



Canadian Coalition
for Seniors' Mental Health

Coalition Canadienne pour
la Santé Mentale des
Personnes Âgées

SUMMER NEWSLETTER | AUGUST 2019

Canadian Coalition for Seniors' Mental Health Newsletter



Highlights

- Substance Use Disorder Project
- Brain Health and Wellness Project
- CAGP-CCSMH 2019 Annual Scientific Meeting
- Controlled Drugs and Substances in Hospitals
- CFN Global Delphi Survey
- BCPGA Update
- New Brunswick Regional Updates
- IKEN Calendar

Table of Contents

Chair's Report	Page 2
CCSMH News	Page 3
Our Community in Action	Page 7
ASMHN Update	Page 8
Events	Page 11

CHAIR'S REPORT

Hello All! Welcome to our summer 2019 newsletter! We hope that you have been having an enjoyable summer so far! We have been continuing to plug away on our current projects and are excited to tell you a little bit about what we've been up to.

Substance Use Disorder Project

Our clinical guidelines on alcohol, benzodiazepine, cannabis and opioid use disorder among older adults are in translation and layout and will be released to the public on our website in the coming month or so.

We are very proud of these guidelines and are confident that they will contribute to increased awareness of substance use issues (both prescribed and otherwise) among older adults, enhanced systemic and social supports and (most importantly) improved quality of life and outlook for older adults in Canada. We are enormously thankful to all of our 30 or so working group members who have tirelessly worked together to develop these guidelines volunteering endless hours towards this good cause!

We have now begun to turn our attention to knowledge translation efforts in order to ensure that these important guidelines are picked up and implemented widely. To that end, we will be presenting the guidelines at a number of important conferences in the coming months including at our own [joint-conference](#) with the Canadian Academy of Geriatric Psychiatry in Banff in October as well as at the [CMHA](#), [Canadian Society for Addiction Medicine](#), [Family Medicine Forum](#), [Canadian Centre on Substance Use and Addiction](#) and the [Physician Leadership Conference](#) conferences in October and November.

We have also begun to introduce the Guidelines via webinar presentations the first of which was presented by our own Dr. David Conn in early August (available online [here](#)). Our Opioid Use Disorder Among Older Adults webinar session is scheduled for Monday, September 9th at 12pm EST and can be registered for at this [link](#).

Brain Health and Wellness Project – The Fountain of Health

Our Brain Health and Wellness Project focuses on some of the ways that we can all contribute to our own improved physical and mental health.

Through this 15-month *Centre for Aging and Brain Health Innovation* (CABHI)'s grant, we are working with clinicians across Canada to support their patients in setting and achieving goals in the areas of physical health, social engagement or brain challenge (all areas that have been shown to contribute to a reduction in the risk of developing dementia in later years).

Please see page 7 of this newsletter for a more fulsome report on this project.

Please contact info@wellnessapp.ca for more information or to become involved!

Update to CCSMH Clinical Guidelines on Depression – Thanks to yet more tireless clinician- and academic-volunteers, we are working on an update to our Guidelines on the Assessment and

Treatment of Depression in Older Adults. We are aiming to have this updated Guideline released this coming winter.

As always, feel free to contact us at CCSMH@secretariatcentral.com for more information about any of our work.

Drs. Kiran Rabheru and David Conn
CCSMH Co-Chairs

Claire Checkland
Director, CCSMH

CCSMH NEWS

Introducing Daniella Minchopoulos

Daniella has recently started a contract with us – she will be primarily helping us with knowledge translation for our Substance Use Disorder project but will also be engaged in various other little ‘projects’ that we have on the go!

Here is a short introduction from Daniella herself!

My name is Daniella Minchopoulos and I am the Project Assistant – Summer Student at the Canadian Coalition for Senior’s Mental Health (CCSMH) for the next four months. I recently graduated from the University of Guelph this past June with a Bachelor of Applied Science majoring in Adult Development. I am grateful for the time I spent immersing myself within the Guelph community where my passion for working with older adults began. I am excited to begin this journey with the CCSMH and continue to learn and contribute to a collaborative environment to raise awareness of ongoing issues within seniors’ mental health. I hope to bring the knowledge and skills gained at the CCSMH and fulfill my aspirations of becoming a social worker to continue fostering resilience within the older adult population.

An Update on The Brain Health and Wellness Project (August 5th, 2019)

The Canadian Coalition of Seniors’ Mental Health (CCSMH) (<https://ccsmh.ca/>) and the Fountain of Health Initiative (<https://fountainofhealth.ca/>) are collaborating on the **Brain Health and Wellness Project** which offered clinicians free training and easy-to-use paper tools and *The Wellness App* to promote health behaviour activation. Clinicians were invited to try out the tools with 5 or more patients or caregivers over the age of 40 years (without dementia) who were ready to set a health goal. Follow-up occurred a month later in-person or by phone in the course of usual care to find out how successful the patient was in meeting their goal.

Preliminary results show that almost 2200 clinicians participated in training sessions either in-person or by webinar. Of these clinicians, 682 have formally registered and are participating in the project. The project has had a national reach and recruited clinicians from all across Canada.

Almost 50% percent of participating clinicians were from Ontario, 32% from Atlantic Canada and 18% from Western Canada. This project also received international attention from clinicians in Australia, Ethiopia, India, Jordan and in the U.S. The largest percentage of participating clinicians are nurses and nurse practitioners (27%), social workers (20%), physicians (19%) and occupational therapists (7%).

More than 650 paper toolkits were distributed (13 in French), and electronic toolkits were sent to 800 clinicians (46 in French) since February 2019. To date, data from has been received for more than 275 patients.

With respect to The Wellness App, there were almost 660 App users as of July 2019. The majority of App users are located in Nova Scotia (41%) and in Ontario (28%).

We look forward to reporting final results at the end of the project in October 2019. Any questions can be directed to coordinator@wellnessapp.ca.

Canadian Guidelines

Canadian Guidelines on Benzodiazepine Receptor Agonist Use Disorder Among Older Adults

The CCSMH has been funded through the Substance Use and Addictions Program (SUAP) of Health Canada to create a set of four guidelines on the prevention, assessment, and management of substance use disorders among older adults for alcohol, benzodiazepine receptor agonists (BZRAs), cannabis, and opioids. [Click here](#) to view a presentation on the Benzodiazepine guidelines by Dr. David Conn, Vice-President of Education and inaugural Director of the Centre for Education & Knowledge Exchange at Baycrest. This presentation provides useful guidance for clinicians on preventing the development of BZRA use disorder and optimally assessing and treating older individuals who have developed such a disorder.

Canadian Guidelines on Opioid Use Disorder Among Older Adults – Webinar

Monday, 9 September 2019 from 12:00 PM to 1:00 PM (EDT) | [Click here](#) to register.

Globally, according to the World Health Organization people over the age of 50 accounted for 27% of deaths from drug use disorders in 2000, a figure that rose to 39% by 2015. Of those deaths in older adults (age ≥ 65), approximately 75% were linked to the use of opioids (Degenhardt & Hall, 2012; UNODC, 2018). Despite these numbers, there is a paucity of data about the many ways opioids specifically affect older adults and about how to care for those who develop addiction, also referred to as an OUD (American Psychiatric Association, 2013).

Join us for this session to learn about the upcoming release of the Canadian Guidelines detailing the evidence and best practice recommendations for the prevention, assessment and treatment of opioid use disorder among older adults. *Stay tuned for the Alcohol and Cannabis Webinars!*

CAGP-CCSMH 2019 Annual Scientific Meeting October 25 – 26, 2019
Registration is open! Early Bird Rates close September 25, 2019



The theme of the meeting is “Building Resilience in Seniors’ Mental Health in Canada.” The future is resilience! **#CAGPCCSMH2019 #TheFutureIsResilience**

This year’s meeting will be held in Banff, Alberta, at the Rimrock Resort Hotel from October 25 - 26. We hope you are as excited as we are to be heading to Banff—one of Canada’s most popular travel destinations and a spot well known for its beauty and inspiring mountain surroundings. It’s the perfect setting to learn, share and network with our colleagues from across the country!

We’re thrilled to announce Dr. Helen Lavretsky, Professor of Psychiatry In-Residence at UCLA and Director of the Late-Life Mood, Stress and Wellness Research Program, as this year’s keynote speaker. Dr. Lavretsky will be kicking off the meeting with a talk on the neurobiology of resilience in older adults. We are also very excited that Dr. Krista Lanctôt, Senior Scientist in Geriatric Psychiatry at Sunnybrook Research Institute, will be giving a plenary talk on cannabis for BPSD.



Don’t delay & register today! We look forward to seeing you there.

CAGP-CCSMH 2019 Sulphur Mountain Fundraiser

Tighten your laces! Let the competition and fun begin!



Enjoy the beauty of the Rockies and support the CAGP- CCSMH by challenging your colleagues, friends and family to join you on this 5 km trek up Sulphur Mountain. Participants who do not want to hike to the top are invited to take the gondola to the summit and enjoy a 2 km walk to the Sanson's Peak boardwalk. This Sulphur Mountain Fundraiser registration includes a gondola ride back down the mountain. Fresh air, exercise, and breath-taking views...**what could be better?**

Help us reach our goal of \$2,500! All of our fundraising initiatives will support the CAGP. Funds can be directed to support the CCSMH, CAGP resident and trainee awards and initiatives, education or advocacy efforts.

[Register](#)

[Find a Team or Participant](#)

[Make a Donation!](#)

Together, we can make a difference in the future of Geriatric Psychiatry and seniors' mental health.

CCSMH Web Resources

The Canadian Coalition for Seniors' Mental Health (CCSMH) is pleased to provide free resources on our website for our affiliates and other interested parties. You can find tools for both seniors and their families, and for clinicians on the following topics by clicking the links below:

- [Delirium](#)
- [Depression](#)
- [Mental Health Long-Term Care](#)
- [Suicide Risk and Prevention of Suicide](#)
- [Substance Use and Addiction](#)
- [Wellness and Aging](#)

OUR COMMUNITY IN ACTION

News from CCSMH partners and other stakeholders

Guidelines for the Secure Management of Controlled Drugs and Substances in Hospitals

HealthCareCAN was represented on a working group established by the Canadian Society of Hospital Pharmacists (CSHP), charged with updating the Guidelines for the Secure Distribution of Narcotic and Controlled Drugs in Hospitals, originally published in 1990. The new guidelines, [Controlled Drugs and Substances in Hospitals and Healthcare Facilities: Guidelines on Secure Management and Diversion Prevention](#), address procedures and best practices, minimizing the potential for diversion and, investigating and responding to diversion events as they arise. Other organizations on this working group included Health Canada, the Canadian Nurses Association, the Canadian Anesthesiologists' Society, and the Institute for Safe Medication Practices (ISMP) Canada.

Canadian Academy of Geriatric Psychiatry – Call for Nominations

The CAGP is looking for Board members who are visionary, passionate, energetic and committed. For more information please [click here](#). Applications are accepted until August 30, 2019!

Survey Participants Needed – Canadian Frailty Network Global Delphi Survey

Are you an older adult living with frailty, a caregiver, researcher, clinician, policy maker, industry representative or working in the area of frailty?

CFN is seeking individuals who would like to take part in a global Delphi survey that we are conducting in order to identify a set of common outcomes for frailty (e.g. mobility, mental health status, cardio/lung health)

The Delphi survey process is a structured process that allows for surveys to be conducted in a series of "rounds", and that allows participants to analyze survey results and re-assess their answers with the aim of arriving at consensus.

[Click here](#) for more information and to participate!

British Columbia Psychogeriatric Association Update

Founded in 1997, the British Columbia Psychogeriatric Association (BCPGA) is a not-for-profit organization of professionals working in the field of mental health and aging. The mission of the BCPGA is to meet the mental health needs of older adults in BC through:

- Enhancing interdisciplinary collaboration
- Providing practice support

- Advocating for excellence of care
- Supporting and using research to inform practice, and
- Participating in public policy development.

The membership of BCPGA is comprised of nurses, social workers, occupational therapists, physicians (including psychiatrists, geriatricians and general practitioners), psychologists, gerontologists, lawyers, educators, researchers, students and other professionals.

The BCPGA holds a regular provincial conference, offers webinars, e-newsletters and more. Membership is \$45.00 per year, or \$20.00 per year for students.

For learn more and to become a member, please visit www.bcpga.com. You can also connect with us at admin@bcpga.com.

Anthony Kupferschmidt and Dr. Shannon Freeman
Co-Presidents, British Columbia Psychogeriatric Association

ATLANTIC SENIORS MENTAL HEALTH NETWORK UPDATE

The Atlantic Seniors Mental Health Network (ASMHN) leadership team continues to meet quarterly. The goals of the ASMHN are:

- To share information about the CCSMH and CAGP about educational offerings in our region and in Canada
- To grow our regional e-list to enhance networking within and between our provinces
- To promote uptake of the CCSMH projects and initiatives such as the Brain Health and Wellness Project and the new national Substance Use Disorders Guidelines.

Our goal is to reach many healthcare providers in our region as possible with helpful information to support them in their vital frontline care of older adults and their families. Everyone is also invited to review the Interprofessional Knowledge Exchange Network (IKEN) for upcoming opportunities for education and skill development in seniors' healthcare.

Our ASMHN leadership team strives enhance communication about our region and between our provinces. With this in mind, each CCSMH newsletter includes an update from one of the Atlantic Provinces. A warm thanks to Dr. Veronica Hutchings for her contribution from Newfoundland in the Spring Newsletter, and to Ms. Debra Cyr-Lebel for her update from New Brunswick above under "Our Community in Action". If anyone else has any news that wish to share in our region, please be in touch.

If you have ideas or suggestions about the ASMHN, want to connect with leadership team members from your province, or know others who will want to be included in the ASMHN e-list to receive the newsletter, please contact us at: CCSMH@secretariatcentral.com.

Sincerely,
Dr. Keri-Leigh Cassidy
Chair, Atlantic Seniors Mental Health Network

Mental Health and Aging: A primer for service providers hosted by the New Brunswick Department of Health

On June 12-13, 2019, the New Brunswick Department of Health hosted a conference titled *Mental Health and Aging: A primer for service providers*. Experts in the field were able to provide information and tools to better understand, recognize and respond to addiction and mental health issues affecting seniors. Participants were also able to learn about existing community resources and to network amongst different service providers and stakeholders. A total of 120 participants from different sectors attended (i.e. Addiction and Mental Health Clinicians, Primary Health Care Practitioners, Long Term Care Workers, Home Care Agencies, Nursing Home employees, Community partners, etc.). The conference was well attended and participants' feedback was very positive. Participants felt that the information and tools provided were useful and that there is a need for continued education in order to keep service providers informed of best practices and current information pertaining to Seniors' Mental Health. Access to pertinent webinars will be explored.

New Brunswick Senior Goodwill Ambassador Program

The Government of New Brunswick continues to be a champion of New Brunswick's Wellness Strategy. Using the Strategy as a guide, many government departments lead, follow, partner, support, promote, evaluate and contribute to decisions and action on wellness. The Wellness Branch, of the Department of Social Development, is one of these key contributors to wellness. The Branch focuses primarily on four areas of wellness:

- Mental Fitness & Resilience
- Healthy Eating
- Physical Activity
- Tobacco Free Living

One of the ways the Wellness Branch promotes these areas of Wellness among older adults in New Brunswick is by way of the Senior Goodwill Ambassador Program. Senior Goodwill Ambassadors are residents of NB who are 60 years of age and older. They are volunteer community leaders who have an important role in increasing awareness and support of healthy aging and age-friendly communities. Tapping into their own skills, talents and areas of interest, they help the Wellness Branch promote the principles of the Wellness Strategy and the Wellness Movement among older adults in NB.

More specifically, the Senior Goodwill Ambassador Program is intended to influence community inclusiveness by promoting an intergenerational approach which engages New Brunswick seniors, their families, and friends and community members in healthy active living, supporting interdependence and a culture of wellness (inclusion, community connectedness, and age-

friendly environments). Senior Goodwill Ambassadors travel within their community, and influence seniors' capacity to make healthy choices.



There are presently 28 Senior Goodwill Ambassadors who volunteer their time and are actively participating in 13 of 15 counties in NB. The ideas, information, and personal experiences that they share have shown an influence on healthy aging and have helped engage New Brunswick seniors, their families, friends and the community in a culture of wellness. They advocate that healthy aging is part of life's course and promote an intergenerational approach which fosters purposeful and ongoing exchange of resources and learning among older and younger generations. Examples of community activities are: Wellness Fairs, Seniors Action Groups, Seniors Wellness Groups, Senior-Youth Programs, intergenerational exercise classes, Healthy Chefs consultation, Seniors Co-habitation Programs, etc.

Senior Goodwill Ambassadors are supported in their work by Regional and Provincial Wellness consultants who help to link the ambassadors to wellness resources, community partners, programs and projects that link to their individual areas of interest.

Have a look at the types of activities that Senior Goodwill Ambassadors initiate, contribute to, promote and support in their communities. Della Webster is a Senior Goodwill Ambassador who played an integral part in the creation of the River Road Hub – Intergenerational Community centre. Let her take you on a tour as she tells us all about "Winter Wellness Family Fun Days", and why it was important to make it an intergenerational initiative.

<https://www.facebook.com/WellnessNBMieuxEtreNB/videos/604814939942084/>

What Senior Goodwill Ambassadors say about the program:

"Change takes time, networking with positive like-minded people is essential and the personal reward (from this program) is knowing that I have collaborated in helping make things better."

"As a NB Goodwill Ambassador, I was a privileged guest at the Conference of the Federation on Aging in Toronto in August 2018. I had the privilege of meeting the Honourable Philomena Tassi,

our Federal Minister of Aging and liaising with people from Denmark, Australia, Germany and New Zealand. What an experience! And how wonderful it was to meet like-minded people who work without counting the hours because they know that their work is worthwhile. The concept of aging seems to resonate with many worldwide perhaps because they:

- are inspired by seniors,
 - are grateful for the personal and social contribution of their elders or,
 - feel that the contribution of this segment of the population is essential to the well-being of all.”

For more information on the program New Brunswick Senior Goodwill Ambassador Program-
https://www2.gnb.ca/content/gnb/en/departments/social_development/services/services_renderer.201327.Senior_Goodwill_Ambassador_Program.html

Laurie Young
Wellness Consultant
Department of Social Development

EVENTS

The Canadian Geriatrics Society CME Journal

The Canadian Geriatrics Society invites you to visit its free open access CME Journal at www.geriatricsjournal.ca. The CGS hopes the articles are of interest and assistance in your practice. Please feel free to forward the link to the journal to your colleagues.



The Canadian Geriatrics Society 40th Annual Scientific Meeting

The Canadian Geriatrics Society 40th Annual Scientific Meeting will be held in the young, energetic and diverse city of Calgary, Alberta on April 30-May 2, 2020. Stay tuned for more details!

CAG2019: Navigating the Tides of Aging Together

The Canadian Association on Gerontology will hold its 48th Annual Scientific and Educational Meeting from October 24-26 in Moncton, New Brunswick, Canada. The Canadian Association on Gerontology (CAG) is Canada’s premier multidisciplinary association for those who research, work and have an interest in the field of aging. For more information visit: <https://cagacg.ca/>

CCSMH - CAGP Inter-professional Knowledge Exchange Network (IKEN) Share & Expand Your Knowledge

Below are some selected upcoming educational and knowledge transfer (KT) opportunities in Seniors' Mental Health. For a more complete online calendar of events related to brain health/seniors mental and physical healthcare, please visit: brainxchange.ca/Public/Events.aspx.

To find archived CHNET Webinars, visit: <https://bit.ly/2JQSMxZ>

To subscribe to brainXchange and receive updates of events directly visit:
brainxchange.ca/Public/Newsletter-Sign-up.aspx

To subscribe to a weekly newsletter from CHNETS visit: <https://bit.ly/2MHClIE>

Please find the IKEN calendar on the next page(s)

Date	Subject/ Title	KT Type	Description	Cost
Various dates	brainXchange	Webinar	Recorded webinars are available covering a variety of different topics.	To view: http://brainxchange.ca/public/home
Various dates	College of Family Physicians of Canada		CFPC is the professional organization responsible for establishing standards for the training, certification and lifelong education of family physicians and for advocating on behalf of the specialty of family medicine, family physicians and their patients. The CFPC accredits postgraduate family medicine training in Canada's 17 medical schools. Offers a series of resources and training opportunities for physicians, residents and students, teachers and researchers, and for patients.	For more information, visit https://www.cfpc.ca/clinicalwebinars/
Summer 2019	Alzheimer's Learning Series Alzheimer Society Newfoundland and Labrador http://alzheim er.ca/en/nl	Online series	The Learning Series helps people with dementia, their families and friends to live as well as possible with the disease. The courses offered build upon each other to provide participants with a comprehensive overview of dementia, coping strategies, available resource and support. Participants have the opportunity to learn and share with others who are affected by dementia.	No cost. Donation is welcome. Registration is required. https://alzheimer.ca/en/nl/We-can-help/Our-services/Learning%20Series
Sept 9, 2019	Canadian Guidelines on Opioid Use Disorder Among Older Adults	Webinar	Join us for this session to learn about the upcoming release of the Canadian Guidelines detailing the evidence and best practice recommendations for the prevention, assessment and treatment of opioid use disorder among older adults.	https://brainxchange.ca/Public/Events/Upcoming-Events/Canadian-Guidelines-on-Opioid-Use-Disorder-Among-O.aspx
Sept 19, 2019	AGE-WELL Webinar Series Part 4: How to Successfully Partner Internationally to Create Real-World Products	Webinar	AGE-WELL brings everyone to the table to create new technologies or products. Webinar participants will: -Learn about AGE-WELL's international partnerships -Discover examples of successful AGE-WELL international partnerships at project and network levels -Understand the importance of bringing together expertise from different countries	https://agewell-nce.ca/event/webinar2019part4
Sept 19-21, 2019	2019 Canadian Hospice Palliative Care Conference Ottawa, Ontario	In person	This conference provides doctors, nurses, pharmacists, hospice palliative care and other allied healthcare professionals; and caregivers, volunteers, spiritual advisers, and social workers with the opportunity to share their experience and expertise on a national platform. This event expects to attract 500-800 hospice palliative care professionals.	https://conference.chpca.net/

Sept 23-25, 2019	Mental Health for All – CMHA National Conference 2019 “Connection Interrupted – Restoring Mental Health in a Fractured World” Canadian Mental Health Association Location: Westin Harbour Castle, Toronto, Ontario	In person	This year’s theme is Connection Interrupted: Restoring Mental Health in a Fractured World. In 2018, we posed the question: what does a mentally healthy society look like? We held up a public-health lens to the issue and asked, could mental illness prevention and mental health promotion be the vaccines of the next century? We predicted the shape of things to come and looked upstream. Thinking upstream means taking a longer-term view of the society we want, and creating the social, physical, spiritual, cultural, economic and psychological conditions for people to enjoy good health. And yet, these are times of profound disconnection. In this increasingly technologically connected world, we are disconnected from the land, from family, from self, from community. Rather than reinventing our society, perhaps we need to reconnect with our roots and with each other.	Early bird registration rates available until July 26, 2019: For more information, please visit: https://conference.cmha.ca/
Sept 26-27, 2019	2019 National Conference on Frailty: Innovation and Collaboration for Impact Toronto, Ontario	In person	This conference is for practitioners, care providers, scientists, clinicians, citizens, caregivers and experts in the field of frailty. Together we will present and discuss, the latest knowledge, evidence, approaches and policies that are transforming care and seeding the next generation of breakthrough innovations.	http://www.frailtyconference.ca/
Oct 3-5, 2019	10th Canadian Conference on Dementia	In person	The 10th CCD organizing committee has put together an exciting program that has attracted a world-renowned faculty of national and international speakers, featuring plenary and parallel sessions, an exciting debate, interactive workshops, as well as oral and poster presentations!	http://www.canadianconferenceondementia.com/
Oct 22-24, 2019	AGE-WELL 5th Annual Conference AGE-Well Location: Delta Beausejour, Moncton, New Brunswick	In person	Exploring the Future of Technology and Aging. AGE-WELL2019 will be held just prior to the Canadian Association on Gerontology Annual Scientific and Educational Meeting. AGE-WELL2019 will look into the future to see where the technology and aging sector is headed in coming decades, and showcase how AGE-WELL is pushing the boundaries of research and innovation.	Registration will open summer of 2019 with early bird rates available. For more information, please visit https://agewell-nce.ca/event/age-wells-5th-annual-conference
Oct 24-26, 2019	CAG 2019 Navigating the Tides of Aging Together	In person	48th Annual Scientific and Educational Meeting	To learn more/to register: http://cagacg.ca/a-sem/cag2019/

	Canadian Association on Gerontology Location: Moncton, NB			
Oct 25-26, 2019	CAGP-CCSMH Annual Scientific Meeting 2019 www.cagp.ca Location: Rimrock Resort Hotel, Banff, AB	In person	The theme for this meeting is “Building Resilience in Seniors’ Mental Health in Canada”	http://cagp.ca/ASM-2019
Mar 19-21, 2020	34th International Conference Of Alzheimer’s Disease International Singapore	In person	Featuring a range of international keynote speakers and a high standard of scientific and non-scientific content, the conference programme enables participants to learn about the latest advances in the prevention, diagnosis, treatment, care and management of dementia.	https://adi2020.org/
Apr 30-May 2, 2020	Canadian Geriatrics Society 40th Annual Scientific Meeting Calgary, AB	In person	Save the date and stay tuned for more information...	https://thecanadiangeriatricsociety.wildapricot.org/Future-Conferences