

First Link® Bulletin

Your link to dementia support

October – December 2019



EVENTS
CALENDAR

See inside for dementia programs in Richmond.

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
<p>Personal planning Family caregivers will learn the importance of early legal, health-care and financial planning. Review strategies to ensure that the person living with dementia's wishes are honoured now and in the future.</p>	<p><u>Cantonese</u> Thursday, October 3 10 – 11 a.m.</p>	<p>To register, please call Sharon Tong at 604-687-8299 or email info.chinese@alzheimerbc.org</p>	<p>Richmond Caring Place Room 340 7000 Minoru Boulevard Richmond</p>
<p>Getting to know dementia Enhance your knowledge about dementia and learn about the different types of resources available at any stage of the disease.</p>	<p><u>Cantonese</u> Thursday, October 10 10 a.m. – noon</p>	<p>To register, please call Sharon Tong at 604-687-8299 or email info.chinese@alzheimerbc.org</p>	<p>Richmond Brighthouse Library 2nd floor 7700 Minoru Gate Richmond</p>
<p>Accessing services 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><u>Cantonese</u> Thursday, October 24 2 – 4 p.m.</p>	<p>To register, please call Sharon Tong at 604-687-8299 or email info.chinese@alzheimerbc.org</p>	<p>Richmond Caring Place Room 345/350 7000 Minoru Boulevard Richmond</p>

<p>Dementia care and falls prevention Learn about falls prevention strategies, risk factors of falling, home modification, adaptive equipment and positive lifestyle changes.</p> <p>Guest speaker: O.T. of Geriatric Assessment Program</p>	<p><u>Mandarin</u> Thursday, November 7</p> <p>10 – 11:30 a.m.</p>	<p>To register, please call Sharon Tong at 604-687-8299 or email info.chinese@alzheimerbc.org</p>	<p>Richmond Caring Place Room 340 7000 Minoru Boulevard Richmond</p>
<p>Heads up: An introduction to brain health <i>Learn about brain health if you are concerned about dementia.</i> It's never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals.</p>	<p><u>Cantonese</u> Saturday, November 16</p> <p>11 a.m. – 12:30 p.m.</p>	<p>To register, please call Sharon Tong at 604-687-8299 or email info.chinese@alzheimerbc.org</p>	<p>Richmond Centre for Disability Lansdowne Centre 842 – 5300 No.3 Road Richmond</p>
<p>Dementia dialogues: Understanding communication This facilitated discussion will allow caregivers to gain an understanding of how communication is affected by Alzheimer's disease and other dementias. Explore effective ways of facilitating communication and providing support to the person living with dementia.</p>	<p>Tuesday, December 3</p> <p>1:30 – 3:30 p.m.</p>	<p>To register, please call 604-675-5150 or email info.vancouver@alzheimerbc.org</p>	<p>Richmond Caring Place Room 294 7000 Minoru Boulevard Richmond</p>

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. Start at any time and pay a pro-rated registration fee.

Minds in Motion® – English	Seven Tuesdays September 10 – October 22 1:30 – 3:30 p.m.	Register in person or by phone at South Arm Community Centre 604-276-4300 . For more information, please contact Sonia at 604-675-5157 or email: sfurstrand@alzheimerbc.org Cost: \$39.55 per pair for seven weeks *Program is full; wait-list available. Please check with South Arm for registration*	South Arm Community Centre Front Multi-purpose Room 8880 Williams Road Richmond
	Eight Tuesdays October 29 – December 17 1:30 – 3:30 p.m.	Register in person or by phone at South Arm Community Centre 604-276-4300 . For more information, please contact Sonia at 604-675-5157 or email: sfurstrand@alzheimerbc.org Cost: \$45.20 per pair for eight weeks *Program is full; wait-list available. Please check with South Arm for registration*	
Minds in Motion® – Chinese	16 Wednesdays September 4 – December 18 1:30 – 3:30 p.m.	To register, call Sharon Tong at 604-687-8299 or email info.chinese@alzheimerbc.org Registration code: 2742324 Cost: \$90.40 per pair for 16 weeks	Cambie Community Centre East Richmond Hall 12360 Cambie Road Richmond

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 and early-stage support groups

Please contact the Vancouver Resource Centre:
604-675-5150 or email: info.vancouver@alzheimerbc.org

Chinese-speaking support groups

Cantonese & Mandarin-speaking support groups
For more information, please contact Sharon Tong at
604-687-8299 or email: info.chinese@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 from anywhere in B.C.

General tele-support group

Third Thursday of each 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 diagnosed with behavioural variant frontotemporal dementia (bvFTD)

Fourth 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