

# First Link® Bulletin

Your link to dementia support

October – December 2019



EVENTS  
CALENDAR

See inside for dementia programs in West Kootenay.

## 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](http://alzbc.org/advocate).

Read the full national dementia strategy at [alzbc.org/full-nds](http://alzbc.org/full-nds).

### Take a look inside...

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Ministry of Health

## Upcoming education

Free to attend – donations welcome.

Program	Date	Registration	Location
<b>Coffee and questions</b> 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 on your journey as a caregiver.	<b>Wednesday, October 16</b> 11:30 a.m. – 1:30 p.m.	Call 778-774-2133 to register or email: <a href="mailto:info.westkootenay@alzheimerbc.org">info.westkootenay@alzheimerbc.org</a> Drop-ins welcome.	<b>Kaslo Public Library</b> 413 4th Street Kaslo, B.C.
	<b>Wednesday, October 30</b> 11:30 a.m. – 1 p.m.	Call 778-774-2133 to register or email: <a href="mailto:info.westkootenay@alzheimerbc.org">info.westkootenay@alzheimerbc.org</a> Drop-ins welcome.	<b>East Shore Community Library</b> Wades Road (across from Crawford Bay Hall) Crawford Bay, B.C.
<b>Getting to know dementia</b> Enhance your basic knowledge about dementia and learn about the different types of resources available at any stage of the disease.	<b>Tuesday, October 22</b> 7 – 8 p.m.	Call 778-774-2133 to register or email: <a href="mailto:info.westkootenay@alzheimerbc.org">info.westkootenay@alzheimerbc.org</a> Drop-ins welcome.	<b>Salmo Public Library</b> 106 4th Street Salmo, B.C.
<b>Family caregiver series</b> <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.	<b>Three Thursdays</b> <b>November 14, 21 and 28</b> 9 a.m. – noon	Call 778-774-2133 to register or email: <a href="mailto:info.westkootenay@alzheimerbc.org">info.westkootenay@alzheimerbc.org</a>	<b>Nelson Health Coop</b> 204 – 518 Lake Street Nelson, B.C.
<b>Dementia dialogues</b> 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.			
<b>Seeing gems along the dementia journey (film)</b> In this film, Teepa Snow will discuss day-to-day common challenges and will provide guidance for supporting a person living with dementia. Video screening will be followed by a facilitated discussion.	<b>Wednesday, December 4</b> 10:30 a.m. – 12:30 p.m.	Call 778-774-2133 to register or email: <a href="mailto:info.westkootenay@alzheimerbc.org">info.westkootenay@alzheimerbc.org</a>	<b>Castlegar Health Centre</b> 709 10th Street Castlegar, B.C.

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## Webinars

Program	Date	Registration	Location
<p><b>Understanding communication</b> Explore how communication is affected by dementia and learn effective communication strategies. For caregivers.</p>	<p><b>Wednesday, October 9</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>Preparing for the holidays</b> Explore strategies for minimizing stress and making holidays and other family events more enjoyable. For caregivers.</p>	<p><b>Wednesday, November 13</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>Understanding behaviour</b> Learn practical strategies to respond to the person living with dementia in supportive ways. For caregivers.</p>	<p><b>Wednesday, December 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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## 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 are safe environments, providing an opportunity for emotional support and the sharing of common experiences, practical tips and strategies.

### Caregiver support groups in Trail, Nelson, Nakusp and Grand Forks

Please contact Ruth Cordiner, Support & Education Coordinator, at 778-774-2133 or email: [rcordiner@alzheimerbc.org](mailto:rcordiner@alzheimerbc.org)

### 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](mailto: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 free 1-888-318-1122 or email [mrutherford@alzheimerbc.org](mailto:mrutherford@alzheimerbc.org)