

First Link® Bulletin

Your link to dementia support

October – December 2019



EVENTS
CALENDAR

See inside for dementia programs in Vancouver.

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.

Take a look inside...

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| Upcoming education Free to attend – donations welcome. | | | | |
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| Program | Date | Registration | Location | |
| Getting to know dementia Enhance your knowledge about dementia and learn about the different types of resources available at any stage of the disease. | <u>English</u> Monday, October 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. Boardroom 300 – 828 West 8th Avenue Vancouver | |
| | <u>English</u> Wednesday, December 11 2 – 4 p.m. | | | |
| 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. | <u>Mandarin</u> Wednesday, October 23 10 – 11 a.m. | To register, please call Sharon Tong at 604-687-8299 or email info.chinese@alzheimerbc.org | ECBC (Evangelical Chinese Bible Church) 5110 Marine Drive Burnaby | |
| | <u>Mandarin</u> Friday, October 25 10 – 11 a.m. | | | Options 13520 78th Avenue Surrey |
| | <u>Cantonese</u> Monday, November 4 9:30 – 10:30 a.m. | | | |

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| Upcoming education Free to attend – donations welcome. | | | |
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| Program | Date | Registration | Location |
| 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. | <u>Cantonese</u> Two Saturdays November 2 and 9 10 a.m. – 1 p.m. | To register, please call Sharon Tong at 604-687-8299 or email info.chinese@alzheimerbc.org | Mount Pleasant Neighbourhood House 800 East Broadway Vancouver |
| | <u>English</u> Saturday, November 16 9:30 a.m. – 4:30 p.m. | To register, please call 604-675-5150 or email info.vancouver@alzheimerbc.org | Vancouver General Hospital Jim Pattison Pavilion Paetzold Health Education Centre Room JPPS 1891 LT 889 West 12th Avenue Vancouver |
| Dementia dialogues: Coping with grief and loss over the holidays This facilitated discussion will cover strategies for coping with and adjusting to changes throughout the stages of dementia with a focus on the holidays. | <u>English</u> Thursday, December 5 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 |

| Webinars | | | |
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| Program | Date | Registration | Location |
| <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.</p> <p>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.</p> <p>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.</p> <p>For more information, email: learnfromhome@alzheimerbc.org</p> | <p>Webinar Available across B.C.</p> |

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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.

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| Minds in Motion® Kitsilano | Six Mondays September 9 – October 21 *No class October 14* 1 – 3 p.m. | To register, please call Kitsilano Community Centre at 604-257-6976 . For more information, call Amelia Gillies at 604-675-5158 or email: agillies@alzheimerbc.org Cost: \$34.29 per pair for six weeks (one person and their care partner). | Kitsilano Community Centre Snowy's Lounge 2690 Larch Street Vancouver |
| | Seven Mondays October 28 - December 16 *No class November 11* 1 – 3 p.m. | To register, please call Kitsilano Community Centre at 604-257-6976 . For more information, call Amelia Gillies at 604-675-5158 or email: agillies@alzheimerbc.org Cost: \$40.00 per pair for seven weeks (one person and their care partner). | |
| Minds in Motion® Kerrisdale | Eight Wednesdays September 4 – October 23 9:45 – 11:45 a.m. | 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: \$45.71 per pair for eight weeks (one person and their care partner). | Kerrisdale Community Centre Room 221 5851 West Boulevard Vancouver |
| | Seven Wednesdays October 30 – December 11 9:45 – 11:45 a.m. | 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: \$40.00 per pair for seven weeks (one person and their care partner). | |

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| Minds in Motion® West End | 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: \$43.75 per pair for seven weeks (one person and their care partner). | West End Community Centre Denman Room (2nd floor) 870 Denman Street Vancouver |
| | Eight Tuesdays October 29 – December 17 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 per pair for eight weeks (one person and their care partner). | |
| 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 per 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 |
| | Six Mondays November 4 – December 16 *No class November 11* 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 per pair for six weeks (one person and their care partner). | |
| Minds in Motion® Killarney Community Centre (Chinese) | 13 Fridays September 6 – December 6 *No Class October 11* 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 Community registration code: 225925 Cost: \$86.67 per pair for 13 weeks (one person and their care partner). | Killarney Community Centre Seniors Grand Hall 6260 Killarney Street Vancouver |

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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 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