

Yakimovich Wellness Centre

March 2022 Sessions

Date: Friday, March 11th, 2022T

Title: *How to Stop your Bladder from Running your Life (Course #: 28141)*

Time: 10:30am – 11:30am

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.

Location: via zoom (the zoom link will open 15 minutes before the start of the session – give participants time to connect via zoom)

Dates: Thursday, March 17th, 2022 and Thursday, March 24th, 2022

Title: *Introduction to Advance Care Planning – Part 1 (March 17th); Part 2 (March 24th) (Course #'s: Part 1: 24097; Part 2: 24098)*

Note: please register for Part 1 and Part 2 separately as they are listed as two separate sessions – important to start with Part 1 first.

Time: 10:30am – 12noon for both Part 1 and Part 2

Facilitators: Gabi Townsend and Liz McCarter

Location: Via Zoom

Session Description: We plan for birthdays, weddings, and even dinner - so why don't we plan our health care? What health care decisions are made when you are no longer capable of making them yourself? Who acts as your Representative or Substitute Decision Maker? What are your values, wishes and beliefs? *These are all questions that get addressed during your advance care planning process.*

Although Advance Care Planning is often thought of as planning for the end of life, it is really about planning for life, up to and including death. It is a process of thinking about what is important to you. What are your beliefs, values and wishes for your care?

Advance care planning is also about sharing those wishes, especially with your substitute decision-maker (the person who will speak for you if you can't speak for yourself) so that your family and friends know how you would like to be cared for in the future. But lots of resources have too much medical, and legal jargon it's hard to know where to start.

This two-part workshop, important to register for both part 1 and part 2 as both parts will help you tackle planning with confidence. You will finish having the tools and skills to start the conversation with your friends, loved ones, and health care providers. Each session is approximately 1.5 hours long, and will help participants get started working on their own plans, and having conversations with their loved ones.

Please Note:

- Once you register, you will be sent a welcome package with instructions on forms and documents to print prior to the workshop.
- If you are assisting a loved one, family member, or partner during the workshop, only the participant will need to register.
- Each participant should register separately as well as use separate devices during the workshop.

Date: Friday, March 18th, 2022

Title: *Cellular Senescence and its Role in Human Aging (Course#: 28144)*

Time: 10:00am – 12noon

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

Session Description: The accumulation of cells that no longer proliferate (senescence) in tissues has become a hallmark of aging and age-associated disorders. Learn about the implications of cellular senescence on healthy aging.

Location: In person, Yakimovich Wellness Centre

Date: Monday, March 21st, 2022

NEW!! Title: *Here Today, Gone Tomorrow Conversation Game (Course #: 28147)*

Time: 10:00am – 11:30am

Facilitators: Victoria Hospice Education and Research Team

Session Description: Conversations about death can be difficult to approach but we know that these discussions are important and necessary for clarifying values, wishes and goals about care and end of life care. There are a number of tools such as advance care planning which helps to achieve these goals, but often this planning is left until a person is ageing, or is diagnosed with a life limiting illness. To encourage de-stigmatizing these difficult conversations, Victoria Hospice has developed a series of conversation starters that you can use in you home with your family, friends and loved ones.

Anyone is welcome to register for this facilitated game featuring its very own Here Today, Gone Tomorrow cards. Here Today, Gone Tomorrow is a conversation game around living, dying, and what matters most.

Location: Via Zoom

Date: Wednesday, March 23rd, 2022

Title: *Food and Mood (Course#: 28142)*

Time: 11:00am – 12noon

Presenter: Swati Scott, Dietician, Community Health Services, Island Health

Session Description: Do you ever wonder if what you eat impacts your mood? If yes, this session is for you - you will learn:

- The connection food has with our brains.
- Foods that have an impact on our mood.

Location: via zoom

Date: Thursday, March 24th, 2022

Title: *Getting your Affairs in Order (Course #: 28146)*

Time: 2:00-4:00pm

Presenter: Dustin Marnell, has been a member of the Canadian Bar Association since 2008. Dustin volunteers his time at a number of organizations and frequently presents on the topics of: wills and estate planning, incapacity planning, and estate administration.

Session Description: This 2 hour session will cover:

- Wills and Estates
- Representation Agreements
- Power of Attorney
- Incapacity planning
- Acting as an executor

Location: either via zoom or in person at the Yakimovich Wellness Centre

Women's Incontinence Support Group - 3rd Tuesday/month

Dates: Tuesday, March 15th, 2022; April 19th, 2022, May 17th, 2022

Time: 1:30pm-3:00pm (zoom link opens at 1:15pm)

Description: the women's Incontinence support group is for any woman experiencing any kind of incontinence or urgency; share their experiences, listen to others, share resources and receive some education in a supportive environment.

Facilitators: Donna Ross, Retired RN, who specialized in incontinence health and care and Liz McCarter (hosts)

Contact: contact Liz McCarter, Elizabeth.McCarter@islandhealth.ca - if you are interested to participate.

If you require any assistance with creating an account or registering with Learning Hub, contact Liz McCarter, Elizabeth.McCarter@islandhealth.ca - I am happy to help you.