

First Link® Bulletin

Your link to dementia support

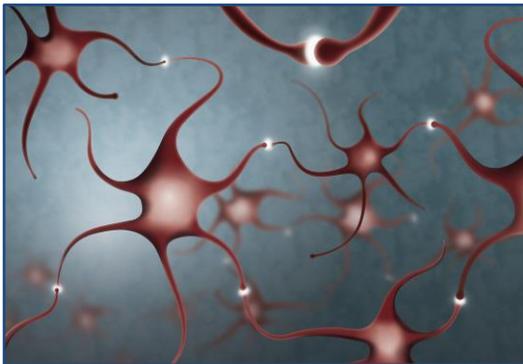
July – September 2019



EVENTS
CALENDAR

See inside for dementia programs in the South Fraser.

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>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>Thursday, July 11 1:30 p.m. – 3:30 p.m.</p>	<p>To register, call 604-449-5000 or email: info.southfraser@alzheimerbc.org</p>	<p>Fraser Resource Centre 201 – 15127 100th Avenue Surrey</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 for the future and building resilience for caregivers.</p>	<p>Two Saturdays July 13 and July 20 Noon – 4 p.m.</p>	<p>To register, call 604-449-5000 or email: info.southfraser@alzheimerbc.org</p>	<p>Deltassist 9097 120th Street North Delta</p>
<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>Tuesday, July 16 6 – 8 p.m.</p>	<p>To register, call 604-449-5000 or email: info.southfraser@alzheimerbc.org</p>	<p>Guildford Seniors Village 14568 – 104A Avenue Surrey</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>Monday, July 29 1:30 – 3:30 p.m.</p>	<p>To register, call 604-449-5000 or email: info.southfraser@alzheimerbc.org</p>	<p>White Rock Resource Centre 4 – 1475 Anderson Street (next to Centennial Arena) White Rock</p>

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Upcoming education Free to attend – donations welcome.			
Program	Date	Registration	Location
<p>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.</p>	<p>Five Fridays September 13 – October 11 2 – 4 p.m.</p>	<p>To register, call 604-449-5000 or email: info.southfraser@alzheimerbc.org</p>	<p>City of Langley Library 20399 Douglas Crescent Langley</p>
<p>Heads up: An introduction to brain health It's never too soon or too late to make changes that will maintain or improve your brain health. Learn strategies and set goals.</p>	<p>Tuesday, September 17 10 a.m. – noon</p>	<p>To register, call 604-449-5000 or email: info.southfraser@alzheimerbc.org</p>	<p>KinVillage 5430 10th Avenue Tsawwassen (South Delta)</p>
<p>Dementia dialogues: Building caregiver resilience This facilitated discussion will explore how certain demands can contribute to stress and burnout. Learn about positive coping strategies in this interactive workshop if you are caring for someone living with dementia.</p>	<p>Wednesday, August 7 1:30 – 3:30 p.m.</p>	<p>To register, call 604-449-5000 or email: info.southfraser@alzheimerbc.org</p>	<p>White Rock Resource Centre 4 – 1475 Anderson Street (next to Centennial Arena) White Rock</p>

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Upcoming education Free to attend – donations welcome.			
Program	Date	Registration	Location
<p>Dementia dialogues: <i>Seeing gems along the dementia journey</i> (film) In this film, Teepa Snow will discuss day-to-day common challenges and will provide guidance for supporting a person living with dementia. Video screening will be followed by a facilitated discussion.</p>	<p>Thursday, August 15 10 a.m. – noon</p>	<p>To register, call 604-449-5000 or email: info.southfraser@alzheimerbc.org</p>	<p>Delta Hospice Society Harold & Veronica Savage Centre for Supportive Care 4631 Clarence Taylor Crescent Ladner</p>
	<p>Monday, September 23 6:30 – 8:30 p.m.</p>	<p>To register, call 604-449-5000 or email: info.southfraser@alzheimerbc.org</p>	<p>Langley Gardens 8888 202 Street Langley</p>
<p>Dementia dialogues: <i>Grief, loss and dementia</i> (film) 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>Monday, August 26 6:30 – 8:30 p.m.</p>	<p>To register, call 604-449-5000 or email: info.southfraser@alzheimerbc.org</p>	<p>Deltassist 9097 120th Street North Delta</p>
<p>Dementia dialogues: Personhood <i>For both the person with early symptoms of dementia and their care partner.</i> This session will explore strategies to assist individuals living with early symptoms of dementia in capturing their personal story, which may include accomplishment stories, personalized music playlists & hopes for the future. This session will help you create materials to take home with you that can be used in a variety of care settings.</p>	<p>Two Tuesdays, September 24 and October 1 1:30 – 3:30 p.m.</p>	<p>To register, call 604-449-5000 or email: info.southfraser@alzheimerbc.org</p>	<p>White Rock Resource Centre 4 – 1475 Anderson Street (next to Centennial Arena) White Rock</p>

Webinars

<p>Activities to do with someone living with dementia <i>Learn about the benefits of meaningful activities if you are caring for someone living with dementia.</i> 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 Available across B.C.</p>
<p>Understanding dementia <i>People caring for someone living with dementia can learn how dementia affects the brain.</i> 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 May and June webinars.</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® – Langley	Seven Mondays July 8 – August 26 (No class August 5) 9:45 – 11:45 a.m.	Register at 604-514-2865 or drop by the reception desk at Timms Community Centre. Cost is \$35 + GST per pair, prorated. For more information, contact us at 604-449-5010.	Timms Community Centre 20399 Douglas Crescent Langley
	Six Mondays September 9 – October 28 (No class October 7 and 14) 9:45 – 11:45 a.m.	Register at 604-514-2865 or drop by the reception desk at Timms Community Centre. Cost is \$30 + GST per pair, prorated. For more information, contact us at 604-449-5010.	Timms Community Centre 20399 Douglas Crescent Langley
Minds in Motion® – Delta	Six Mondays September 9 – October 21 (No class October 14) 1:30 – 3:30 p.m.	Register at 604-946-1411 or drop by the reception desk at McKee Seniors Recreation Centre. Cost is \$34 per pair, prorated, plus annual fee. For more information, contact us at 604-449-5010.	McKee Seniors Recreation Centre 5155 47th Avenue Delta
Minds in Motion® – White Rock	Seven Mondays July 8 – August 26 (No class August 5) 1:30 – 3:15 p.m.	Register at 604-541-2199 or drop by the reception desk at Kent Street Activity Centre. Cost is \$46 per pair, prorated. For more information, contact us at 604-449-5010.	Kent Street Activity Centre 1475 Kent Street White Rock

Minds in Motion® – White Rock	11 Mondays September 9 – December 16 (No class October 7, 14, 21 and November 11) 1:30 – 3:15 p.m.	Register at 604-541-2199 or drop by the reception desk at Kent Street Activity Centre. Cost is \$69 per pair, prorated. For more information, contact us at 604-449-5010.	Kent Street Activity Centre 1475 Kent Street White Rock
Minds in Motion® – Surrey	Nine Tuesdays July 2 – August 27 1:15 – 2:45 p.m.	Register at 604-501-5100 or drop by the reception desk at Guildford Recreation Centre. Cost is \$47.95 per pair, prorated. For more information, contact us at 604-449-5010.	Guildford Recreation Centre 15105 105th Avenue Surrey
	Eight Tuesdays September 3 – October 29 (No class October 8) 1:15 – 2:45 p.m.	Register at 604-501-5100 or drop by the reception desk at Guildford Recreation Centre. Cost is \$43.75 per pair, prorated. For more information, contact us at 604-449-5010.	Guildford Recreation Centre 15105 105th Avenue Surrey
	Seven Fridays September 6 – October 18 From 1:30 – 3 p.m.	Register at 604-501-5010 or drop by the reception desk at Newton Seniors Centre. Cost is \$38.50 per pair, prorated. For more information, contact us at 604-449-5010.	Newton Seniors Centre Room 2 13775 70th Avenue Surrey

Support groups

The Alzheimer Society of B.C. offers family caregiver and early-stage support groups. These groups are for people who want to get 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.

<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 the 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>Tele-support group <i>for caregivers of someone living with behavioural variant frontotemporal dementia (bvFTD)</i> Join by phone from anywhere in the province.</p>	<p>4th Monday of the month 7 – 8 p.m.</p>	<p>For more information, call Mary Beth Rutherford at 250-493-8182 / toll free 1-888-318-1122 or email mrutherford@alzheimerbc.org</p>		
<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>To register, please contact us at: 604-449-5000 or email info.southfraser@alzheimerbc.org</p>	<p>2nd and 4th Friday 9 – 10:30 a.m.</p>	<p>Surrey (Newton area)</p>		
	<p>1st and 3rd Tuesday 1:30 – 3 p.m.</p>	<p>White Rock</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>For more information about location and to register, please contact us at: 604-449-5000 or email info.southfraser@alzheimerbc.org</p>	<p>White Rock</p>	<p>2nd and 4th Monday 1 – 3 p.m.</p>	<p>2nd Tuesday 7 – 9 p.m.</p>	
		<p>1st and 3rd Tuesday 10 a.m. – noon</p>	<p>2nd and 4th Wednesday 1:30 – 3:30 p.m.</p>	
	<p>Surrey</p>	<p>2nd Monday 10 – 11:30 a.m.</p>	<p>1st Thursday 1:30 – 3:30 p.m.</p>	
	<p>Ladner</p>	<p>1st Thursday, 10:30 a.m. – noon</p>		
	<p>Langley</p>	<p>2nd Monday, 6:30 – 8:30 p.m.</p>		
	<p>North Delta</p>	<p>4th Monday, 7 – 8:30 p.m.</p>		

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