

First Link® Bulletin

Your link to dementia support

October – December 2019



EVENTS
CALENDAR

See inside for dementia programs in the South 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>Your voice matters: Advocacy tips Learn how to communicate successfully to get the best support/care possible for yourself and the person you are caring for.</p>	<p>Wednesday, October 9 1:30 – 3:30 p.m.</p>	<p>Space is limited, pre-registration is required. 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>Four Thursdays October 10, 17, 24 and 31 1:30 – 4 p.m.* *October 31 will finish at 3:30 p.m.</p>	<p>Space is limited, pre-registration is required. 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>
<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><u>Punjabi</u> Thursday, October 24 10 a.m. – noon</p>	<p>Space is limited, pre-registration is required. To register, please contact Kamaljeet Bharya at 604-596-7722 ext. 119</p>	<p>Progressive Intercultural Community Services (PICS) 205 – 12725 80th Avenue Surrey</p>
<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 Thursdays November 14, 21, 28 and December 5, 12 10 a.m. – noon</p>	<p>Space is limited, pre-registration is required. To register, call 604-449-5000 or email info.southfraser@alzheimerbc.org</p>	<p>KinVillage, Vidal Court 5492 11th Avenue Tsawwassen (South Delta)</p>

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Upcoming education Free to attend – donations welcome.			
Program	Date	Registration	Location
<p>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.</p>	<p>Punjabi Friday, November 22 10 a.m. – noon</p>	<p>Space is limited pre-registration is required. To register, please contact Kamaljeet Bharya at 604-596-7722 ext. 119</p>	<p>Progressive Intercultural Community Services (PICS) 205 – 12725 80th Avenue Surrey</p>
<p>Dementia dialogues Dementia dialogues are interactive learning opportunities for caregivers to connect with one another and increase their knowledge about dementia and caregiving skills. These are informal, facilitated discussions allowing for time to share your experience and take home practical information.</p>			
<p>Dementia dialogues: Understanding behaviour Caregivers will discuss some common challenging behaviours to understand why they may occur and will explore strategies with other caregivers for managing these behaviours.</p>	<p>Punjabi Friday, November 29 10 a.m. – noon</p>	<p>Space is limited, pre-registration is required. To register, call 604-449-5000 or email info.southfraser@alzheimerbc.org</p>	<p>Fraser Resource Centre 201 – 15127 100th Avenue Surrey</p>
<p>Dementia dialogues: Celebrating the holidays <i>This session is open to family and friends who are caring for someone living with dementia.</i> Dementia changes the way we socialize and interact with others. These changes are especially noticeable during the busy holiday season. Join a group of caregivers to consider holiday planning and explore strategies to minimize stress for both the person living with dementia and the caregiver.</p>	<p>Monday, December 9 6:30 – 8:30 p.m.</p>	<p>Space is limited, pre-registration is required. To register, call 604-449-5000 or email info.southfraser@alzheimerbc.org</p>	<p>Langley Gardens 8888 202nd Street Langley</p>
<p>Dementia dialogues: Activities This facilitated discussion will address the benefits of meaningful activities and suggested activities to maximize enjoyment for you and the person living with dementia.</p>	<p>Tuesday, December 10 10:30 a.m. – 12:30 p.m.</p>	<p>Space is limited, pre-registration is required. To register, call 604-449-5000 or email info.southfraser@alzheimerbc.org</p>	<p>Elim Village 9067 160th Street Surrey</p>

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Webinars			
<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>

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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	Six Mondays September 9 – October 28 (No class October 7 or 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 for six weeks, prorated. For more information, contact us at 604-449-5010.	Timms Community Centre 20399 Douglas Crescent Langley
	Six Mondays November 4 – December 16 (No class November 11) 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 for six weeks, 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 in person at McKee Seniors Recreation Centre. Cost is \$34 per pair for six weeks, prorated. For more information, contact us at 604-675-5156.	McKee Seniors Recreation Centre 5155 47th Avenue Delta
	Seven Mondays October 28 – December 16 (no class November 11) 1:30 – 3:30 p.m.	Register in person at McKee Seniors Recreation Centre. Cost is \$40 per pair for seven weeks, prorated. For more information, contact us at 604-675-5156.	

Minds in Motion® – White Rock	11 Mondays September 9 – December 16 (No class October 7, 14, 21 or 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 for 11 weeks, prorated. For more information, contact us at 604-449-5010.	Kent Street Activity Centre 1475 Kent Street White Rock
Minds in Motion® – 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 for eight weeks, prorated. For more information, contact us at 604-675-5156.	Guildford Recreation Centre 15105 105th Avenue Surrey
	Four Tuesdays November 26 – December 17 1:15 – 2:45 p.m.	Register at 604-501-5100 or drop by the reception desk at Guildford Recreation Centre. Cost is \$21.90 per pair for four weeks, prorated. For more information, contact us at 604-675-5156.	
Minds in Motion® – 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 \$44 per pair for seven weeks, prorated. For more information, contact us at 604-675-5156.	Newton Seniors Centre Room 2 13775 70th Avenue Surrey
	Three Fridays November 29 – December 13 1:30 – 3 p.m.	Register at 604-501-5010 or drop by the reception desk at Newton Seniors Centre. Cost is \$16.50 per pair for three weeks, prorated. For more information, contact us at 604-675-5156.	

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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 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 – 10:45 a.m.</p>	<p>Surrey (Newton area)</p>	
	<p>1st and 3rd Tuesday 1:30 – 3 p.m.</p>	<p>White Rock (South Surrey)</p>	
	<p>1st and 3rd Thursday 1:30 – 3 p.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>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 (South Surrey)</p>	<p>2nd Monday 1 – 3 p.m.</p>	<p>2nd Tuesday 7 – 9 p.m.</p>
		<p>1st Tuesday 10 a.m. – noon</p>	<p>2nd 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 – 3:00 p.m.</p>
	<p>Ladner</p>	<p>1st Thursday, 10:30 a.m. – 12:30</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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