

# First Link® Bulletin

Your link to dementia support

October – December 2018



## EVENTS CALENDAR

*See inside for dementia programs on the North Shore & Sunshine Coast.*

## Dementia at difficult times of the year



As fall and winter arrive, the cold, dark and slippery weather can keep you indoors and make travelling challenging. It can be increasingly difficult to remain engaged with friends, activities and the community. Here are some tips to help you with the changing weather:

- Get prepared! Put snow tires on your car, get your furnace checked and ensure you have non-perishable food, any regular medication and street salt stocked in the

house. Make sure that you are prepared for everyone in the household's needs.

- Consider getting brightly coloured warm clothing for the person living with dementia. This will ensure they can be seen in the dark. Try to get clothing with Velcro rather than buttons or laces; this will maintain their independence and make it easier to get dressed.
- As fall turns to winter, the ground can become slippery with fallen leaves or ice and a person living with dementia might have trouble perceiving this; help them slow down and encourage the use of assistive devices such as walkers or canes.
- Ensure the temperature within the house is warm enough but be mindful of electric blankets and space heaters as these can be a fire hazard or cause burns for a person living with dementia if left unattended.
- Bad weather can be isolating; try to stay connected to friends and family by phone or computer – this is important both for you and the person you are caring for.

- Involve the person living with dementia when you can. There are many things you can accomplish together and have fun with – for example, getting out winter clothes can be a time to remember all the other winter memories that you've shared.

For more information, visit:

[alzbc.org/weathertips](http://alzbc.org/weathertips)

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Upcoming Education Free to attend – donations welcome.			
Program	Date	Registration	Location
<p><b>Shaping the Journey: living with dementia®</b> A two-session education series for people with early dementia and their care partners to explore the journey ahead in a positive, informative and supportive environment. Participants will learn about dementia, explore strategies for coping with changes and maximizing quality of life, review information on planning for the future, and meet others who are going through similar experiences.</p>	<p><b>Five Saturdays September 29 – October 27</b>  1 – 3 p.m.</p>	<p>There is a screening process. Please call 604-984-8348 <a href="mailto:info.northshore@alzheimerbc.org">info.northshore@alzheimerbc.org</a></p>	<p><b>North Vancouver</b></p>
<p><b>Family Caregiver Series</b> An education series for family members who are caring for a person living with dementia. The Family Caregiver Series covers the following topics: Understanding Dementia, Communication &amp; Behaviour, Planning for the Future and Self-Care for Caregivers.</p>	<p><b>Four Fridays November 9 – 30</b>  1 – 4 p.m.</p>	<p>Please call 604-984-8348 or email <a href="mailto:info.northshore@alzheimerbc.org">info.northshore@alzheimerbc.org</a></p>	<p><b>West Vancouver</b></p>
<p><b>Getting to Know Dementia</b> This introductory session reviews information about Alzheimer’s disease and other dementias, and the challenges of receiving a diagnosis. Participants will learn about the different types of support available throughout the dementia journey, and how to begin planning for the future. People with a diagnosis of dementia, care partners and family members are all invited to attend.</p>	<p><b>Friday, October 26</b>  1 – 3 p.m.</p>	<p>Please call 604-984-8348 or email <a href="mailto:info.northshore@alzheimerbc.org">info.northshore@alzheimerbc.org</a></p>	<p><b>North Vancouver</b></p>
	<p><b>Thursday, November 29</b>  1 – 3 p.m.</p>	<p>Please call 604-984-8348 or email <a href="mailto:info.northshore@alzheimerbc.org">info.northshore@alzheimerbc.org</a></p>	<p><b>West Vancouver</b></p>
	<p><b>Wednesday, November 14</b>  1:30 – 4 p.m.</p>	<p><b>If you would like to connect to this session from home via webinar, please contact 250-382-2052 or email: <a href="mailto:info.victoria@alzheimerbc.org">info.victoria@alzheimerbc.org</a> for further details.</b></p>	

Upcoming Education Free to attend – donations welcome.			
Program	Date	Registration	Location
<p><b>Dementia Dialogue: Celebrating the Holidays</b> Discuss the challenges of celebrating the holiday season when a family member has dementia.</p> <ul style="list-style-type: none"> <li>• Acknowledge the increase in stress that dementia can bring to the holiday celebrations.</li> <li>• Identify strategies for minimizing stress for both the caregiver and the person living with dementia.</li> <li>• Brainstorm ways to adapt favourite family traditions to make them more “dementia friendly” and discuss ways of including the person living with dementia in the holiday preparations and celebrations.</li> </ul>	<p><b>Wednesday, December 5</b></p> <p>1 – 3 p.m.</p>	<p>Please call 1-866-984-8348 or email <a href="mailto:info.northshore@alzheimerbc.org">info.northshore@alzheimerbc.org</a></p>	<p><b>North Vancouver</b></p>

Tele-workshops			
<p><b>Navigating the System</b> Understanding how the health-care system works and navigating your way through it while you care for someone living with dementia can often feel overwhelming. This tele-workshop for family caregivers will help you make sense of the system so you are more likely to get the help you need, when you need it.</p>	<p><b>Wednesday, October 10</b></p> <p>2 or 7 p.m.</p> <p><i>(choose the time most convenient for you)</i></p>	<p>No cost and no registration necessary. How to connect: <b>Phone:</b> 1-866-994-7745 Participant pass code: 1122333 <b>Online:</b> Enter as a guest <a href="https://momentum.adobeconnect.com/alzheimerbc">momentum.adobeconnect.com/alzheimerbc</a></p>	<p><b>Tele-workshop</b> Available across B.C.</p>
<p><b>Helping with Memory Loss</b> Learn strategies to help the person living with dementia better cope with a decline in memory and preserve their independence. Simple adaptations to your routine and to the environment can help minimize frustrations for both you and your family member.</p>	<p><b>Thursday, November 8</b></p> <p>2 or 7 p.m.</p> <p><i>(choose the time most convenient for you)</i></p>	<p>No cost and no registration necessary. How to connect: <b>Phone:</b> 1-866-994-7745 Participant pass code: 1122333 <b>Online:</b> Enter as a guest <a href="https://momentum.adobeconnect.com/alzheimerbc">momentum.adobeconnect.com/alzheimerbc</a></p>	<p><b>Tele-workshop</b> Available across B.C.</p>

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<p><b>Celebrating the Holidays</b> This tele-workshop looks at ways to modify traditions to make the holidays more manageable and suggests ideas to include the person living with dementia in preparing for and participating in celebrations. It also offers strategies to minimize stress for both the person living with dementia and the caregiver.</p>	<p><b>Tuesday, December 4</b>  2 or 7 p.m.  <i>(choose the time most convenient for you)</i></p>	<p>No cost and no registration necessary. How to connect: <b>Phone:</b> 1-866-994-7745 Participant pass code: 1122333 <b>Online:</b> Enter as a guest <a href="http://momentum.adobeconnect.com/alzheimerbc">momentum.adobeconnect.com/alzheimerbc</a></p>	<p><b>Tele-workshop</b> Available across B.C.</p>
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## 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.

<p><b>Minds in Motion® – North Vancouver</b></p>	<p><b>Seven Fridays</b> <b>November 2 – December 14</b>  9:45 – 11:15 a.m.</p>	<p>Register in person or call 604-980-2474. For more information, please contact Sonia at 604-675-5157 or email: <a href="mailto:sfurstrand@alzheimerbc.org">sfurstrand@alzheimerbc.org</a>  <b>Registration for the “next” session will always be on the second-to-last day of the current session.</b> <b>Cost:</b> \$42.00 for one person living with dementia and their care partner for seven weeks</p>	<p>Silver Harbour Centre 144 East 22nd Street <b>North Vancouver</b> Basement</p>
<p><b>Minds in Motion® – West Vancouver</b></p>	<p><b>Seven Fridays</b> <b>November 2 – December 14</b>  1:15 – 3:15 p.m.</p>	<p>Register in person or call 604-925-7270. For more information, please contact Sonia at 604-675-5157 or email: <a href="mailto:sfurstrand@alzheimerbc.org">sfurstrand@alzheimerbc.org</a>  <b>Cost:</b> \$44.00 for one person living with dementia and their care partner for seven weeks</p>	<p>West Vancouver Seniors' Activity Centre 695 21st Street <b>West Vancouver</b> Learning room</p>
<p><b>Minds in Motion® – Sechelt</b></p>	<p><b>Ten Fridays</b> <b>September 7 – November 9</b>  10 a.m. – noon</p>	<p>To register, please call 604-885-6865. <b>Cost:</b> \$70.00 per couple for ten weeks  For initial enquiries call Bronwyn at 604-984-8348 or email <a href="mailto:bjames@alzheimerbc.org">bjames@alzheimerbc.org</a></p>	<p>Sechelt Aquatic Centre Community Room 5500 Shorncliffe Avenue <b>Sechelt</b></p>

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## Support Groups

<p><b>Early Stage Support Groups</b> For people living with dementia who want to get current information and share their experiences with others.</p>	<p><b>2nd &amp; 4th Wednesday of each month</b> 1 – 2:30 p.m. <b>OR</b> <b>1st &amp; 3rd Tuesday of each month</b> 10:30 – 11:30 a.m.</p>	<p>There is a brief screening process. Please call 604-984-8348</p>	<p><b>North Vancouver</b></p>
<p><b>Caregiver Support Groups</b> For family and friends of people living with Alzheimer’s disease or other dementias who want to inform themselves with current information and share experiences with others.</p>	<p><b>Times vary for each location</b></p>	<p>There is a brief screening process. Please call 604-984-8348 or toll-free 1-866-984-8348</p>	<p><b>North Vancouver – three locations</b> <b>West Vancouver – two locations</b> <b>Bowen Island</b> <b>Gibsons</b> <b>Sechelt</b> <b>Powell River – Independent group</b> <b>Squamish – Independent group</b></p>
<p><b>Tele-support Group</b> If you are unable to attend a support group in-person, you can join others in a support group meeting by phone.</p>	<p><b>3rd Friday of each month</b> 2 – 3 p.m.</p>	<p>For more information, call Julie Cameron at 604-675-5154 or email: <a href="mailto:jcameron@alzheimerbc.org">jcameron@alzheimerbc.org</a></p>	<p><b>Province-wide by phone</b></p>
<p><b>Tele-support Group</b> For caregivers of someone diagnosed with behavioural variant frontotemporal dementia (bvFTD).</p>	<p><b>4th Monday of each month</b> 7 – 8 p.m.</p>	<p>For more information, call 250-382-2052 or 1-800-936-6033 (First Link® Dementia Helpline) or email: <a href="mailto:info.victoria@alzheimerbc.org">info.victoria@alzheimerbc.org</a></p>	<p><b>Province-wide by phone</b></p>