First Link® Bulletin

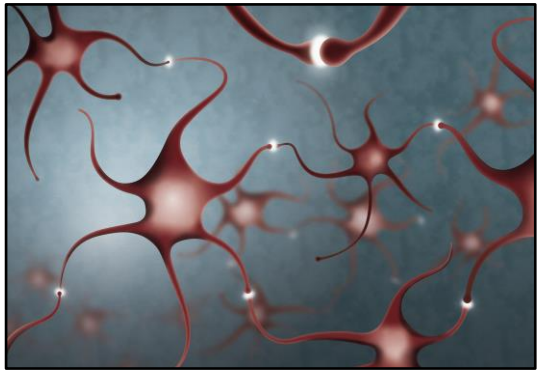
Your link to dementia support

July – September 2019

EVENTS CALENDAR

See inside for dementia programs in Vancouver.

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

Take a look inside…

Upcoming education workshops	**p. 2 – 4**
Webinars	**p. 5**
Minds in Motion®	**p. 5 – 6**
Support groups	**p. 7**

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Upcoming education Free to attend – donations welcome.			
Program	**Date**	**Registration**	**Location**
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.	**Cantonese** **Monday, July 8** 9:30 – 10:30 a.m.	To register, please call: Sharon Tong at 604-687-8299 or email: info.chinese@alzheimerbc.org	**South Vancouver Neighbourhood House** 6470 Victoria Drive Vancouver
	Cantonese **Tuesday, July 9** 2:30 – 4 p.m.	To register, please call: Sharon Tong at 604-687-8299 or email: info.chinese@alzheimerbc.org	**Yarrow Society** 400 – 268 Keefer Street Vancouver
Getting to know dementia Enhance your knowledge about dementia and learn about the different types of resources available at any stage of the disease.	**Cantonese** **Friday, July 26** 10:30 a.m. – noon	To register, please call: Sharon Tong at 604-687-8299 or email: info.chinese@alzheimerbc.org	**Killarney Community Lutheran Church** 3022 East 49th Avenue Vancouver
	English **Monday, August 12** 6:30 – 8:30 p.m.	To register, please call: 604-675-5150 or email: info.vancouver@alzheimerbc.org	**Alzheimer Society of B.C.** Boardroom 300 – 828 West 8th Avenue Vancouver
	Cantonese **Saturday, August 24** 10:30 a.m. – noon	To register, please call: Sharon Tong at 604-687-8299 or email: info.chinese@alzheimerbc.org	**Burnaby Pacific Grace Church** 3883 Triumph Street Burnaby

Upcoming education Free to attend – donations welcome.			
Program	**Date**	**Registration**	**Location**
Family caregiver series *A dementia education series for people caring for someone living with dementia.* Learn more about dementia, communication and behaviour. Share tips for planning for the future and building resilience for caregivers.	**English** **Thursdays** **August 22 and 29** 1 – 4:30 p.m.	To register, please call: 604-675-5150 or email: info.vancouver@alzheimerbc.org	**Richmond Caring Place** Room 340 on August 22 Room 294 for August 29 7000 Minoru Boulevard Richmond
	English **Three Mondays** **September 16, 23 and 30** 6 – 8:30 p.m.	To register, please call: 604-675-5150 or email: info.vancouver@alzheimerbc.org	**Mount St. Joseph's Hospital** Harvest Room A/B 3080 Prince Edward Street Vancouver
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.	**English** **Tuesday, July 16** 6:30 – 8:30 p.m.	To register, please call: 604-675-5150 or email: info.vancouver@alzheimerbc.org	**Alzheimer Society of B.C.** Boardroom 300 – 828 West 8th Avenue Vancouver
Transition to long-term care *A session for family members who are considering long-term care for someone living with dementia.* Learn how to access long-term care, approach decision-making, and prepare for the transition.	**English** **Thursday, September 12** 12:30 – 3 p.m.	To register, please call: 604-675-5150 or email: info.vancouver@alzheimerbc.org	**Alzheimer Society of B.C.** **Vancouver Resource Centre** 303 – 828 West 8th Avenue Vancouver

Upcoming education Free to attend – donations welcome.			
Program	**Date**	**Registration**	**Location**
Dementia dialogues: *Complaints of a dutiful daughter* (film) *For caregivers, friends and family members* Deborah Hoffman recounts her attempts to come to terms with her mother's advancing Alzheimer's disease in this Oscar-nominated documentary, exploring the relationship between parent and child. Video screening will be followed by a facilitated discussion.	**English** **Wednesday, August 21** 6:30 – 8:30 p.m.	To register, please call: 604-675-5150 or email: info.vancouver@alzheimerbc.org	**Alzheimer Society of B.C.** **Vancouver Resource Centre** 303 – 828 West 8th Avenue Vancouver
Dementia dialogues: Understanding communication Caregivers will gain an understanding of how communication is affected by Alzheimer's disease and other dementias. They will also have the opportunity to explore effective ways of facilitating communication and providing support to the person living with dementia.	**English** **Thursday, August 29** 1 – 3 p.m.	To register, please call: 604-675-5150 or email: info.vancouver@alzheimerbc.org	**Alzheimer Society of B.C.** **Vancouver Resource Centre** 303 – 828 West 8th Avenue Vancouver
Dementia dialogues: Understanding behaviour Caregivers will learn how to understand behavior as a form of communication and explore strategies for determining what the person living with dementia might be trying to communicate. Learn ways to decrease the occurrence of behaviours that concern us and respond in supportive ways.	**English** **Thursday, September 5** 1 – 3 p.m.	To register, please call: 604-675-5150 or email: info.vancouver@alzheimerbc.org	**Alzheimer Society of B.C.** **Vancouver Resource Centre** 303 – 828 West 8th Avenue Vancouver

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.

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® Kitsilano	**Six Mondays** **July 8 – August 19** ***No class August 5*** 1 – 3 p.m.	To register, please call **Kitsilano Community Centre** at **604-257-6976**. For more information, call Kate Turnbull at 604-675-5156 or email: kturnbull@alzheimerbc.org **Cost**: $33.90/pair for six weeks (one person and their care partner).	**Kitsilano Community Centre** Snowy's Lounge 2690 Larch Street Vancouver

Minds in Motion® Kerrisdale	**Nine Wednesdays** **July 3 – August 28** 9:45 – 11:45 a.m. **Eight Wednesdays** **September 4 – October 23** 9:45 – 11:45	To register, please call **Kerrisdale Community Centre** at **604-257-8100.** For more information, call Sonia Furstrand at 604-675-5157 or email: sfurstrand@alzheimerbc.org **Cost:** $51.43/pair for nine weeks (one person and their care partner). **Cost:** $45.72/pair for eight weeks (one person and their care partner).	**Kerrisdale Community Centre** 5851 West Boulevard Vancouver
Minds in Motion® West End	**Eight Tuesdays** **July 2 – August 20** 10 – 11:30 a.m. **Seven Tuesdays** **September 10 – October 22** 10 – 11:30 a.m.	Register in person or call **West End Community Centre** at **604-257-8333.** For more information, call Sonia Furstrand at 604-675-5157 or email: sfurstrand@alzheimerbc.org **Cost**: $50.00/pair for eight weeks (one person and their care partner). **Cost:** $43.75/pair for seven weeks (one person and their care partner).	**West End Community Centre** Denman Room (2nd floor) 870 Denman Street Vancouver
Minds in Motion® Hillcrest Centre	**Six Mondays** **September 9 – October 28** ***No class October 14 and 21*** 2 – 4 p.m.	Register in person or call **Hillcrest Community Centre** at **604-257-8680.** For more information, call Sonia Furstrand at 604-675-5157 or email: sfurstrand@alzheimerbc.org **Cost:** $37.14/pair for six weeks (one person and their care partner).	**Hillcrest Centre** Gym A for Fitness and Room 322 for social time 4575 Clancy Loranger Way Vancouver
Minds in Motion® Killarney Community Centre (Chinese)	**Nine Fridays** **July 5 – August 30** 1:30 – 3:30 p.m.	To register, please call **Killarney Community Centre** at **604-718-8200.** For more information, call Sharon Tong at 604-687-8299 or email: info.chinese@alzheimerbc.org **Cost:** $55.71/pair for nine weeks (one person and their care partner).	**Killarney Community Centre** Senior Centre 151/152 6260 Killarney Street Vancouver

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.chinesecentre@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

3rd 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)
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