

**WE CAN DO BETTER**  
**Enhancing Older Adult Care**

**REGISTRATION FORM**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Workplace: \_\_\_\_\_

Food Sensitivities: \_\_\_\_\_

- MEMBER OF PEIGNA - \$ 75.00  
 NON-MEMBER OF PEIGNA - \$100.00  
 STUDENTS - \$ 25.00

All payments other than e-transfers  
addressed to PEIGNA  
C/O Sarah MacDonald  
73 Malpeque Rd., Ch'town PE C1E 1S3  
Fax – 902 894 3464

**PAYMENT MUST BE INCLUDED WITH  
REGISTRATION**

- Payment options: (check one)  
\_\_\_ e-transfer ([dmmacswain@gmail.com](mailto:dmmacswain@gmail.com))  
\_\_\_ Cash (amount enclosed \_\_\_\_\_)  
\_\_\_ Cheque **Payable to PEIGNA**

Please note:

While we are unable to refund registrations,  
substitutions are welcome.



**“What is all This Fuss About Antipsychotic Use?”**

**Mollie Cole**, President of Canadian  
Gerontological Nurses Association & Clinical  
Nurse Specialist in the Care of Older Adults

Mollie Cole will highlight various strategies used  
in the Alberta provincial initiative to help reduce  
potentially un-necessary antipsychotic use in  
older adults with dementia. She will discuss the  
key interventions that care teams implemented  
to review the continued need for existing  
antipsychotics and implement person-centred  
non-pharmacologic interventions. Mollie will  
outline strategies that were implemented to  
support the care teams at the organizational and  
provincial system level and will share resources  
that participants are welcome to use.

**Striking the Balance Between Person Centered  
Care and Duty to Care.**

**Kim MacPhee**, Clinical Resource Nurse, Health  
PEI.

This presentation will help us find the difficult  
balance between respecting person-centered  
care and choice, while at the same time ensuring  
appropriate care needs of older adults are met.

**Laughter Yoga**

**Ann Marie Rolffe**

Laughter yoga is a new twist on an ancient  
practice. It increases happiness,  
strengthens the immune system, reduces  
pain and lowers stress.  
Laughter relaxes the whole body and when  
combined with yoga it provides extensive  
health benefits.

**Observations of a Life Coach on the  
Dementia Caregiver Journey:  
Wisdom, Tips, and Laughter!**

**Mildred Lynn MacDonald** is a Healing  
Conversationalist, Health and Well Being  
Advocate, Integrative Life Coach and Mind  
Body Spirit Pod-caster.

Her presentation will provide the audience  
with a unique perspective of her personal  
caregiver experience journey as well as  
offer guidance as a professional life coach.

**We Can Do Better**

0845 - **Opening Remarks**

0900 – 1030

Mollie Cole

**“What is all This Fuss  
About Antipsychotic Use?”**

1030-1100 - **Nutrition Break**

1100-1215

Mollie Cole con't

1215 – 1315 - **Lunch (provided)**

1315 – 1400

Kim MacPhee

**"Striking the balance between  
person centered care and duty to care"**

1400 – 1415

Ann Marie Rolffe

**Laughter Yoga**

1415 – 1430 - **Nutrition Break**

1430 – 1530

Mildred Lynn MacDonald

**Observations of a Life Coach on the Dementia  
Caregiver Journey:  
Wisdom, Tips, and Laughter!**

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1530 - Wrap up

1545 - Evaluation

1600

PEIGNA Annual Meeting

PRINCE EDWARD ISLAND

**GNA** GERONTOLOGICAL  
NURSING  
ASSOCIATION



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PEIGNA is affiliated with the  
Canadian Gerontological  
Nursing Association  
(CGNA)

**Mission**

To address the health of older Canadians and  
the nurses that participate  
with them in health care.

**Vision**

To promote excellence in gerontological  
nursing through leadership, knowledge and  
scholarship.

**Join Now!**

[www.peigna.org](http://www.peigna.org)

[www.cgna.net](http://www.cgna.net)

Twitter #@PEIGNAINC

For questions on registration please contact:

Sarah MacDonald

[smacdonald@andrewsseniorcare.com](mailto:smacdonald@andrewsseniorcare.com)

Tel: 902 368 2790

Prince Edward Gerontological  
Nursing Association

14th Annual Education Day

**WE CAN DO  
BETTER**



**Enhancing Older Adult Care**

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Thursday, May 30th, 2019

Rodd Charlottetown  
75 Kent Street  
Charlottetown, PE

0845h – 1545h

Lunch included with registration

