

AGENDA FOR LIVING WELL LUNCHEON
Friday, January 25, 2019

12:00 pm - 12:10 pm

*WELCOME &
INTRODUCTION/LUNCH*
Mona Lancaster, Managing Director,
Memory Lane Home Living Inc.

12:10 pm - 12:35 pm

Dr. Elizabeth Kelson, Social
Gerontologist, Ryerson University.
*Community Based Dementia Care &
Healthy Aging*

12: 35 pm - 1:00 pm

Mary Beth Wighton, Founder of
Ontario Advisory Group. *Her
journey, inspiration and knowledge
of the dementia strategies*

1.00 pm - 1:15 pm

Break / exhibitors / resource sharing

1:15 pm - 1:25 pm

Betty and Fred, Loved one with a
diagnosis and caregiver. *Their
journey and inspiration*

1:25 pm - 1:35 pm

Jaime Cruz, Alzheimer's Society of
York Region. *Changing the Stigma
of Dementia*

1:35 pm - 2:00 pm

Exhibitors resource sharing

It takes a Village...

Many thanks to the companies, speakers and individuals who donated time, money and in-kind services to make this event happen:

Jerrett Life Celebration Centre (facility, food and audio equipment) <https://toronto.dignitymemorial.ca>

Dotsa Bitove Wellness Academy: <http://www.dotsabitove.com>

Circle of Care: <https://www.circleofcare.com>

The Integrated Partnership for Seniors (TIPS):
<http://www.tips4seniors.ca>

Central Health Line: <https://www.centralhealthline.ca>

Memory Lane Home Living Inc: <http://memorylanehomeliving.ca>

Osteoporosis Canada: <http://osteoporosis.ca>

Laipac Technologies Inc.: <http://www.laipac.com>

Home Care Assistance: <http://www.homecareassistance.com>

RNS Health Care Services: <https://rnshc.com>

Four Seasons Naturopathic: <https://familynaturopath.ca>

Alzheimer's Society of York Region: <https://alzheimer.ca/en/york>

Net proceeds of this luncheon will be donated to *The Alzheimer's Society of York Region*