



Hillside Seniors Health Centre Yakimovich Wellness Centre

1454 Hillside Avenue

NOVEMBER/DECEMBER 2019, JANUARY 2020

Summary of sessions for November 2019:

- **The Next Generation of Vaccines: More than Just a Poke in the Arm (Friday, November 8th)**
- **Getting to Know Dementia (Monday, November 18th)**
- **Introduction to Advance Care Planning (Tuesday, November 19th)**
- **You're Doing What?! At Your Age?! Older Adults' Sexual Health Play and workshop (Wednesday, November, 20th)**
- **Health Impacts of Climate Change (Thursday, November 21st)**
- **Staying Well During Flu Season (Wednesday, November 27th)**

Summary of sessions for December 2019:

- **Heads Up: Introduction to Brain Health (Tuesday, December 10th)**
- **Sewage as a Treasure Trove for Medically Relevant Data (Friday, December 13th)**
- **Getting to Know Dementia (Tuesday, December 17th)**

Summary of sessions for January 2020:

- **Life in Long-Term Care (Tuesday, January 7th)**
- **Let's Move: Physical Activities for Diabetes (Friday, January 10th)**
- **Mental Health and Well-Being (Wednesday, January 15th)**
- **Chronic Pain Self-Management Program (six consecutive weeks) (Thursdays, January 16th – February 20th)**
- **Grieving Losses During the Dementia Journey (Thursday, January 23rd)**
- **Introduction to Advance Care Planning (Friday, January 24th)**
- **Introduction to Gene Editing (Friday, January 24th)**
- **Safe Medications Use for Seniors (Thursday, January 30th)**
- **Stop your Bladder from Running your Life (Friday, January 31st)**

Registering for Sessions:

- Provide your first and last name, your phone number, session you are registering for and number of people attending session(s)
 - **Email: WellnessCentreRegistration@viha.ca OR**
 - **Call: 250-370-5641, press '2' (this is an automated system)**

Page 12: University of Victoria Elder Academy series: Complementary Medicine

Two hour free parking on side streets or paid parking behind Aberdeen! For more information call the Yakimovich Centre: 250-370-5641, press '2'



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NOVEMBER/DECEMBER 2019, JANUARY 2020

DATE: FRIDAY, NOVEMBER 8TH, 2019

TOPIC: THE NEXT GENERATION VACCINES: MORE THAN JUST A POKE IN THE ARM

TIME: 9:30am – 11:30am

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

Session Description: The traditional vaccines in use for over a century are designed to prevent infectious diseases. In this presentation, the discussion will focus on new innovations designed to improve vaccine performance as well as expand the applications of antibiotics beyond infectious diseases.

DATE: MONDAY, NOVEMBER 18TH, 2019

TOPIC: GETTING TO KNOW DEMENTIA

TIME: 1:30pm-3:30pm

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

Session Description: This introductory session reviews basic information about Alzheimer's disease and other dementias and the impact of receiving a diagnosis. Participants will learn about the different types of support available throughout the dementia journey, including an introduction to programs and services offered by the Alzheimer Society of B.C. This session is only intended for people experiencing early symptoms of dementia, as well as family members or friends who have recently begun supporting a person with dementia.

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NOVEMBER/DECEMBER 2019, JANUARY 2020

DATE: TUESDAY, NOVEMBER 19TH, 2019

TOPIC: INTRODUCTION TO ADVANCE CARE PLANNING

TIME: 1:30-3:00pm

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: WEDNESDAY, NOVEMBER 20TH, 2019

**TOPIC: YOU'RE DOING WHAT?! AT YOUR AGE?! Older Adults
Sexual Health Play and workshop**

TIME: 10:00am – 12noon

Presenters: *Leah Tidey, Applied Theatre Facilitator, University of Victoria;
Jennifer Gibson, Sexual Health Educator, Island Sexual Health Society;
Alexandra Haupt, Research Assistant, University of Victoria;
Intergenerational Cast and Crew*

Session Description: We are thrilled to announce the sharing of a staged play reading and workshop with and for older adults across Victoria. You're Doing What?! At Your Age?! is a community theatre project that focuses on sexual health literacy for older adults. The play and follow up workshops are meant to be both educational and entertaining in equal measure, using humour to make this sometimes sensitive topic accessible. After the play, there will be a panel to answer any questions and promote discussions.

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NOVEMBER/DECEMBER 2019, JANUARY 2020

DATE: THURSDAY, NOVEMBER 21ST, 2019

TOPIC: HEALTH IMPACTS OF CLIMATE CHANGE

TIME: 6:30pm – 8:00pm

Presenter: *Dwight Owens, User Engagement Officer, Oceans Network Canada, University of Victoria Speakers Bureau*

Session Description: Climate change is not only heating up the planet, but it is also threatening our health. High heat, extreme weather and sea level rise are often mentioned. But, did you know that climate change is spreading infectious diseases, reducing food security, and affecting our mental wellbeing? These and other health impacts will be explained, along with a discussion of how we can play a part in solving the climate crisis.

DATE: WEDNESDAY, NOVEMBER 27TH, 2019

TOPIC: STAYING WELL DURING FLU SEASON

TIME: 11:00am – 12:30pm

Presenter: *Stephanie Bayliss, Naturopathic Physician*

Session Description: In this session, learn strategies from a Naturopathic perspective on how to stay well during flu season. Fundamental nutrients for the immune system will be discussed, including vitamin C, vitamin D, and zinc. Recipes will be shared that are rich in herbs that boost your immune system and you will learn how to transition your diet to warming foods for the colder season.

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NOVEMBER/DECEMBER 2019, JANUARY 2020

DATE: TUESDAY, DECEMBER 10TH, 2019

TOPIC: HEADS UP: INTRODUCTION TO BRAIN HEALTH

TIME: 10:00am – 12noon

Presenter: Alzheimer’s Society of BC – Victoria Resource Centre

Session Description: Healthy aging is important for everyone, and it is essential not to forget the health of your brain as well! This workshop encourages participants to actively engage in protecting and maintaining their brain. Learn strategies and set goals for improving the health of your mind, body and spirit. Anyone interested in brain health is welcome to attend.

DATE: FRIDAY, DECEMBER 13TH, 2019

TOPIC: SEWAGE AS A TREASURE TROVE FOR MEDICALLY RELEVANT DATA

TIME: 2:30pm-4:30pm

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

Session Description: A summary of research on infectious disease epidemiology, development of antibiotic resistance, drug and substance patterns, and more derived from data obtained from municipal sewage.

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DATE: TUESDAY, DECEMBER 17TH, 2019

TOPIC: GETTING TO KNOW DEMENTIA

TIME: 10:00am – 12noon

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

Session Description: This introductory session reviews basic information about Alzheimer's disease and other dementias and the impact of receiving a diagnosis. Participants will learn about the different types of support available throughout the dementia journey, including an introduction to programs and services offered by the Alzheimer Society of B.C. This session is only intended for people experiencing early symptoms of dementia, as well as family members or friends who have recently begun supporting a person with dementia.

Wishing you all the best for a warm and healthy Holiday Season!!



Happy New Year – Welcome 2020!!

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NOVEMBER/DECEMBER 2019, JANUARY 2020

DATE: TUESDAY, JANUARY 7TH, 2020

TOPIC: LIFE IN LONG-TERM CARE

TIME: 1:30pm-4:00pm

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

Session Description: This session focuses on the process of adjustment after a person with dementia has moved into a long-term care facility. Learn about the changes to your role as a caregiver that this transition can bring, and how to enhance your visits. The session will also review strategies for working effectively with a care team and offer tips for acting as an advocate within a long-term care facility.

DATE: FRIDAY, JANUARY 10TH, 2020

TOPIC: LET'S MOVE: PHYSICAL ACTIVITIES FOR DIABETES

TIME: 2:30pm-4:00pm

Presenter: Dr. Kirstin Lane, PhD, Clinical Exercise Physiology, University of British Columbia, Assistant Teaching Professor, University of Victoria, School of Exercise Science, Physical and Health Education

Session Description: Learn about the importance of physical activity and exercise when living with diabetes. Topics covered are:

- Diabetes and aging
- Benefits of physical activity and precautions
- General exercise guidance

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NOVEMBER/DECEMBER 2019, JANUARY 2020

DATE: WEDNESDAY, JANUARY 15TH, 2020

TOPIC: MENTAL HEALTH AND WELL-BEING

TIME: 9:30am – 11:00am

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.

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

TOPIC: CHRONIC PAIN SELF-MANAGEMENT PROGRAM

TIME: 1:00pm - 3:30pm (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:

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

****To Register: please call Self-Management Programs of BC at:
Toll Free: 1-866-902-3767 OR Email: selfmgmt@uvic.ca****

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NOVEMBER/DECEMBER 2019, JANUARY 2020

DATE: THURSDAY, JANUARY 23RD, 2020

TOPIC: GRIEVING LOSSES DURING THE DEMENTIA JOURNEY

TIME: 10:00am – 12noon

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: 10:00am – 11:30am

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.

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DATE: FRIDAY, JANUARY 24TH, 2020

TOPIC: INTRODUCTION TO GENE EDITING

TIME: 1:30pm – 3:30pm

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: 10:00am – 11:30am

Presenter: *Holly Sulsbury, 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

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NOVEMBER/DECEMBER 2019, JANUARY 2020

DATE: FRIDAY, JANUARY 31ST, 2020

TOPIC: STOP YOUR BLADDER FROM RUNNING YOUR LIFE

TIME: 10:30am – 12noon

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.

Takes Place At University of Victoria Elder Academy

TOPIC: COMPLEMENTARY MEDICINE

DATES: Saturdays, November 2nd, 9th, 16th, 23rd and 30th, 2019

TIME: 10:00am – 12noon

COST: \$25.00 for the whole series. No per session reduced cost & no refunds

Where: University of Victoria, David Turpin Building (DTB), A Wing, Room A102

Session Information:

November 2nd: Complementary Medicine in Context: where does it come from and where is it going? Peter Conway, Dip. Phyt, FNIMH, DTM Cert.Ed

November 9th: Ayurvedic Medicine and Wisdom Traditions for Practical day-to day Healing. Elham Ansari, BA, CAP, RYT, BCHN

November 16th: Medical Qi Gong Therapy

November 23rd: The Role of Cannabis in Seniors Health. David Hutchison

November 30th: Healthy Aging: A Naturopathic Perspective. Dr. Jasmine Wong ND and Dr. Natasha Montroy, ND

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