

First Link® Bulletin

Your link to dementia support

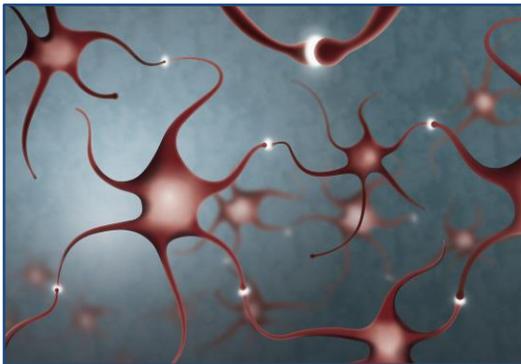
July – September 2019



EVENTS CALENDAR

See inside for dementia programs in the South Okanagan and Similkameen.

Dementia in the news: How to identify reliable dementia research



It's exciting when we hear about findings in dementia research that increase our understanding of the disease or promise new treatment options. However, some articles or studies may not come from a reliable source or tell the whole story. Here are some questions to ask when learning about new research:

What is the source? Many sources shared online might not contain accurate information.

Credible research is published in scientific magazines and peer-reviewed journals.

Who did the research? Legitimate research is conducted by an expert in the subject area. Articles will state the name of the researcher, their credentials, the organization they work for, and where and when the study was published.

What kind of study is it? A true experiment involves two variables: the intervention (subject of study) and the control group. The control group is used to compare the groups and assess the effect of the intervention.

How many people are in the study? The higher the number of participants in the study, the more likely the results will represent the larger population being studied.

Is it an animal or human study? Testing on animals helps scientists better understand dementia. If the study has not advanced to testing on humans, however, it can take many more years of testing before new treatments are found.

Are there other studies that have found similar results? One study is rarely enough to confirm a new breakthrough. Look for multiple studies with similar results and be critical of vague conclusions.

For more information on research, visit alzbc.org/research

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Alzheimer Society
BRITISH COLUMBIA

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Ministry of
Health

Upcoming education			
Free to attend – donations welcome.			
Program	Date	Registration	Location
<p>Coffee and questions</p> <p>Join us to find out what others have experienced along the dementia journey. You'll have a better understanding of dementia, some new strategies to try, knowledge about community resources and reassurance that you are not alone in your journey as a caregiver.</p>	<p>Friday, July 5</p> <p>1 – 3 p.m.</p>	<p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p>	<p>Alzheimer Resource Centre 104 – 35 Backstreet Boulevard Penticton</p>
<p>Transition to residential care</p> <p><i>A session for family members who are considering residential care for someone living with dementia.</i></p> <p>Learn how to access residential care, approach decision-making, and prepare for the transition.</p>	<p>Thursday, July 11</p> <p>10 a.m. – noon</p>	<p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p>	<p>Alzheimer Resource Centre 104 – 35 Backstreet Boulevard Penticton</p>
<p>Accessing services</p> <p>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.</p>	<p>Monday, July 22</p> <p>1 – 3 p.m.</p>	<p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p>	<p>South Okanagan Regional Hospital 911 McKinney Road Oliver</p>
<p>Getting to know dementia</p> <p>Enhance your knowledge about dementia and learn about the different types of resources available at any stage of the disease.</p>	<p>Monday, August 19</p> <p>1 – 3 p.m.</p>	<p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p>	<p>Alzheimer Resource Centre 104 – 35 Backstreet Boulevard Penticton</p>

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Upcoming education			
Free to attend – donations welcome.			
Program	Date	Registration	Location
<p>Dementia friends</p> <p>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.</p>	<p>Thursday, September 5</p> <p>6 – 7:30 p.m.</p>	<p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p>	<p>Alzheimer Resource Centre 104 – 35 Backstreet Boulevard Penticton</p>
<p>Family caregiver series</p> <p><i>A dementia education series for people caring for someone living with dementia.</i></p> <p>Learn more about dementia, communication and behaviour. Share tips for planning for the future and self-care for caregivers.</p>	<p>Friday, September 13</p> <p>9 a.m. – 4 p.m.</p>	<p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p>	<p>Alzheimer Resource Centre 104 – 35 Backstreet Boulevard Penticton</p>
<p>Grieving losses during the dementia journey</p> <p>The dementia journey requires ongoing adjustment to many changes that occur throughout the early, middle and late stages of the disease. Grief is the natural and necessary process to all of these changes that involve loss. This workshop is an opportunity to explore the loss and grief issues of the dementia caregiving experience. There will be time for participants to consider some suggestions for weathering these losses.</p>	<p>Thursday, September 19</p> <p>10 a.m. – noon</p>	<p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p>	<p>Osoyoos Health Centre 4816 89th Street Osoyoos</p>

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Upcoming education

Free to attend – donations welcome.

Program	Date	Registration	Location
<h3>Dementia Dialogues</h3> <p>Dementia Dialogues are interactive learning opportunities for caregivers to connect with one another and increase their knowledge about dementia and caregiving skills. These informal, facilitated discussions allow for time to share your experiences and take home practical information.</p>			
<p>Travelling <i>Learn about the challenges and strategies for travelling with someone living with dementia.</i> This facilitated discussion will explore the challenges and safety concerns when travelling with someone living with dementia. Learn strategies to help your trip go more smoothly.</p>	<p>Friday, July 19 10 a.m. – noon</p>	<p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p>	<p>Alzheimer Resource Centre 104 – 35 Backstreet Boulevard Penticton</p>
<p>Grief and loss <i>For both the person with early symptoms of dementia and their care partner.</i> This facilitated discussion will cover strategies for coping with and adjusting to changes throughout the stages of dementia.</p>	<p>Thursday, August 29 1:30 – 3:30 p.m.</p>	<p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p>	<p>Summerland Library 9533 Main Street Summerland</p>
<p>Personhood <i>For both the person with early symptoms of dementia and their care partner.</i> Explore strategies to assist individuals living with early symptoms of dementia in capturing their personal story, which may include accomplishment stories, personalized music playlists and hopes for the future. Create materials to take home with you that can be used in a variety of care settings.</p>	<p>Two Thursdays September 26 and October 3 10 a.m. – noon</p>	<p>Register by calling the Resource Centre at 250-493-8182 or 1-888-318-1122 or email mrutherford@alzheimerbc.org</p>	<p>Alzheimer Resource Centre 104 – 35 Backstreet Boulevard Penticton</p>

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Webinars

Program	Date	Registration	Location
<p>Activities to do with someone living with dementia</p> <p><i>Learn about the benefits of meaningful activities if you are caring for someone living with dementia.</i></p> <p>This webinar will address the benefits of meaningful activities and suggested activities to maximize enjoyment for you and the person living with dementia.</p>	<p>Wednesday, July 10</p> <p>2 or 7 p.m. <i>(choose the time most convenient for you)</i></p>	<p>We will soon be changing our webinar platform. Visit alzbc.org/tele-workshops for up-to-date information about connecting to July and September webinars.</p> <p>For more information, email: learnfromhome@alzheimerbc.org</p>	<p>Webinar</p> <p>Available across B.C.</p>
<p>Understanding dementia</p> <p><i>People caring for someone living with dementia can learn how dementia affects the brain.</i></p> <p>Learn how dementia affects the brain and behaviour as the disease progresses and about the impact it has on the individual, caregivers and families.</p>	<p>Wednesday September 11</p> <p>2 or 7 p.m. <i>(choose the time most convenient for you)</i></p>	<p>We will soon be changing our webinar platform. Visit alzbc.org/tele-workshops for up-to-date information about connecting to July and September webinars.</p> <p>For more information, email: learnfromhome@alzheimerbc.org</p>	<p>Webinar</p> <p>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. Start at any time and pay a pro-rated registration fee.

<p>Minds in Motion® – Penticton</p>	<p>Five Tuesdays June 25 – July 23</p> <p>1:30 – 3 p.m.</p>	<p>Register at Penticton Recreation Centre at 250-490-2426 or online at www.penticton.ca/e-reg</p> <p>Cost: \$24.00 per pair for five sessions</p>	<p>Penticton Recreation Centre Room #7 325 Power Street Penticton</p>
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Minds in Motion® – Penticton	Five Tuesdays July 30 – August 27 1:30 – 3 p.m.	Register at Penticton Recreation Centre at 250-490-2426 or online at www.penticton.ca/e-reg Cost: \$24.00 per pair for five sessions	Penticton Recreation Centre Room #7 325 Power Street Penticton
Minds in Motion® – Penticton	Eight Tuesdays September 3 – October 22 1:30 – 3 p.m.	Register at Penticton Recreation Centre at 250-490-2426 or online at www.penticton.ca/e-reg Cost: \$48.00 per pair for eight sessions	Penticton Recreation Centre Room #7 325 Power Street Penticton

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.

Caregiver and early-stage support groups

For family and friends supporting someone with Alzheimer's disease or another dementia.

For more information, please contact the Penticton Resource Centre at 250-493-8182 or email: mrutherford@alzheimerbc.org

Penticton	1st Wednesday 2 – 3:30 p.m.	3rd Monday 7 – 8:30 p.m.
Summerland	3rd Tuesday, 7 – 8:30 p.m.	
Oliver	3rd Thursday, 1 – 3 p.m.	
Osoyoos	2nd Tuesday, 1:15 – 3 p.m.	

General 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 from anywhere in B.C.
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

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 1-888-318-1122 or email mrutherford@alzheimerbc.org

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