

# First Link® Bulletin

Your link to dementia support

April - June 2024



Updates on  
programs and  
services

See inside for dementia programs on  
North & Central Okanagan

## Join us for the *IG Wealth Management Walk for Alzheimer's* in May!



On Sunday, May 26, 2024, 20 communities across B.C. will walk together at the Alzheimer Society of B.C.'s largest fundraising event, the *IG Wealth Management Walk for Alzheimer's*, presented by Go Auto. Join us to make a difference and send a message of hope to everyone affected by dementia.

Currently, more than 85,000 people are living with dementia across the province – and that number is growing. The Alzheimer Society of B.C. is here to provide the support people affected by dementia need to maintain the best quality of life possible. Our vision of a dementia-friendly B.C. is only possible through the generous support of fundraisers who participate in events such as the *Walk*.

Team up with your family, friends and coworkers and help us honour and remember people in your communities affected by the disease. Funds raised help to provide the Alzheimer Society of B.C.

programs and services and enables research into the causes of and cure for the disease.

### Who will you Walk for?

To learn more about the *IG Wealth Management Walk for Alzheimer's* and register, visit [walkforalzheimer.ca](http://walkforalzheimer.ca).

If you are unable to attend an event and still wish to get involved, you can:

- *Walk in a box* – Plan a smaller event in your community with family, friends or coworkers. Walk in your neighbourhood or simply gather together to raise funds.
- *Walk your way* – Can't make it to any of our *Walk* locations? No worries! You can still show your support by walking in your own unique way, wherever and whenever it's convenient for you.

For more information, contact Nick Dunn at [ndunn@alzheimerbc.org](mailto:ndunn@alzheimerbc.org).

### Annual guide to income tax and benefits

"Guide to income tax and benefits" for the 2023 tax year is now available. This guide provides useful tax tips to discuss with your tax preparer.

Click here to download the guide:  
[alzbc.org/tax2023](http://alzbc.org/tax2023)

## Learn about dementia and connect with others through dementia education

Our dementia workshops educate and empower people living with dementia and their families and friends.

The online workshops are presented in a limited-sized group and will be facilitated to provide opportunities for live discussion. A range of days and times of day, including evenings, are available. **Pre-registration is required. Please register one week prior to the workshop date.**

### Registration:

**In-person workshops:** Call our First Link® Dementia Helpline at 1-800-936-6033. Proof of full vaccination will be optional to attend in-person programs. Free to attend, donations appreciated.

**Online workshops:** Register online by visiting [alzbc.org/edu-workshops](http://alzbc.org/edu-workshops) or call the First Link® Dementia Helpline at 1-800-936-6033. You will receive an email with a link to join the event prior to the event date.

## In-person dementia education in the North & Central Okanagan

With increased knowledge surrounding safety measures and high level of vaccinations across B.C., we have updated our safety protocols based on the current recommendations from the B.C. government.

Masks and proof of full vaccination are now optional for attending all in-person programs. To learn more about safety protocols, visit: [alzbc.org/COVID-safety](http://alzbc.org/COVID-safety)

In-person workshops	Date	Location
<b>Personal care: Bathing and hygiene</b>   Bathing is often a highly private, personal activity and people living with dementia may need help when they're feeling vulnerable. Learn about common hygiene challenges and effective strategies to maintain a successful routine. For caregivers and people living with dementia.	Thursday, April 4 10 to 11:30 a.m.	<b>Kelowna</b> Location details provided upon registration
<b>An introduction to brain health</b>   It's never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more. For the general public.	Monday, April 8 10 to 11:30 a.m.	<b>Lumby</b> Location details provided upon registration
	Monday April 22 1 to 3 p.m.	<b>Salmon Arm</b> Location details provided upon registration
<b>Accessing dementia services and support</b>   Navigating health-care systems and looking for support services can be overwhelming. Learn about community supports – including home care, respite and adult day programs – as well as how to address challenges in accessing them. For caregivers and people living with dementia.	Tuesday April 9 10 a.m. to noon	<b>Kelowna</b> Location details provided upon registration

In-person workshops	Date	Location
<p><b>Shaping the journey: Living with dementia®</b>   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. For caregivers and people living with dementia.</p>	<p>Three Thursdays, April 18 - May 2 9:30 a.m. to noon</p>	<p><b>Kelowna</b> Location details provided upon registration</p>
	<p>Monday, May 13 11 a.m. to 3:30 p.m.</p>	<p><b>Vernon</b> Location details provided upon registration</p>
<p><b>Family caregiver session</b>   An education session for family members who are caring for a person living with dementia that covers understanding dementia, communication and behaviour, as well as planning for the future and self-care for caregivers.</p>	<p>Friday, April 19 11 a.m. to 4 p.m.</p>	<p><b>Revelstoke</b> Location details provided upon registration</p>
<p><b>From home to care home: Preparing and adjusting to the new environment</b>   Making a transition into long-term care can be challenging for both the person living with dementia and the caregiver. Discuss strategies for minimizing the challenges, including how to prepare for the move and respond to common issues. For caregivers.</p>	<p>Tuesday, May 14 10 a.m. to noon</p>	<p><b>Kelowna</b> Location details provided upon registration</p>
<p><b>Targeted strategies for word salad, wanting to go home and more</b>   Dementia affects how a person conveys their thoughts and feelings; common behaviours can include mixing up words (word salad) and creating false memories without motivation (confabulation) which can lead to misunderstandings and frustrations. Learn how to address these behaviours and respond to other questions, like wanting to go home and asking about deceased relatives. For caregivers.</p>	<p>Thursday May 23 10 to 11:30 a.m.</p>	<p><b>Kelowna</b> Location details provided upon registration</p>
<p><b>Planning for dementia-friendly travel</b>   Explore the impact of dementia on travelling as we discuss challenges, safety concerns and tips for safe travel. For caregivers and people living with dementia.</p>	<p>Tuesday June 4 10 to 11:30 a.m.</p>	<p><b>Kelowna</b> Location details provided upon registration</p>


In-person workshops	Date	Location
<b>Coping with change, grief and loss</b>   The dementia experience involves change, loss and uncertainty. Explore coping strategies for managing emotions and overcoming challenges, as well as ways to find meaning in daily life. For caregivers	Wednesday June 12 10 a.m. to noon	<b>Peachland</b> Location details provided upon registration
<b>Preparing for end-of-life on the dementia journey</b>   The dementia experience involves change and loss and uncertainty. Explore coping strategies for managing emotions and overcoming challenges, as well as ways to find meaning in daily life. For caregivers	Tuesday June 18 10 to 11:30 a.m.	<b>Kelowna</b> Location details provided upon registration

**To register, call the First Link® Dementia Helpline at 1-800-936-6033**

### Coffee and chat

A social program designed to help you meet new people, engage in social activities and have fun!

To learn more visit [alzbc.org/coffee-chat](http://alzbc.org/coffee-chat)



Coffee and chat	Date	Registration
Online	Every second Thursday, 11 a.m. to noon	Please call the First Link® Dementia Helpline at 1-800-936-6033.

**For more information, please call the First Link® Dementia Helpline at 1-800-936-6033**

## Online workshops

All sessions are hosted on Zoom. If you are new to using Zoom and would like a chance to practice connecting to a meeting before the session, please call our First Link® Dementia Helpline at 1-800-936-6033 or email [info.helpline@alzheimerbc.org](mailto:info.helpline@alzheimerbc.org).

Please note these sessions are not recorded – only register if you plan to attend live. Register at [alzbc.org/edu-workshops](http://alzbc.org/edu-workshops) or call 1-800-936-6033.

Online workshops	Date
<p><b>Understanding and adapting to communication changes along the dementia journey</b>   A person's ability to communicate will change over the course of the dementia journey. Learn how different types of dementia affect communication and discuss strategies for adapting to and coping with these changes. For caregivers.</p>	<p>Tuesday, April 9 6.30 to 8 p.m.</p>
<p><b>Targeted strategies for denial, paranoia, shadowing and anxiety</b>   Learn how to identify the emotional reality of loss of insight – often misinterpreted as denial – paranoia, shadowing, and anxious behaviour. Discover effective strategies for responding to these behaviours using a person-centred approach. For caregivers.</p>	<p>Thursday, April 25 2 to 3.30 p.m.</p>
<p><b>Recognizing your journey as a caregiver</b>   Discuss the personal challenges, guilt, and grief of being a caregiver. Learn how to recognize signs of burnout, the importance of self-care and how you can build resilience. There will be opportunities for discussion throughout the presentation. For caregivers.</p>	<p>Thursday, May 9 10 to 11:30 a.m.</p>
<p><b>Practical tips for long-distance caregivers</b>   Family members aren't always nearby, which can present additional challenges. Learn how you can overcome emotional and practical challenges faced by long-distance caregivers, identifying resources and strategies to help make the most of each visit. For caregivers.</p>	<p>Thursday, May 23 2 to 3:30 p.m.</p>
<p><b>Coping with change, grief and loss</b>   The dementia experience involves change, loss and uncertainty. Explore coping strategies for managing emotions and overcoming challenges, as well as ways to find meaning in daily life. For caregivers.</p>	<p>Tuesday, June 4 10 to 11:30 a.m.</p>
<p><b>Delusions, hallucinations and visual mistakes</b>   Learn about the causes and triggers of delusions, hallucinations and visual mistakes, then explore strategies for responding to these behaviours to best support people living with dementia. For caregivers.</p>	<p>Tuesday, June 20 6:30 to 8 p.m.</p>

## Learn about dementia from anywhere in our live weekly webinars

Learn strategies for living well with dementia at our free webinars offered each Wednesday, typically at 2 p.m. Our trained presenters share tips and strategies in a lecture-style format. All you need is a computer, tablet or phone to participate and connect with others on the dementia journey.

All sessions are hosted on Zoom. To register for our upcoming webinars, visit our website at [alzbc.org/webinars](https://alzbc.org/webinars). You can watch the education content on-demand at [alzbc.org/ondemand](https://alzbc.org/ondemand).



Webinar	Date
<p><b>Successfully navigating the move to more support in a retirement community</b>   Join us for a free webinar addressing the complexities families may encounter when transitioning a person living with dementia into assisted living in a retirement community. With a combined 20 years of experience assisting families in making care decisions, Jennifer Squair and Marie Lashley from Chartwell Retirement Residences will bring to light important considerations and support families to make choices that honour the experience of the person living with dementia while accommodating their family's unique circumstances. For caregivers.</p>	<p>Wednesday, April 3 2 to 3:30 p.m.</p>
<p><b>Lived experience: Working with lived experience partners</b>   Lived experience partners help spread awareness about dementia by sharing their personal stories, experiences and perspectives. Join us to hear a panel of people living with dementia and caregivers share how partnering with the Alzheimer Society of B.C. has helped them find purpose and meaning on the dementia journey and learn how you can join our community of courage! For caregivers and people living with dementia.</p>	<p>Wednesday, April 10 2 to 3:30 p.m.</p>
<p><b>Considering the transition to long-term care</b>   Learn about the options for accessing long-term care, including eligibility requirements. We will also discuss factors to consider when planning a move and provide tips for easing the transition. For caregivers.</p>	<p>Wednesday, April 17 2 to 3:30 p.m.</p>
<p><b>Research connects: Exploring resident and family councils in long-term care homes</b>   Join Dr. Sheila Novek, post-doctoral fellow at the UBC School of Nursing, to learn how resident and family councils work and their role in decision-making processes within the care home. Dr. Novek will share findings from a recent study highlighting the lived experiences of residents, families and staff who engage with resident and family councils, the challenges they encounter, and promising practices that support meaningful engagement and advocacy. For the general public.</p>	<p>Wednesday, April 24 2 to 3:30 p.m.</p>


Webinar	Date
<p><b>From home to care home: Preparing and adjusting to the new environment  </b> Making a transition into long-term care can be challenging for both the person living with dementia and the caregiver. Discuss strategies for minimizing the challenges, including how to prepare for the move and respond to common issues. For caregivers.</p>	<p>Wednesday, May 1 2 to 3:30 p.m.</p>
<p><b>Creating engaging activities for warm weather  </b> Staying active and engaged can improve someone’s experience of the dementia journey. Be inspired by meaningful activities created specifically for people living with the disease during the warmer months. Learn how to adapt activities as the disease progresses and incorporate them into a daily routine for improved health and well-being. For caregivers and people living with dementia.</p>	<p>Wednesday, May 8 2 to 3:00 p.m.</p>
<p><b>Become a dementia advocate  </b> This fall the Alzheimer Society of B.C. will be asking people across the province to let politicians know that dementia matters to their constituents. Join us as we help participants build the skills and confidence to advocate for change, in the lead-up to the 2024 provincial election and beyond. We will also share more about our pre-election advocacy plans, ongoing advocacy projects and opportunities for you to get involved. For the general public.</p>	<p>Wednesday, May 15 2 to 3:30 p.m.</p>
<p><b>Equip yourself: Knowledge and skills to help get the support you need  </b> Gain the skills and knowledge you need to advocate for yourself and your family member along the dementia journey, including responding to common challenges, getting a diagnosis, and accessing home support. For caregivers and people living with dementia.</p>	<p>Wednesday, May 22 2 to 3:30 p.m.</p>
<p><b>Driving and dementia  </b> Dementia will affect a person’s ability to drive and for many people this represents a loss of independence. Discuss strategies for how to have the conversations about the topic early and ease the transition when it’s time for someone to retire from driving. For caregivers and people living with dementia.</p>	<p>Wednesday, May 29 2 to 3:30 p.m.</p>
<p><b>Supporting friends on the dementia journey  </b> Explore ways to support a friend who is living with dementia or caring for someone who is. Gain insight into the impact of dementia and learn how you can continue to show up and offer support they need to live well. For the general public.</p>	<p>Wednesday, June 5 2 to 3:30 p.m.</p>

Webinar	Date
<p><b>Planning for dementia-friendly travel</b>   Explore the impact of dementia on travelling as we discuss challenges, safety concerns and tips for safe travel. For caregivers and people living with dementia.</p>	<p>Wednesday, June 12 2 to 3:30 p.m.</p>
<p><b>Strategies for self-care: Prioritize your well-being</b>   Learn about strategies to positively manage stress and prioritize self-care to cope with the changes brought by the disease. For caregivers and people living with dementia.</p>	<p>Wednesday, June 19 2 to 3:30 p.m.</p>
<p><b>Research connects: Topic TBA</b>   Join us as we explore various topics related to dementia research. In order to be as responsive as possible to the latest news in dementia research, the specific topic will be announced closer to the date. For the general public.</p>	<p>Wednesday, June 26 2 to 3:30 p.m.</p>

**Register online at [alzbc.org/webinars](http://alzbc.org/webinars)**

## Minds in Motion®

A fitness and social program for people living with early-stage dementia.



Minds in Motion®	Date	Registration
<p><b>Kelowna</b> Parkinson Recreation Centre 1800 Parkinson Way</p>	<p>Eleven Wednesdays April 10 - June 19 10:30 a.m. to noon</p>	<p>Please call 250-469-8800 or register in-person.</p> <p><b>Cost:</b> \$110 per pair for 11 sessions or \$82.50 with seniors discount.</p>
<p><b>Vernon</b> Vernon Recreation Centre 3310 37 avenue</p>	<p>Six Tuesdays April 2 - May 7 1:00 to 2:30 p.m.</p>	<p>Register in-person or online at <a href="http://gvrec.ca">gvrec.ca</a>.</p> <p><b>Cost:</b> \$49.20 per pair for six sessions.</p>
	<p>Six Tuesdays May 14 - June 18 1:00 to 2:30 p.m.</p>	



Minds in Motion®	Date	Registration
<p><b>Online (English)</b></p> <p>Hosted online via Zoom</p>	<p>Groups meet weekly:</p> <p>Tuesdays: 1 to 2:30 p.m.  Wednesdays: 10 to 11:30 a.m.  Thursdays: 1 to 2:30 p.m.  Fridays: 10 to 11:30 a.m.</p>	<p>Groups are free to attend. For more information and to register, please call the First Link® Dementia Helpline at 1-800-936-6033 or visit <a href="http://alzbc.org/mm">alzbc.org/mm</a>.</p>

## Connect with others on the dementia journey through our support groups

If you are affected by dementia, you are not alone. There are others to share the journey with you. We currently offer regional support groups in-person and provincial support groups virtually for caregivers and people living in the early stages of dementia.

**Please note:** Due to the high level of interest in our support groups for people living with dementia and for caregivers, we are only listing groups with space for new members. If you're interested in joining a support group but do not see one for your area, please call the First Link® Dementia Helpline and we will add you to an interest list.

### To register:

- For groups in Cantonese and Mandarin, call the Chinese First Link® Dementia Helpline at 1-833-674-5007
- For groups in Punjabi and Hindi, call the South Asian First Link® Dementia Helpline at 1-833-674-5003
- For all other groups, call the First Link® Dementia Helpline at 1-800-936-6033

*Please note that the schedule is subject to change due to holidays or other conflicts. You will be notified by your facilitator upon registration.*

## In-person caregiver support groups

Support group	Date
<p><b>North &amp; Central Okanagan</b>  Open to anyone in the North and Central Okanagan who is currently caring for a person living with dementia.</p> <p>Our family caregiver support groups offer a safe place to learn about dementia and community resources. Connect with other family members on the dementia journey.</p>	<p><b>Vernon</b>  For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.</p> <p><b>Kelowna</b>  For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.</p> <p><b>Salmon Arm</b>  2nd Monday of the month, 10 a.m. to noon</p> <p><b>Enderby</b>  1st Thursday of the month, 10 to 11:30 a.m.</p>

## Early-stage support group

Support group	Date
Open to people living with early symptoms of dementia to discuss the impact of the disease, share stories, experiences and learn from one another about how to live well with dementia.	<p><b>Kelowna</b> For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.</p> <p><b>Vernon</b> 3rd Tuesday of the month, 10 to 11 a.m.</p>

## Virtual general support group

<p><b>General support group</b> Open to caregivers anywhere in B.C. who are currently caring for a person living with dementia.</p>	<p>2nd Monday of the month, 7 to 8:30 p.m. 1st Tuesday of the month, 7 to 8:30 p.m. 2nd Friday of the month, 10 to 11:30 a.m. 3rd Thursday of the month, 2 to 3:30 p.m. 3rd Thursday of the month, 7 to 8:30 p.m.</p>
<p><b>General support group (Punjabi/Hindi)</b> Open to anyone in B.C. who speaks Punjabi or Hindi and is currently caring for a person living with dementia.</p>	<p>For more information, call the South Asian First Link® Dementia Helpline at 1-833-674-5003.</p>
<p><b>General support group (Mandarin)</b> Open to anyone in B.C. who speaks Mandarin and is currently caring for a person living with dementia.</p>	<p>For more information, call the Chinese First Link® Dementia Helpline at 1-833-674-5007.</p>
<p><b>General support group (Cantonese)</b> Open to anyone in B.C. who speaks Cantonese and is currently caring for a person living with dementia.</p>	<p>For more information, call the Chinese First Link® Dementia Helpline at 1-833-674-5007.</p>

## Virtual specialized support groups

<p><b>Adult children support group</b> Open to caregivers anywhere in B.C. who are caring for a parent living with dementia.</p>	<p>For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.</p>
<p><b>Young onset support group</b> Open to caregivers anywhere in B.C. who are caring for a person living with dementia who was diagnosed before the age of 65.</p>	<p>For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.</p>

Support group	Date
<p><b>Long-term care support group</b> Open to caregivers anywhere in B.C. who are caring for a person living with dementia in a long-term care home.</p>	<p>3rd Tuesday of the month, 10 to 11:30 a.m. 3rd Tuesday of the month, 7 to 8:30 p.m. 3rd Wednesday of the month, 7 to 8:30 p.m.</p>
<p><b>2SLGBTQIA+ support group</b> Open to 2SLGBTQIA+ caregivers or caregivers of a person living with dementia who identifies as 2SLGBTQIA+ anywhere in B.C.</p>	<p>1st Wednesday of the month, 7 to 8:30 p.m.</p>
<p><b>Early-stage support group</b> Open to people living with early symptoms of dementia to discuss the impact of the disease, share stories, experiences and learn from one another about how to live well with dementia.</p>	<p>For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.</p>
<p><b>Lewy body dementia support group</b> Open to caregivers anywhere in B.C. who are caring for a person living with Lewy body dementia.</p>	<p>For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.</p>
<p><b>BvFTD support group</b> Open to caregivers anywhere in B.C. who are caring for someone with behavioural variant frontotemporal dementia.</p>	<p>For more information, please call the First Link® Dementia Helpline at 1-800-936-6033.</p>

**Register by calling the First Link® Dementia Helpline at 1-800-936-6033 (English), 1-833-674-5007 (Cantonese or Mandarin) or 1-833-674-5003 (Punjabi or Hindi)**