

# First Link® Bulletin

Your link to dementia support

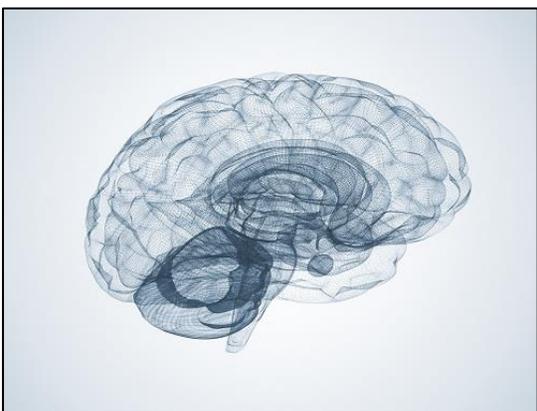
October 2017



## EVENTS CALENDAR

See inside for dementia programs in West Kootenay.

## New resource for recreation professionals and an update on dementia research



We are excited to release two new resources - *Making your workplace dementia friendly: Information for recreation service providers*, and this year's "A Focus on Research" handout.

Recreation and community centres are central to our neighbourhoods and may be places where people living with dementia and their care partners engage with their community. *Making your workplace dementia friendly: Information for recreation service providers* helps recreation service providers recognize when someone may be living with the disease. Featuring helpful strategies and tips for communicating with people who are living with dementia, it makes program recommendations and highlights ways recreation or community centres can be more dementia friendly from a planning and policy perspective. Professionals from across the recreation sector, as well as people living with dementia and caregivers, shared their experiences and expertise to ensure the guide is meaningful and relevant.

### "A Focus on Research" handout

This handout features the latest updates on dementia research. It includes:

- Highlights from the 2017 Alzheimer's Association International Conference
- Tips on how to think critically about research in the news or on the internet
- An interview with Dr. Mari DeMarco, a Clinical Chemist at St. Paul's Hospital
- Profiles of four B.C. researchers who recently received funding from the Alzheimer Society Research Program

Visit [alzbc.org/rec\\_guide](http://alzbc.org/rec_guide) to download the recreation guide, and [alzbc.org/research-2017](http://alzbc.org/research-2017) to download the research handout.

### Take a look inside...

Shaping the Journey	p. 2
Family Caregiver Series	p. 2
Behaviour and Communication	p. 2
Tele-workshops	p. 3
Support Groups	p. 4

Receive the *First Link® Bulletin* by email by contacting [info@alzheimerbc.org](mailto:info@alzheimerbc.org)

Program	Date	Registration	Location
<p><b>Shaping the Journey: living with dementia<sup>®</sup></b>  <i>For people with a diagnosis of Alzheimer's disease or another dementia and their care partners</i>            Explore the journey ahead in a positive, informative and supportive environment with others who are going through similar experiences. Topics include: the brain and dementia, strategies for coping with changes, maximizing quality of life and planning for the future.</p>	<p><b>Three Thursdays</b>  <b>October 5, 12 &amp; 19</b>              1 – 3 p.m.</p>	<p>To register, please contact Julie at 250-365-6769 or email:  <a href="mailto:jleffelaar@alzheimercbc.org">jleffelaar@alzheimercbc.org</a></p>	<p>Alzheimer Resource Centre            Kinnaird Park Community            Church Room 7            1250 26th Street  <b>Castlegar</b></p>
<p><b>Family Caregiver Series</b>            An education series for family members who are caring for a person living with dementia. The following topics are covered:</p> <ul style="list-style-type: none"> <li>• Understanding Dementia, Communication, Behaviour</li> <li>• Planning for the Future</li> <li>• Self-Care for Caregivers</li> </ul>	<p><b>Friday, October 6</b>              10 a.m. – 3 p.m.</p>	<p>To register, please contact Julie at 1-855-301-6742 or email:  <a href="mailto:jleffelaar@alzheimercbc.org">jleffelaar@alzheimercbc.org</a></p>	<p>Boundary Hospital            Board Room            7649 22nd Street  <b>Grand Forks</b></p>
	<p><b>Two Wednesdays</b>  <b>October 18 &amp; 25</b>              1 – 3:30 p.m.</p>	<p>To register, please contact Julie at 1-855-301-6742 or email:  <a href="mailto:jleffelaar@alzheimercbc.org">jleffelaar@alzheimercbc.org</a></p>	<p>Nelson Community First Health            Co-op            518 Lake Street  <b>Nelson</b></p>
<p><b>Personal Planning</b>            Learn the importance of early planning and review strategies for ensuring the person living with dementia's wishes are honoured now and in the future.</p>	<p><b>Thursday, October 19</b>              1 – 3 p.m.</p>	<p>To register, please contact Julie at 250-365-6769 or email:  <a href="mailto:jleffelaar@alzheimercbc.org">jleffelaar@alzheimercbc.org</a></p>	<p>Alzheimer Resource Centre            Kinnaird Park Community            Church Room 7            1250 26th Street  <b>Castlegar</b></p>
<p><b>Understanding Behaviour &amp; Communication</b>            Participants will receive information about how dementia affects the brain and behaviour across the progression of the disease, and what to expect throughout the journey with dementia including the changes with communication and behaviour.</p>	<p><b>Thursday, October 26</b>              1 – 3 p.m.</p>	<p>To register, please contact Julie at 250-365-6769 email:  <a href="mailto:jleffelaar@alzheimercbc.org">jleffelaar@alzheimercbc.org</a></p>	<p>Alzheimer Resource Centre            Kinnaird Park Community            Church            1250 26th Street  <b>Castlegar</b></p>

## Tele-workshops

<p><b>Understanding Behaviour</b> Caregivers will learn how to understand behaviour as a form of communication. We will explore strategies to determine what the person living with dementia might be trying to communicate, to find ways to decrease the occurrence of behaviours that concern us and to respond in supportive ways.</p>	<p><b>Wednesday, October 11</b>  2 p.m. <b>or</b> 7 p.m.  <i>(choose the time most convenient for you)</i></p>	<p><i>No cost and no registration necessary.</i> 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>Activities to Do with the Person with Dementia</b> This tele-workshop for family caregivers explains the goals and benefits of meaningful activities, gives suggestions for appropriate activities, and explains how to maximize the enjoyment for you and the person living with dementia.</p>	<p><b>Thursday, November 2</b>  2 p.m. <b>or</b> 7 p.m.</p>	<p><i>No cost and no registration necessary.</i> 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>How to Support a Friend Who Has Dementia or Is a Caregiver</b> This tele-workshop provides practical tips on how to communicate with a person living with dementia, how to offer support and what kind of help the person living with dementia, their caregiver or family member might appreciate. <i>*This tele-workshop is not aimed at primary caregivers.</i></p>	<p><b>Tuesday, December 5</b>  2 p.m. <b>or</b> 7 p.m.</p>	<p><i>No cost and no registration necessary.</i> 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>

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

## Support Groups

The Alzheimer Society of B.C. offers Caregiver support groups in the West Kootenays. These groups are for people who want to get current information that will help improve the quality of life with the disease. It is a safe environment where you can learn, laugh and help each other through mutual understanding.

### Caregiver Support Groups in Trail, Nelson and Grand Forks

Please contact Julie Leffelaar, Support & Education Coordinator at the West Kootenay Resource Centre:  
250-365-6769 or 1-855-301-6742 or email: [jleffelaar@alzheimerbc.org](mailto:jleffelaar@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 more information, call Julie Cameron at 1-800-936-6033 or email: [jcameron@alzheimerbc.org](mailto:jcameron@alzheimerbc.org)