



NEWS RELEASE

Sept. 4, 2013

**Residents in Western Communities Encouraged to Put
Minds in Motion®**

Victoria, B.C. –Residents in Western Communities experiencing early memory loss can get their Minds in Motion starting this week. A new Minds in Motion fitness and social program offered in Langford by the non-profit Alzheimer Society of B.C. launches eight weekly sessions that begin Wednesday, Sept. 4.

"The program aims to help people stay physically active, meet and socialize with others living with Alzheimer's disease and other dementias, get involved in activities and gain access to services," explains Amanda Strain, Greater Victoria Coordinator for Minds in Motion.

Participants, accompanied by a friend, family member or caregiver enjoy light exercise conducted by a certified fitness instructor, followed by activities or games and social time in a relaxed atmosphere. Light refreshments are provided.

"It's great," says Trudy Golinsky, who accompanies her husband Vic to the Minds in Motion program in Victoria. "It's the exercise and the togetherness with people, the caregiver sharing and learning – that's what we do a lot of here. There are so many activities to get involved in."

"We like the discussions we can have with each other – and the coffee and cookies," laughs Steve Scotton.

Minds in Motion offers multiple benefits to persons with Alzheimer's disease or another dementia and their care partners. Persons with dementia see physical gains such as improved balance, mobility and flexibility, and increased comfort and confidence in their situation.

"We have problems with short-term memory and now realize that a lot of other people do too," says Julian Coward, who attends the Victoria sessions.

For care partners, benefits include more core strength and flexibility, an increased understanding of both dementia and self-care and learning new coping strategies from

peers. Participants can experience sharpened cognitive function that sometimes lasts two to three days. They report feeling energized.

Volunteers with the program also go home with uplifted spirits. "This is an opportunity for me to assist, as I have a sister living far away from here with dementia. I can't help her, but I can come and help others here. I love the group and the sense of community," says Mary-Ann Hayes.

Minds in Motion runs on Wednesdays from 10 to 11:30 a.m. Sept. 4 through Oct. 23 at Juan de Fuca Recreation Centre (in the Fieldhouse, located behind the main building) at 1767 Island Highway.

To register call Juan de Fuca Recreation Centre at 250-478-8384 or drop by reception. Cost is \$40 per couple for all eight weeks. If space is available, participants are encouraged to drop in and try out a free session prior to registering.

For more information, call the Alzheimer Resource Centre at 250-382-2052.

Minds in Motion is offered in partnership with the Seniors at Risk Integrated Health Network, Westshore Parks & Recreation and the Alzheimer Society of B.C. and is funded through the Vancouver Island Health Authority's Continuing Care Services.

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Please Note

Photos from past Minds in Motion sessions are available upon request. Although our Minds in Motion **Coordinator Amanda Strain is available for interview**, we request that media does not attempt to attend the Sept. 4 session itself as participants may become overwhelmed. The Society can also work to connect you with **past participants**.

About Dementia

Dementia is a term that describes a general group of brain disorders. Symptoms include the loss of memory, impaired judgment, and changes in behaviour and personality. Dementia is progressive, degenerative and eventually terminal. Alzheimer's disease is the most common form of dementia accounting for almost two-thirds of dementias in Canada today.

About the Alzheimer Society of B.C.

The Alzheimer Society of B.C. provides a provincial network of support and education for families impacted by dementia and people concerned about memory loss.

Communities across the province count on the Society for support services, information and education programs, advocacy to improve dementia care in B.C., and to fund research to find the causes and cures. As part of a national federation, the Society is a leading health authority on the disease in Canada.

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