

# First Link® Bulletin

Your link to dementia support

January – March 2020



## EVENTS CALENDAR

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

## World Alzheimer Report 2019: Attitudes to dementia



Alzheimer's Disease International (ADI) is the international federation of Alzheimer associations around the world and has an official relationship with the World Health Organization. Each year ADI releases a World Alzheimer Report which provides the most comprehensive data on dementia worldwide.

This past September, ADI released the 2019 World Alzheimer Report: Attitudes to dementia. The report reveals the results of the largest survey ever undertaken on attitudes towards

dementia, with almost 70,000 people across 155 countries and territories completing the survey. This is an important piece of research, motivated by the belief that people living with dementia should be able to access support and services without experiencing stigma.

### Some of the key findings in the report include:

- Every **three seconds**, someone in the world develops dementia.
- **Two-in-three people** still think dementia is a normal part of aging rather than a neurodegenerative disorder.
- Almost **80 per cent** of the general public is concerned about developing dementia at some point and **one in four people** think there is nothing we can do to prevent dementia.
- Approximately **35 per cent** of caregivers across the world said they have hidden the diagnosis of dementia from a family member.
- Over **50 per cent** of caregivers globally say their health has suffered as a result of their

caring responsibilities even while expressing a positive feeling about their role.

- Stigma associated with dementia is preventing people from seeking the advice, information, support and medical help that could dramatically improve their length and quality of life.

Read the full summary or download the report at [alzbc.org/ADReport2019](http://alzbc.org/ADReport2019).

### Alzheimer's Awareness Month open house

Help show people living with dementia they aren't alone on the journey this January during an Alzheimer's Awareness Month open house at our resource centre in Nanaimo on **Friday, February 21**. The event is an opportunity to meet our community spokespeople and honour one of our award-winning volunteers. Visit [alzbc.org/Nanaimo-open-house](http://alzbc.org/Nanaimo-open-house) for details.

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## Upcoming education

Free to attend – donations welcome.

Program	Date	Registration	Location
<b>Heads up: An introduction to brain health</b> It's never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals.	<b>Tuesday, January 7</b>  1 – 3 p.m.	<b>Pre-registration is required.</b> Please call 250-734-4170 / toll free 1-800-462-2833 or email <a href="mailto:info.nanaimo@alzheimerbc.org">info.nanaimo@alzheimerbc.org</a>	<b>Eden Gardens</b> 1917 Northfield Road <b>Nanaimo</b>
	<b>Friday, March 6</b>  10 a.m. – noon	<b>Pre-registration is required:</b> Please call Courtenay Recreation at 250-338-1000	<b>Lower Native Sons Hall</b> 360 Cliffe Avenue <b>Courtenay</b>
<b>Shaping the journey: Living with dementia®</b> <i>An opportunity for people in the early stages of dementia and their care partner to learn about living with dementia.</i> Explore the dementia journey in a supportive environment with others going through similar experiences. Learn about the brain and dementia, strategies for coping with changes, maximizing quality of life and planning for the future.	<b>Six Thursdays</b> <b>January 9 – February 13</b>  4:30 – 6:30 p.m.	<b>Pre-registration is required.</b> Please call 250-734-4170 / toll free 1-800-462-2833 or email <a href="mailto:info.nanaimo@alzheimerbc.org">info.nanaimo@alzheimerbc.org</a>	<b>Qualicum Library Commons</b> 744 Primrose Street <b>Qualicum Beach</b>
	<b>Six Wednesdays</b> <b>February 5 – March 11</b>  10:30 a.m. – 12:30 p.m.	<b>Pre-registration is required.</b> Please call 250-734-4170 / toll free 1-800-462-2833 or email <a href="mailto:info.nanaimo@alzheimerbc.org">info.nanaimo@alzheimerbc.org</a>	<b>Nanaimo Harbourfront Library</b> 90 Commercial Street <b>Nanaimo</b>

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## Upcoming education

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Program	Date	Registration	Location
<b>Life in long-term care</b> Learn how to adjust your role as a caregiver after a person living with dementia has moved into long-term care. Tips for enhancing your visits, working with a care team, and acting as an advocate.	<b>Monday, January 13</b> 1 – 3:30 p.m.	<b>Pre-registration is required.</b> Please call 250-734-4170 / toll free 1-800-462-2833 or email <a href="mailto:info.nanaimo@alzheimerbc.org">info.nanaimo@alzheimerbc.org</a>	<b>St. Mary's Anglican Church</b> 2600 Powder Point Road <b>Nanose Bay</b>
	<b>Tuesday, March 31</b> 1:30 – 4 p.m.	<b>Pre-registration is required.</b> Please call 250-734-4170 / toll free 1-800-462-2833 or email <a href="mailto:info.nanaimo@alzheimerbc.org">info.nanaimo@alzheimerbc.org</a>	<b>Cowichan Library</b> 2768 James Street <b>Duncan</b>
<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 if you are caring for someone living with dementia.	<b>Tuesday, January 28</b> 1:30 – 4 p.m.	<b>Pre-registration is required.</b> Please call 250-734-4170 / toll free 1-800-462-2833 or email <a href="mailto:info.nanaimo@alzheimerbc.org">info.nanaimo@alzheimerbc.org</a>	<b>Cowichan Library</b> 2768 James Street <b>Duncan</b>
<b>Grieving losses during the dementia journey</b> Grief is a natural process involved in loss. Explore the grief and loss issues experienced by caregivers during the dementia journey. There will be time for participants to consider suggestions for coping with their losses throughout the stages of dementia.	<b>Monday, February 3</b> 1 – 3:30 p.m.	<b>Pre-registration is required.</b> Please call 250-734-4170 / toll free 1-800-462-2833 or email <a href="mailto:info.nanaimo@alzheimerbc.org">info.nanaimo@alzheimerbc.org</a>	<b>Eden Gardens</b> 1917 Northfield Road <b>Nanaimo</b>
<b>Transition to long-term care</b> <i>A session for family members who are considering long-term care for someone living with dementia.</i> Learn how to access long-term care, approach decision-making, and prepare for the transition.	<b>Thursday, February 13</b> 10:30 a.m. – 12:30 p.m.	<b>Pre-registration is required.</b> Please call 250-734-4170 / toll free 1-800-462-2833 or email <a href="mailto:info.nanaimo@alzheimerbc.org">info.nanaimo@alzheimerbc.org</a>	<b>Nanaimo North Library</b> 6250 Hammond Bay Road <b>Nanaimo</b>

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## Upcoming education

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Program	Date	Registration	Location
<p><b>Getting to know dementia</b> Enhance your knowledge about dementia and learn about the different types of resources that are available at any stage of the disease.</p>	<p><b>Friday, March 6</b> 1 – 3:30 p.m.</p>	<p><b>Pre-registration is required:</b> Please call Courtenay Recreation at 250-338-1000</p>	<p><b>Lower Native Sons Hall</b> 360 Cliffe Avenue <b>Courtenay</b></p>
<p style="text-align: center;"><b>Dementia dialogues</b></p> <p>Dementia dialogues are interactive learning opportunities for caregivers to connect with one another and increase their knowledge about dementia and caregiving skills. These are informal, facilitated discussions allowing for time to share your experience and take home practical information.</p>			
<p><b>Dementia dialogues: Guilt</b> This facilitated discussion will address how to become aware of guilty feelings, how guilt may affect caregiving decisions and how to manage feelings of guilt.</p>	<p><b>Tuesday, January 21</b> 10 – 11:30 a.m.</p>	<p><b>Pre-registration is required.</b> Please call 250-734-4170 / toll free 1-800-462-2833 or email <a href="mailto:info.nanaimo@alzheimerbc.org">info.nanaimo@alzheimerbc.org</a></p>	<p><b>Eden Gardens</b> 1917 Northfield Road <b>Nanaimo</b></p>
<p><b>Dementia dialogues: Personhood</b> Explore strategies to assist people living with early symptoms of dementia in capturing their personal stories. Create materials to take home with you that can be used in a variety of care settings.</p>	<p><b>Two Fridays</b> <b>February 21 and 28</b> 1 – 3 p.m.</p>	<p><b>Pre-registration is required:</b> Please call Courtenay Recreation at 250-338-1000</p>	<p><b>Lower Native Sons Hall</b> 360 Cliffe Avenue <b>Courtenay</b></p>
<p><b>Dementia dialogues: Activities</b> This facilitated discussion will address the benefits of meaningful activities and suggested activities to maximize enjoyment for you and the person living with dementia.</p>	<p><b>Thursday, March 19</b> 10 – 11:30 a.m.</p>	<p><b>Pre-registration is required.</b> Please call 250-734-4170 / toll free 1-800-462-2833 or email <a href="mailto:info.nanaimo@alzheimerbc.org">info.nanaimo@alzheimerbc.org</a></p>	<p><b>Nanaimo Resource Centre</b> 4 – 4488 Wellington Road <b>Nanaimo</b></p>

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## Webinars

Program	Date	Registration	Location
<p><b>Dementia friends</b> Learn how you can help build a community that is supportive of people living with dementia. For the general public.</p>	<p><b>Wednesday, January 8</b>  2 or 7 p.m. <i>(choose the time most convenient for you)</i></p>	<p><b>How to connect:</b> Visit <a href="http://alzbc.org/webinars">alzbc.org/webinars</a> and register for a session that works for your schedule – you'll be provided with instructions on how to sign in.</p> <p>For more information, email: <a href="mailto:learnfromhome@alzheimerbc.org">learnfromhome@alzheimerbc.org</a></p>	<p><b>Webinar</b> Available across B.C.</p>
<p><b>Personal planning</b> Learn the importance of early legal, health-care and financial planning to ensure the person living with dementia's wishes are honoured. For caregivers and people living with dementia.</p>	<p><b>Wednesday, February 12</b>  2 or 7 p.m. <i>(choose the time most convenient for you)</i></p>	<p><b>How to connect:</b> Visit <a href="http://alzbc.org/webinars">alzbc.org/webinars</a> and register for a session that works for your schedule – you'll be provided with instructions on how to sign in.</p> <p>For more information, email: <a href="mailto:learnfromhome@alzheimerbc.org">learnfromhome@alzheimerbc.org</a></p>	<p><b>Webinar</b> Available across B.C.</p>
<p><b>Building caregiver resilience</b> Learn strategies to positively manage caregiver stress and build resilience. For caregivers.</p>	<p><b>Wednesday, March 11</b>  2 or 7 p.m. <i>(choose the time most convenient for you)</i></p>	<p><b>How to connect:</b> Visit <a href="http://alzbc.org/webinars">alzbc.org/webinars</a> and register for a session that works for your schedule – you'll be provided with instructions on how to sign in.</p> <p>For more information, email: <a href="mailto:learnfromhome@alzheimerbc.org">learnfromhome@alzheimerbc.org</a></p>	<p><b>Webinar</b> Available across B.C.</p>

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## Minds in Motion<sup>®</sup>

A fitness and social program for people with any form of early stage dementia along with a family member, friend or other care partner. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments are provided. Care partners must attend. Start at any time and pay a pro-rated registration fee.

<b>Minds in Motion<sup>®</sup> – Nanaimo</b>	<b>Six Tuesdays January 7 – February 11</b>  10 a.m. – noon <b>OR</b> 1 – 3 p.m.	To register, call 250-756-5200, drop by the Beban Social Centre or register online at <a href="http://ireg.nanaimo.ca">ireg.nanaimo.ca</a>  <b>Cost:</b> \$42 (+GST) per couple for six weeks, pro-rated. <b>For more information:</b> <a href="http://alzbc.org/mim">alzbc.org/mim</a>	Beban Park Social Centre Room #7 2300 Bowen Road <b>Nanaimo</b>
	<b>Six Tuesdays February 25 – March 31</b>  10 a.m. – noon <b>OR</b> 1 – 3 p.m.		
<b>Minds in Motion<sup>®</sup> – Courtenay (serves North Island)</b>	<b>Six Wednesdays January 8 – February 12</b>  1 – 3 p.m.	To register, call 250-338-1000. <b>Cost:</b> \$45 (+GST) per couple for six weeks, pro-rated.  <b>For more information:</b> <a href="http://alzbc.org/mim">alzbc.org/mim</a>	Lower Native Sons Hall 360 Cliffe Avenue <b>Courtenay</b>
	<b>Six Wednesdays February 19 – March 25</b>  1 – 3 p.m.		

## Minds in Motion®

A fitness and social program for people with any form of early stage dementia along with a family member, friend or other care partner. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Coffee, tea and light refreshments are provided. Care partners must attend. Start at any time and pay a pro-rated registration fee.

<b>Minds in Motion® – Oceanside</b> <b>(serves Parksville, Qualicum, NanOOSE)</b>	<b>Six Fridays</b> <b>January 10 – February 14</b>  1:30 – 3:30 p.m.	To register call 250-248-3252. <b>Cost:</b> \$48.60 (+GST) per couple for six weeks, pro-rated.  <b>For more information:</b> <a href="http://alzbc.org/mim">alzbc.org/mim</a>	Parksville Community Centre Garry Oaks/Arbutus Room 132 Jensen Avenue East <b>Parksville</b>
	<b>Five Fridays</b> <b>February 28 – March 27</b>  1:30 – 3:30 p.m.	To register call 250-248-3252. <b>Cost:</b> \$48.60 (+GST) per couple for five weeks, pro-rated.  <b>For more information:</b> <a href="http://alzbc.org/mim">alzbc.org/mim</a>	
<b>Minds in Motion® – Duncan</b> <b>(serves Cowichan Valley)</b>	<b>Six Mondays</b> <b>January 6 – February 10</b>  1 – 3 p.m.	To register, call 250-746-7665. <b>Cost:</b> \$36.00 (+GST) per couple for six weeks, pro-rated.  <b>For more information:</b> <a href="http://alzbc.org/mim">alzbc.org/mim</a>	Cowichan Aquatic Centre 2nd Floor 2653 James Street <b>Duncan</b>
	<b>Four Mondays</b> <b>February 24 – March 16</b>  1 – 3 p.m.	To register, call 250-746-7665. <b>Cost:</b> \$24.69 (+GST) per couple for four weeks, pro-rated.  <b>For more information:</b> <a href="http://alzbc.org/mim">alzbc.org/mim</a>	
	<b>Five Mondays</b> <b>March 23 – April 27</b> <b>*No class April 20</b>  1 – 3 p.m.	<b>Cost:</b> \$30.86 (+GST) per couple for five weeks, pro-rated.  <b>For more information:</b> <a href="http://alzbc.org/mim">alzbc.org/mim</a>	

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## 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><b>Tele-support group</b> For caregivers of someone with behavioural variant frontotemporal dementia (bvFTD).</p>	<p><b>4th Monday of the month</b> 7 – 8 p.m.</p>	<p>For more information, call Mary Beth Rutherford at 250-493-8182 / toll free 1-888-318-1122 or email <a href="mailto:mrutherford@alzheimerbc.org">mrutherford@alzheimerbc.org</a></p>
<p><b>Tele-support group</b> If you are unable to attend a support group in-person, you can join others in a support group meeting by phone. For caregivers.</p>	<p><b>3rd Thursday of the month</b> 2 – 3 p.m.</p>	<p>For more information, call Sherry Wezner at 250-860-0305 / toll free 1-800-634-3399 or email <a href="mailto:swezner@alzheimerbc.org">swezner@alzheimerbc.org</a></p>
<p><b>Early-stage support group</b> Our early-stage support group offers a safe place for people in the early stages of dementia. Learn about dementia and community resources, and connect with others on a similar journey.</p>	<p><b>2nd and 4th Friday of the month</b> 10 a.m.</p> <p><b>Participants wanted</b> 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><b>Cowichan Valley</b> For information, please call: 1-800-462-2833 Email: <a href="mailto:info.nanaimo@alzheimerbc.org">info.nanaimo@alzheimerbc.org</a></p> <p><b>Nanaimo</b> For information, please call: 250-734-4170 Email: <a href="mailto:info.nanaimo@alzheimerbc.org">info.nanaimo@alzheimerbc.org</a></p>
<p><b>Caregiver support group</b> Our family caregiver support group offers a safe place to learn about dementia and community resources. Connect with other family members on the dementia journey.</p> <p>To register, please call 250-734-4170 or toll free 1-800-462-2833 or email: <a href="mailto:info.nanaimo@alzheimerbc.org">info.nanaimo@alzheimerbc.org</a></p>	<p><b>2nd Thursday</b>                      10:30 a.m. – noon</p>	<p><b>Nanaimo (New location)</b></p>
	<p><b>1st Tuesday</b>                        1:30 – 3 p.m.</p>	<p><b>Parksville</b></p>
	<p><b>3rd Tuesday</b>                        1:30 – 3 p.m.</p>	<p><b>Qualicum Beach</b></p>
	<p><b>3rd Monday</b>                         6:30 – 8 p.m.</p>	<p><b>Port Alberni</b></p>
	<p><b>1st and 3rd Thursday</b>            10:30 a.m. – noon</p>	<p><b>Gabriola Island</b></p>

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