

Registration Form

A warm thank you goes to all our sponsors for their generous contributions in support of today's event.



	<i>Price</i>
<input type="checkbox"/> GIG Member	\$50.00
<input type="checkbox"/> GIG Non-Member	\$75.00
<input type="checkbox"/> Student	\$40.00
<input type="checkbox"/> Senior (65 +)	\$40.00
<input type="checkbox"/> Group Rates: For information on group rates (for 5 people + - not including students or seniors), please contact us at number below.	

Name _____

Address _____

City _____

Postal Code _____

Phone _____

Occupation _____

*Email _____

Interested in becoming a member also?

- Add \$25 for Individual membership
- Add \$75 for Corporate membership

Enclosed is my cheque for \$ _____
(To Waterloo Region Gerontology Interest Group)

Mail your completed registration and cheque to:

Waterloo Region Gerontology Interest Group
385 Fairway Rd. S
Box 4A-202
Kitchener Ontario N2C 2N9
Email: waterloogig@yahoo.ca
www.waterloogig.org
For more info: 519-893-8494 x 6500

* Confirmation will be done by email only.

Waterloo Region Gerontology Interest Group Presents



Holistic Aging: Tending to your Mind, Body & Spirit

Thursday April 30th 2009
8:15 am - 3:45 pm
Sunshine Centre
Luther Village
139 Father David Bauer
Drive
Waterloo, Ontario

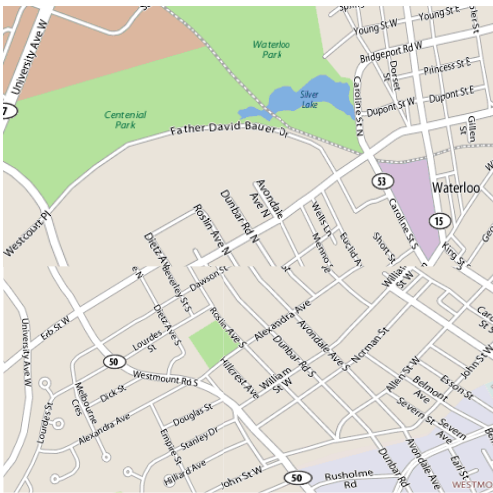
Agenda

The workshop is designed to enhance the knowledge of current trends, research and issues in the field of gerontology. This day will provide an opportunity for participants working with or caring for seniors to network with both their colleagues and community agencies involved in healthcare.

Registration fee includes an information package, light breakfast, lunch, and break time refreshments. Parking next door is free.

We will be taking photos for promotional purposes. If you do not want your picture taken, please be sure to notify the registration desk.

Sunshine Centre Luther Village
139 Father David Bauer Dr.
Waterloo, Ontario



Please park next door at the Waterloo Memorial Recreation Complex.

8:15 Registration & Breakfast

8:45 Intro and Welcome

9:00 Dr. Prasad

Body, Mind & Spirit: A Journey

10:00-10:15 Break

Visit with our sponsors and enjoy some light refreshments.

10:15-11:15 Rene Alexander

Spirituality & Aging

11:15-12:15 Frances Morton

The Aging Mind & Personality: Transcending Stereotypes

12:15-1:00 Lunch

1:00-2:00 Dr. Didyk & Tammy Tebutt

Stroke & Vascular Dementia

2:00-2:15 Break

Visit with our sponsors and enjoy some light refreshments.

2:15-2:45 Cathy McNorgan & Mark Unwin

Walking Poles

2:45-3:15 Alicia Weber

Healthy Feet

3:15 Evaluation, Closing Remarks & Door Prizes

Dr. Prasad came to the KW area in 1987 and was the first internist-geriatrician in the community. She has been Chief of Medicine and organized the Waterloo Region-wide Advance Directives & Osteoporosis clinic. Dr. Prasad is an associate clinical professor in the Department of Medicine, Division of Geriatrics at McMaster University, and currently runs an active geriatric clinic at St. Mary's Hospital.

Rene Alexander has a Bachelor's Degree in Psychology and Communication. Rene is a former registered nurse, midwife, and nurse educator. She has worked in spiritual care since 1992 and recently retired as chaplain at Sunnyside Home in Kitchener. She is now a part-time funeral celebrant.

Frances Morton has an academic focus in Gerontology and Sociology, Masters of Health Sciences, & certification in LTC administration. Frances is the proud recipient of the three-year Canadian Institute of Health Research (CIHR) Fredrick Banting and Charles Best Doctoral Award.

Dr. Didyk completed her internal medicine and geriatrics at McMaster University and currently works in the geriatric clinic at St. Mary's Hospital in the Geriatric Program & at Grand River in their Regional Stroke Program.

Tammy Tebutt recently completed a Masters in Nursing & an Acute Care Nurse Practitioner certificate from the University of Toronto. Tammy has worked at Grand River Hospital since 1985 in various roles: Intensive Care, Discharge Planning and Clinical Director. Tammy joined the Ontario Stroke Strategy and enjoys her role as the Director of the District Program for Waterloo/Wellington Region since January 2003.

Cathy McNorgan is a physiotherapist who has worked in community & long term care implementing a variety of programs. Cathy & Mark Unwin have been involved in a research project looking at the effects of Nordic walking with persons living in a LTC facility.

Alicia Weber is a RPN, & a certified foot care specialist. Working currently as a foot care Nurse and a Regional foot care trainer for We Care Home Health. Alicia attends many clinics. She is also a complimentary therapist in her spare time.