

# First Link<sup>®</sup> Bulletin

Your link to dementia support

January – March 2022



Updates on programs and services

See inside for dementia programs in the Peace region and Northern Interior



## In-person programming in January 2022

We piloted a selection of in-person programs, including Minds in Motion<sup>®</sup>, education workshops and support groups, in each region of the province in the fall. These sessions were well attended and participants expressed how wonderful it was to come together to share their experiences and support again! While we continue to provide a host of virtual program options, beginning in January 2022, we will be offering more in-person programs.

With our safety protocols in place, we will be increasing the number and kinds of programs based on the registrations. Visit [alzbc.org/COVID-safety](https://alzbc.org/COVID-safety) to find out more.

We look forward to this new hybrid model of programming, and to welcoming you back to our programs once again.

## Stay connected this Alzheimer's Awareness Month

This January, the Alzheimer Society of B.C. is recognizing Alzheimer's Awareness Month by

highlighting the experiences of people affected by dementia to say: "Don't change. Even if they do." The aim of the awareness campaign is to inspire people to reflect on the ways they will continue to show up for the people affected by dementia in their lives.

The best thing we can do to support people affected by the disease is not change, even if they do. Throughout January, learn how you can continue to show up while adapting to the changing realities of the disease. Keep visiting. Keep calling and FaceTiming. Find new ways to stay meaningfully connected. No one should have to face the journey alone.

We encourage you to stay connected with people in your lives who are affected by dementia. On Wednesday, January 12, join us for the dementia webinar on "We all have a part to play! Becoming a dementia friend." Learn how taking small everyday actions can build a dementia-friendly community that is inclusive, supportive of and safe for people living with dementia. Learn more: [alzbc.org/webinars](https://alzbc.org/webinars)

### In-person and virtual programs available

While we continue to offer our programs virtually, we are also continuing to expand our in-person sessions.

#### Dementia education

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## Learn about in-person dementia education available in your region

With increased knowledge surrounding safety measures and a high level of vaccinations across B.C., we are pleased to be able to slowly expand our in-person programs, with a limited number of programs per region.

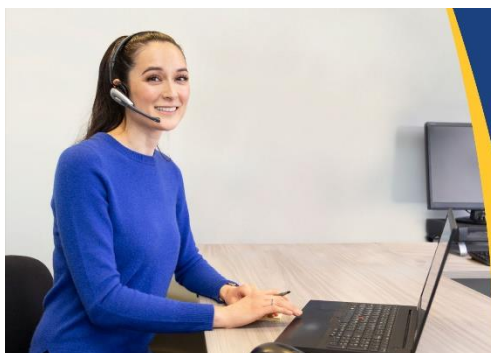
To learn more about safety protocols, visit: [alzbc.org/COVID-safety](http://alzbc.org/COVID-safety)

**Registration:** Call the First Link® Dementia Helpline at 1-800-936-6033 or contact the Prince George Resource Centre at 250-564-7533.

Proof of full vaccination and government ID will be required to attend in-person programs. If possible, please arrive 10 minutes prior to the session to have these documents checked.

In-person dementia education	Date	Location
<b>Introduction to brain health</b>   It's never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals. For the general public.	Tuesday, January 25 2 – 4 p.m.	<b>Prince George</b> Prince George Public Library 888 Canada Games Way
<b>Coping with change</b>   The dementia experience involves change and loss and uncertainty. Join us to explore strategies to help you and those around you cope in the face of these changes.	Wednesday, March 16 Noon – 1:30 p.m.	<b>Prince George</b> Prince George Public Library 888 Canada Games Way
<b>Living safely with dementia</b>   Explore how people living with dementia and their families can live safely in the community. For caregivers and people living with dementia.	Wednesday, March 23 Noon – 1:30 p.m.	<b>Prince George</b> Prince George Public Library 888 Canada Games Way
<b>Focus on behaviour: Sundowning (late-day confusion)</b>   Learn the signs of "sundowning" also known as late-day confusion caused by dementia and explore strategies for responding. For caregivers.	Wednesday, March 30 Noon – 1:30 p.m.	<b>Prince George</b> Prince George Nechako Branch (Hart) 6547 John Hart Highway

Register by calling 250-563-9251 or call the First Link® Dementia Helpline at 1-800-936-6033



**Alzheimer Society**  
BRITISH COLUMBIA

For questions on memory loss or living with dementia, call the free confidential **First Link® Dementia Helpline** (Monday to Friday):

**English** 1-800-936-6033 (9 a.m. to 8 p.m.)  
**Cantonese or Mandarin** 1-833-674-5007 (9 a.m. to 4 p.m.)  
**Punjabi** 1-833-674-5003 (9 a.m. to 4 p.m.)

## Learn about dementia and connect with others through online live interactive workshops

**Our dementia workshops educate and empower people living with dementia and their families and friends.**

**Online education workshops** are live interactive sessions for those looking to learn about dementia and connect with others. These workshops provide opportunities for small group discussion. **These sessions are not recorded – please only register if you plan to attend live.**

**Registration:** Call our First Link® Dementia Helpline at 1-800-936-6033 or visit [alzbc.org/edu-workshops](http://alzbc.org/edu-workshops) to register online. You will receive an email with a link to join the event just prior to the event date.

All sessions are hosted in Microsoft Teams. If you are new to using Teams and would like a chance to practice connecting to a meeting before the session, please call our First Link® Dementia Helpline at 1-800-936-6033 or email [info.helpline@alzheimerbc.org](mailto:info.helpline@alzheimerbc.org).

Online dementia education	Date
<p><b>Recognizing your journey as a caregiver</b>   Discuss the personal challenges, guilt, and grief of being a dementia caregiver. Learn how to recognize signs of burnout, the importance of self-care, and how you can build your resilience as a caregiver. There will be opportunities for discussion throughout the presentation. For caregivers.</p>	<p>Thursday, January 13 2 – 4 p.m.</p>
<p><b>Living safely with dementia</b>   Explore how people living with dementia and their families can live safely in the community. For caregivers and people living with dementia.</p>	<p>Tuesday, January 18 1:30 – 3 p.m.</p>
<p><b>Delusions, hallucinations and visual mistakes</b>   Explore strategies for responding to delusions, hallucinations and visual mistakes caused by dementia. For caregivers.</p>	<p>Thursday, January 20 6:30 – 8 p.m.</p>
<p><b>Getting to know dementia: What is dementia?</b>   Enhance your knowledge about dementia and learn about the different types of resources that are available at any stage of the disease. For caregivers and people living with dementia.</p>	<p>Tuesday, February 1 10 – 11:30 a.m.</p>

**Register at [alzbc.org/edu-workshops](http://alzbc.org/edu-workshops) or call 1-800-936-6033**

Online dementia education	Date
<p><b>Understanding communication</b>   Explore how communication is affected by dementia and learn effective communication strategies. For caregivers.</p>	<p>Thursday, February 3 10 – 11:30 a.m.</p>
<p><b>Driving and dementia</b>   Learn how dementia may affect a person’s driving abilities and strategies to ease the transition for driving cessation. For caregivers and people living with dementia.</p>	<p>Tuesday, February 15 2 – 3:30 p.m.</p>
<p><b>Coping with change, grief and loss</b>   The dementia experience involves change and loss and uncertainty. Join us to explore strategies to help you and those around you cope in the face of these changes. For caregivers and people living with dementia.</p>	<p>Thursday, February 17 2 – 3:30 p.m.</p>
<p><b>Focus on behaviour: Responsive behaviours</b>   Explore the reasons for your reactivity during these rapidly changing times and learn coping strategies. For caregivers.</p>	<p>Tuesday, March 1 6 – 7:30 p.m.</p>
<p><b>Building caregiver resilience</b>   Learn strategies to positively manage caregiver stress and build resilience. For caregivers.</p>	<p>Thursday, March 10 10 – 11:30 a.m.</p>
<p><b>Introduction to brain health</b>   It’s never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals. For the general public.</p>	<p>Tuesday, March 15 2 – 3:30 p.m.</p>
<p><b>Long distance caregiving</b>   Learn practical tips on providing meaningful support if you are caring for a family member living with dementia from a distance. For caregivers.</p>	<p>Tuesday, March 15 6 – 7:30 p.m.</p>
<p><b>Understanding behaviour</b>   Learn practical strategies to respond to the person living with dementia in supportive ways. For caregivers.</p>	<p>Tuesday, March 29 2 – 3:30 p.m.</p>

**Register at [alzbc.org/edu-workshops](http://alzbc.org/edu-workshops) or call 1-800-936-6033**

## Learn about dementia from anywhere in our live weekly webinars

Learn strategies for living well with dementia at our free webinars, typically offered each Wednesday at 2 p.m. Our trained presenters share tips and strategies in a lecture-style format. All you need is a computer, tablet or phone to participate and connect with others on the dementia journey.

To register for our upcoming webinars or watch recorded videos, visit our website at [alzbc.org/webinars](http://alzbc.org/webinars).

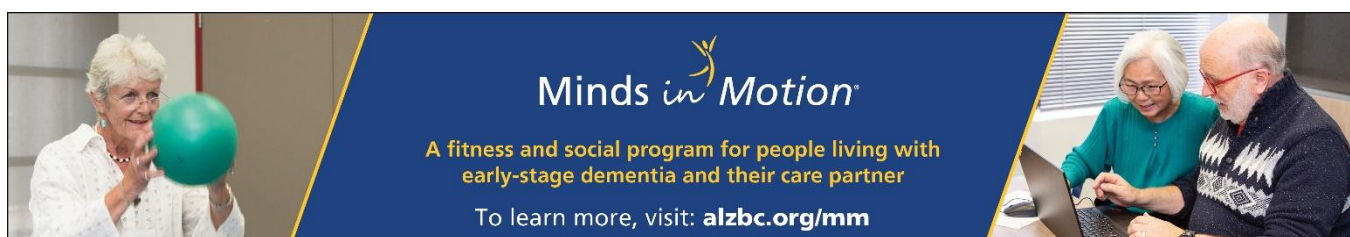


Webinar	Date
<p><b>We all have a part to play! Becoming a dementia friend</b>   Small, everyday actions can help build a community. Learn how to be dementia-friendly by being inclusive, supportive of and safe for people living with dementia.</p>	<p>Wednesday, January 12 2 – 3 p.m.</p>
<p><b>An introduction to brain health</b>   Learn strategies to maintain or improve your brain health. For the general public.</p>	<p>Wednesday, January 19 2 – 3 p.m.</p>
<p><b>Engaging people living with dementia in decision making</b>   People living with dementia are often excluded from the decision-making process. Join Krista James and Jess Fehrenbacher from the Canadian Centre for Elder Law alongside Myrna Norman as they discuss legal rights relating to decision-making for people living with dementia, compare supported and substitute decision-making, and provide insights gathered from the “Engaging people living with dementia in decision making” project. They will also share how you can get involved with the project and discuss the tools they will be creating to support decision-making for people living with dementia.</p>	<p>Wednesday, January 26 2 – 3 p.m.</p>
<p><b>Opening the door: Why families are essential to care</b>   As part of Alzheimer’s Awareness Month, Alzheimer Society of B.C. CEO Jen Lyle is sitting down with BC Seniors Advocate Isobel Mackenzie as they explore the importance of person-centred approaches to dementia care that reflect the essential role families play, both in community and long-term care. ASL interpretation will be available.</p>	<p>Thursday, January 27 2 – 3 p.m.</p> <p><b>Register online:</b> <a href="http://alzbc.org/AAM2022-event">alzbc.org/AAM2022-event</a></p>
<p><b>Planning for health-care, legal and financial decisions</b>   Plan now before dementia affects the ability to communicate. Learn how to begin early legal, health-care and financial planning to prepare for your future.</p>	<p>Wednesday, February 2 2 – 3 p.m.</p>
<p><b>Mapping your journey: Stages and progression of dementia</b>   While each dementia journey is unique, there are some signposts to the stages of dementia. Learn about what to expect as the disease progresses and how you can manage changes as they happen.</p>	<p>Wednesday, February 9 2 – 3 p.m.</p>

Register online at [alzbc.org/webinars](http://alzbc.org/webinars)

Webinar	Date
<b>How to support a friend who has dementia or is a caregiver</b>   Learn practical tips on how to offer support to a person living with dementia, their caregiver or family. For the general public.	Wednesday, February 16 2 – 3 p.m.
<b>Advance care planning for people living with dementia and their family caregivers</b>   Learn how to plan for your future care, also known as advance care planning. The BC Centre for Palliative Care will be sharing information and resources to help you get started, as well as opportunities to get involved in raising awareness about advance care planning in your own community.	Wednesday, February 23 2 – 3 p.m.
<b>Travelling with dementia</b>   Explore the challenges, safety concerns and strategies when travelling with dementia.	Wednesday, March 2 2 – 3 p.m.
<b>Focus on behaviour: Sundowning (late-day confusion)</b>   Learn the signs of "sundowning" also known as late-day confusion caused by dementia and explore strategies for responding.	Wednesday, March 9 2 – 3 p.m.
<b>Accessing services</b>   Learn about community supports like home care and adult day programs, as well as how to address challenges and work with health-care providers.	Wednesday, March 16 2 – 3 p.m.
<b>Getting to know dementia: What is dementia?</b>   Enhance your knowledge about dementia and learn about the different types of resources that are available at any stage of the disease. For caregivers and people living with dementia.	Wednesday, March 23 2 – 3 p.m.
<b>Panel discussion: Commonly asked questions about dementia</b>   Join us for a panel discussion where we respond to some of your most commonly-asked questions.	Wednesday, March 30 2 – 3 p.m.

Register online at [alzbc.org/webinars](http://alzbc.org/webinars)



**Minds in Motion**  
A fitness and social program for people living with early-stage dementia and their care partner  
To learn more, visit: [alzbc.org/mm](http://alzbc.org/mm)

Minds in Motion®	Date	Registration
<b>Prince George (in-person)</b> YMCA 2020 Massey Drive	Eight Tuesdays, January 18 – March 8 10 – 11:30 a.m.	Call the First Link® Dementia Helpline at 1-800-936-6033 or contact the Prince George Resource Centre at 250-564-7533 or email <a href="mailto:info.princegeorge@alzheimerbc.org">info.princegeorge@alzheimerbc.org</a> .  <b>Cost:</b> \$54.30 + tax per pair for eight sessions

Minds in Motion®	Date	Registration
<b>Online</b> Hosted online via Microsoft Teams	<b>Groups meet weekly:</b>  <b>Tuesdays:</b> 10 – 11:30 a.m. <u>or</u> 1 – 2:30 p.m. <b>Wednesdays:</b> 10 – 11:30 a.m. <b>Thursdays:</b> 10 – 11:30 a.m. <u>or</u> 1 – 2:30 p.m. <b>Fridays:</b> 1 – 2:30 p.m.	Sessions are free to attend. For more information and to register, please call the First Link® Dementia Helpline at 1-800-936-6033 or visit <a href="http://alzbc.org/mm">alzbc.org/mm</a>

## Connect with others through support groups, in-person or virtually



If you are affected by dementia, you are not alone. There are others to share the journey with you. We currently offer both in-person and virtual support groups for caregivers and for people living in the early stages of dementia. Please see information below regarding the groups available to you.

### To register:

- Contact the First Link® Dementia Helpline at 1-800-936-6033 or
- Email [info.helpline@alzheimerbc.org](mailto:info.helpline@alzheimerbc.org)

Please note that the schedule is subject to change due to holidays or other conflicts. You will be notified by your facilitator upon registration.

## Peace region and Northern Interior caregiver support groups

Support group	Date
<b>Peace region and Northern Interior support group (in-person and virtual)</b> Open to anyone in the Peace region and Northern Interior who is currently caring for a person living with dementia.  Our family caregiver support groups offer a safe place to learn about dementia and community resources. Connect with other family members on the dementia journey.	<b><u>In-person:</u></b> <b>2nd Wednesday of the month,</b> 10:30 a.m. – noon (Prince George, B.C.) <b>3rd Thursday of the month,</b> 1:30 – 3 p.m. (Quesnel, B.C.)  <b><u>Virtual:</u></b> <b>2nd Tuesday of the month,</b> 7 – 8:30 p.m. <b>3rd Monday of the month,</b> 2 – 3:30 p.m.

## Specialized caregiver support groups

<b>Adult children support group (virtual)</b> Open to caregivers anywhere in B.C. who are caring for a parent living with dementia.	<b>1st Thursday of the month,</b> 7 – 8:30 p.m. <b>2nd Wednesday of the month,</b> 7 – 8:30 p.m. <b>2nd Thursday of the month,</b> 6:30 – 8 p.m. <b>3rd Tuesday of the month,</b> 7 – 8:30 p.m. <b>3rd Thursday of the month,</b> 6:30 – 8 p.m. <b>4th Tuesday of the month,</b> 7 – 8:30 p.m.
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## Specialized caregiver support groups

Support group	Date
<p><b>Young onset support group (virtual)</b> Open to caregivers anywhere in B.C. who are caring for a person living with dementia who was diagnosed before the age of 65.</p>	<p><b>2nd Tuesday of the month, 7 – 8:30 p.m.</b></p>
<p><b>Long-term care support group (virtual)</b> Open to caregivers anywhere in B.C. who are caring for a person living with dementia in a long-term care home.</p>	<p><b>3rd Tuesday of the month, 10 – 11:30 a.m.</b> <b>3rd Tuesday of the month, 7 – 8:30 p.m.</b> <b>3rd Wednesday of the month, 7 – 8:30 p.m.</b> <b>4th Thursday of the month, 2 – 3:30 p.m.</b></p>
<p><b>LGBTQ2S+ support group (virtual)</b> Open to LGBTQ2S+ caregivers or caregivers of a person living with dementia who identifies as LGBTQ2S+ anywhere in B.C.</p>	<p><b>1st Wednesday of the month, 7 – 8:30 p.m.</b></p>
<p><b>Lewy body dementia support group (virtual)</b> Open to caregivers anywhere in B.C. who are caring for a person living with Lewy body dementia.</p>	<p><b>4th Wednesday of the month, noon – 1:30 p.m.</b></p>
<p><b>BvFTD support group (virtual)</b> Open to caregivers anywhere in B.C. who are caring for someone with behavioural variant frontotemporal dementia (bvFTD).</p>	<p><b>4th Monday of the month, 7 – 8:30 p.m.</b></p>
<p><b>General support group (virtual)</b> Open to caregivers anywhere in B.C. who are currently caring for a person living with dementia.</p>	<p><b>3rd Thursday of the month, 2 – 3:30 p.m.</b> <b>3rd Thursday of the month, 7 – 8:30 p.m.</b></p>
<p><b>General support group (Punjabi/Hindi) (virtual)</b> Open to anyone in B.C. who speaks Punjabi or Hindi and is currently caring for a person living with dementia.</p>	<p><b>3rd Wednesday of the month, 10 – 11:30 a.m.</b></p>

## Early-stage support and specialty groups for people living with dementia

<p><b>Early-stage support group (in-person and virtual)</b> Open to people living with early symptoms of dementia to discuss the impact of the disease, share stories, experiences and learn from one another about how to live well with dementia.</p>	<p><b><u>In-person:</u></b> <b>2nd Wednesday of the month, 1 – 2:30 p.m.</b> (Prince George, B.C.)</p> <p><b><u>Virtual:</u></b> <b>Every 2nd Tuesday, 3 – 4 p.m.</b> <b>Every 2nd Wednesday, 10 – 11 a.m. (telephone only)</b> <b>Every 2nd Thursday, 11 a.m. – noon</b></p>
<p><b>Early-stage coffee and chat (virtual)</b> Open to people living with early symptoms of dementia to socialize, share experiences, laugh and enjoy the company of others who are living the dementia experience.</p>	<p><b>Every 2nd Monday, 1:30 – 2:30 p.m.</b> <b>Every 2nd Thursday, 11 a.m. – noon</b></p>

**Register by calling the First Link® Dementia Helpline at 1-800-936-6033**