

# Alzheimer Society

NEWFOUNDLAND & LABRADOR

Issue 1— Spring 2020

## NEWSLETTER

### Our First Link Program:

Everyday our referring partners help us create the First Link between those impacted by Dementia and our services. It also provides a wealth of education and support.

First Link connects people to:

- ⇒ **Individual Support:** Talk to our First Link Coordinator and learn how we can help you live well with Dementia.
- ⇒ **Family Support Groups:** Our family support groups provide a safe environment where you can learn, laugh and help one another through mutual understanding.
- ⇒ **Dementia Education:** Our 15 week Learning Series offers information about diagnosis, day-to-day living, approaches to care, how to manage challenges and how to prepare for the future.

Become a First Link client or a referring partner today!

### BRAIN BOOSTERS

Did you know that doing puzzles like crosswords and word searches is a great way to keep your brain active?

Maintaining a healthy diet and choosing the right foods is a great way to boost the nutrition that feeds your brain.

To learn of other ways to boost your brain health, contact us today.

**First Link**®  
We are here to support YOU.

Make a virtual appointment  
with our First Link Coordinator.  
Contact us today:

admin@alzheimernl.ca  
709-576-0608



For information on upcoming events and other helpful information visit our social media pages or sign up for our weekly information eblast by emailing [events@alzheimernl.ca](mailto:events@alzheimernl.ca).

# EVENTS

## IG Wealth Management Walk for Alzheimer's

**This year's walk is ONLINE!**

- The IG Wealth Management Walk for Alzheimer's is our largest signature event.
- In 2019, the IG Wealth Management Walk for Alzheimer's raised over \$106,000 in our province.
- When you register you are helping us reach our goal of 2,000 km to walk virtually across our province!
- Please follow all public health advisory and walk safely for those living with Dementia.
- We need your help today to continue our Programs and Services to support the 9,642 individuals living with Dementia in our province.



*Alzheimer Society*

**Register today!**

[www.walkforalzheimers.ca](http://www.walkforalzheimers.ca)

**Complete your walk anytime during May 25—May 31, 2020**

**Across Canada IG Wealth Management Walk For Alzheimer's live stream happening May 31st**



## Coffee Break Update!

- In 2019 over \$25,000 was raised from Coffee Breaks!
- For the 2019 Coffee Break season, there were 250 participants registered to host an event.
- Coffee Break 2020 will begin September 17, 2020. Contact us to learn how you can get involved: 709-576-0608 or [events@alzheimernl.ca](mailto:events@alzheimernl.ca)

# ONLINE EDUCATION



## DEMENTIA PASSPORT

COMING SOON!

Keep an eye out for the upcoming release of our Dementia Passport! An eLearning program that offers continuing education and training to health care professionals. The goal is to support the workforce in providing high-quality care to people living with Dementia.

The educational modules will focus on topics, specifically related to Dementia care, such as:

- The Charter of Rights for People with Dementia
- Understanding Behavior
- Person Centered Care

For More Information Email [info@alzheimer.nl.ca](mailto:info@alzheimer.nl.ca)



Learning  
Series

The First Link Learning Series is a free educational program for caregivers, friends and family of those living with Dementia. This 15-week program offers a comprehensive overview of dementia, coping strategies, available resources and support.

For your convenience, our Learning Series is available ONLINE!

**Next start date is June 10<sup>th</sup>, 2020**

### Programs and Services offered by the Alzheimer Society of Newfoundland and Labrador:

- Information Kits
- 15-week Learning Series
- Education
- Care at Home Courses
- Family Support Groups
- MedicAlert *Safely Home*<sup>®</sup>

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## Self Care Tips

- ✿ Learn about the disease
- ✿ Be realistic about yourself and the disease
- ✿ Accept your feelings
- ✿ Share information and feelings with others
- ✿ Try to stay positive
- ✿ Look for humor
- ✿ Take care of yourself
- ✿ Ask for help and support
- ✿ Plan for the future

Become a Dementia Star today and register for our  
IG Wealth Management Walk for Alzheimer's.


[www.walkforalzheimers.ca](http://www.walkforalzheimers.ca)



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