

# First Link® Bulletin

Your link to dementia support

April – June 2022



Updates on  
programs and  
services

See inside for dementia programs  
in East and South Fraser

## Who will you walk for at the IG Wealth Management Walk for Alzheimer's?



We are thrilled to announce that the *IG Wealth Management Walk for Alzheimer's* will return on Sunday, May 29, 2022. The family-friendly event is a way to honour and remember the people in your lives who have been affected by dementia, while raising valuable funds for the Alzheimer Society of B.C.

Funds raised at the event will ensure that people in your community affected by dementia have access to support, education and information, as well as enabling research into the causes of and cures for dementia.

Each *Walk* is dedicated to an honouree – someone who has been affected by dementia or who has valuably contributed to the lives of people living with the disease.

Events will adhere to current public health guidelines, and there is a 'Walk your way' option for anyone who is unable to attend an in-person event.

To learn more or to register for the *IG Wealth Management Walk for Alzheimer's*, visit [www.walkforalzheimers.ca](http://www.walkforalzheimers.ca).

## 2022 IG Wealth Management Walk for Alzheimer's

### FRASER VALLEY

Landing Sports Centre  
45530 Spadina Avenue, Chilliwack  
Registration time: 1 p.m. | Walk time: 2 p.m.  
For more information: Email Ron and Virginia at [Chilliwackwalkchair@alzheimerbc.org](mailto:Chilliwackwalkchair@alzheimerbc.org)

### ABBOTSFORD

Gardner Park  
31070 Gardner Ave, Abbotsford  
Registration: 11 a.m. | Walk: Noon  
For more information: Email Jordan and Mitchell at [abbotsfordwalkchair@alzheimerbc.org](mailto:abbotsfordwalkchair@alzheimerbc.org)

### WHITE ROCK AND SURREY

Eaglequest Golf at Coyote Creek  
7778 152 Street, Surrey  
Registration time: 9:30 a.m. | Walk time: 10:30 a.m.  
For more information: Email Tasia at [whiterockwalkchair@alzheimerbc.org](mailto:whiterockwalkchair@alzheimerbc.org)

### 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 dementia and connect with others through dementia education

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

Education workshops are interactive sessions for those looking to learn about dementia and to connect with others. These workshops provide opportunities for small group discussions and are available in-person and online.

### 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](http://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 East and South Fraser

With increased knowledge surrounding safety measures and 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.

Proof of full vaccination will be required to attend in-person programs. To learn more about safety protocols, visit: [alzbc.org/COVID-safety](http://alzbc.org/COVID-safety)

In-person workshop	Date	Location
<b>Understanding behaviour</b>   Learn practical strategies to respond to the person living with dementia in supportive ways. For caregivers.	Tuesday, April 26 10 a.m. – noon	Chilliwack Landing Sports Centre 45530 Spadina Avenue
<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.	Thursday, May 5 12:30 – 3:30 p.m.	Chilliwack Landing Sports Centre 45530 Spadina Avenue
<b>Personal planning</b>   Family caregivers will learn the importance of early legal, health-care and financial planning. Review strategies to ensure that the person living with dementia’s wishes are honoured now and in the future. For caregivers.	Thursday, May 12 12:30 – 3:30 p.m.	Chilliwack Landing Sports Centre 45530 Spadina Avenue
<b>Caregiver resilience</b>   Learn more about dementia, communication and behaviour. Share tips and strategies to positively manage caregiver stress and build resilience. For caregivers.	Thursday, May 19 12:30 – 3:30 p.m.	Chilliwack Landing Sports Centre 45530 Spadina Avenue
<b>How to support a friend</b>   Learn practical tips on how to offer support to a person living with dementia, their caregiver or family. For the general public.	Wednesday, June 8 6:30 – 8:30 p.m.	Chilliwack Landing Sports Centre 45530 Spadina Avenue

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

## Online dementia education

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).

Please note these sessions are not recorded – only register if you plan to attend live.

Online workshop	Date
<b>Personal planning</b>   Learn the importance of early legal, health-care and financial planning. Review strategies to ensure that the person living with dementia's wishes are honoured now and in the future. For caregivers.	Thursday, April 7 10 – 11:30 a.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. For caregivers.	Tuesday, April 12 10 – 11:30 a.m.
<b>Getting to know dementia: What is dementia?</b>   Learn how dementia affects an individual's brain and behaviour, as well as the disease's impact on family. For caregivers and people living with dementia.	Tuesday, May 3 10 – 11:30 a.m.
<b>Focus on behaviour: Targeted strategies for denial, paranoia, anxiety and shadowing</b>   Learn specific strategies for responding to four commonly experienced behaviours that people ask us about. For caregivers.	Thursday, May 5 6 – 7:30 p.m.
<b>Getting to know dementia: Responding to a diagnosis</b>   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. For caregivers and people living with dementia.	Tuesday, May 10 10 – 11:30 a.m.

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

## Online dementia education

Online workshop	Date
<p><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. For caregivers and people living with dementia.</p>	<p>Thursday, May 26 2 – 3:30 p.m.</p>
<p><b>Dementia friends</b>   We all have a role in making our community dementia friendly. Learn about dementia and how you can help people living with dementia feel included and supported. For the general public.</p>	<p>Tuesday, June 7 2 – 3:30 p.m.</p>
<p><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. For caregivers.</p>	<p>Tuesday, June 14 10 – 11:30 a.m.</p>
<p><b>Focus on behaviour: Targeted strategies for word salad, confabulation, wanting to go home, and asking for deceased relatives</b>   Learn specific strategies for responding to behaviours that dementia caregivers often ask us about, including wanting to go home and asking about deceased relatives. For caregivers.</p>	<p>Thursday, June 16 10 – 11:30 a.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. For caregivers and people living with dementia.</p>	<p>Thursday, June 23 2 – 3:30 p.m.</p>

**Register at [alzbc.org/edu-workshops](http://alzbc.org/edu-workshops) or call 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 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, visit our website at [alzbc.org/webinars](http://alzbc.org/webinars). You can watch the education content on-demand at [alzbc.org/ondemand](http://alzbc.org/ondemand).





Webinar	Date
<b>Lived experience: Walking the journey</b>   Hear from families as they share the impact of dementia on their lives, and how involvement with the Alzheimer Society of B.C. has helped them find meaning along the way.	Wednesday, April 6 2 – 3 p.m.
<b>Focus on behaviour: Targeted strategies for word salad, confabulation, wanting to go home and asking for deceased relatives</b>   Learn specific strategies for responding to behaviours that dementia caregivers often ask us about, including wanting to go home and asking about deceased relatives.	Wednesday, April 13 2 – 3 p.m.
<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.	Wednesday, April 20 2 – 3 p.m.
<b>Staying healthy in a time of change and uncertainty</b>   Explore self-care tips and techniques for both caregivers and people living with dementia.	Wednesday, April 27 2 – 3 p.m.
<b>Focus on behaviour: Bathing and hygiene</b>   Learn how dementia impacts bathing and hygiene and explore strategies for managing these changes.	Wednesday, May 4 2 – 3 p.m.
<b>Focus on behaviour: Delusions, hallucinations and visual mistakes</b>   Explore strategies for responding to delusions, hallucinations and visual mistakes caused by dementia.	Wednesday, May 11 2 – 3 p.m.
<b>Understanding care conferences with guest speakers Dr. Gloria Puurveen and Dr. Heather Cooke</b>   Join Dr. Puurveen and Dr. Cooke in an informative webinar about care conferences in long-term care. Learn what care conferences are, what you can expect, how to prepare and tips for effective communication with the care team.	Wednesday, May 18 2 – 3 p.m.
<b>Understanding communication changes</b>   Explore how communication is affected by dementia and learn effective communication strategies.	Wednesday, May 25 2 – 3 p.m.

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

Webinar	Date
<b>Living safely with dementia</b>   Explore how people living with dementia and their families can live safely in the community.	Wednesday, June 1 2 – 3 p.m.
<b>Focus on behaviour: Understanding behaviour changes</b>   Learn practical strategies to better understand changes in behaviour and respond in supportive ways.	Wednesday, June 8 2 – 3 p.m.
<b>Research ready: Physical activity for your brain and mobility health with Dr. Liu-Ambrose</b>   Join Dr. Teresa Liu-Ambrose to explore the importance of physical activity to brain health. Dr. Liu-Ambrose is a physical therapist and a Canada Research Chair at the University of British Columbia, Department of Physical Therapy. She directs the Aging, Mobility and Cognitive Health Laboratory as well as the Vancouver General Hospital's Falls Prevention Clinic.	Wednesday, June 15 2 – 3 p.m.
<b>Long distance caregiving</b>   Practical tips on providing meaningful caregiving support from a distance. For caregivers.	Wednesday, June 22 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, June 29 2 – 3 p.m.


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





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>Ladner (in-person)</b> McKee Seniors Centre 5155 47th Avenue	13 Wednesdays, March 2 – May 25 1:15 – 3:15 p.m.	Register in-person at McKee Seniors Centre. <b>Cost:</b> \$78 per pair for 13 sessions. Register at any time; series is pro-rated.
<b>Online (English)</b> Hosted online via Microsoft Teams	<b>Groups meet weekly:</b> <b>Tuesdays:</b> 10 – 11:30 a.m. <i>or</i> 1 – 2:30 p.m. <b>Wednesdays:</b> 10 – 11:30 a.m. <b>Thursdays:</b> 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>
<b>Online (Cantonese)</b> Hosted online via Microsoft Teams	<b>Group meets weekly:</b> <b>Wednesdays:</b> 1 – 2:15 p.m.	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 <a href="mailto:info.chinese@alzheimerbc.org">info.chinese@alzheimerbc.org</a>

## 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: 1-833-674-5007 or email [info.chinese@alzheimerbc.org](mailto:info.chinese@alzheimerbc.org)
- For groups in **Punjabi** and **Hindi**, call the South Asian First Link® Dementia Helpline: 1-833-674-5003 or email [info.southasian@alzheimerbc.org](mailto:info.southasian@alzheimerbc.org)
- For all other groups, call the First Link® Dementia Helpline: 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.*

### Fraser Region caregiver support groups

Support group	Date
<p><b>Fraser Region caregiver support group</b> 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><b>1st Thursday of the month</b>, 1:30 – 3:30 p.m. (Surrey, B.C.)</p> <p><b>2nd Monday of the month</b>, 1 – 3 p.m. (Chilliwack, B.C.)</p>

### Virtual general caregiver support groups

<p><b>General support group</b> Open to caregivers anywhere in B.C. who are currently caring for a person living with dementia.</p>	<p><b>1st Tuesday of the month</b>, 7 – 8:30 p.m.</p> <p><b>2nd Monday of the month</b>, 7 – 8:30 p.m.</p> <p><b>2nd Tuesday of the month</b>, 7 – 8:30 p.m.</p> <p><b>2nd Friday of the month</b>, 10 -11:30 a.m.</p> <p><b>3rd Monday of the month</b>, 2 – 3:30 p.m.</p> <p><b>3rd Tuesday of the month</b>, 2 – 3:30 p.m.</p> <p><b>3rd Thursday of the month</b>, 10 – 11:30 a.m.</p> <p><b>3rd Thursday of the month</b>, 2 – 3:30 p.m.</p> <p><b>3rd Thursday of the month</b>, 7 – 8:30 p.m.</p> <p><b>4th Tuesday of the month</b>, 2 – 3:30 p.m.</p> <p><b>4th Monday of the month</b>, 2 – 3:30 p.m.</p> <p><b>4th Thursday of the month</b>, 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
<b>General support group (Punjabi/Hindi)</b> Open to anyone in B.C. who speaks Punjabi or Hindi and is currently caring for a person living with dementia.	<b>3rd Wednesday of the month, 10 – 11:30 a.m.</b>
<b>General support group (Cantonese)</b> Open to anyone in B.C. who speaks Cantonese and is currently caring for a person living with dementia.	<b>4th Tuesday of the month, 10 – 11:30 a.m.</b> <b>4th Tuesday of the month, 2 – 3:30 p.m.</b>
<b>General support group (Mandarin)</b> Open to anyone in B.C. who speaks Mandarin and is currently caring for a person living with dementia.	<b>2nd Thursday of the month, 2 – 3:30 p.m.</b>

## Virtual specialized support groups

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

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><b>Early-stage support group</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>Every 1st and 3rd Thursday, 10 – 11:30 a.m.</b> (Surrey, B.C.) <b>Every 2nd and 4th Tuesday, 1 – 3 p.m.</b> (Chilliwack, B.C.)</p>

## Virtual early-stage groups for people living with dementia

<p><b>Early-stage support group</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>Groups meet every two weeks.</p>	<p><b>Every 2nd and 4th Tuesday, 3 – 4 p.m.</b> <b>Every 2nd and 4th Wednesday, 10 – 11 a.m.</b> <b>(telephone only)</b> <b>Every 2nd and 4th Thursday, 11 a.m. – noon</b></p>
<p><b>Early-stage coffee and chat</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>Groups meet every two weeks.</p>	<p><b>Every 2nd and 4th Monday, 1:30 – 2:30 p.m.</b> <b>Every 2nd and 4th Thursday, 11 a.m. – noon</b></p>

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