

First Link® Bulletin

Your link to dementia support

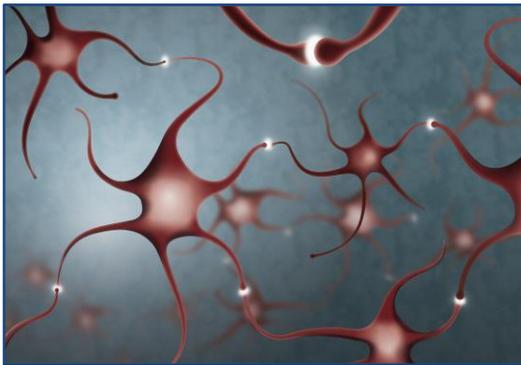
July – September 2019



EVENTS
CALENDAR

See inside for dementia programs on the North Shore & Sunshine Coast.

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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Upcoming education Free to attend – donations welcome.			
Program	Date	Registration	Location
<p>Transition to residential care <i>A session for family members who are considering residential care for someone living with dementia.</i> Learn how to access residential care, approach decision-making, and prepare for the transition.</p>	<p>Wednesday, July 17 6:30 – 8:30 p.m.</p>	<p>Please call 604-984-8348 or email info.northshore@alzheimerbc.org</p>	<p>Alzheimer Society of B.C. North Shore Resource Centre</p>
<p>Life in residential care Learn how to adjust your role as a caregiver after a person living with dementia has moved into residential care. Tips for enhancing your visits, working with a care team and acting as an advocate.</p>	<p>Wednesday, July 31 6:30 – 8:30 p.m.</p>	<p>Please call 604-984-8348 or email info.northshore@alzheimerbc.org</p>	<p>Alzheimer Society of B.C. North Shore Resource Centre</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>Thursday, August 8 6:30 – 8:30 p.m.</p>	<p>Please call 604-984-8348 or email info.northshore@alzheimerbc.org</p>	<p>Alzheimer Society of B.C. North Shore Resource Centre</p>
<p>Family caregiver series Caregivers will discuss their loss and grief as they witness the progression of their family member's dementia in the award-winning film <i>Grief, Loss and Dementia: Caregivers Share Their Journeys</i>. Video screening will be followed by a facilitated discussion.</p>	<p>Four Saturdays September 7 – 28 10 a.m. – 12:30 p.m.</p>	<p>Please call 604-984-8348 or email info.northshore@alzheimerbc.org</p>	<p>Alzheimer Society of B.C. North Shore Resource Centre</p>

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Upcoming education Free to attend – donations welcome.			
Program	Date	Registration	Location
<p>Dementia dialogues: Guilt and building caregiver resilience</p> <p>This facilitated discussion will address how to become aware of guilty feelings, how guilt may affect caregiving decisions and how to manage feelings of guilt. Explore how certain demands can contribute to stress and burnout. Learn about positive coping strategies in this interactive workshop.</p>	<p>Thursday September 12</p> <p>6:30 – 8:30 p.m.</p>	<p>Please call 604-984-8348 or email info.northshore@alzheimerbc.org</p>	<p>Alzheimer Society of B.C. North Shore Resource Centre</p>

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

Minds in Motion[®] – North Vancouver	Seven Fridays July 5 – August 16 9:45 – 11:15 a.m.	Register in person or call 604-980-2474. For more information, please contact Sonia at 604-675-5157 or email: sfurstrand@alzheimerbc.org Registration for the “next” session will always be on the second-to-last day of the current session. Cost: \$42.00 for one person living with dementia and their care partner for seven weeks	Silver Harbour Centre Basement 144 East 22nd Street North Vancouver
	Eight Fridays September 6 – October 25 9:45 – 11:15 a.m.	Register in person or call 604-980-2474. For more information, please contact Sonia at 604-675-5157 or email: sfurstrand@alzheimerbc.org Registration for the “next” session will always be on the second-to-last day of the current session. Cost: \$48.00 for one person living with dementia and their care partner for eight weeks	

Minds in Motion® – West Vancouver	Seven Fridays July 5 – August 16 1:15 – 3:15 p.m.	Register in person or call 604-925-7270. For more information, please contact Sonia at 604-675-5157 or email: sfurstrand@alzheimerbc.org Cost: \$42.00 for one person living with dementia and their care partner for seven weeks	West Vancouver Seniors' Activity Centre Learning room 695 21st Street West Vancouver
	Seven Fridays September 6 – October 18 1:15 – 3:15 p.m.	Register in person or call 604-925-7270. For more information, please contact Sonia at 604-675-5157 or email: sfurstrand@alzheimerbc.org Cost: \$42.00 for one person living with dementia and their care partner for seven weeks	West Vancouver Seniors' Activity Centre Learning room 695 21st Street West Vancouver
Minds in Motion® – Sechelt	Four Fridays July 12 – August 2 10 a.m. – noon	To register, please call 604-885-6865. Cost: \$28 for one person living with dementia and their care partner for four weeks. For initial inquiries call Bronwyn at 604-984-8348 or email bjames@alzheimerbc.org	Sechelt Aquatic Centre Community Room 5500 Shorncliffe Avenue Sechelt

Support groups			
<p>Early-stage support group Our early-stage support group offers a safe place for people in the early stages of dementia. Learn about dementia and community resources, and connect with others on a similar journey.</p>	<p>2nd and 4th Wednesday of each month 1 – 2:30 p.m.</p> <p>OR 1st and 3rd Tuesday of each month 10:30 – 11:30 a.m.</p>	<p>There is a brief screening process. Please call 604-984-8348</p>	<p>North Vancouver</p>
<p>Caregiver support group Our family caregiver support group offers a safe place to learn about dementia and community resources. Connect with other family members on the dementia journey.</p>	<p>Times vary for each location</p>	<p>There is a brief screening process. Please call 604-984-8348 or toll-free 1-866-984-8348</p>	<p>North Vancouver – three locations West Vancouver – two locations Bowen Island Gibsons Sechelt Powell River – Independent group Squamish – Independent group</p>
<p>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.</p>	<p>3rd Thursday of each month 2 – 3 p.m.</p>	<p>For more information, call Sherry Wezner at 250-860-0305 / toll free 1-800-634-3399 or email swezner@alzheimerbc.org</p>	<p>Province-wide by phone</p>
<p>Tele-support group For caregivers of someone diagnosed with behavioural variant frontotemporal dementia (bvFTD).</p>	<p>4th Monday of each month 7 – 8 p.m.</p>	<p>For more information, call Sherry Wezner at 250-860-0305 / toll free 1-800-634-3399 or email swezner@alzheimerbc.org</p>	<p>Province-wide by phone</p>

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