

## Living Well Luncheon to recognize January is Alzheimer's Awareness Month

January is Alzheimer's Awareness Month. Every 3 seconds someone around the world is given a dementia diagnosis. It is time to be informed.

On Friday January 25<sup>th</sup> from noon - 2 p.m., Memory Lane Home Living Inc. (a not-for-profit dementia initiative) in collaboration with Jerrett Life Celebration Centre, 8088 Yonge Street in Thornhill, is hosting a \$10 sit down lunch while listening to dementia experts inform us on 'living well' on the journey of dementia. We invite caregivers, loved ones, health professionals, church members, businesses, and the general public to attend. Net proceeds will be donated to the Alzheimer's Society of York Region.

We have invited dementia expert Mary Beth Wighton who founded the Ontario Dementia Advisory Group (ODAG) after her diagnosis of dementia in 2012. She is on the advisory board for the Ontario Dementia Strategy, as well as being a committee member for the National Dementia Strategy. Learn from her what is changing at the government level and what needs to be changed.

Dr. Elizabeth Kelson, a Social Gerontologist who teaches at Ryerson University and whose research focuses on living well with dementia, is back by popular demand. Her presentation will draw on recent research that explores community-based dementia care and healthy aging.

Jaime Cruz from the Alzheimer's Society will present on the stigma of dementia and how we can change that.

We also have a couple who will share their experience on the dementia journey as a caregiver and loved one with a diagnosis. See how they choose to *thrive* rather than merely survive.

We will have select exhibitors within the York Region area who will provide you with information regarding resources available to live well with dementia.

For tickets please call 905.876.8666 or visit our website: [memorylanehomeliving.ca](http://memorylanehomeliving.ca)



