

First Link® Bulletin

Your link to dementia support

April – June 2019



EVENTS CALENDAR

See inside for dementia programs in the North Fraser.

Make memories matter at the IG Wealth Management Walk for Alzheimer's!



The *IG Wealth Management Walk for Alzheimer's* (formerly *Investors Group Walk for Alzheimer's*) will return to 21 locations across the province on Sunday, May 5, 2019.

The event is a way you can celebrate and remember people in your lives who have been affected by dementia, while raising valuable funds for the Alzheimer Society of B.C. and growing awareness to create change in your community.

Your participation in the *Walk* will bring us one step closer to a dementia-friendly society: a place where people affected by dementia are welcomed, acknowledged and included.

Each *Walk* is dedicated to an honouree – someone who has been affected by dementia or who has valuably contributed to the lives of people living with the disease.

To make memories matter, register for the *IG Wealth Management Walk for Alzheimer's* by visiting www.walkforalzheimers.ca. Who will you walk for?

2019 IG Wealth Management Walk for Alzheimer's

BURNABY & NEW WESTMINSTER

Burnaby Lake Rowing Pavilion
6871 Roberts Street, Burnaby
Registration: 9:15 a.m. / Walk: 10 a.m.

For more information: 604-318-2444 or email burnabywalkchair@alzheimercbc.org

This year's honourees are: **Leila Jamal and the New Westminster Seniors Specialized Clinic**

TRICITIES AND RIDGE MEADOWS

TD Community Plaza
1299 Pinetree Way, Coquitlam
Registration: 2:30 p.m. / Walk: 3:15 p.m.
For more information: 604-941-4697 or email tricitiewalkchair@alzheimercbc.org
This year's honouree is: **Arvie Bourgeault**

Help improve First Link® dementia support

Your feedback can help the Alzheimer Society of B.C. improve services for British Columbians affected by dementia. Please visit **page 5** for more information on how to be a part of our research project.

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

Alzheimer Society
BRITISH COLUMBIA

First Link® Premier lien®



Ministry of Health

| Upcoming education Free to attend – donations welcome. | | | |
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| Program | Date | Registration | Location |
| <p>Being a caregiver for someone with dementia A two part series for family members and friends wanting to better understand and care for someone with dementia. Focus is on lifestyle changes, communication, behavior and caregiver stress.</p> | <p>Two Mondays April 15 and 29 6:30 – 8:30 p.m.</p> | <p>Please note: Space is limited and pre-registration is required Call 604-298-0780 to register or email info.northfraser@alzheimerbc.org</p> | <p>Century House 620 8th Street New Westminster</p> |
| <p>Getting to know dementia Enhance your knowledge about dementia and learn about the different types of resources available at any stage of the disease.</p> | <p>Tuesday, May 7 1:30 – 3:30 p.m.</p> | <p>To register, please call the Wilson Centre: 604-927-PLAY (7529) Code 34053 Website: www.experienceit.ca When registering by phone, please let them know you are attending an Alzheimer Society of B.C. workshop.</p> | <p>Wilson Centre 2150 Wilson Avenue, Port Coquitlam Rec Complex Port Coquitlam</p> |
| <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 the future and self-care for caregivers.</p> | <p>Two Saturdays April 13 and 27 10 a.m. – 3 p.m.</p> | <p>Please note: Space is limited and pre-registration is required Call 604-298-0780 to register or email info.northfraser@alzheimerbc.org</p> | <p>RMSS Maple Ridge Seniors Activity Centre 12150 224th Street Maple Ridge</p> |

| Upcoming education Free to attend – donations welcome. | | | |
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| Program | Date | Registration | Location |
| <p>Transition to and life in care (Two-part series) <i>Both these sessions are open to family and friends caring for somebody living with dementia.</i> We will review strategies for accessing public and private care services, what to look for in a care home facility and how to tackle the difficult decision of choosing full-time care for a person living with dementia. In the second session, we will provide information to support caregivers and people living with dementia during a transition to full-time care. How do you advocate, get involved, and effectively work with a care team?</p> | <p>Two Thursdays May 9 and 16 6 – 8:30 p.m.</p> | <p>Please note: Space is limited and pre-registration is required Call 604-298-0780 to register or email info.northfraser@alzheimerbc.org</p> | <p>Burnaby Seniors Outreach Society 2055 Rosser Avenue Burnaby</p> |
| <p>Dementia dialogues are interactive learning workshops that allow family caregivers to connect with one another and increase their knowledge about dementia and caregiving skills. Each session focuses on one specific caregiving topic followed by a guided discussion.</p> | | | |
| <p>Dementia dialogues: <i>Grief, Loss and Dementia</i> (film) <i>This dialogue is for anyone caring for a family member or friend living with dementia.</i> Join us for a video viewing that follows a group of family care partners who share their journey of loss and resilience.</p> | <p>Thursday, May 16 6 – 8 p.m.</p> | <p>Please note: Space is limited and pre-registration is required Call 604-298-0780 to register or email info.northfraser@alzheimerbc.org</p> | <p>Glen Pine Pavilion 1200 Glen Pine Court Coquitlam</p> |

| Webinars | | | |
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| Program | Date | Registration | Location |
| <p>Research 101: Dispelling the myths with guest speaker Dr. Julie Robillard</p> <p>Interested in dementia research? Dr. Julie Robillard, Assistant Professor of Neurology at UBC and Scientist in Patient Experience at BC Children's & Women's Hospital, will help attendees better understand the research process. Topics covered will include: types of dementia research, what to expect when participating in a research project, and how to decide whether to participate in research.</p> | <p>Wednesday, April 17</p> <p>2 p.m.</p> | <p>No cost and no registration necessary. How to connect: Phone: 1-866-994-7745 Participant pass code: 1122333 Online: Enter as a guest momentum.adobeconnect.com/alzheimerbc</p> | <p>Webinar Available across B.C.</p> |
| <p>Dementia friends</p> <p>We all have a role to play in making our community dementia friendly. Learn about dementia and how you can help people living with dementia feel included and supported.</p> | <p>Tuesday, May 14</p> <p>2 p.m. 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 May and June webinars.</p> <p>For more information, email: learnfromhome@alzheimerbc.org</p> | <p>Webinar Available across B.C.</p> |
| <p>Travelling with a person living with dementia</p> <p>This facilitated discussion will discuss the challenges and safety concerns that may present when travelling with a person who is living with dementia. Learn strategies to help your trip go more smoothly.</p> | <p>Wednesday, June 12</p> <p>2 p.m. 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 May and June webinars.</p> <p>For more information, email: learnfromhome@alzheimerbc.org</p> | <p>Webinar Available across B.C.</p> |

Participate in research to help improve First Link®

The Alzheimer Society of B.C. is committed to offering the highest quality services that also meet the needs of the people receiving them. To ensure this, the Society has contacted researchers at the University of British Columbia to evaluate all First Link® dementia support services (support calls, dementia education, support groups and Minds in Motion®). Your feedback is valuable and will help improve services for other British Columbians affected by dementia. If you would like to give feedback and be a part of this research project, visit <https://alzbc.org/FL-evaluation> to sign up and be contacted by our external research partners.



“If you are asked to participate in a research project, say yes! Researchers genuinely want to hear our experiences...[It] gives me hope that there are people striving to make the system better.” – Ellen Allen, caregiver

Minds in Motion®

A fitness and social activity program for people with early symptoms of Alzheimer’s disease or another dementia and a care partner. Includes 45-60 minutes of exercise led by a certified fitness instructor, followed by an hour of social time with activities and light refreshments.

New participants are encouraged to visit the community centre for information or to register.

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| Minds in Motion® – New Westminster | Wednesdays April 10 – June 19 11 weeks 1:30 – 3:30 p.m. | To register, call Century House at 604-519-1066. Cost: \$68 for a person living with dementia and their care partner + \$20 membership fee. For more information please contact Kate – Minds in Motion® Coordinator at 604-675-5156 | Century House 620 8th Street New Westminster |
| Minds in Motion® – Coquitlam | Wednesdays March 6 – April 24 Eight weeks 1 – 3 p.m. May 1 – June 26 Nine weeks 1 – 3 p.m. | Registration is \$40.80 (8 weeks) or \$45.90 (9 weeks) for two people: the person living with dementia and their care partner. Register in person or by calling Dogwood Pavilion at 604-927-6098. For more information, please contact Sonia – Minds in Motion® Coordinator at 604-675-5157 | Dogwood Pavilion Centennial Room 1655 Winslow Street Coquitlam |

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| Minds in Motion® – Pitt Meadows | Fridays March 8 – May 3 Eight weeks 10:30 a.m. – noon | To register, call 604-675-5150. Cost: \$45.00 for one person living with dementia and their care partner. By cheque, please. For more information please contact Kate – Minds in Motion® Coordinator at 604-675-5156 | Pitt Meadows Seniors Activity Centre 19065 119B Avenue Pitt Meadows |
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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. Support groups are safe environments, providing an opportunity for emotional support and the sharing of common experiences.

Caregiver support groups and support groups for people in the early stages of dementia

****We have openings in Burnaby, Port Coquitlam, Coquitlam, New Westminster and Maple Ridge.****

For specific days and times, please contact the North Fraser Resource Centre:
 604-298-0780 or email: info.northfraser@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.

General tele-support group

3rd Friday of each month, 2 – 3 p.m.

For more information, call 1-800-936-6033 (First Link® Dementia Helpline) or email info.helpline@alzheimerbc.org

Tele-support group for caregivers of someone diagnosed with behavioural variant frontotemporal dementia

4th Monday of each month, 7 – 8 p.m.

Please call 250-382-2052 or 1-800-936-6033 (First Link® Dementia Helpline) or e-mail info.victoria@alzheimerbc.org