

First Link® Bulletin

Your link to dementia support

October – December 2019



EVENTS
CALENDAR

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

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...

Upcoming education	p. 2, 3
Webinars	p. 4
Minds in Motion®	p. 5, 6
Support groups	p. 7

Upcoming education Free to attend – donations welcome.			
Program	Date	Registration	Location
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.	Wednesday, October 30 6:30 – 8:30 p.m.	Please call 604-984-8348 or email info.northshore@alzheimerbc.org	Alzheimer Society of B.C. North Shore Resource Centre
Dementia friends We all have a role in making our community dementia friendly. Learn about dementia and how you can help people living with dementia feel included and supported.	Wednesday, October 30 6 – 8 p.m.	Please call Whistler Public Library at 604-935-8435 or email publicservices@whistlerlibrary.ca *Registration opens October 1	Whistler Public Library 4329 Main Street Whistler
	Thursday, October 31 2:30 – 4:30 p.m.	Please call 604-984-8348 or email info.northshore@alzheimerbc.org	Squamish Public Library 37907 2nd Avenue Squamish
	Wednesday, November 6 1 – 3 p.m.	Please call 604-984-8348 or email info.northshore@alzheimerbc.org	Frank West Hall 1224 Chaster Road Gibsons
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.	Four Saturdays November 16, 23, 30 and December 7. 1 – 3:30 p.m.	Please call 604-984-8348 or email info.northshore@alzheimerbc.org	Alzheimer Society of B.C. North Shore Resource Centre

Receive the *First Link® Bulletin* by email by contacting info@alzheimerbc.org

Upcoming education Free to attend – donations welcome.			
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.	Wednesday, November 6 6 – 8 p.m.	Please call 604-984-8348 or email info.northshore@alzheimerbc.org	Sechelt
	Wednesday, November 27 6:30 – 8:30 p.m.	Please call 604-984-8348 or email info.northshore@alzheimerbc.org	Alzheimer Society of B.C. North Shore Resource Centre
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.	Thursday, November 7 and Friday, November 8 1 – 4:30 p.m.	Please call 604-984-8348 or email info.northshore@alzheimerbc.org	Sechelt
Dementia dialogues: Coping with change <i>For people living with dementia <u>and</u> supporting family members.</i> A dementia diagnosis can bring on changes to one's abilities, activities and relationships. Learn strategies for coping with change and maintaining one's 'self'.	Wednesday, November 20 1 – 3 p.m.	Please call 604-984-8348 or email info.northshore@alzheimerbc.org	Alzheimer Society of B.C. North Shore Resource Centre
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.	Wednesday, December 4 1 – 3 p.m.	Please call 604-984-8348 or email info.northshore@alzheimerbc.org	Alzheimer Society of B.C. North Shore Resource Centre

Receive the *First Link® Bulletin* by email by contacting info@alzheimerbc.org

Webinars			
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>

Receive the *First Link® Bulletin* by email by contacting info@alzheimerbc.org

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	Eight Fridays September 6 – October 25	Register in person or call 604-980-2474. Cost: \$48.00 for one person living with dementia and their care partner for eight weeks 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.	Silver Harbour Centre Basement 144 East 22nd Street North Vancouver
	Seven Fridays November 1 – December 13	Register in person or call 604-980-2474. Cost: \$42.00 for one person living with dementia and their care partner for seven weeks. For more information, please contact Sonia at 604-675-5157 or email sfurstrand@alzheimerbc.org Registration opens October 18.	
Minds in Motion[®] – West Vancouver	Seven Fridays September 6 – October 18	Register in person or call 604-925-7270. Cost: \$42.00 for one person living with dementia and their care partner for seven weeks For more information, please contact Sonia at 604-675-5157 or email sfurstrand@alzheimerbc.org	West Vancouver Seniors’ Activity Centre Learning Room 695 21st Street West Vancouver

Receive the *First Link[®] Bulletin* by email by contacting info@alzheimerbc.org

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® – West Vancouver	Eight Fridays October 25 – December 13 1:15 – 3:15 p.m.	Register in person or call 604-925-7270. Cost: \$48.00 for one person living with dementia and their care partner for eight weeks For more information, please contact Sonia at 604-675-5157 or email sfurstrand@alzheimerbc.org	West Vancouver Seniors' Activity Centre Learning Room 695 21st Street West Vancouver
Minds in Motion® – Sechelt	Eight Fridays September 6 – October 25 10 a.m. – noon	To register, please call 604-885-6865. Cost: \$80 for one person living with dementia and their care partner for eight weeks. For initial inquiries call Bronwyn at 604-984-8348 or email bjames@alzheimerbc.org	Sechelt Aquatic Centre Community Room 5500 Shorncliffe Avenue Sechelt
	Eight Fridays November 1 – December 20 10 a.m. – noon	To register, please call 604-885-6865. Cost: \$80 for one person living with dementia and their care partner for eight weeks. For initial inquiries call Bronwyn at 604-984-8348 or email bjames@alzheimerbc.org	

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>There is a brief screening process. Please call 604-984-8348</p>	<p>North Vancouver</p>
	<p>1st and 3rd Tuesday of each month 10:30 – 11:30 a.m.</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 Pender Harbour – 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. For caregivers.</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>

Receive the *First Link® Bulletin* by email by contacting info@alzheimerbc.org