

First Link® Bulletin

Your link to dementia support

January – March 2020



EVENTS
CALENDAR

See inside for dementia programs in Vancouver.

World Alzheimer Report 2019: Attitudes to dementia



Alzheimer's Disease International (ADI) is the international federation of Alzheimer associations around the world and has an official relationship with the World Health Organization. Each year ADI releases a World Alzheimer Report which provides the most comprehensive data on dementia worldwide.

This past September, ADI released the 2019 World Alzheimer Report: Attitudes to dementia. The report reveals the results of the largest survey ever undertaken on attitudes

towards dementia, with almost 70,000 people across 155 countries and territories completing the survey. This is an important piece of research, motivated by the belief that people living with dementia should be able to access support and services without experiencing stigma.

Some of the key findings in the report include:

- Every **three seconds**, someone in the world develops dementia.
- **Two-in-three people** still think dementia is a normal part of aging rather than a neurodegenerative disorder.
- Almost **80 per cent** of the general public is concerned about developing dementia at some point and **one in four people** think there is nothing we can do to prevent dementia.
- Approximately **35 per cent** of caregivers across the world said they have hidden the

diagnosis of dementia from a family member.

- Over **50 per cent** of caregivers globally say their health has suffered as a result of their caring responsibilities even while expressing a positive feeling about their role.
- Stigma associated with dementia is preventing people from seeking the advice, information, support and medical help that could dramatically improve their length and quality of life.

Read the full summary or download the report at alzbc.org/ADIreport2019.

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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>Heads up: An introduction to brain health 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> Monday, January 6 9:30 – 10:30 a.m.</p>	<p>To register, please call Sharon Tong at 604-687-8299 or email info.chinese@alzheimercbc.org</p>	<p>South Vancouver Neighbourhood House 6470 Victoria Drive Vancouver</p>
<p>Shaping the journey: Living with dementia® <i>An opportunity for people in the early stages of dementia and their care partner to learn about living with dementia.</i> Explore the dementia journey in a supportive environment with others going through similar experiences. Learn about the brain and dementia, strategies for coping with changes, maximizing quality of life and planning for the future.</p>	<p><u>English</u> Five Thursdays January 23, 30, February 6, 13 and 20 1:30 – 3:30 p.m.</p>	<p>To register, please call 604-675-5150 or email info.vancouver@alzheimercbc.org</p>	<p>Alzheimer Society of B.C. Vancouver Resource Centre 303 – 828 West 8th Avenue Vancouver</p>
<p>Getting to know dementia Enhance your knowledge about dementia and learn about the different types of resources that are available at any stage of the disease.</p>	<p><u>English</u> Tuesday, February 11 1:30 – 3:30 p.m.</p>	<p>To register, please call 604-675-5150 or email info.vancouver@alzheimercbc.org</p>	<p>Alzheimer Society of B.C. Boardroom 300 – 828 West 8th Avenue Vancouver</p>
	<p><u>Cantonese</u> Thursday, February 20 1 – 2:30 p.m.</p>	<p>To register, please call Sharon Tong at 604-687-8299 or email info.chinese@alzheimercbc.org</p>	<p>SUCCESS Choi Hall 28 West Pender Vancouver</p>
	<p><u>Mandarin</u> Monday, March 2 10 a.m. – noon</p>	<p>To register, please call Sharon Tong at 604-687-8299 or email info.chinese@alzheimercbc.org</p>	<p>MOSAIC 5575 Boundary Road Vancouver</p>

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Upcoming education Free to attend – donations welcome.			
Program	Date	Registration	Location
<p>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.</p>	<p><u>English</u> Three Mondays March 2, 9 and 16</p> <p>6 – 8:30 p.m.</p>	<p>To register, please call 604-675-5150 or email info.vancouver@alzheimerbc.org</p>	<p>Mount St. Joseph's Hospital Sr. Germaine Roy Conference Room 3080 Prince Edward Street Vancouver</p>
<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> Saturday, March 7</p> <p>1 – 2:30 p.m.</p>	<p>To register, please call Sharon Tong at 604-687-8299 or email info.chinese@alzheimerbc.org</p>	<p>SUCCESS Chieng's ADC 555 Carrall Street Vancouver</p>
<p>Dementia dialogues: Creating moments of joy This video-based discussion will provide inspiration and examples on how to engage someone living with mid-to-late stage dementia in a meaningful and positive way.</p>	<p><u>English</u> Tuesday, March 31</p> <p>6:30 – 8:30 p.m.</p>	<p>To register, please call 604-675-5150 or email info.vancouver@alzheimerbc.org</p>	<p>Alzheimer Society of B.C. Vancouver Resource Centre 303 – 828 West 8th Avenue Vancouver</p>

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Webinars			
Program	Date	Registration	Location
<p>Dementia friends Learn how you can help build a community that is supportive of people living with dementia. For the general public.</p>	<p>Wednesday, January 8 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.</p> <p>For more information, email: learnfromhome@alzheimerbc.org</p>	<p>Webinar Available across B.C.</p>
<p>Personal planning Learn the importance of early legal, health-care and financial planning to ensure the person living with dementia's wishes are honoured. For caregivers and people living with dementia.</p>	<p>Wednesday, February 12 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.</p> <p>For more information, email: learnfromhome@alzheimerbc.org</p>	<p>Webinar Available across B.C.</p>
<p>Building caregiver resilience Learn strategies to positively manage caregiver stress and build resilience. For caregivers.</p>	<p>Wednesday, March 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.</p> <p>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® Killarney Community Centre (Chinese)	13 Fridays January 3 – March 27 1:30 – 3:30 p.m.	To register, please call Killarney Community Centre at 604-718-8200 . For more information, please call Sharon Tong at 604-687-8299 or email info.chinese@alzheimerbc.org Cost: \$86.67 per pair for 13 weeks (one person and their care partner).	Killarney Community Centre Seniors Grand Hall 6260 Killarney Street Vancouver
Minds in Motion® Kitsilano	Nine Mondays January 6 – March 9 *No class February 17* 1 – 3 p.m.	To register, please call Kitsilano Community Centre at 604-257-6976 . For more information, please call the Vancouver Resource Centre at 604-675-5150 or email: info.vancouver@alzheimerbc.org Cost: \$51.44 per pair for nine weeks (one person and their care partner).	Kitsilano Community Centre Snowy's Lounge 2690 Larch Street Vancouver
Minds in Motion® Kerrisdale	Six Wednesdays January 8 – February 12 9:45 – 11:45 a.m.	To register, please call Kerrisdale Community Centre at 604-257-8100 . For more information, please call Sonia Furstrand at 604-675-5157 or email: sfurstrand@alzheimerbc.org Cost: \$34.29 + GST per pair for six weeks (one person and their care partner).	Kerrisdale Community Centre Room 221 5851 West Boulevard Vancouver
	Six Wednesdays February 19 – March 25 9:45 – 11:45 a.m.	To register, please call Kerrisdale Community Centre at 604-257-8100 . For more information, please call Sonia Furstrand at 604-675-5157 or email: sfurstrand@alzheimerbc.org Cost: \$34.29 + GST per pair for six weeks (one person and their care partner).	

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Minds in Motion® West End	Six Tuesdays January 7 – February 11 10 – 11:30 a.m.	Register in person or call West End Community Centre at 604-257-8333 . For more information, please call Sonia Furstrand at 604-675-5157 or email: sfurstrand@alzheimerbc.org Cost: \$37.50 + GST per pair for six weeks (one person and their care partner).	West End Community Centre Denman Room (2nd floor) 870 Denman Street Vancouver
	Seven Tuesdays February 18 – March 31 10 – 11:30 a.m.	Register in person or call West End Community Centre at 604-257-8333 . For more information, please call Sonia Furstrand at 604-675-5157 or email: sfurstrand@alzheimerbc.org Cost: \$43.75 + GST per pair for seven weeks (one person and their care partner).	
Minds in Motion® Hillcrest Centre	Nine Mondays January 6 – March 9 *No class February 17* 2 – 4 p.m.	Register in person or call Hillcrest Community Centre at 604-257-8680 . For more information, please call Sonia Furstrand at 604-675-5157 or email: sfurstrand@alzheimerbc.org Cost: \$55.71 + GST per pair for nine weeks (one person and their care partner).	Hillcrest Centre Gym A for Fitness and Room 322 for social time 4575 Clancy Loranger Way Vancouver
	11 Mondays March 30 – June 22 *No class April 13 and May 18* 2 – 4 p.m.	Register in person or call Hillcrest Community Centre at 604-257-8680 . For more information, please call Sonia Furstrand at 604-675-5157 or email: sfurstrand@alzheimerbc.org Cost: \$68.09 + GST per pair for 11 weeks (one person and their care partner).	

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@alzheimercbc.org

Chinese-speaking support groups

Cantonese and Mandarin-speaking support groups
For more information, please contact Sharon Tong at
604-687-8299 or email: info.chinese@alzheimercbc.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. For caregivers.

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@alzheimercbc.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@alzheimercbc.org