

First Link® Bulletin

Your link to dementia support

October – December 2019



EVENTS
CALENDAR

See inside for dementia programs in the Northern Interior.

Getting to know Canada's national dementia strategy



On June 17, 2019 the federal government announced *A Dementia Strategy for Canada: Together We Aspire*, Canada's first national dementia strategy.

How did the strategy happen?

With this strategy, Canada joins 31 other countries that committed to making dementia a national priority. A result of years of tireless work by advocates across the country, this is an important step forward for all Canadians affected by dementia.

In June 2018, the National Dementia Conference took place in Ottawa. Policy makers, people living with dementia, caregivers and other stakeholders all shared their experiences to inform the national strategy. This group included the Alzheimer Society of B.C.'s CEO Maria Howard, as well as Myrna Norman, Mario Gregorio and Jim Mann from the Society's B.C. Leadership Group of People Living with Dementia.

What is the strategy trying to achieve?

The vision articulated in the strategy is a Canada in which all people living with dementia and caregivers are valued and supported, quality of life is optimized and dementia is prevented, well understood and effectively treated.

What comes next?

This is an exciting and significant milestone for Canadians living with dementia. In the coming

months, the federal government will publish an implementation plan outlining the concrete ways it intends to accomplish these goals.

The Alzheimer Society of B.C. will continue to advocate for a strong and sustainable implementation plan to translate this strategy into measurable progress and improve life for all Canadians living with dementia. If you want to join us, please visit alzbc.org/advocate.

Read the full national dementia strategy at alzbc.org/full-nds.

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Upcoming education Free to attend – donations welcome.			
Program	Date	Registration	Location
Getting to know dementia <i>Learn basic information about dementia and support services available.</i> Enhance your knowledge about dementia and learn about the different types of resources available at any stage of the disease.	Friday, October 18 1 – 3:30 p.m.	To register, contact Laurie De Croos: 250-564-7533 / 1-866-564-7533 (toll free) or email: info.princegeorge@alzheimerbc.org	Alzheimer Resource Centre 302 – 1811 Victoria Street Prince George
	Tuesday, October 22 1 – 4 p.m.	To register, contact Laurie De Croos: 250-564-7533 / 1-866-564-7533 (toll free) or email: info.princegeorge@alzheimerbc.org	Valemount Clinic Videoconference/ Multipurpose Room (basement) 1445 5th Avenue Valemount
	Wednesday, October 23 6:30 – 8:30 p.m.	To register, contact Laurie De Croos: 250-564-7533 / 1-866-564-7533 (toll free) or email: info.princegeorge@alzheimerbc.org	McBride Public Library 521 Main Street McBride
Family caregiver series <i>A dementia education series for people caring for someone living with dementia.</i> Learn more about dementia, communication and behaviour. Share tips for planning for the future and building resilience for caregivers.	Tuesday, October 15 1:15 – 5 p.m. <i>Light refreshments will be provided</i>	To register, contact Laurie De Croos: 250-564-7533 / 1-866-564-7533 (toll free) or email: info.princegeorge@alzheimerbc.org	G.R. Baker Memorial Hospital Upper Boardroom 543 Front Street Quesnel
	Three Wednesdays November 6, 13 and 20 9:30 a.m. – 12:30 p.m.	To register, contact Laurie De Croos: 250-564-7533 / 1-866-564-7533 (toll free) or email: info.princegeorge@alzheimerbc.org	Alzheimer Resource Centre 302 – 1811 Victoria Street Prince George

Registration is required. Workshops will be cancelled if registration numbers are too low.

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Upcoming education Free to attend – donations welcome.			
Program	Date	Registration	Location
Dementia dialogues			
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.			
Dementia and personal care This facilitated discussion will explore personal care changes that may occur during different stages of dementia. Caregivers will have the opportunity to share personal care tips and strategies.	Tuesday, October 29 1:30 – 3 p.m.	To register, contact Laurie De Croos: 250-564-7533 / 1-866-564-7533 (toll free) or email: info.princegeorge@alzheimerbc.org	Alzheimer Resource Centre 302 – 1811 Victoria Street Prince George
Celebrating the holidays Learn how to adapt with holiday celebrations to ensure family gatherings are enjoyable for everyone. Receive tips on how to look for the “gifts of now” and share strategies and experiences with others.	Tuesday, December 3 10 – 11:30 a.m.	To register, contact Laurie De Croos: 250-564-7533 / 1-866-564-7533 (toll free) or email: info.princegeorge@alzheimerbc.org	Alzheimer Resource Centre 302 – 1811 Victoria Street Prince George
Building caregiver resilience This facilitated discussion will explore how certain demands can contribute to stress and burnout. Learn about positive coping strategies in this interactive workshop if you are caring for someone living with dementia.	Wednesday, December 18 1:30 – 3 p.m.	To register, contact Laurie De Croos: 250-564-7533 / 1-866-564-7533 (toll free) or email: info.princegeorge@alzheimerbc.org	Alzheimer Resource Centre 302 – 1811 Victoria Street Prince George

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Webinars			
<p>Understanding communication Explore how communication is affected by dementia and learn effective communication strategies. For caregivers.</p>	<p>Wednesday, October 9 2 or 7 p.m. <i>(choose the time most convenient for you)</i></p>	<p>How to connect: Visit alzbc.org/webinars and register for a session that works for your schedule – you'll be provided with instructions on how to sign in. For more information, email: learnfromhome@alzheimerbc.org</p>	<p>Webinar Available across B.C.</p>
<p>Preparing for the holidays Explore strategies for minimizing stress and making holidays and other family events more enjoyable. For caregivers.</p>	<p>Wednesday, November 13 2 or 7 p.m. <i>(choose the time most convenient for you)</i></p>	<p>How to connect: Visit alzbc.org/webinars and register for a session that works for your schedule – you'll be provided with instructions on how to sign in. For more information, email: learnfromhome@alzheimerbc.org</p>	<p>Webinar Available across B.C.</p>
<p>Understanding behaviour Learn practical strategies to respond to the person living with dementia in supportive ways. For caregivers.</p>	<p>Wednesday, December 11 2 or 7 p.m. <i>(choose the time most convenient for you)</i></p>	<p>How to connect: Visit alzbc.org/webinars and register for a session that works for your schedule – you'll be provided with instructions on how to sign in. For more information, email: learnfromhome@alzheimerbc.org</p>	<p>Webinar Available across B.C.</p>

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.

Minds in Motion® Prince George	Eight Thursdays September 26 – November 14 10 – 11:30 a.m.	Call Minds in Motion® Coordinator – Laurie De Croos at 250-564-7533 or email ldecroos@alzheimerbc.org for information, if you would like to attend or to try out one session at no cost. Cost: \$50.30 per pair for eight weeks, bring photo ID Registration at the YMCA, 250-562-9341 or in person. ** You may register any time during the sessions.	YMCA 2020 Massey Drive Prince George
	Nine Thursdays November 21 – January 30, 2020 10 – 11:30 a.m. *No class on December 26 <u>OR</u> January 2*	Call Minds in Motion® Coordinator – Laurie De Croos at 250-564-7533 or email ldecroos@alzheimerbc.org for information, if you would like to attend or to try out one session at no cost. Cost: TBD. Please call the YMCA when registering to confirm the cost of program. Bring photo ID Registration at the YMCA, 250-562-9341 or in person. ** You may register any time during the sessions.	YMCA 2020 Massey Drive Prince George

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. These groups are a safe environment, providing an opportunity for emotional support and the sharing of common experiences.

Caregiver support groups

Support groups are currently offered in Prince George, Quesnel, Vanderhoof, McBride & Valemount, Hazelton starting in the fall

For more information, call 250-564-7533 / toll free 1-866-564-7533 or email: ldcroos@alzheimerbc.org

We are actively recruiting support group facilitators for Terrace and Kitimat.

Tele-support group

For caregivers of someone with behavioural variant frontotemporal dementia (BvFTD)

4th Monday of the month, 7 – 8 p.m.

For more information, call Mary Beth Rutherford at 250-493-8182 / toll free 1-888-318-1122 or email mrutherford@alzheimerbc.org

Tele-support group

If you are unable to attend a support group in-person, you can join others in a support group meeting by phone.

3rd Thursday of the month, 2 – 3 p.m.

For more information, call Sherry Wezner at 250-860-0305 / toll free 1-800-634-3399 or email swezner@alzheimerbc.org