



# *Mindful Care II...A Psychogeriatric Conference* *September 30<sup>th</sup> and October 1<sup>st</sup>, 2004*

Website: [www.mindfulcare.mb.ca](http://www.mindfulcare.mb.ca)

**Keystone Centre, #1 1175 18th Street Brandon, MB**



## *Your Invitation to Brandon, Manitoba*

The Centre for Geriatric Psychiatry and Mental Health Services for the Elderly, both programs of the Brandon Regional Health Authority, are pleased to host the second Mindful Care Conference geared toward professionals with a vested interest in mental health and care for the elderly.

Caring for elderly with mental health concerns provides distinct challenges to clinicians practicing today. Providing the quality of care we all value may seem overwhelming at times. Evidence-based, innovative approaches are being developed by experts across the country and integrated into daily practice. Join us as our keynote speakers and presenters address a broad range of relevant and timely themes, providing information relevant to all persons involved in caring for the elderly with sessions targeted for physicians, psychogeriatric specialists, health care providers, front line staff and families. You will have the opportunity to hear two Keynote Sessions and attend four Concurrent Sessions each day. Concurrent sessions will target a variety of audiences, with the target audience being identified for each scheduled session.

**All Members of The Public Are Invited to:**

*The Mindful Care II... Public Forum*

**Thursday Sept. 30<sup>th</sup> @ 6:00 – 9:00 p.m.**

*No Charge – Silver Collection Optional*

See Back Page for Details

### Thursday Sept. 30th, '04

7:00 a.m. – Installation of Exhibits and Posters

8:00 a.m. – Registration Begins and Exhibits Open

8:30 a.m. – Opening Remarks

8:45 a.m. – Keynote Address

9:45 a.m. – Nutrition Break

10:00 a.m. – Concurrent Session

11:00 a.m. – Nutrition Break, Opportunity to view posters.

11:15 a.m. – Concurrent Session

12:15 p.m. – Lunch Break

1:15 p.m. – Keynote Address

2:15 p.m. – Nutrition Break

2:30 p.m. – Concurrent Session

3:30 p.m. – Nutrition Break

3:45 p.m. – Concurrent Session

4:45 p.m. – Social Reception

### Mindful Care Public Forum

6:00 p.m. – Viewing of Displays

7:00 p.m. – Panel discussion

7:45 p.m. – Nutrition Break

8:00 p.m. – Question & Answer

### Friday, Oct. 1st, '04

8:00 a.m. – Registration

8:30 a.m. – Opening Remarks

8:35 a.m. – Keynote Address

9:30 a.m. – Nutrition Break

9:45 a.m. – Concurrent Session

10:45 a.m. – Nutrition Break, Opportunity to view posters.

11:15 a.m. – Concurrent Session

12:15 p.m. – Lunch Break

1:30 p.m. – Concurrent Session

2:30 p.m. – Nutrition Break

Displays closed

2:45 p.m. – Concurrent Session

3:45 p.m. – Closing Keynote Address & Remarks

4:30 p.m. – The End



## Mindful Care II...A Psychogeriatric Conference

### Hotel Accommodations

The Mindful Care Planning Committee has reserved reduced rate rooms at two Brandon hotels: The Colonial Inn and The Days Inn. To obtain the special conference rates, make your reservation early and before the “hotel room block release date of **September 9, 2004**” Request a confirmation number and written confirmation.

#### **Colonial Inn:** 30 rooms reserved

Ask for “**Mindful Care Rooms**” for the group rate.

Prices Quoted: \$58.95-\$69.95

Phone: 1-204-728-8532 Fax: 1-204-727-5969

Toll Free: 1-800-665-6373

Email: [colonialinn@westman.wave.ca](mailto:colonialinn@westman.wave.ca)

Web site: <http://www.colonialinn.mb.ca>

#### **Days Inn Brandon:** 20 rooms reserved

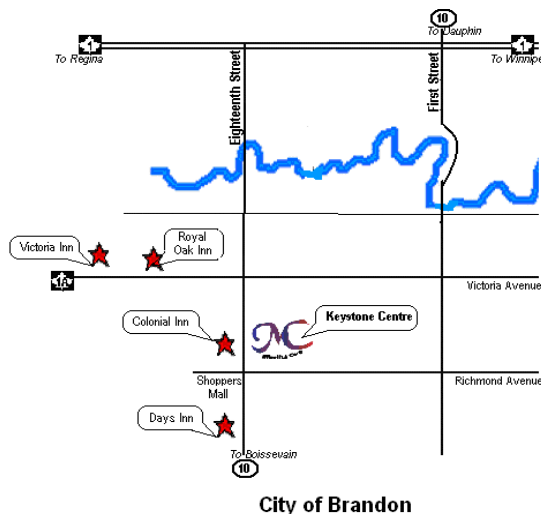
Give “**CGA 120**” for the group rate:

Prices Quoted: \$83.99 plus tax

Phone: 1-204-727-3600

Toll-Free: 1-888-213-2192

Website: <http://www.days-inn-brandon.com>



**Additional Brandon hotels can be located by visiting:**

<http://www.brandon.com/tourism/accommodations.html>

[http://manitoba.hotel-canada.com/brandon\\_manitoba\\_hotels.html](http://manitoba.hotel-canada.com/brandon_manitoba_hotels.html)

### Posters:

The following Poster Presentations confirmed at time of printing:

*A Region Wide Power Mobility Program*  
Shannon Webber and Kristal Laminman

*Adult Day Programs of Manitoba*  
Teresa Briggs

*Humor During the Psychological Assessment  
and Mindful Care of Older Persons*  
Kevin Kennedy

*Community Based Health Care... A Reality*  
Jean Chennel

*Development of Elderly Abuse Template*  
Cathy Gfellner-Donald and Eileen Mead

*Day Program Enhancement*  
Marlene Chambers and Linda Schrader

*Collaborative Art*  
Lynda Wolf

*The Importance of Music as an Activity*  
Larry Roulette and Scott Dryburgh

*Emergency Preparedness – Your Part in the  
Community*  
Brian Kayes

*Pneumonia: Clinical Pathway*  
Trudy Curtis and Cheryl Bourdeau D'hui

*Chronic Obstructive Pulmonary Disease*  
Cheryl Winger

*Iceberg on the Horizon: Mental Health Among  
Older Adults*  
Jayne Whyte

*CaReS*  
Corrine Lucy and Val Schrot

***There will also be several educational/industry “Exhibits and Displays”***



## Mindful Care II...A Psychogeriatric Conference

### Keynote Speakers

(Additional information available on website)



**Speaker: Dr. David Conn**, MD, BCh, BAO, FRCP

**Keynote Address: Optimizing Mental Health in the Long Term Setting**

**Concurrent Session: Behaviours and Dementias**

**Dr. David Conn** is Psychiatrist-in-Chief at Baycrest Centre for Geriatric Care and Associate Professor, Department of Psychiatry, University of Toronto. He is President of the Canadian Academy of Geriatric Psychiatry and Co-Chair of the Canadian Coalition for Seniors' Mental Health. His academic interests include the psychiatric consequences of brain disease in the elderly, nursing home psychiatry and pharmaco-epidemiology. He is co-editor of three textbooks including *Practical Psychiatry in the Long-Term Care Facility: A Handbook for Staff*.



**Speaker: Dr. Barry Campbell**, MD, FRCP

**Keynote Address: Dementia: How Many Types Are There?**

**Concurrent Session: The Expanding Role of Acetylcholinesterase Inhibitors**

**Dr. Barry Campbell** is Medical Director of Geriatric Psychiatry at St. Boniface General Hospital in Winnipeg and Associate Professor of Psychiatry and Geriatric Medicine with the University of Manitoba. He has served as Director of the Memory Assessment Clinic; past Volunteer President, Alzheimer Society of Manitoba; and currently sits on the Board of Directors, Canadian Academy of Geriatric Psychiatry.



**Speaker: Dr. Joel Sadavoy**, MD, FRCP

**Keynote Address: Challenges of Aging**

**Concurrent Session: Depression**

**Dr. Joel Sadavoy** is President Elect of the International Psychogeriatric Association. Widely published, his academic interests have focused on psychotherapeutic treatment of the elderly, personality disorders in old age and service delivery to ethnocultural elders. He continues to teach and lecture on these subjects. He is the senior editor of Comprehensive Textbook of Geriatric Psychiatry (three editions) and has contributed to many textbooks on general and geriatric psychiatry. In 1999, Dr. Sadavoy chaired IPA's Ninth International Congress in Vancouver where he received a 1999 IPA Field and Service Award.



**Speaker: Dr. Norma Wylie**, MSN

**Keynote Address: Life Experiences of an Octogenarian**

**Dr. Norma Wylie**, Professor Emerita of Surgery and Medical Humanities, Southern Illinois University Medical School, was the first nurse to receive an appointment as full professor with tenure at a U.S. medical school. In recognition of more than 60 years of clinical and academic contributions to nursing and medicine, Brandon University conferred upon her the honorary degree of Doctor of Education. Among her many publications on life and loss, she co-authored *Sharing the Final Journey* and has taught with the World Health Organization in such places as Singapore and Malaysia. She participated in the 1999 Mindful Care Conference while she was the Brandon University's Stanley Knowles Distinguished Visiting Professor. Norma returned to her Canadian Prairie roots to live in Brandon and at 86 years young remains involved in research and teaching activities.

**More detailed information and speaker bios are available on the  
Mindful Care website: [www.mindfulcare.mb.ca](http://www.mindfulcare.mb.ca)**



## Mindful Care II...A Psychogeriatric Conference

**Keynote Addresses: Thursday, September 30, 2004**

KN1 8:30 am **Dr. David Conn: Optimizing Mental Health in the Long Term Setting**  
KN2 1:00 pm **Dr. Barry Campbell: Dementia, How Many Types Are There?**

### Thursday Concurrent Sessions:

*Several sessions scheduled on Thursday will be of particular interest to physicians and specialists with a percentage of spaces reserved for the identified target audience.*

**Th1 Behaviors and Dementias; Dr. David Conn**

*Target Audience:* Physicians/Psychiatrists;  
Psychogeriatric/Mental Health Staff; General Health  
Care Professionals.

*Main Theme:* This presentation will focus on behavior problems associated with dementia and include a look at how the components of dementia lead to certain behaviors.

**Th2 The Expanding Role of Acetylcholinesterase Inhibitors; Dr. Barry Campbell**

*Target Audience:* Physicians/Psychiatrists;  
Psychogeriatric/Mental Health Staff; General Health  
Care Professionals.

*Main Theme:* This presentation will focus on the role of Acetylcholinesterase Inhibitors in cognition.

**Th3 Delirium – How to Recognize it and What to Do; Dr. Lint and Dr. Bookatz**

*Target Audience:* Physicians/Psychiatrists;  
Psychogeriatric/Mental Health Staff.

*Main Theme:* This presentation will focus on delirium in the elderly, the diagnosis, treatment options and factors which may predispose to delirium.

**Th4 Stress Inoculation Training (SIT) to Enhance Coping Skills: Not Just for Nurses; Dr. Colleen Millikin**

*Target Audience:* Psychogeriatric/Mental Health Staff;  
Front Line/Direct Service Health Care Providers.

*Main Theme:* Explores how SIT could be used to help formal and informal caregivers, healthy elderly, and individuals with cognitive impairment cope with stressful situations.

**Th5 Resistance to Care: Providing Optimal Service when Care is Refused; Barbara Evans MSW RSW**

*Target Audience:* General Health Care Professionals;  
Front Line Direct Service Staff; Public/Family.

*Main Theme:* Focusing on key factors that contribute to resistive behaviors, this session will provide participants with understanding of how to develop and implement service plans.

**Th6 The Challenge of Dual Diagnosis: Alzheimer Disease and Downs Syndrome; Marilyn Maartense, OTM and Tracy Yablonski, OTM**

*Target Audience:* Physicians/Psychiatrists;  
Psychogeriatric/Mental Health Staff; General Health  
Care Professionals.

*Main Theme:* This session is a brief overview of Alzheimer Disease and Down Syndrome with the primary focus on assessment and care planning. Practical information on assessment tools, resources and guidance for future planning will be provided.

**Th7 Position Statement on Mini-Mental State Exam (MMSE); Mary Lou Schroeder and Marie Surridge**

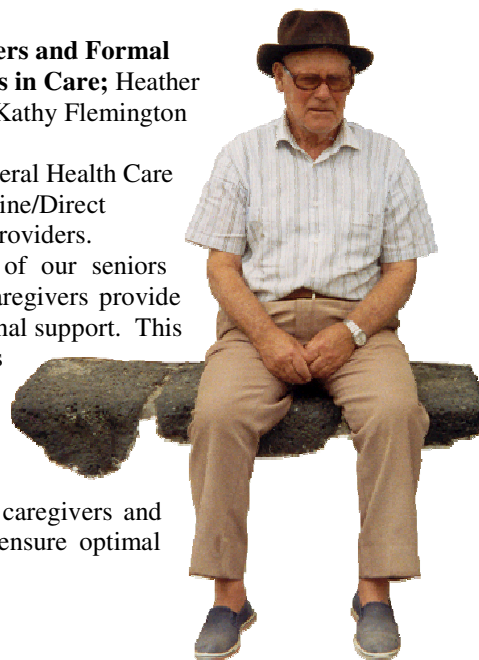
*Target Audience:* Physicians/Psychiatrists;  
Psychogeriatric/Mental Health Staff; General Health  
Care Professionals.

*Main Theme:* The MMSE was designed to be used as a 'screening test' of cognitive function in older adults; however, it is currently used for a much wider range of applications than intended. This presentation will provide guidelines and discussion for the appropriate use of the MMSE.

**Th8 Family Members and Formal Caregivers - Partners in Care; Heather Karasinski BSW and Kathy Flemington RPN**

*Target Audience:* General Health Care  
Professionals; Front Line/Direct  
Service Health Care Providers.

*Main Theme:* Many of our seniors request that family caregivers provide assistance and emotional support. This presentation focuses on promoting the building and maintaining of a positive relationship between professional caregivers and family caregivers to ensure optimal care for the client.







## Mindful Care II...A Psychogeriatric Conference

**Th9 Leadership in Times of Change: Turning It Inside Out;** Gloria Dixon MSW RSW and Maureen Hamonic OTM BMR (OT)

*Target Audience:* Psychogeriatric/Mental Health Staff; General Health Care Professionals; Front Line Direct Service Staff.

*Main Theme:* This interactive session will assist participants in understanding basic leadership skills, the context which leadership is practiced and the importance of developing individual leadership capacity.

**Th10 “Family Therapy” Without the Family: A Psychoeducational Support Group for the Adult Child;** Suzanne Rutledge MSW RSW

*Target Audience:* Physicians/Psychiatrists; Psychogeriatric/Mental Health Staff; General Health Care Professionals; Front Line/Direct Service Health Care Providers.

*Main Theme:* This presentation will examine a successful group intervention that assisted an “Adult child” in coping with an aging parent perceived as having a “difficult personality.”

**Th11 Depression and Suicide in the Elderly;** Terry Klassen, RPN

*Target Audience:* General Health Care Professionals; Front Line/Direct Service Health Care Providers;

Public/Family.

*Main Theme:* This presentation will focus on statistical data surrounding depression and suicide in the elderly as well as the programs currently available to elderly that enhance their well being.

**Th12 Clinical Case Presentation and Discussion #1;** Dr. A Gunson and Dr. Vipulanathan

*Target Audience:* This will be a small group session with spaces reserved for Physicians and Psychogeriatric Program Specialists.

*Main Theme:* Cases will be presented addressing issues of differential diagnosis of Dementia, Delirium, Depression, followed by a peer review and case discussion with the audience.

**Th13 Clinical Case Presentation and Discussion #2;** Dr. Vipulanathan and Dr. Al Gunson

*Target Audience:* This will be a second small group session with spaces reserved for Physicians and Psychogeriatric Program Specialists.

*Main Theme:* This will be a continuation of case presentations from session Th13 with additional cases being presented addressing issues of the differential diagnosis of Dementia, Delirium, Depression. There will be a peer review and case discussion with the audience. The utilization of the Mental Health Act and other resources will also be addressed.

**Th14 Reflexive Practice: Self as Practitioner;** Renee Will EdD RN

*Target Audience:* Psychogeriatric/Mental Health Staff; General Health Care Professionals.

*Main Theme:* Awareness of self, and awareness of how understanding of self informs practice, is a critical feature of mindful care. This presentation explores reflexive practice and the importance of reflexive practice in the exploration of self, creation of practitioner knowledge and optimizing an individual's care giving potential.

**Th15 Alcohol Gambling and Substance Misuse - Manitoba Initiatives for Seniors;** Rona Maynard, AFM; Jan Smith, Creative Retirement; and Jill Overwater, 7 Oaks.

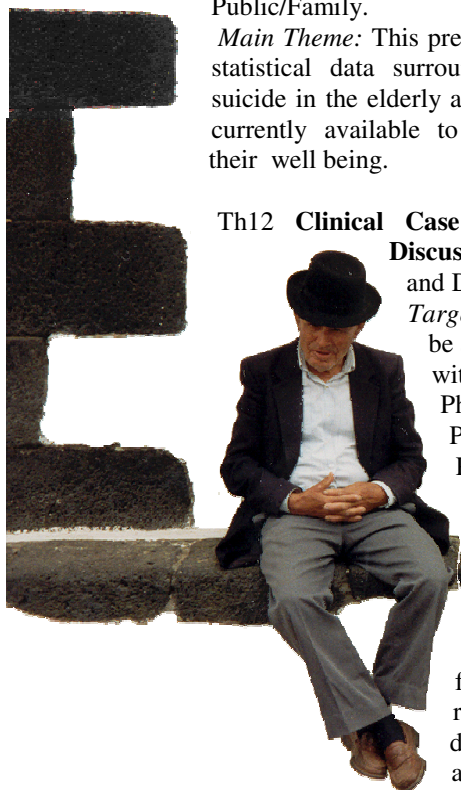
*Target Audience:* Physicians/Psychiatrists; Psychogeriatric/Mental Health Staff; General Health Care Professionals; Front Line/Direct Service Health Care Providers; Public/Family.

*Main Theme:* This umbrella presentation will focus on dependency issues in seniors and current Manitoba initiatives.

**Th16 Psychogeriatric Challenges for Seniors of Ethnocultural Communities;** Dr. A. S. Arneja and Dr. M. Singh

*Target Audience:* Psychogeriatric/Mental Health Staff; General Health Care Professionals; Front Line/Direct Service Health Care Providers; Public/Family.

*Main Theme:* This session will focus on the common physical, emotional and mental health problems of both seniors in general as well as marginalized ethno-cultural seniors as well as strategies to overcome these problems.





## Mindful Care II...A Psychogeriatric Conference

### Keynote Addresses: Friday, October 1, 2004

KN3 8:30 am **Dr. Joel Sadavoy: Challenges of Aging**

KN4 3:45 pm **Dr. Norma Wylie: Life Experiences of an Octogenarian**

### Friday Concurrent Sessions:

*Several sessions scheduled on Friday will be of particular interest to family or members of the public, as well as a broad range of health care providers and front line staff.*

**Fr17 Managing Depression;** Dr. Joel Sadavoy

*Target Audience:* Physicians/Psychiatrists;

Psychogeriatric/Mental Health Staff.

*Main Theme:* This presentation will focus on identifying the different types of depression as well as when and how these forms respond to treatments.

**Fr18 Developing A Community Based Resource for Elder Abuse Response;** Lori Jones RN BScN, Jill Hannah-Kayes BSW RSW

*Target Audience:* Physicians/Psychiatrists; General Health Care Professionals; Front Line/Direct Service Health Care Providers; Public/Family.

*Main Theme:* In response to an incident involving abuse of an elderly person, the Assiniboine Regional Health Authority Elder Abuse Task Force was formed. The presentation will highlight key components of the Resource Guide that the Task Force developed as well as the evaluation and lessons learned.

**Fr19 Knowing the Person: Spiritual Assessment of Persons with Dementia;** Ina Baas-Penner, Chaplain Riverview Health Centre

*Target Audience:* Psychogeriatric/Mental Health Staff; General Health Care Professionals; Front Line/Direct Service Health Care Providers; Public/Family.

*Main Theme:* This presentation will focus on completing a meaningful spiritual assessment and creating a pastoral care plan which moves beyond addressing the simple identification of the individual's religious affiliation and practices; both are intrinsic to holistic care.

**Fr20 Understanding Dysphagia in the Psychogeriatric Population;** Corine M. Poirier M.Sc. S-LP

*Target Audience:* Psychogeriatric/Mental Health Staff; General Health Care Professionals; Front Line/Direct Service Health Care Providers.

*Main Theme:* Recent research into swallowing problems – or dysphagia – will be examined using case studies to examine causes and practical strategies used to manage difficulties of dysphagia in the psychogeriatric population.

**Fr21 The Ethic of Dignity as a Guiding Principle for Health Care Workers;** Jo Ann Egilson BSW MSW

*Target Audience:* Physicians/Psychiatrists; General Health Care Professionals; Front Line/Direct Service Health Care Providers.

*Main Theme:* This presentation will focus on the importance of dignity, particularly for those who are in personal care homes. It will focus on ways to promote dignity and why this is necessary for health care providers.

**Fr22 Working with Challenging Behaviors in Personal Care Homes;** Angela Carlson and Barbara Graham

*Target Audience:* Psychogeriatric/Mental Health Staff; General Health Care Professionals; Front Line/Direct Service Health Care Providers; Public/Family.

*Main Theme:* This session will address several challenging behaviors which often manifest in Personal Care Homes as well as present ways to help problem solve behavioral issues while promoting creativity and respecting dignity.

**Fr23 Turning Knowledge Into Practice;** Kathy Flemington RPN and Heather Karasinski BSW

*Target Audience:* Front Line/Direct Service Health Care Providers.

*Main Theme:* This interactive session is designed to promote and develop the problem solving of long term care staff. This is done by presenting two common scenarios and then working through the scenario in both large and small group format.

**Fr24 Psychosocial Approaches to Seniors Mental Health Across Canada;** Dr. Penny MacCourt

*Target Audience:* Physicians/Psychiatrists; Psychogeriatric/Mental Health Staff; General Health Care Professionals.

*Main Theme:* This session will focus on the results of a project carried out by the BC Psychogeriatric Association which focused on developing the capacity of communities across Canada to use psychosocial approaches to promote seniors well being.



## Mindful Care II...A Psychogeriatric Conference

**Fr25 Volunteerism and Mental Health of Older Adults in South Western Manitoba;** Barbara Gfellner, Brandon University

*Target Audience:* Psychogeriatric/Mental Health Staff; General Health Care Professionals; Front Line/Direct Service Health Care Providers.

*Main Theme:* This session will provide an overview of the benefits of volunteerism for mental health and quality of life among older adults by examining three studies which focused on this topic.

**Fr26 The Impact of an Adult Child Death on the Older Parent;** Tony O'Regan, RN, BSc(Hons), MSc, DPSN, Cert Ed.

*Target Audience:* Physicians/Psychiatrists; Psychogeriatric/ Mental Health Staff; General Health Care Professionals; Front Line/Direct Service Health Care Providers.

*Main Theme:* This presentation will focus on the epidemiology of adult child death (ACD) and the effects of ACD on elderly parents. It will stimulate debate on how the health care system can prepare and respond to the increasing phenomenon of elderly bereaved parents in the 21<sup>st</sup> Century.

**Fr27 Family's Journey to Recovery;** Deanna Kowlchuk and Krista Pedlow

*Target Audience:* Physicians/Psychiatrists; Psychogeriatric/Mental Health Staff; General Health Care Professionals; Front Line/Direct Service Health Providers; Public/Family.

*Main Theme:* This session will focus on the value of support for families of mental health consumers. It will include a literature review, a look at past and present support initiatives as well as a panel of family members who will share the stories with the audience.

**Fr28 Financial Assistance Available for Caring At Home;** Merle Teetaert, Palliative Regional Palliative Care Coordinator, Cheryl Boulet and Cheryl Cormack, Regional Palliative Coordinator

*Target Audience:* Psychogeriatric/Mental Health Staff; General Health Care Professionals; Front Line/Direct Service Health Care Providers; Public/Family.

*Main Theme:* This presentation will examine the financial options available to those who are caring for family members, a topic seldom addressed because the focus at such times is often on physical and emotional issues.

**Fr29 Bill of Rights for the Dementia Patient;** Peter Wiebe RN GNC(C) BRE

*Target Audience:* Psychogeriatric/Mental Health Staff; General Health Care Professionals.

*Main Theme:* This presentation will examine the four following topics: the usual patient bill of rights, pertinent objections to this bill of rights for dementia patients, an alternate bill of rights for dementia patients, and one nursing home experience.

**Fr30 Informal Care Giving: What are the Rewards?;** Verna Pangman RN MN MEd and Pamela Hawranik RN PhD

*Target Audience:* Psychogeriatric/Mental Health Staff; General Health Care Professionals; Front Line/Direct Service Health Care Providers.

*Main Theme:* Focusing on the benefits of intra-family caregiving, this presentation will present information on optimizing the benefits to the informal caregiver as well as minimizing the stressors involved by focusing on the caregivers' strengths.

**Fr31 Enhancing Wellbeing Through Self-Care;** Lynda Wolf OT

*Target Audience:* Psychogeriatric/Mental Health Staff; General Health Care Professionals; Front Line/Direct Service Health Care Providers; Public/Family.

*Main Theme:* This presentation will describe a program that is underway at Riverview Health Care Center to promote the continued participation of residents who are diagnosed with severe dementia in selected self-care activities.

**Fr32 Older Wiser Lifestyles: Older Adults Making Healthy Lifestyle Changes –** Debbie Christie BA/BSW

*Target Audience:* Psychiatrists/Physicians; Psychogeriatric /Mental Health Staff; General Health Care Professionals; Front Line/Direct Service Staff.

*Main Theme:* This Presentation will introduce a multi-faceted program offered by Alcohol, Drug and Gambling Services (ADGS) that provides support to older adults wishing to make changes for a healthier lifestyle. It will focus on the principles of the program and why these principles are necessary for facilitating positive change.

**Fr33 Difficult Decisions Around Do Not Resuscitate Issues;** Dr. C. Norman

*Target Audience:* General Health Care Professionals; Front Line/Direct Service Health Providers; Public/Family.

*Main Theme:* This presentation will address some of the factors that need to be considered in making the decision around DNR orders and resuscitation from the perspective of an emergency room physician.



## *Mindful Care II...A Psychogeriatric Conference*

### **All Members of The Public Are Invited to:** *The Mindful Care II... Public Forum*

**Thursday, September 30<sup>th</sup> 6:00 – 9:00 p.m.**  
**The Keystone Centre - Brandon**

6:00 – 7:00 Viewing of Informational Displays  
7:00 – 7:45 Panel Presentations: Dr. Barry Campbell Dr. David Conn  
Dr. Joel Sadavoy Dr. Norma Wylie  
7:45 – 8:00 Nutrition Break  
8:00 – 9:00 Audience Question and Answer Period

**FREE – No Charge For All Members of the Public – FREE**  
*Silver Collection Optional*

### *Sponsors*

We would like to thank *Pfizer Canada Inc., Eli Lilly Canada Inc., Sabex Canada Inc.* and *Apotex International Inc.* for the generous support committed to Mindful Care II at the time this brochure was printed.

For information on how your organization can sponsor Mindful Care II please contact:  
Gary Cavanagh, Chair of Fiscal Support Phone: (204) 726 - 2943

### *Continuing Education Credits*

Approval for Continuing Education accreditation is anticipated for several disciplines. If you would like us to contact additional professional organizations for approval, please contact us with the information.

### *Contact Information*

**For more information on the Mindful Care Conference or the Public Forum please visit:**  
**[WWW.MINDFULCARE.MB.CA](http://WWW.MINDFULCARE.MB.CA)**

Or contact Brenda Lunan, Conference Secretary  
**Phone:** (204) 571-8304 **Fax:** 726-8684 **E-mail:** [Mindfulcare@brandonrha.mb.ca](mailto:Mindfulcare@brandonrha.mb.ca)  
**Mailing Address:** Mindful Care C/o Unit B-13 800 Rosser Avenue Brandon MB R7A 6N5  
**Co-Chairs:** Dr. Don Lint (204) 726-2901 or Darlene Henry (204) 571-8346