

First Link® Bulletin

Your link to dementia support

October – December 2019



EVENTS
CALENDAR

See inside for dementia programs in the North Fraser.

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.

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Upcoming education Free to attend – donations welcome.			
Program	Date	Registration	Location
<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 for the future and building resilience for caregivers.</p>	<p>Four Thursdays October 3, 10, 17 and 24 6 – 8:30 p.m.</p>	<p>Please note: Space is limited and pre-registration is required. To register, call 604-298-0780 or email info.northfraser@alzheimerbc.org</p>	<p>Glen Pine Pavilion 1200 Glen Pine Court Coquitlam</p>
<p>Understanding dementia People caring for someone living with dementia can 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>Thursday, October 10 10 a.m. – noon</p>	<p>Please note: Space is limited and pre-registration is required. To register, call 604-298-0780 or email info.northfraser@alzheimerbc.org</p>	<p>Dogwood Pavilion 1655 Winslow Avenue Coquitlam</p>
<p>Dementia dialogues: Taking the stress out of social gatherings Explore ways to modify traditions to make the holidays more enjoyable and learn strategies to minimize stress for the person living with dementia and caregivers, friends and family. Topics will include planning ahead, letting go of “what should be,” caregiver resilience and creating new memories and traditions.</p>	<p>Thursday, November 14 2 – 4 p.m.</p>	<p>Please note: Space is limited pre-registration is required. To register, call 604-298-0780 or email info.northfraser@alzheimerbc.org</p>	<p>Pitt Meadows Seniors Activity Centre 19065 119B Avenue Pitt Meadows</p>

Please note pre-registration is required. Sessions with low registration may be cancelled.

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Upcoming education Free to attend – donations welcome.			
Program	Date	Registration	Location
<p>Dementia dialogues: Creating moments of joy This video-based discussion will provide inspiration and examples on how to engage someone living with mid-to-late stage dementia in a meaningful and positive way.</p>	<p>Monday, November 25 1:30 – 3:30 p.m.</p>	<p>Please note: Space is limited and pre-registration is required. To register, call 604-298-0780 or email info.northfraser@alzheimerbc.org</p>	<p>Maple Ridge Seniors Activity Centre 12150 224th Street Maple Ridge</p>
<p>Transition to long-term care <i>A session for family members who are considering long-term care for someone living with dementia.</i> Learn how to access long-term care, approach decision-making, and prepare for the transition.</p>	<p>Tuesday, November 26 6:30 – 8:30 p.m.</p>	<p>Please note: Space is limited and pre-registration is required. To register, call 604-298-0780 or email info.northfraser@alzheimerbc.org</p>	<p>Century House 620 8th Street New Westminster</p>
<p>Life in long-term care Learn how to adjust your role as a caregiver after a person living with dementia has moved into long-term care. Tips for enhancing your visits, working with a care team, and acting as an advocate.</p>	<p>Saturday, November 30 9:30 a.m. – 12:30 p.m.</p>	<p>Please note: Space is limited and pre-registration is required To register, call 604-298-0780 or email info.northfraser@alzheimerbc.org</p>	<p>Vancity Community Room South Burnaby Branch 5064 Kingsway Burnaby</p>

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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>

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[®] – Coquitlam	Nine Wednesdays September 4 – October 30 1 – 3 p.m.	Register in person or by calling Dogwood Pavilion at 604-927-6098. Cost: \$45.90 + GST (nine-week series) for two people: the person living with dementia and their care partner. For more information, please call 604-449-5010.	Dogwood Pavilion Centennial Room 1655 Winslow Avenue Coquitlam
	Six Wednesdays November 6 – December 11 1 – 3 p.m.	Register in person or by calling Dogwood Pavilion at 604-927-6098. Cost: \$40.80 + GST (six week series) for two people: the person living with dementia and their care partner. For more information, please call 604-449-5010.	Dogwood Pavilion Centennial Room 1655 Winslow Avenue Coquitlam
Minds in Motion[®] – Pitt Meadows	Eight Fridays August 30 – October 18 10:30 a.m. – noon	To register, call 604-298-0780. Cost: \$45 for one person living with dementia and their care partner. By cheque, please. For more information please call 604-675-5156.	Pitt Meadows Seniors Activity Centre 19065 119B Avenue Pitt Meadows
	Seven Fridays October 25 – December 6 10:30 a.m. – noon	To register, call 604-298-0780. Cost: \$40 for one person living with dementia and their care partner. By cheque, please. For more information please call 604-675-5156.	Pitt Meadows Seniors Activity Centre 19065 119B Avenue Pitt Meadows
Minds in Motion[®] – New Westminster	12 Wednesdays September 18 – December 11 *No class November 27 1:30 – 3:30 p.m.	To register, call Century House at 604-519-1066. Cost: \$63.75 for a person living with dementia and their care partner + \$20 membership fee. For more information please call 604-675-5156.	Century House 620 8th Street New Westminster

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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:

Call 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 Thursday of each month, 2 – 3 p.m.

Please call Sherry Wezner at 250-860-0305 / toll free 1-800-634-3339 or email swezner@alzheimerbc.org

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

4th Monday of each 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