

First Link® Bulletin

Your link to dementia support

April - June 2023



Updates on
programs and
services

See inside for dementia programs
in North Fraser

Join us for the *IG Wealth Management Walk for Alzheimer's* in May!



Get ready to take part in the 2023 *IG Wealth Management Walk for Alzheimer's*, presented by Go Auto. The *Walk* returns to communities across B.C. this spring on Sunday, May 28, 2023.

Currently, more than 85,000 people are living with dementia across the province – and that number is continually growing. The Alzheimer Society of B.C. is here to provide the support people need to maintain the best quality of life possible throughout their journey. Our vision of a dementia-friendly B.C. is only possible through the generous support of fundraisers who participate in events such as the *Walk*.

Team up with your family, friends, and coworkers and help us honour and remember people in your communities affected by the disease. Funds raised help to provide programs and services for families on the journey and contribute to research into the causes of and cure for the disease.

Who will you *Walk* for?

To learn more about the *IG Wealth Management Walk for Alzheimer's* and register, visit walkforalzheimer.ca.

If you are unable to attend an event and still wish to get involved, there are some other options for you:

- *Walk in a box* – Plan a smaller event in your community with family, friends or coworkers. Walk in your neighbourhood or simply gather together to raise funds.
- *Walk your way* – Get active in a way that suits you: run, cycle, swim, paddle, ski or snowboard... However you choose to move, show your support in your own way.

For more information, contact Nick Dunn at ndunn@alzheimerbc.org.

We want to hear from you!

We always want to learn more about the needs of people in our community. We would like to invite you to take a short ten-minute survey to share your thoughts.

To participate, visit alzbc.org/FL-Survey23. If you do not have access to a computer, we have enclosed the survey with this newsletter and a pre-paid envelope.

Everyone who completes this survey has the option of entering their name into a prize draw for one of three \$50 Visa gift cards.

Learn about dementia and connect with others through dementia education

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

The online workshops are presented in a limited-sized group and will be facilitated to provide opportunities for live discussion. A range of days and times of day, including evenings, are available.

Registration:

In-person workshops: Call our First Link® Dementia Helpline at 1-800-936-6033. Proof of full vaccination will be required to attend in-person programs.

Online workshops: Register online by visiting alzbc.org/edu-workshops or call the First Link® Dementia Helpline at 1-800-936-6033. You will receive an email with a link to join the event prior to the event date.

In-person dementia education in the North Fraser

With increased knowledge surrounding safety measures and high level of vaccinations across B.C., we have updated our safety protocols based on the current recommendations from the B.C. government.

Masks and proof of full vaccination are now optional for attending all in-person programs. To learn more about safety protocols, visit: alzbc.org/COVID-safety

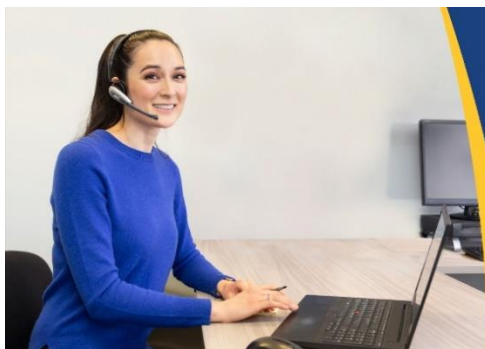
In-person workshop	Date	Location
Staying healthy and building resilience in a time of change and uncertainty Learn self-care tips and strategies to positively manage stress for both caregivers and people living with dementia.	Tuesday, April 11 10 a.m. – noon	Coquitlam Dogwood Pavilion 1655 Winslow Avenue
Accessing services Learn about community supports, like home care and adult day programs, as well as how to address challenges and work with health-care providers.	Friday, April 14 1:30 – 2:30 p.m.	Coquitlam Glen Pine Pavilion 1200 Glen Pine Court
Travelling with dementia Challenges, safety concerns and strategies when travelling with dementia.	Tuesday, April 25 10 a.m. – noon	Coquitlam Dogwood Pavilion 1655 Winslow Avenue
Recognizing your journey as a caregiver 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.	Wednesday, May 17 6:30 – 8:30 p.m.	Coquitlam Glen Pine Pavilion 1200 Glen Pine Court

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

In-person dementia education in the North Fraser

In-person workshop	Date	Location
An introduction to brain health It's never too soon or too late to make changes and to learn strategies to maintain or improve your brain health.	Thursday, May 18 1:30 – 2:30 p.m.	Coquitlam Dogwood Pavilion 1655 Winslow Avenue
Dementia friends Small, everyday actions can help build a community that is inclusive, supportive of and safe for people living with dementia.	Monday, June 5 10 – 11 a.m.	Coquitlam Dogwood Pavilion 1655 Winslow Avenue
Considering the transition to long-term care Learn about how to access long-term care and factors to consider when planning a move.	Monday, June 5 6:30 – 8:30 p.m.	Coquitlam Glen Pine Pavilion 1200 Glen Pine Court
Getting to know dementia Enhance your knowledge about dementia and learn about the different types of resources that are available at any stage of the disease.	Thursday, June 15 10:30 – 11:30 a.m.	Coquitlam Glen Pine Pavilion 1200 Glen Pine Court
Adjusting to long-term care Discuss the experience of transitioning into long term care and explore strategies for adjusting.	Monday, June 19 6:30 – 8:30 p.m.	Coquitlam Glen Pine Pavilion 1200 Glen Pine Court

Register by calling 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.)

Online workshops

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.

Please note these sessions are not recorded – only register if you plan to attend live. Register at alzbc.org/edu-workshops or call 1-800-936-6033.

Online workshop	Date
Mapping your journey: Stages and progression of dementia 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.	Thursday, April 13 10 – 11:30 a.m.
Accessing services Learn about community supports like home care and adult day programs, as well as how to address challenges and work with health-care professionals.	Tuesday, April 25 10 – 11:30 a.m.
Understanding communication changes Explore how communication is affected by dementia and learn effective communication strategies.	Tuesday, May 9 2 – 3:30 p.m.
Focus on behaviour Sundowning (late-day confusion) Learn the signs of “sundowning,” also known as late-day confusion, caused by dementia and explore strategies for responding.	Thursday, May 25 6 – 7:30 p.m.
Getting to know dementia: What is dementia Learn how dementia affects an individual’s brain and behaviour, as well as the disease’s impact on family.	Thursday, June 15 10 – 11:30 a.m.
Getting to know dementia: Responding to a diagnosis Learn practical strategies to live as well as possible after a diagnosis of dementia and explore different types of resources that are available at any stage of the disease.	Thursday, June 22 10 – 11:30 a.m.

Register at 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 offered each Wednesday, typically 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.

All sessions are hosted in Microsoft Teams. To register for our upcoming webinars, visit our website at alzbc.org/webinars. You can watch the education content on-demand at alzbc.org/ondemand.



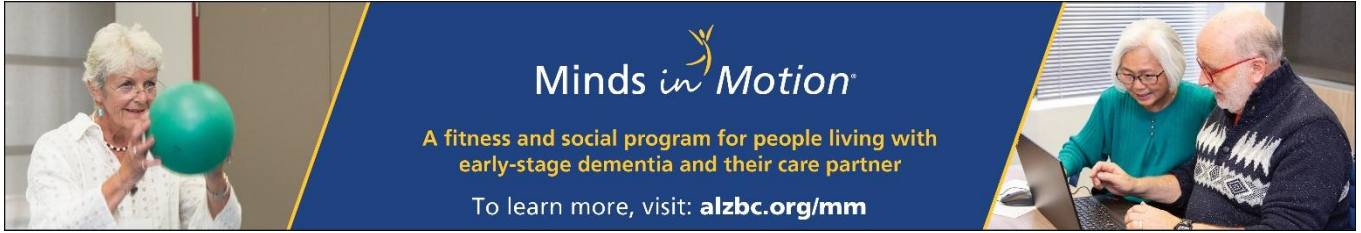
Learn about dementia from anywhere by participating in our live webinars

Webinar	Date
<p>Getting to know dementia: Responding to a diagnosis Learn practical strategies to live as well as possible after a diagnosis of dementia and explore different types of resources that are available at any stage of the disease.</p>	<p>Wednesday, April 5 2 – 3 p.m.</p>
<p>Focus on behaviour: Dressing and grooming Learn how changes in the brain due to dementia can impact dressing and grooming and discuss strategies for to help make these activities of daily living more successful.</p>	<p>Wednesday, April 12 2 – 3 p.m.</p>
<p>Driving and dementia Learn how dementia may affect a person’s driving abilities and hear strategies to ease the transition for driving cessation. For caregivers and people living with dementia.</p>	<p>Wednesday, April 19 2 – 3 p.m.</p>
<p>Long-distance caregiving Practical tips on providing meaningful caregiving support from a distance. For caregivers.</p>	<p>Wednesday, April 26 2 – 3 p.m.</p>
<p>Focus on behaviour: Bathing and hygiene Learn how dementia impacts bathing and hygiene and explore strategies for managing these changes.</p>	<p>Wednesday, May 3 2 – 3 p.m.</p>
<p>Living well with dementia through nutrition with Dr. Heather Keller Diet and nutrition are integral to all components of health, including mental health. Join Dr. Heather Keller, as she discusses the importance of nutrition and our relationship with food as part of living well with dementia. Learn strategies for managing eating challenges and improving the mealtime experience of those affected by dementia as the disease progresses.</p>	<p>Wednesday, May 10 2 – 3 p.m.</p>

Register online at alzbc.org/webinars

Webinar	Date
<p>Dental care and dementia with Dr. Nicholas Tong Supporting dental care is something that many families find challenging. Join Dr. Nicholas Tong as he discusses the importance of dental care early in the dementia journey and provides insight into what to expect as the disease progresses. Dr. Tong will also share tools and strategies to help support dental health among people living with dementia.</p>	<p>Wednesday, May 17 2 – 3 p.m.</p>
<p>Physical activity and dementia with Dr. Joanie Sims-Gould Learn how to add “life to your years” and join us as Dr. Joanie Sims-Gould discusses the importance of physical activity on dementia and what is meant by “physical activity” (spandex not necessary!). Joanie will also share how to access the province-wide <i>Choose to Move</i> program.</p>	<p>Wednesday, May 24 2 – 3 p.m.</p>
<p>Activities for warmer weather As the weather warms up and we move outside, explore the benefits of meaningful activities for families affected by dementia.</p>	<p>Wednesday, May 31 2 – 3 p.m.</p>
<p>Flipping stigma: How to recognize and respond to stigma and discrimination Join us for part one of a four-part series, showcasing the <i>Flipping stigma on its ear</i> toolkit, created to help people recognize and respond to stigma and discrimination associated with dementia and memory loss. These quarterly webinars feature members of an action group of people living with dementia. Panelists will discuss instances of discrimination faced in their day-to-day lives and provide strategies for responding to stigma.</p>	<p>Wednesday, June 7 2 – 3 p.m.</p>
<p>Focus on behaviour: Targeted strategies for word salad, confabulation, wanting to go home and asking for deceased relatives Learn specific strategies for responding to behaviours that dementia caregivers often ask us about, including wanting to go home and asking about deceased relatives.</p>	<p>Wednesday, June 14 2 – 3 p.m.</p>
<p>How to get someone to accept help: A conversation for caregivers Join Society staff for a discussion around one of the most common questions we are asked – how can I get someone to accept help? Panelists will draw from their own experiences as we explore the impact of dementia on insight and self-awareness as well as how it affects the caregiving role. Explore questions such as:</p> <ul style="list-style-type: none"> • How do you respectfully start doing things for and not with someone? • How do you balance a person’s right to live at risk with advocating to the health-care system on their behalf? 	<p>Wednesday, June 21 2 – 3 p.m.</p>
<p>Planning for health-care, legal and financial decisions 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, June 28 2 – 3 p.m.</p>

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



Minds in Motion®	Date	Registration
<p>Coquitlam (in-person) Dogwood Pavilion 1655 Winslow Avenue</p>	<p>Seven Thursdays, March 30 to May 11 2:15 – 3:45 p.m.</p> <hr/> <p>Seven Thursdays, May 18 to June 29 2:15 – 3:45 p.m.</p>	<p>To register, phone Dogwood Pavilion at 604-927-6098. Cost: \$38.50 per pair for seven sessions</p>
<p>Online (English) Hosted online via Microsoft Teams</p>	<p>Groups meet weekly: Tuesdays: 10 – 11:30 a.m. <i>or</i> 1 – 2:30 p.m. Wednesdays: 10 – 11:30 a.m. Thursdays: 1 – 2:30 p.m. Fridays: 1 – 2:30 p.m.</p>	<p>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 alzbc.org/mm</p>
<p>Online (Cantonese) Hosted online via Microsoft Teams</p>	<p>Groups meet weekly: Tuesdays: 1 – 2:15 p.m.</p>	<p>Sessions are free to attend. For more information and to register, please call the Chinese First Link® Dementia Helpline at 1-833-674-5007 or email info.chinese@alzheimerbc.org</p>

Connect with others on the dementia journey through our support groups



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

To register:

- For groups in **Cantonese** and **Mandarin**, call the Chinese First Link® Dementia Helpline at 1-833-674-5007
- For groups in **Punjabi** and **Hindi**, call the South Asian First Link® Dementia Helpline at 1-833-674-5003
- For all other groups, call the First Link® Dementia Helpline at 1-800-936-6033

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

In-person caregiver support groups

Support group	Date
<p>Fraser Region caregiver support group Open to anyone in the Fraser Region who is currently caring for a person living with dementia.</p> <p>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.</p>	<p>Maple Ridge 2nd Tuesday of the month, 6:15 – 7:45 p.m.</p> <p>New Westminister 3rd Tuesday of the month, 6:45 – 8:15 p.m.</p>

Virtual general caregiver support groups

<p>General support group Open to caregivers anywhere in B.C. who are currently caring for a person living with dementia.</p>	<p>1st Tuesday of the month, 7 – 8:30 p.m. 2nd Monday of the month, 7 – 8:30 p.m. 2nd Tuesday of the month, 7 – 8:30 p.m. 2nd Friday of the month, 10 -11:30 a.m. 3rd Monday of the month, 2 – 3:30 p.m. 3rd Tuesday of the month, 2 – 3:30 p.m. 3rd Thursday of the month, 10 – 11:30 a.m. 3rd Thursday of the month, 2 – 3:30 p.m. 3rd Thursday of the month, 7 – 8:30 p.m. 4th Tuesday of the month, 2 – 3:30 p.m. 4th Thursday of the month, 10 – 11:30 a.m.</p>
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Register by calling the First Link® Dementia Helpline at 1-800-936-6033

Virtual general caregiver support groups

Support group	Date
<p>General support group (Punjabi/Hindi) Open to anyone in B.C. who speaks Punjabi or Hindi and is currently caring for a person living with dementia.</p>	<p>For more information, call the South Asian First Link Dementia® Helpline at 1-833-674-5003.</p>
<p>General support group (Cantonese) Open to anyone in B.C. who speaks Cantonese and is currently caring for a person living with dementia.</p>	<p>4th Tuesday of the month, 10 – 11:30 a.m. 4th Tuesday of the month, 2 – 3:30 p.m.</p>
<p>General support group (Mandarin) Open to anyone in B.C. who speaks Mandarin and is currently caring for a person living with dementia.</p>	<p>2nd Thursday of the month, 2 – 3:30 p.m.</p>

Virtual specialized support groups

<p>Adult children support group Open to caregivers anywhere in B.C. who are caring for a parent living with dementia.</p>	<p>1st Thursday of the month, 7 – 8:30 p.m. 2nd Wednesday of the month, 7 – 8:30 p.m. 2nd Thursday of the month, 6:30 – 8 p.m. 3rd Tuesday of the month, 7 – 8:30 p.m. 3rd Thursday of the month, 6:30 – 8 p.m. 4th Tuesday of the month, 7 – 8:30 p.m.</p>
<p>Young onset support group 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>2nd Tuesday of the month, 7 – 8:30 p.m. 4th Wednesday of the month, 6:30 – 8 p.m.</p>
<p>Long-term care support group Open to caregivers anywhere in B.C. who are caring for a person living with dementia in a long-term care home.</p>	<p>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.</p>
<p>LGBTQ2S+ support group Open to LGBTQ2S+ caregivers or caregivers of a person living with dementia who identifies as LGBTQ2S+ anywhere in B.C.</p>	<p>1st Wednesday of the month, 7 – 8:30 p.m.</p>
<p>Lewy body dementia support group Open to caregivers anywhere in B.C. who are caring for a person living with Lewy body dementia.</p>	<p>4th Wednesday of the month, noon – 1:30 p.m.</p>
<p>BvFTD support group Open to caregivers anywhere in B.C. who are caring for someone with behavioural variant frontotemporal dementia (bvFTD).</p>	<p>4th Monday of the month, 7 – 8:30 p.m.</p>

Register by calling the First Link® Dementia Helpline at 1-800-936-6033 (English), 1-833-674-5007 (Cantonese or Mandarin) or 1-833-674-5003 (Punjabi or Hindi)

In-person early-stage support groups for people living with dementia

Support group	Date
<p>Early-stage support group 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>Group meets every first and third Wednesday of the month.</p>	<p>Coquitlam Every 1st and 3rd Wednesday, 1:30 – 3 p.m.</p>

Virtual early-stage groups for people living with dementia

<p>Early-stage support group 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>Groups meet every two weeks.</p>	<p>Every 2nd Tuesday, 3 – 4 p.m. Every 2nd Wednesday, 10 – 11 a.m. (telephone only) Every 2nd Thursday, 11 a.m. – noon</p>
<p>Early-stage coffee and chat 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>Groups meet every two weeks.</p>	<p>Every 2nd Thursday, 11 a.m. – noon</p>

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