any situation where the primary caregiver is unable to carry the load. The model supports not only the person in need but the whole family as well. And if there is no family nearby the group becomes “family.”</p> <p>Sheila will, through her own personal story, relate how this model evolved out of the real life experience of 12 women (mostly strangers to each other) who came together to care for a friend with terminal cancer and developed systems, forms and ways of working that insured no one person had too much to do. This proven model helps people to cope with the “almost certain responsibility “of being a care giver for family or a friend at some point in their lives. <b><i>Share The Care</i></b> written by Sheila and Co-author, Cappy Capossela, is the uplifting guide to replacing care giver stress, fear and loneliness with teamwork, courage and friendship. For more information visit: <a href="http://www.sharethecare.org">www.sharethecare.org</a></p>
1615 - 1630	<b>Closing remarks &amp; prize draw</b>

**Speaker notes will be available in electronic form on our website @ [www.ltcam.mb.ca/news.htm](http://www.ltcam.mb.ca/news.htm) after the conference in our post event story.**

**Thank you to our exhibitors and sponsors!**  
(listed as of January 1, 2008)



## Speaker Profiles



**The Honourable Sharon Carstairs, P.C.** was appointed to the Senate of Canada in 1994. Originally from Halifax, Nova Scotia, Senator Carstairs attended Dalhousie University where she obtained a Bachelor of Arts in Political Science and History. She went on to achieve a Masters of Arts in Teaching at Smith College in Northampton, Massachusetts in 1963. She has taught in Massachusetts, Alberta and Manitoba in public, private and Catholic school systems.

In 1986 she moved to public life, and was elected to the Legislative Assembly in Manitoba. In 1988, she led the Liberal Party in Manitoba to a monumental election gain and became the first woman to lead the Official Opposition in a Canadian Legislative Assembly. She remained a provincial Member of the Legislative Assembly until her appointment to the Senate. From 1997 to 1999 Senator Carstairs served as the first woman to be Deputy Leader of the Government in the Senate. She served as a Federal Cabinet Minister from 2001 to 2003 as Leader of the Government in the Senate and Minister with Special Responsibility for Palliative Care.

Along with being a passionate advocate for palliative care, Senator Carstairs has also been an advocate for women and children. She has served as a founder and President of the *Prairieaction* Foundation, a non-profit organization dedicated to the elimination of family violence and violence against women.

Senator Carstairs has served as a member of various Senate Committees, including as Chair of the Legal and Constitutional Affairs Committee, Deputy Chair of the Human Rights Committee, and she is currently Chair of the Special Senate Committee on Aging. On the international stage, she is currently the Chair of the Human Rights Committee of the Inter Parliamentary Union.



**Norma Kirkby** is a Professional Home Economist who graduated from the University of Saskatchewan, in 1975 with a specialization in Family and Resource Management. She holds a Certificate in Financial Planning and has taken several credit courses in adult education.

Norma has worked in numerous fields where the underlying theme has been assisting individuals and families to live successfully. Norma joined the Alzheimer Society in June of 2002, and holds the position of Program Director. In this role she provides leadership to the Society's education and client service components.



**Susan Bernjak** graduated from the University of Manitoba in 1974 with a BA. She completed her nursing training at Toronto East General Hospital and Centennial College in 1976. Susan completed her Certificate in Adult and Continuing Education at the University of Manitoba in 2002, and received her Certification in Gerontology Nursing from the Canadian Nurses Association in 2007. Susan has worked in Long Term Care for over twenty years. She has held a variety of positions during this time,

including staff nurse, staff educator, and HCA instructor. Susan is the Regional Educator for the WRHA Personal Care Home program, and one of her roles is to work with the educators in the various personal care homes in Winnipeg to facilitate and enhance staff education.



**Sheila Warnock** has spent most of her professional life in advertising yet a good deal of her personal life since the mid-1980's has involved caregiving – she is a three time primary caregiver.

Sheila has experienced first-hand the tremendous burden sole caregivers have to endure as well as the uplifting experiences of being part of two Share The Care groups for close friends in 1988 and in 2002.

The first group experience resulted in the book (1995) and the latter in her decision to change her career (2003) to create a non-profit organization dedicated to educating and promoting the benefits of group caregiving to people everywhere.



**Dr. Garnet Crawford**

After trying several vocations in the flower of his youth (which lasted three plus decades), Dr. Crawford finally decided on Medicine as a career. In particular, he was fortunate enough to find a fit in the practice of Palliative Care and received training in both of these at the University of Manitoba.

He now practices with the WRHA Palliative Care Program here in Winnipeg and loves every minute of it.



**Sherril Matthes** has been a Communications Specialist for almost 20 years, primarily within the health care sector. Sherril has extensive knowledge and experience dealing with the communications, media relations and issue management challenges and opportunities in Canadian health care today.

Through her experience in the media and communications work in community, acute, regional and government settings, Sherril has developed a wide range of strategic communications programs and systems designed to bring measurable results.

Recent projects in support of Jocelyn House integrate the *'feels like home'* vision into day to day operations at the house and create a platform for ongoing discussions about the future of the Hospice.

## Registration Form

**Conference Location:**

Victoria Inn Hotel  
1808 Wellington Ave.  
Winnipeg, MB  
(204) 786-4801

**Conference Date:**

Tuesday, May 27, 2008

**Registration Deadline:**

Friday, May 2, 2008

Registrations accepted via **fax** (477-9889), **mail** or **email** (info@ltcam.mb.ca)

**Registration is on a first-come, first-served basis  
Please note we were sold out last year!**

**Name:** \_\_\_\_\_  
Please Print Clearly

**Job Classification:** \_\_\_\_\_  
Please Print Clearly

**Facility Name:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_ **Fax:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Registration Fee:**

\$50 LTCAM Active Member  
 \$100 Non-Member

\$75 LTCAM Associate Member  
 \$100 LTCAM Individual Member

**Refer to our website to confirm membership status @ [www.ltcam.mb.ca/memberlist.html](http://www.ltcam.mb.ca/memberlist.html)**

Please make cheque payable to: **Long Term Care Association of Manitoba**

Mail Cheque and Registration Form to:  
**Long Term Care Association of Manitoba**  
103-1483 Pembina Highway,  
Winnipeg, Manitoba R3T 2C6

**LTCAM will be providing a delegate list containing your business card information to exhibitors, as permitted by applicable privacy legislation. If you do not wish your e-mail address to be provided with such list, please check the following:**

**I do not wish my e-mail address to be provided to participating exhibitors.**

- Upon receipt of payment, confirmation of registration will be forwarded via fax, if # provided
- Payment **must** be received on or before **May 2, 2008** to guarantee a spot
- Registration cancellations after May 2, 2008 are non-refundable
- Registration is transferable if you are unable to attend
- Seminar Attendance Confirmation & Official Receipt will be provided the day of the conference
- Lunch will be provided for registrants
- Registrants receive a discount on hotel rates (please call the Victoria Inn directly for all bookings and indicate that you are with the Long Term Care Conference – Group #213573). **Price discount for rooms in affect until May 16, 2008.**

How did you learn about the 2008 Long Term Care Conference?

- Staff development personnel/department/co-worker
- LTCAM website
- WRHA newsletter
- Attended last year
- Other: \_\_\_\_\_

**Registration is limited... so register early! DOOR PRIZES!!**

**Early Bird Draw for registrations and payments received by:  
April 14, 2008**

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