

# First Link® Bulletin

Your link to dementia support

January – March 2020



EVENTS  
CALENDAR

See inside for dementia programs in the East Fraser.

## World Alzheimer Report 2019: Attitudes to dementia



Alzheimer's Disease International (ADI) is the international federation of Alzheimer associations around the world and has an official relationship with the World Health Organization. Each year ADI releases a World Alzheimer Report which provides the most comprehensive data on dementia worldwide.

This past September, ADI released the 2019 World Alzheimer Report: Attitudes to dementia. The report reveals the results of the largest survey ever undertaken on attitudes towards

dementia, with almost 70,000 people across 155 countries and territories completing the survey. This is an important piece of research, motivated by the belief that people living with dementia should be able to access support and services without experiencing stigma.

### Some of the key findings in the report include:

- Every **three seconds**, someone in the world develops dementia.
- **Two-in-three people** still think dementia is a normal part of aging rather than a neurodegenerative disorder.
- Almost **80 per cent** of the general public is concerned about developing dementia at some point and **one in four people** think there is nothing we can do to prevent dementia.
- Approximately **35 per cent** of caregivers across the world said they have hidden the diagnosis of dementia from a family member.
- Over **50 per cent** of caregivers globally say their health has suffered as a result of their

caring responsibilities even while expressing a positive feeling about their role.

- Stigma associated with dementia is preventing people from seeking the advice, information, support and medical help that could dramatically improve their length and quality of life.

Read the full summary or download the report at [alzbc.org/ADlreport2019](http://alzbc.org/ADlreport2019).

### Alzheimer's Awareness Month open house

Help show people living with dementia they aren't alone on the journey this January during Alzheimer's Awareness Month open house at our East Fraser resource centre in Abbotsford on **Wednesday, January 29**. The event is an opportunity to meet our community spokespeople and honour one of our award-winning volunteers. Visit [alzbc.org/Abbotsford-open-house](http://alzbc.org/Abbotsford-open-house) for details.

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Alzheimer Society  
BRITISH COLUMBIA

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Ministry of Health

Upcoming education			
Free to attend – donations welcome.			
Program	Date	Registration	Location
<p><b>Punjabi service drop-in</b></p> <p>An opportunity to ask questions and gather information on a variety of topics concerning dementia. Meet with an Alzheimer Society of B.C. Support and Education Coordinator to learn about the resources available while sharing common experiences with others in attendance.</p>	<p><b><u>Punjabi</u></b>  <b>Thursday, January 16</b>            11:30 a.m. – 1:30 p.m.</p>	<p>For more information, please call the South Asian First Link<sup>®</sup> Dementia Helpline: <b>604-742-4956</b> or <b>1-833-674-5003</b></p>	<p>Gurdwara Kalgidhar Darbar Langar Hall            30640 Blueridge Drive  <b>Abbotsford</b></p>
<p><b>Getting to know dementia</b></p> <p><i>For people experiencing early symptoms of dementia, as well as their family members or friends.</i></p> <p>Enhance your knowledge about dementia and learn about the different types of resources that are available at any stage of the disease.</p>	<p><b>Thursday, January 23</b>            6:30 – 8:30 p.m.</p>	<p><b>Please note: Space is limited and pre-registration is required.</b></p> <p>To register, call <b>604-859-3889</b> or email <a href="mailto:info.southfraser@alzheimerbc.org">info.southfraser@alzheimerbc.org</a></p>	<p>Garden Park Tower            Room 211            2825 Clearbrook Road  <b>Abbotsford</b></p>
	<p><b>Friday, January 24</b>            10 a.m. – noon</p>	<p><b>Please note: Space is limited and pre-registration is required.</b></p> <p>To register call <b>604-702-4603</b> or email <a href="mailto:info.southfraser@alzheimerbc.org">info.southfraser@alzheimerbc.org</a></p>	<p>Landing Sports Centre            The Clover Room            45530 Spadina Avenue  <b>Chilliwack</b></p>
<p><b>Accessing services</b></p> <p>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><b>Thursday, February 20</b>            6:30 – 8:30 p.m.</p>	<p><b>Please note: Space is limited and pre-registration is required.</b></p> <p>To register, call <b>604-859-3889</b> or email <a href="mailto:info.southfraser@alzheimerbc.org">info.southfraser@alzheimerbc.org</a></p>	<p>Garden Park Tower            Room 211            2825 Clearbrook Road  <b>Abbotsford</b></p>

Upcoming education			
Free to attend – donations welcome.			
Program	Date	Registration	Location
<p><b>Dementia dialogues: Transitions along the journey</b></p> <p>This facilitated discussion will explore the process of change and how this affects feelings of grief and loss. Hear from other caregivers and learn strategies for coping along the dementia journey.</p>	<p><b>Friday, February 21</b></p> <p>10 a.m. – noon</p>	<p><b>Please note: Space is limited and pre-registration is required.</b></p> <p>To register call <b>604-702-4603</b> or email <a href="mailto:info.southfraser@alzheimerbc.org">info.southfraser@alzheimerbc.org</a></p>	<p>Landing Sports Centre The Clover Room 45530 Spadina Avenue <b>Chilliwack</b></p>
<p><b>Family caregiver series</b></p> <p><i>A dementia education series for people caring for someone living with dementia.</i></p> <p>Learn more about dementia, communication and behaviour. Share tips for planning for the future and building resilience for caregivers.</p>	<p><b>Three Fridays</b> <b>March 13, 20 and 27</b></p> <p>9:30 a.m. – 12:30 p.m.</p>	<p><b>Please note: Space is limited and pre-registration is required.</b></p> <p>To register call <b>604-702-4603</b> or email <a href="mailto:info.southfraser@alzheimerbc.org">info.southfraser@alzheimerbc.org</a></p>	<p>Landing Sports Centre 45530 Spadina Avenue <b>Chilliwack</b></p>
	<p><b>Three Saturdays</b> <b>March 14, 21 and 28</b></p> <p>9 a.m. – noon</p>	<p><b>Please note: Space is limited and pre-registration is required.</b></p> <p>To register, call <b>604-859-3889</b> or email <a href="mailto:info.southfraser@alzheimerbc.org">info.southfraser@alzheimerbc.org</a></p>	<p>Garden Park Tower Room 211 2825 Clearbrook Road <b>Abbotsford</b></p>

Please call or email for further information on location of workshops – times and dates can change.

**\*\*Please also note: Programs with insufficient registration will be cancelled.**

Webinars			
Program	Date	Registration	Location
<p><b>Dementia friends</b> Learn how you can help build a community that is supportive of people living with dementia. For the general public.</p>	<p><b>Wednesday, January 8</b>  2 or 7 p.m. <i>(choose the time most convenient for you)</i></p>	<p><b>How to connect:</b> Visit <a href="http://alzbc.org/webinars">alzbc.org/webinars</a> 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: <a href="mailto:learnfromhome@alzheimerbc.org">learnfromhome@alzheimerbc.org</a></p>	<p><b>Webinar</b> Available across B.C.</p>
<p><b>Personal planning</b> Learn the importance of early legal, health-care and financial planning to ensure the person living with dementia's wishes are honoured. For caregivers and people living with dementia.</p>	<p><b>Wednesday, February 12</b>  2 or 7 p.m. <i>(choose the time most convenient for you)</i></p>	<p><b>How to connect:</b> Visit <a href="http://alzbc.org/webinars">alzbc.org/webinars</a> 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: <a href="mailto:learnfromhome@alzheimerbc.org">learnfromhome@alzheimerbc.org</a></p>	<p><b>Webinar</b> Available across B.C.</p>
<p><b>Building caregiver resilience</b> Learn strategies to positively manage caregiver stress and build resilience. For caregivers.</p>	<p><b>Wednesday, March 11</b>  2 or 7 p.m. <i>(choose the time most convenient for you)</i></p>	<p><b>How to connect:</b> Visit <a href="http://alzbc.org/webinars">alzbc.org/webinars</a> 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: <a href="mailto:learnfromhome@alzheimerbc.org">learnfromhome@alzheimerbc.org</a></p>	<p><b>Webinar</b> 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.

<b>Minds in Motion® – Abbotsford</b>	<b>Eight Tuesdays January 7 – February 25</b>  10 – 11:45 a.m.	To register or for more information please call the Alzheimer Society of B.C. at <b>604-859-3889</b> or <b>604-449-5010</b>  <b>Cost: \$48 per pair for eight weeks, prorated.</b>	Clearbrook Mennonite Brethren Church 2719 Clearbrook Road <b>Abbotsford</b>
	<b>Nine Tuesdays March 3 – April 28</b>  10 – 11:45 a.m.	To register or for more information please call the Alzheimer Society of B.C. at <b>604-859-3889</b> or <b>604-449-5010</b>  <b>Cost: \$54 per pair for nine weeks, prorated.</b>	
<b>Minds in Motion® – Mission</b>	<b>Eight Tuesdays January 7 – February 25</b>  1:45 – 3:30 p.m.	Register at <b>604-826-3634</b> Ext.228 or drop by the reception desk at Mission Community Services.  <b>Cost: \$48 per pair for eight weeks, prorated.</b>  For more information, please call the Alzheimer Society of B.C. at <b>604-449-5010</b> .	Mission Community Services Conference Room 33179 2nd Avenue <b>Mission</b>
	<b>Nine Tuesdays March 3 – April 28</b>  1:45 – 3:30 p.m.	Register at <b>604-826-3634</b> Ext.228 or drop by the reception desk at Mission Community Services.  <b>Cost: \$54 per pair for nine weeks, prorated.</b>  For more information, please call the Alzheimer Society of B.C. at <b>604-449-5010</b> .	

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<b>Minds in Motion<sup>®</sup> – Chilliwack</b>	<b>Eight Thursdays January 9 – February 27</b>  10 – 11:30 a.m.	To register or for more information please call the Alzheimer Society of B.C. at <b>604-702-4603</b> or <b>604-449-5010</b>  <b>Cost: \$48 per pair for eight weeks, prorated.</b>	Slesse Room 9291 Corbould Street Evergreen Hall <b>Chilliwack</b>
	<b>Nine Thursdays March 5 – April 30</b>  10 – 11:30 a.m.	To register or for more information please call the Alzheimer Society of B.C. at <b>604-702-4603</b> or <b>604-449-5010</b>  <b>Cost: \$54 per pair for nine weeks, prorated.</b>	
<b>Minds in Motion<sup>®</sup> – Agassiz</b>	<b>Eight Thursdays January 9 – February 27</b>  2 – 3:45 p.m.	Register in person at Community Recreation & Cultural Centre or call <b>604-796-8891</b>  For more information, please call the Alzheimer Society of B.C. at <b>604-449-5010</b> .  <b>Cost: \$47 + GST per pair for eight weeks, prorated.</b>	Community Recreation & Cultural Centre Multipurpose Room B 6660 Pioneer Avenue <b>Agassiz</b>
	<b>Nine Thursdays March 5 – April 30</b>  2 – 3:45 p.m.	Register in person at Community Recreation & Cultural Centre or call <b>604-796-8891</b>  <b>Cost: \$52 + GST per pair for nine weeks, prorated.</b>  For more information, please call the Alzheimer Society of B.C. at <b>604-449-5010</b> .	

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## Support groups

The Alzheimer Society of B.C. offers family caregiver and early-stage support groups. These groups are for people who want to inform themselves with current information that will help improve quality of life with the disease. Support groups are safe environments, providing an opportunity for emotional support and the sharing of common experiences.

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

**\*\*We have openings in Abbotsford, Chilliwack and Hope\*\***

For specific days and times, please contact the South Fraser Resource Centre:

Call 604-449-5000 or email [info.southfraser@alzheimerbc.org](mailto:info.southfraser@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. For caregivers.

### 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](mailto:swezner@alzheimerbc.org)

### Tele-support group

For caregivers of someone diagnosed with behavioural variant frontotemporal dementia (bvFTD).

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](mailto:mrutherford@alzheimerbc.org)