

**Care By Design Long-Term Care Virtual Conference**  
**Friday, October 29<sup>th</sup>, 2021**

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<b>0850 – 0900</b>	<b><i>Welcome &amp; Opening Remarks</i></b>	<b>Dr. Claire Nowlan</b>
0900 – 0950	<b>Keynote Speaker: Creating Supportive Environments for People Living with Dementia</b>	<b><a href="#">Nick Seemann</a></b> , Architect and Lead Environments Consultant, Dementia Training Australia
0950 – 1035	<b>Nutrition and Hydration in Long-Term Care</b>	<b>Dr. Heather Keller</b>
<b>1035 - 1050</b>	<b><i>Break   Zumba with Richard Gormley</i></b>	
1050 – 1135	<b>Managing Sleep Disorders in Long-Term Care</b>	<b>Dr. Christopher Kitamura</b>
1135– 1210	<b>Approaching Sound Environments in Long-Term Care settings: A Music Therapist's Perspective</b>	<b>Sarah Condran</b>
1210 – 1220	<b>Creating a community of practice among LTC providers: How to get involved in the Nova Scotia Long-Term Care Providers Timed Right Group</b>  This session is intended for physicians/nurse practitioners, but all are welcome to attend	<b>Dr. Alethea Lacas</b>
<b>1210 – 1310</b>	<b><i>Lunch   Laughter Yoga with Helen Fong (1210-1225)</i></b>	
1310 - 1355	<b>The More the Merrier? Considerations when advancing COPD inhalers in the advancing years of life</b>	<b>Dr. Jamison Falk</b>
1355 – 1425	<b>Mindfulness: It's Not What You Think</b>	<b>Dr. Paul McIntyre</b>
<b>1425 – 1440</b>	<b><i>Break   Laughter Yoga with Helen Fong</i></b>	
1440 – 1510	<b>Homesick: A Journey of Self-Acceptance</b>	<b>Terri Coolen and Garry Dart</b>
1510 – 1525	<b>Nova Scotia Brotherhood-A Black Men's Health Initiative</b>	<b>Dr. Ron Milne and Mario Rolle</b>
1525 – 1610	<b>Ostomy Care: Tips and tricks to help you manage your patients living with ostomies</b>	<b>Loretta Pike</b>

