

First Link[®] Bulletin

Your link to dementia support

January – March 2019



EVENTS CALENDAR

See inside for dementia programs in North & Central Vancouver Island.

January is Alzheimer's Awareness Month



January is Alzheimer's Awareness Month, an opportunity to challenge the stigma experienced by people living with dementia. Throughout the month, thousands of Canadians will be standing up to share their stories to challenge negative attitudes and misconceptions. When we reduce stigma, people living with dementia can live better.

Here are some tips to help you cope with and overcome stigma:

- **Be open and honest.** When someone asks how you are doing, be honest with your answer. People may not realize how difficult things are for you.
- **Talk about dementia.** Become informed. Sharing accurate information is the best way to reduce stigma.
- **Help others understand.** Encourage people to learn more about the disease. The Alzheimer Society of B.C. offers free tele-workshops for people to learn about dementia at home: alzbc.org/learn-from-home
- **Talk to someone you trust.** It can be hard dealing with dementia alone. Sharing this part of your life with family and friends and letting them know when you need help and support can be of great comfort.
- **Stay connected.** It is important to engage with others who understand what you are going through. A support group can be a safe place to share your struggles with

people who understand. The Alzheimer Society of B.C. offers Family Caregiver and Early Stage support groups: alzbc.org/support-groups

If you are living with dementia or have questions about the disease, please call the First Link[®] Dementia Helpline at 1-800-936-6033 or contact your local Alzheimer resource centre.

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Upcoming Education			
Free to attend – donations welcome.			
Program	Date	Registration	Location
Family Caregiver Series An education series for family members who are caring for a person living with dementia. The Family Caregiver Series covers the following topics: <ul style="list-style-type: none"> • Understanding dementia • Understanding communication • Understanding behaviour • Planning for the future • Self-care for the caregiver 	Five Thursdays January 10, 17, 24, 31 and February 7 1 – 3 p.m.	Pre-registration is required: Please call 250-734-4170 toll free 1-800-462-2833 or email info.nanaimo@alzheimerbc.org	Nanaimo Seniors Village Dover Room 6089 Uplands Drive Nanaimo
	Five Wednesdays February 6, 13, 20, 27 and March 6 1:30 – 3:30 p.m.	Pre-registration is required: Please call 250-734-4170 toll free 1-800-462-2833 or email info.nanaimo@alzheimerbc.org	Providence Farm Board Room 1843 Tzouhalem Road Duncan
	Three Wednesdays March 6, 13 and 20 1 – 4 p.m.	Pre-registration is required: Please call 250-734-4170 toll free 1-800-462-2833 or email info.nanaimo@alzheimerbc.org	The Gardens at Qualicum Beach 650 Berwick Road North Qualicum Beach
Getting to Know Dementia Receive basic information about dementia and the impact of receiving a diagnosis. Learn about the different types of support available throughout the dementia journey, including an introduction to programs and services offered by the Alzheimer Society of B.C.	Monday, March 11 1:30 – 3:30 p.m.	Pre-registration is required: Please call Courtenay Recreation at: 250-338-1000 email info.nanaimo@alzheimerbc.org	Lower Native Sons Hall 360 Cliffe Avenue Courtenay
Understanding Dementia and Communication Participants will receive basic information about Alzheimer's disease and other dementias and the impact this disease has on the individual, caregivers and families. They will also learn about how communication is affected by dementias. There will be an opportunity to explore effective ways of facilitating communication and providing support to the person with dementia.	Friday, January 11 1:30 – 3:30 p.m.	Pre-registration is required: Please call the Nanaimo Memory Care Centre at 250-585-3788.	The Grand Hotel The Emerald Room 4898 Rutherford Road Nanaimo

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Upcoming Education			
Free to attend – donations welcome.			
Program	Date	Registration	Location
<p>Transition to Residential Care</p> <p>This session is designed to help family caregivers who are considering residential care options for a person living with dementia. General information will be given on how to access residential care and review some important considerations when choosing a facility.</p>	<p>Thursday, February 14</p> <p>1 – 3 p.m.</p>	<p>Pre-registration is required:</p> <p>Please call 250-734-4170 toll free 1-800-462-2833 or email info.nanaimo@alzheimerbc.org</p>	<p>Nanaimo Seniors Village Dover Room 6089 Uplands Drive Nanaimo</p>
<p>Life in Residential Care</p> <p>This session focuses on the process of adjustment after a person living with dementia has moved into a residential care facility. Learn about the changes to your role as a caregiver that this transition can bring and how to enhance your visits.</p>	<p>Thursday, February 21</p> <p>1 – 3 p.m.</p>	<p>Pre-registration is required:</p> <p>Please call 250-734-4170 toll free 1-800-462-2833 or email info.nanaimo@alzheimerbc.org</p>	<p>Nanaimo Seniors Village Dover Room 6089 Uplands Drive Nanaimo</p>
	<p>Wednesday, January 23</p> <p>10 a.m. – noon</p>	<p>Pre-registration is required:</p> <p>Please call 250-734-4170 toll free 1-800-462-2833 or email info.nanaimo@alzheimerbc.org</p>	<p>Ironwood Place 1351 Ironwood Road Campbell River</p>
<p>Grief and Losses along the Dementia Journey</p> <p>The dementia journey requires ongoing adjustment to many changes that occur throughout the early, middle and late stages of the disease. Grief is the natural and necessary process to all of these changes that involve loss.</p>	<p>Thursday, February 28</p> <p>1 – 3 p.m.</p>	<p>Pre-registration is required:</p> <p>Please call 250-734-4170 toll free 1-800-462-2833 or email info.nanaimo@alzheimerbc.org</p>	<p>Nanaimo Seniors Village Dover Room 6089 Uplands Drive Nanaimo</p>

Tele-workshops

<p>Activities to do with the person with dementia Do you care for a family member with dementia and need creative ways to engage him/her in meaningful activities? This tele-workshop for family caregivers explains the goals and benefits of meaningful activities, gives suggestions for appropriate activities, and explains how to maximize the enjoyment for you and the person living with dementia.</p>	<p>Thursday, January 10 2 or 7 p.m. <i>(choose the time most convenient for you)</i></p>	<p>No cost and no registration necessary. How to connect: Phone: 1-866-994-7745 Participant pass code: 1122333 Online: Enter as a guest momentum.adobeconnect.com/alzheimerbc</p>	<p>Tele-workshop Available across B.C.</p>
<p>Transition to residential care Are you a family caregiver who is considering residential care options for a person living with dementia? This workshop will provide a general overview of how to access residential care, the challenges families face when making decisions about residential care, and some strategies for preparing for the transition.</p>	<p>Tuesday, February 12 2 or 7 p.m. <i>(choose the time most convenient for you)</i></p>	<p>No cost and no registration necessary. How to connect: Phone: 1-866-994-7745 Participant pass code: 1122333 Online: Enter as a guest momentum.adobeconnect.com/alzheimerbc</p>	<p>Tele-workshop Available across B.C.</p>
<p>How to support a friend who has dementia or is a caregiver Want to support someone living with dementia? It might be your friend, neighbour, co-worker or relative. This tele-workshop provides practical tips on how to communicate with a person with dementia, how to offer support and what kind of help the person living with dementia, their caregiver or family might appreciate. Please note: This tele-workshop is not aimed at primary caregivers.</p>	<p>Wednesday, March 6 2 or 7 p.m. <i>(choose the time most convenient for you)</i></p>	<p>No cost and no registration necessary. How to connect: Phone: 1-866-994-7745 Participant pass code: 1122333 Online: Enter as a guest momentum.adobeconnect.com/alzheimerbc</p>	<p>Tele-workshop Available across B.C.</p>

Support Groups

The Alzheimer Society of B.C. offers Caregiver and Early Stage support groups. These groups are for people who want to inform themselves with current information that will help improve the quality of life with the disease. Support groups are safe environments, providing an opportunity for emotional support and the sharing of common experiences.

<p>Tele-support Group For caregivers of someone with behavioural variant frontotemporal dementia (bvFTD).</p>	<p>4th Monday of the month 7 – 8 p.m.</p>	<p>For more information, call 250-382-2052 or 1-800-936-6033 (First Link® Dementia Helpline) or email: info.victoria@alzheimerbc.org</p>
<p>Early Stage Support Group Early stage support groups are for people living with dementia who want to get current information and share their experiences and coping strategies with others.</p>	<p>Participants Wanted If you are a person experiencing memory difficulties in the early stages and interested in attending a support group in the Nanaimo or the Cowichan area, please give us a call.</p>	<p>Cowichan Valley For information: please call: 1-800-462-2833 Email: info.nanaimo@alzheimerbc.org</p> <p>Nanaimo For information: please call: 250-734-4107 Email: info.nanaimo@alzheimerbc.org</p>
<p>Caregiver Support Group For family and friends supporting someone living with Alzheimer’s disease or another dementia.</p> <p>To register, please call 250-734-4170 or toll free 1-800-462-2833 or email: info.nanaimo@alzheimerbc.org</p>	<p>2nd Thursday 10:30 a.m. – noon</p>	<p>Nanaimo (New location)</p>
	<p>1st Tuesday 1:30 – 3 p.m.</p>	<p>Parksville</p>
	<p>3rd Tuesday 1:30 – 3 p.m.</p>	<p>Qualicum Beach</p>
	<p>3rd Monday 6:30 – 8 p.m.</p>	<p>Port Alberni</p>
	<p>1st Wednesday 7 – 8:30 p.m.</p>	<p>Campbell River</p>
	<p>1st and 3rd Thursday 10:30 a.m. - noon</p>	<p>Gabriola Island</p>

Minds in Motion®

A fitness and social activity program for people with early symptoms of Alzheimer's disease or another dementia and a care partner. Includes 45-60 minutes of exercise led by a certified fitness instructor, followed by an hour of social time with activities and light refreshments.

New participants are encouraged to visit the community centre for information or to register.

Minds in Motion® – Nanaimo	Tuesdays January 8 – February 12 February 26 – March 26 10 a.m. – noon or 1 – 3 p.m.	To register, call 250-756-5200, drop by the Beban Social Centre or register online at www.ireg.nanaimo.ca Cost: \$37.80 per couple for six weeks, prorated. Cost: \$31.50 per couple for five weeks, prorated. For more information: alzbc.org/mim	Beban Park Social Centre Room #7 2300 Bowen Road Nanaimo
Minds in Motion® – Oceanside (serves Parksville, Qualicum, Nanoose)	Fridays January 11 – February 15 March 1 – March 29 1:30 – 3:30 p.m.	To register call 250-248-3252. Cost: \$49.59 per couple for six weeks, prorated. Cost: \$41.32 per couple for five weeks, prorated. For more information: alzbc.org/mim	Parksville Community Centre Red Cedars Room 132 Jensen Avenue East Parksville
Minds in Motion® – Courtenay (serves North Island)	Wednesdays January 11 – February 15 March 1 – March 29 1 – 3 p.m.	To register call 250-338-1000. Cost: \$47.25 per couple for six weeks, prorated. Cost: \$39.40 per couple for five weeks, prorated. For more information: alzbc.org/mim	Lower Native Sons Hall 360 Cliffe Avenue Courtenay
Minds in Motion® – Duncan (serves Cowichan Valley)	Mondays January 7 – February 11 February 25 – March 25 1 – 3 p.m.	To register call 250-746-7665 or drop by the Cowichan Aquatic Centre. Cost: \$37.80 per couple for six weeks, prorated. Cost: \$31.50 per couple for five weeks, prorated. For more information: alzbc.org/mim	Cowichan Aquatic Centre 2nd Floor 2653 James Street Duncan