First Link® Bulletin

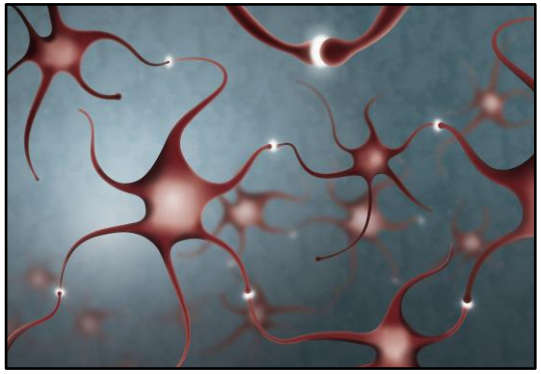
Your link to dementia support

July – September 2019

EVENTS CALENDAR

See inside for dementia programs in East Kootenay.

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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Webinars			
Program	**Date**	**Registration**	**Location**
Activities to do with someone living with dementia *Learn about the benefits of meaningful activities if you are caring for someone living with dementia.* This webinar will address the benefits of meaningful activities and suggested activities to maximize enjoyment for you and the person living with dementia.	**Wednesday, July 10** 2 **or** 7 p.m. *(choose the time most convenient for you)*	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. For more information, email: learnfromhome@alzheimerbc.org	**Webinar** Available across B.C.
Understanding dementia *People caring for someone living with dementia can learn how dementia affects the brain.* Learn how dementia affects the brain and behaviour as the disease progresses and about the impact it has on the individual, caregivers and families.	**Wednesday** **September 11** 2 **or** 7 p.m. *(choose the time most convenient for you)*	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. For more information, email: learnfromhome@alzheimerbc.org	**Webinar** Available across B.C.

First Link Dementia® Helpline

If you are living with dementia or have questions about the disease, please call the First Link® Dementia Helpline or contact Maribeth Friesen at 1-888-760-0750.

English: 1-800-936-6033 (Lower Mainland: 604-681-8651)
Cantonese and Mandarin: 1-833-674-5007
Punjabi: 1-833-674-5003
Hours: Monday to Friday, 9 a.m. to 4 p.m.

For more information on services of the Alzheimer Society of B.C. provided to the East Kootenays, please visit www.alzheimerbc.org or contact:

Maribeth Friesen
Manager, Regional Services
Alzheimer Society of B.C.
1-888-760-0750
mfriesen@alzheimerbc.org

Other Community Services

Caregivers Network for East Kootenay Seniors
Tobi Johnston, Program Manager
Toll free: 1(877) 489-0803
Cranbrook: (250) 489-0802
Email: info@caregiversnetworkek.com
Website: www.caregiversnetworkek.com

Regional Psychogeriatric Caregiver Support
Darryl Oakley, Elderly Services - Interior Health
Toll free: 1 (888) 426-7566
Cranbrook Health Unit: (250) 417-6162
Email: darryl.oakley@interiorhealth.ca