

Conference brings awareness and information

By Audrey Kotak/
The Exponent

A wealth of information was available for the listening last week as Grandview hosted a two-day conference. Tuesday focused on elder abuse awareness and Wednesday shifted to health and wellness.

Community resource co-ordinator and conference organizer Connie Tanasichuk was very happy with the response, saying approximately 90 people registered for the event.

She said that the goal in setting up the conference was to bring awareness and education to the community, as well as resources, "so that people know where to go to get help". Mentioning particular comments from people who found answers to their questions at the event, she says that goal has "definitely" been met.

Connie also noted that the evaluations from those who attended were very positive about the information they received. Because of the great response, it is most likely that

future conferences will be planned.

With so many excellent presenters, there was no one highlight to the event. Connie explained that people came away from each session with lots to think about. Even sessions that didn't seem to apply personally became relevant. As an example, there were only a handful of people in the room dealing with Celiac disease, but many are now looking into whether it may be affecting a family member because of what they learned.

A variety of topics were presented by local, and visiting speakers. Day one covered everything from protecting rights and assets including personal safety and personal finances to mental health services; avoiding scams; wills, power of attorney and health care directives; and building partnerships to protect older adults.

Day two programs included healthy eating; fire and fall prevention; pelvic floor muscle health; caring for yourself while caring

for another; celiac disease and what to expect when you call 911.

In conjunction with the sessions at the Legion Hall, a number of informative displays were available at the Parish Hall for conference participants and the

general public. A diabetes screening took place at the Drop In Centre Wednesday morning. As well, Cairns Pharmacy hosted a bone density clinic at the Parish Hall on Wednesday.

The youth of the community were included in the

conference through a poster contest for middle years students sponsored by Grandview Credit Union and a speaker for grades 9 - 12. Dr. Dean Kriellaars visited the school on Tuesday to give a well-received talk enti-

tled *Lifestyles of the Facebook Generation*.

Winners of the Elder Abuse awareness poster contest were: grade 4 - 1st Sierra Parrott, 2nd Wren Lynxleg, 3rd Liam Lynxleg; grade 5 1st Stefanie Breckner, 2nd Mae Branconnier, 3rd Hailee Van Wynsberghe; grade 6 - 1st Brett Evans, 2nd Hailey Furkalo, 3rd Bailey White; grade 8 - 1st Marlize Fourie, 2nd Nicole Bohdanovich and Danielle Van Wynsberghe, 3rd Celine Branconnier. Winners were chosen by the conference participants. Posters are on display at the Legion.

The conference was presented by Grandview Community Resource Council, Manitoba Sniors and Healthy Aging Secretariat, Parkland Regional Health Authority and the Parkland Seniors abuse Advisory Committee.

As an extension of their efforts to increase the awareness of Elder Abuse, the Grandview Community Resource Council will be planning an event for June 15th which is World Elder Abuse Awareness Day.



Bonnie Coukell (left) was among those who took the opportunity to be screened for diabetes Wednesday morning in conjunction with the Health and Wellness Conference in Grandview.

Photo by Audrey Kotak



Photos left to right: Mary Ellen Yaseeniuk and Corinne Madsen did the bone density screening on behalf of Cairns Pharmacy. Due to the great response, they continued on Thursday to accommodate everyone. At least 50 people took advantage of the opportunity. (Photo by Connie Tanasichuk). Tom VanBeukenhout, senior partner with Johnston & Company law firm in Dauphin, talked about wills, power of attorney and health care directives. Kelli Berzuk, physiotherapist with the Incontinence and Pelvic Pain Clinic in Winnipeg made everyone very comfortable with the uncomfortable topic of bladder control. Erin Stoez, registered dietitian from Parkland Regional Health Authority (left) was introduced by conference emcee Darcy Hill from PRHA Service to Seniors. Erin's topic was Eating well with Canada's Food Guide. (Photos by Audrey Kotak)

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