

# First Link® Bulletin

Your link to dementia support

April – June 2021



Updates on  
programs and  
services

See inside for dementia programs  
in Vancouver Coastal

## Spring into setting healthy brain goals



Springtime offers a great chance for us to set new health and fitness goals to maintain or improve brain health. Exercising your body and mind can keep your brain stimulated and may slow the progression of dementia. Explore activities and ideas to challenge your brain:

### Engage in exercise with Minds in Motion®

Minds in Motion® is an online fitness and social activity program for people living with early-stage dementia and their care partner. The weekly sessions are an opportunity to connect with others affected by dementia.

For more information or to register, call the First Link® Dementia Helpline at 1-800-936-6033 or visit: [alzbc.org/FLDHL](http://alzbc.org/FLDHL)

### Join us for the IG Wealth Management Walk for Alzheimer's

We are inviting British Columbians to join us for the IG Wealth Management Walk for Alzheimer's in 2021. Throughout the month of May, we will come together to raise awareness and funds for people affected by

dementia. Find the place and time that works for you to walk solo, with your family – or with your bubble as public health guidelines allow. Then join us virtually on Sunday, May 30 to celebrate the difference you've made!

To make memories matter, register for the IG Wealth Management Walk for Alzheimer's by visiting [www.walkforalzheimers.ca](http://www.walkforalzheimers.ca). Who will you walk for?

### Additional resources

- Local researcher Nathan Lewis, a PhD candidate from the University of Victoria, shares the latest research on cognitive engagement through activities as a way to delay onset cognitive decline. Visit: [youtu.be/uGkA-959oo8](https://youtu.be/uGkA-959oo8)
- Learn more about how a healthy lifestyle can support brain health and risk reduction on our website: [alzbc.org/3swqESC](http://alzbc.org/3swqESC)
- “Heads up for healthier brains” is a downloadable brochure offering information on everything you need to know about the relationship between brain health and dementia. Learn more: [alzbc.org/3ksu3iz](http://alzbc.org/3ksu3iz)

### Our programming is on during COVID-19

We currently offer three virtual programs that are accessible from the safety and comfort of your home. All you need is a computer or telephone to join in.

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

Have your dementia questions and concerns answered by our specialist staff at our free dementia education webinars, available weekly. Receive tips, learn strategies and share experiences with other participants. All you need is a computer, tablet or phone!

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



Learn about dementia from anywhere by participating in our live webinars

Webinar	Date
<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, April 7 2 – 3 p.m.
<b>Adjusting to long term care</b>   Discuss the experience of transitioning into long term care and explore strategies for adjusting.	Wednesday, April 14 2 – 3 p.m.
<b>Heads up: An 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. <i>This session is held in partnership with South Arm Community Centre. To register, call 604-276-4300 or email <a href="mailto:seniors@richmond.ca">seniors@richmond.ca</a>.</i>	Thursday, April 15 10:30 – 11:30 a.m.
<b>Research ready: Cardiovascular risk factors and dementia (with guest speaker Elyn Rowe)</b>   Join local researcher and Alzheimer Society Research Program award recipient Elyn Rowe to learn about cardiovascular risk factors for dementia, including the role of cholesterol and genetics in Alzheimer's disease.	Wednesday, April 21 2 – 3 p.m.
<b>Communication changes</b>   Explore how communication is affected by dementia and learn practical communication strategies.	Wednesday, April 28 2 – 3 p.m.
<b>Equip yourself: Knowledge and skills to help get the support you need</b>   Gain the skills you need to respond to common challenges that families face at key points in the dementia journey such as getting a diagnosis or accessing home support.	Wednesday, May 5 2 – 3 p.m.
<b>An introduction to brain health</b>   It's never too soon or too late to make changes. Learn strategies to maintain or improve your brain health.	Wednesday, May 12 2 – 3 p.m.
<b>Focus on behaviour: Understanding behaviour changes</b>   Learn practical strategies to respond to a person living with dementia in supportive ways.	Wednesday, May 19 2 – 3 p.m.

Webinar	Date
<b>Targeted strategies for needs-driven dementia-related behaviours</b>   Learn specific strategies for responding to behaviours that dementia caregivers most commonly ask us about, including wanting to go home and asking about deceased relatives.	Wednesday, May 26 2 – 3 p.m.
<b>Living safely with dementia</b>   Explore how people living with dementia and their families can live safely in the community.	Wednesday, June 2 2 – 3 p.m.
<b>Music and the brain: Key considerations for dementia</b>   Guest speaker Chelsea Mackinnon will explore the links between music, connection and communication and discuss musical strategies for dementia and how music may contribute to decreased risk of developing dementia. You will come away with numerous practical tools that you can use.	Wednesday, June 9 10 – 11 a.m.
<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.	Wednesday, June 16 2 – 3 p.m.
<b>Lived experience: Strategies I wish I'd known</b>   Continue the discussion with people living with dementia who share some tips and strategies for living well with dementia.	Thursday, June 24 10 – 11 a.m.
<b>Activities for warmer weather</b>   As the weather warms up and we move outside, explore the benefits of meaningful activities for families affected by dementia.	Wednesday, June 30 2 – 3 p.m.



**Minds in Motion.**  
*A fitness and social program for people living with early-stage dementia and their carepartner*  
 Now offered online! Visit: [alzbc.org/mim](http://alzbc.org/mim)

Minds in Motion® is now offered online for people experiencing early symptoms of dementia and their care partners. This weekly program consists of a 30-minute fitness video followed by 45 minutes of social time, an opportunity to connect with others living with dementia.

Sessions are free to attend and hosted in Microsoft Teams. For more information and to register, please call the First Link® Dementia Helpline at 1-800-936-6033.

**Register today!**

- **Tuesday:** 10 – 11:30 a.m. or 1 – 2:30 p.m.
- **Wednesday:** 10 – 11:30 a.m.
- **Thursday:** 10 – 11:30 a.m. or 1 – 2:30 p.m.
- **Friday:** 1 – 2:30 p.m.

“[Minds in Motion®] is one of the best things to join. It’s an integral part of my life and it brings me joy. It’s good to be with your peers.”

- Sandee Hall, Minds in Motion® participant

## Connect with other caregivers by phone through our tele-support groups



In response to COVID-19 and the temporary suspension of in-person support groups, the Alzheimer Society of B.C. will be offering regional and provincial telephone support groups for caregivers. Please see information below regarding the groups available to you and information regarding how to register.

### For more information or to register:

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

### Vancouver Coastal tele-support groups

Tele-support group	Date
<b>Vancouver Coastal tele-support group</b> Open to anyone in Vancouver Coastal who is currently caring for a person living with dementia.	<b>2nd Friday of the month, 10 – 11:30 a.m.</b>
	<b>3rd Tuesday of the month, 2 – 3:30 p.m.</b>
<b>Vancouver Coastal tele-support group (Cantonese)</b> Open to anyone Vancouver Coastal who speaks Cantonese and is currently caring for a person living with dementia.	<b>3rd Wednesday of the month, 2 – 3:30 p.m.</b>
	<b>4th Tuesday of the month, 10 – 11:30 a.m.</b>
	<b>4th Tuesday of the month, 2 – 3:30 p.m.</b>

### Provincial tele-support groups

<b>Provincial LGBTQ+ tele-support group</b> Open to LGBTQ+ caregivers anywhere in B.C. who are caring for a person living with dementia.	<b>1st Wednesday of the month, 7 – 8:30 p.m.</b>
<b>Provincial adult children tele-support group</b> Open to caregivers anywhere in B.C. who are caring for a parent living with dementia.	<b>1st Thursday of the month, 7 – 8:30 p.m.</b>
	<b>2nd Wednesday of the month, 7 – 8:30 p.m.</b>
	<b>2nd Thursday of the month, 6:30 – 8 p.m.</b>
	<b>4th Tuesday of the month, 7 – 8:30 p.m.</b>

## Provincial tele-support groups

### Provincial young onset tele-support group

Open to caregivers anywhere in B.C. who are caring for a person living with dementia who is currently under the age of 65.

2nd Tuesday of the month, 7 – 8:30 p.m.

### Provincial long-term care tele-support group

Open to caregivers anywhere in B.C. who are caring for a person living with dementia in a long-term care home.

3rd Tuesday of the month, 10 – 11:30 a.m.

3rd Tuesday of the month, 7 – 8:30 p.m.

3rd Wednesday of the month, 7 – 8:30 p.m.

4th Thursday of the month, 2 – 3:30 p.m.

### Provincial general tele-support group

Open to caregivers anywhere in B.C. who are currently caring for a person living with dementia.

3rd Thursday of the month, 2 – 3:30 p.m.

3rd Thursday of the month, 7 – 8:30 p.m.

### Provincial BvFTD tele-support group

Open to caregivers anywhere in B.C. who are caring for someone with behavioural variant frontotemporal dementia (BvFTD).

4th Monday of the month, 7 – 8:30 p.m.

## Connect to First Link® by contacting a Resource Centre near you

### Vancouver Coastal

Vancouver and Richmond

Phone: 604-675-5150

Phone (Chinese): 604-687-8299

Email: [info.vancouver@alzheimerbc.org](mailto:info.vancouver@alzheimerbc.org)

Email (Chinese): [info.chinese@alzheimerbc.org](mailto:info.chinese@alzheimerbc.org)

North Shore & Sunshine Coast

Phone: 604-984-8348 OR 604-984-8347

Toll-free: 1-866-984-8348 OR 1-855-984-8347

Email: [info.northshore@alzheimerbc.org](mailto:info.northshore@alzheimerbc.org)

Website: [www.alzheimerbc.org](http://www.alzheimerbc.org)

### Questions about dementia or memory loss?



**First Link®**  
DEMENTIA HELPLINE

**English** 1-800-936-6033  
9 a.m. to 8 p.m.

**Cantonese and Mandarin** 1-833-674-5007  
9 a.m. to 4 p.m.

**Punjabi** 1-833-674-5003  
9 a.m. to 4 p.m.

## Follow us!



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