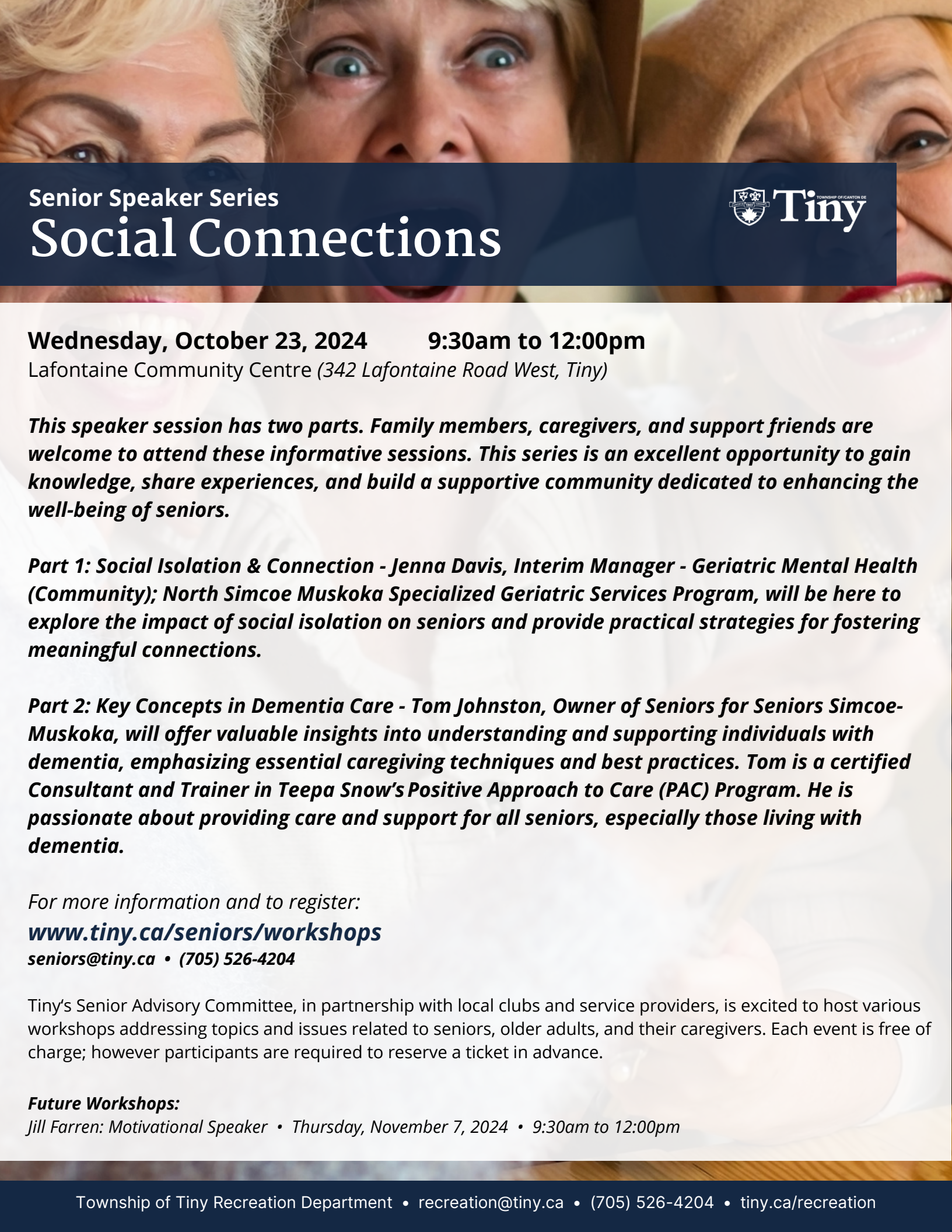




Senior Speaker Series

Social Connections



Wednesday, October 23, 2024 9:30am to 12:00pm

Lafontaine Community Centre (342 Lafontaine Road West, Tiny)

This speaker session has two parts. Family members, caregivers, and support friends are welcome to attend these informative sessions. This series is an excellent opportunity to gain knowledge, share experiences, and build a supportive community dedicated to enhancing the well-being of seniors.

Part 1: Social Isolation & Connection - Jenna Davis, Interim Manager - Geriatric Mental Health (Community); North Simcoe Muskoka Specialized Geriatric Services Program, will be here to explore the impact of social isolation on seniors and provide practical strategies for fostering meaningful connections.

Part 2: Key Concepts in Dementia Care - Tom Johnston, Owner of Seniors for Seniors Simcoe-Muskoka, will offer valuable insights into understanding and supporting individuals with dementia, emphasizing essential caregiving techniques and best practices. Tom is a certified Consultant and Trainer in Teepa Snow's Positive Approach to Care (PAC) Program. He is passionate about providing care and support for all seniors, especially those living with dementia.

For more information and to register:

www.tiny.ca/seniors/workshops

seniors@tiny.ca • (705) 526-4204

Tiny's Senior Advisory Committee, in partnership with local clubs and service providers, is excited to host various workshops addressing topics and issues related to seniors, older adults, and their caregivers. Each event is free of charge; however participants are required to reserve a ticket in advance.

Future Workshops:

Jill Farren: Motivational Speaker • Thursday, November 7, 2024 • 9:30am to 12:00pm