

***“Working together to link individuals and families affected by Alzheimer’s disease or a related dementia to a community of learning, services and support.”***

### ***Visit the Alzheimer Society of B.C. at a Resource Centre Near You!***



The Alzheimer Society of B.C.’s Resource Centres help those concerned with or facing dementia build the knowledge, skills, and confidence to maintain quality of life while living with the disease.

Our 19 Resource Centres located throughout the province offer information, education, and support. Visit a resource centre in your community to: talk directly with a knowledgeable team member, access reliable information, make an appointment for individual support or learn about other services available in the community.

See the last page of this bulletin for a list of Resource Centres across the province. You can also visit us online at [www.alzheimerbc.org](http://www.alzheimerbc.org) under *In My Community*.

For province-wide information and support, call the Dementia Helpline at 1-800-936-6033 or 604-681-8651 (Lower Mainland).  
Hours: Tuesday to Friday, 10 a.m. to 4 p.m.

For more information on First Link®, referral forms, or feedback, e-mail [epriidham@alzheimerbc.org](mailto:epriidham@alzheimerbc.org) or call 250-382-2033.

*First Link® is a partnership between the Seniors at Risk Integrated Health Network and the Alzheimer Society of B.C., and is funded through the Vancouver Island Health Authority, Continuing Care Services and the B.C. Ministry of Health Services*

## Calendar of Upcoming Programs

### Minds in Motion™

A fitness and social program designed for people diagnosed with Alzheimer's disease or a related dementia and a friend, family member or care partner. The program includes 45 minutes of gentle exercise, led by a certified fitness instructor. After that, enjoy social time in a relaxed atmosphere with a game of pool, ping pong and other activities, or just conversation and light refreshments. New participants are welcome any week, if space is available. Minds in Motion™ programs are offered by the Alzheimer Society of B.C.

Date	Program Description	Registration	Location
<b>Wed. Feb. 29</b> 1:30 – 3 p.m. <i>weekly to Apr. 4</i>	<b>Minds in Motion™ - Esquimalt</b>	Register at 250-412-8500 or drop by the Esquimalt Recreation Centre. \$39 per couple for 6 weeks, prorated	Esquimalt Recreation Centre, 527 Fraser St., <b>Esquimalt</b>
<b>Mon. Mar. 5</b> 10 – 11:30 a.m. <i>weekly to Apr. 30 except Apr. 9</i>	<b>Minds in Motion™ – Gordon Head</b>	Register at 250-475-7100 or drop by the Gordon Head Recreation Centre. \$40 per couple for 8 weeks, prorated	Gordon Head Recreation Centre, 4100 Lambrick Way, off Feltham Rd. <b>Gordon Head (Saanich)</b>
<b>Mon. Mar. 5</b> 1:30 – 3 p.m. <i>weekly to Apr. 23</i>	<b>Minds in Motion™ – Monterey</b>	Register at 250-370-7300, or drop by the Monterey Centre. \$49 per couple for 8 weeks, prorated	Monterey Centre, 1442 Monterey Ave. <b>Oak Bay</b>
<b>Tue. Mar. 6</b> 1:30 – 3 p.m. <i>weekly to May 1</i>	<b>Minds in Motion™ – Pearkes</b>	Register at 250-475-5400 or drop by Pearkes Rec Centre. \$45 per couple for 9 weeks, prorated. More info: <a href="http://www.saanich.ca/parkrec/community/seniors.html#Programs">http://www.saanich.ca/parkrec/community/seniors.html#Programs</a>	Pearkes Recreation Centre, 3100 Tillicum Rd., <b>Saanich</b> (Behind Tillicum Mall)
<b>Tue. Mar. 6</b> 1:30 – 3 p.m. <i>weekly to Apr. 24</i>	<b>Minds in Motion™ – Monterey</b>	Register at 250-370-7300, or drop by the Monterey Centre. \$49 per couple for 8 weeks, prorated	Monterey Centre, 1442 Monterey Ave. <b>Oak Bay</b>
<b>Wed. Mar. 7</b> 11:30 – 1 p.m. <i>weekly to Apr. 18</i>	<b>Minds in Motion™ – Commonwealth Place</b>	Register at 250-475-7600 or drop by Saanich Commonwealth Place \$40 per couple for 8 weeks, prorated	Saanich Commonwealth Place, 4636 Elk Lake Drive, <b>Saanich</b>
<b>Thu. Mar. 29</b> 1:30 – 3 p.m. <i>weekly to May 31 except Apr. 26 &amp; May 24</i>	<b>Minds in Motion™ – SHOAL</b>	Contact SHOAL Centre for information and to register: 250-656-5537. \$50.40 per couple for 8 weeks ( includes HST).	SHOAL Centre, 10030 Resthaven Drive, <b>Sidney</b>

Date	Program	Registration	Location
<p><b>Saturdays</b>  <b>Mar. 3 –</b>  <b>Mar. 31</b></p> <p>10 – 12:30 p.m.</p>	<p><b>Family Caregivers Series</b>  <i>A five-session series for family members who are caring for a person with dementia.</i> The series (Course #35338) covers the following topics:</p> <p>Sat. Mar. 3 – Understanding Dementia (#35341)  Sat. Mar. 10 – Understanding Communication (#35342)  Sat. Mar. 17 – Understanding Behaviour (#35343)  Sat. Mar. 24 – Planning for the Future (#35344)  Sat. Mar. 31 – Self-Care for Caregivers (#35345)</p>	<p>Admission: \$2 per workshop or \$10 for the series.</p> <p>For information and to register, please call 250-412-8500</p> <p><i>Participants can register for individual sessions but are encouraged to register for all five because each session builds knowledge for the next.</i></p>	<p>Esquimalt Recreation Centre  527 Fraser Street,  <b>Esquimalt</b></p>
<p><b>Mon. Mar. 5</b></p> <p>1:30 – 3:30 p.m.</p>	<p><b>Heads Up: An Introduction to Brain Health</b>  <i>For the general public, people with early symptoms of dementia and care partners.</i> Healthy aging is important for everyone, and it is essential not to forget the health of your brain as well! This workshop encourages participants to actively engage in protecting and maintaining their brain. Learn strategies and set goals for improving the health of your mind, body and spirit. Anyone interested in brain health is welcome to attend.</p>	<p>Free.</p> <p>For information and to register, please call 250-370-5641 or email:  <a href="mailto:WellnessCentreRegistration@viha.ca">WellnessCentreRegistration@viha.ca</a></p>	<p>Hillside Seniors Health Centre,  1454 Hillside Avenue,  <b>Victoria</b></p>
<p><b>Tue. Mar. 6</b></p> <p>1:30 – 3:30 p.m.</p>	<p><b>Heads Up: An Introduction to Brain Health</b>  <i>See March 5 for program description</i></p>	<p>Donations gratefully appreciated.</p> <p>For information and to register, please call 250-382-2052 or email <a href="mailto:chillary@alzheimerbc.org">chillary@alzheimerbc.org</a></p>	<p>Holy Trinity Anglican Church  1962 Murray Road, <b>Sooke</b></p>
<p><b>Wednesdays</b>  <b>Mar. 7 –</b>  <b>Apr. 11</b></p> <p>10 – noon</p>	<p><b>Shaping the Journey-living with dementia™</b> <i>for people experiencing the early symptoms of dementia, as well as a care-partner, family member, or friend</i> who want to explore the journey ahead in a positive and supportive environment. Topics:</p> <p>Wed. Mar. 7 – The Brain and Dementia  Wed. Mar. 14 – Hearing the Diagnosis  Wed. Mar. 21 – Maintaining Your General Health  Wed. Mar. 28 – Life After Diagnosis  Wed. Apr. 04 – Planning Ahead  Wed. Apr. 11 – Maintaining Your Spirit</p>	<p>Free.</p> <p>For information and to register, call Emily Pridham, Alzheimer Society of BC, First Link Program, 250-382-2033  <a href="mailto:epridham@alzheimerbc.org">epridham@alzheimerbc.org</a></p>	<p>James Bay Community Project, 547 Michigan St.,  <b>Victoria</b></p>
<p><b>Sat. Mar. 10</b></p> <p>1:30 – 3:30 p.m.</p>	<p><b>Video screening: “Grief, Loss, and Dementia”</b>  <i>For family caregivers, friends, volunteers and health care professionals.</i> This new educational video is an honest, poignant conversation with the spouses and children of people with dementia.</p>	<p>Free.</p> <p>For information and to register, please call 250-370-5641 or email:  <a href="mailto:WellnessCentreRegistration@viha.ca">WellnessCentreRegistration@viha.ca</a></p>	<p>Hillside Seniors Health Centre,  1454 Hillside Avenue,  <b>Victoria</b></p>

Date	Program	Registration	Location
<b>Tue. Mar. 13</b> 1:30 – 3:30 p.m.	<b>Understanding and Living with Dementia</b> <i>For people with a diagnosis of dementia, care partners, and family members.</i> Participants will receive basic information on dementia and the impact it has on the individual, their care partners, and their support network. You will have an opportunity to learn about the diagnosis, different programs and services available in the community, the importance of planning for the future, and strategies for living well.	Donations gratefully appreciated. For information and to register, please call 250-382-2052 or email <a href="mailto:chillary@alzheimerbc.org">chillary@alzheimerbc.org</a>	Holy Trinity Anglican Church 1962 Murray Road, <b>Sooke</b>
<b>Thu. Mar. 15</b> 1:30 – 4:30 p.m.	<b>Accessing Services in the Community</b> <i>For family caregivers who are currently supporting a person with dementia who is living at home.</i> The session will review strategies for accessing support from a variety of sources in your community – from getting help from family and friends, to navigating the formal health care system. It will also consider some of the challenges that can arise when making the decision to access services and support, and offers strategies for working with service providers and acting as an advocate.	Free. For information and to register, please call 250-370-5641 or email: <a href="mailto:WellnessCentreRegistration@viha.ca">WellnessCentreRegistration@viha.ca</a>	Hillside Seniors Health Centre, 1454 Hillside Avenue, <b>Victoria</b>
<b>Tue. Mar. 20</b> 1:30 – 3:30 p.m.	<b>Understanding Dementia</b> <i>For family caregivers, friends, neighbours, volunteers and health care professionals.</i> Participants will receive basic information on dementia and the impact it has on the individual, caregivers, families and the community, as well as an overview of the progression of Alzheimer's. Caregivers will learn what to expect throughout the journey with dementia and learn approaches for meeting the challenges associated with the disease.	Donations gratefully appreciated. For information and to register, please call 250-382-2052 or email <a href="mailto:chillary@alzheimerbc.org">chillary@alzheimerbc.org</a>	Holy Trinity Anglican Church 1962 Murray Road, <b>Sooke</b>
<b>Thu. Mar. 22</b> 1:30 – 4:30 p.m.	<b>Transition to Residential Care</b> <i>For family caregivers who are considering residential care options for a person with dementia.</i> General information will be provided on how to access residential care in the community, as well as a review of some important considerations when choosing a facility. The session will also explore the challenges families face when making decisions about residential care, and review some strategies for preparing for the transition.	Free. For information and to register, please call 250-370-5641 or email: <a href="mailto:WellnessCentreRegistration@viha.ca">WellnessCentreRegistration@viha.ca</a>	Hillside Seniors Health Centre, 1454 Hillside Avenue, <b>Victoria</b>

Date	Program	Registration	Location
<p><b>Tue. Mar. 27</b> 1:30 – 3:30 p.m.</p> <p><i>Presented again on: May 3 (Metchosin) May 9 (Esquimalt)</i></p>	<p><b>Ways to Help: Supporting people with dementia and their family members</b> <i>For family caregivers, friends, neighbours, volunteers and health care professionals.</i> This workshop includes information on Alzheimer's disease, dementia, communicating with a person who has dementia, and understanding behaviour. There will be discussions on visiting activities and ways of providing assistance to family caregivers.</p>	<p>Donations gratefully appreciated.</p> <p>For information and to register, please call 250- 382-2052 or email <a href="mailto:chillary@alzheimerbc.org">chillary@alzheimerbc.org</a></p>	<p>Holy Trinity Anglican Church 1962 Murray Road, <b>Sooke</b></p>
<p><b>Thu. Mar. 29</b> 1:30 – 4:30 p.m.</p>	<p><b>Living in Residential Care</b> <i>For family caregivers.</i> This session focuses on the process of adjustment after a person with dementia has moved into a residential care facility. Learn about the changes to your role as a caregiver that this transition can bring, and how to enhance your visits. The session will also review strategies for working effectively with a care team and offers tips for acting as an advocate within a residential care setting.</p>	<p>Free.</p> <p>For information and to register, please call 250- 370-5641 or email: <a href="mailto:WellnessCentreRegistration@viha.ca">WellnessCentreRegistration@viha.ca</a></p>	<p>Hillside Seniors Health Centre, 1454 Hillside Avenue, <b>Victoria</b></p>
<p><b>Thu. Mar.29</b> 7 p.m.</p>	<p><b>Personal Planning</b> <i>For family caregivers and people at the early stage of Alzheimer's disease.</i> Starting to plan for the future as early as possible ensures that the person with dementia can play a role in making important health care and financial decisions will learn the importance of early planning, review the different kinds of planning that need to be considered, and look at strategies for ensuring that the person's wishes are honoured now and in the future. <i>Guest Speakers: Barbara Lindsay &amp; Emily Clough</i></p>	<p><i>No registration necessary</i></p> <p><b>How to Connect:</b> <b>Phone:</b>1-866-994-7745 Participant pass code: 1122333</p> <p><b>Online :</b> Enter as a guest <a href="http://momentum.adobeconnect.com/alzheimerbc">http://momentum.adobeconnect.com/alzheimerbc</a></p>	<p><b>Tele-workshop</b></p> <p>Available across B.C.</p>
<p><b>Thursdays</b> <b>Apr. 5 – May 3</b> 9:30 – noon</p>	<p><b>Family Caregivers Series</b> <i>A five-session series for family members who are caring for a person with dementia.</i> Learn about dementia, practical coping strategies, and early planning. The series covers the following topics: Thu. Apr. 5 – Understanding Dementia Thu. Apr. 12 – Understanding Communication Thu. Apr. 19 – Understanding Behaviour Thu. Apr. 26 – Planning for the Future Thu. May 3 – Self-Care for Caregivers</p>	<p>Free. <i>Please pre-register as space is limited.</i> Call to register 250-370-5641 or email: <a href="mailto:WellnessCentreRegistration@viha.ca">WellnessCentreRegistration@viha.ca</a> <i>Participants can register for individual sessions but are encouraged to register for all five.</i></p>	<p>Hillside Seniors Health Centre, 1454 Hillside Avenue, <b>Victoria</b></p>

Date	Program	Registration	Location
<b>Thu. Apr. 5</b> 10 – noon	<b>Heads Up: An Introduction to Brain Health</b> <i>See program description on page 3</i>  <i>*Please pre-register as space is limited*</i>	Free. Call to register: 250-382-2052 Email: <a href="mailto:chillary@alzheimerbc.org">chillary@alzheimerbc.org</a>	Metchosin Community House, 4430 Happy Valley Road, <b>Metchosin</b>
<b>Wed Apr. 11</b> 9 – 11 a.m.	<b>Heads Up: An Introduction to Brain Health</b> <i>See program description on page 3</i>	\$2/person/session Course #37002 For information and to register please call 250-412-8500	Esquimalt Recreation Centre 527 Fraser Street, <b>Esquimalt</b>
<b>Thu. Apr. 12</b> 10 – noon	<b>Understanding and Living with Dementia -</b> <i>See program description on page 4</i>  <i>*Please pre-register as space is limited*</i>	Free. Call to register: 250-382-2052 Email: <a href="mailto:chillary@alzheimerbc.org">chillary@alzheimerbc.org</a>	Metchosin Community House, 4430 Happy Valley Road, <b>Metchosin</b>
<b>Wed. Apr. 18</b> 9 – 11 a.m.	<b>Understanding and Living with Dementia -</b> <i>See program description on page 4</i>	\$2/person/session Course #37003 For information and to register please call 250-412-8500	Esquimalt Recreation Centre 527 Fraser Street, <b>Esquimalt</b>
<b>Thu. Apr. 19</b> 10 – noon	<b>Understanding Dementia</b> <i>See program description on page 4</i>  <i>*Please pre-register as space is limited*</i>	Free. Call to register: 250-382-2052 Email: <a href="mailto:chillary@alzheimerbc.org">chillary@alzheimerbc.org</a>	Metchosin Community House, 4430 Happy Valley Road, <b>Metchosin</b>
<b>Wed. Apr. 25</b> 9 – 11 a.m.	<b>Understanding Dementia</b> <i>See program description on page 4</i>	\$2/person/session Course #37004 For information and to register please call 250-412-8500	Esquimalt Recreation Centre 527 Fraser Street, <b>Esquimalt</b>
<b>Thu. Apr. 26</b> 7 p.m.	<b>Understanding Communication</b> Communication allows us to express our thoughts, beliefs and wishes, and plays an important role in shaping our relationships with others. As a caregiver, you may find it increasingly difficult to communicate and connect with the person with dementia. This workshop for family caregivers explores how communication is affected by dementia and offers insights about effective communication strategies and ways of providing care that focus on the needs of the person.	<i>No registration necessary</i> <b>How to Connect:</b>  <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">http://momentum.adobeconnect.com/alzheimerbc</a>	<b>Tele-workshop</b>  Available across B.C.

## Resource Centres

Lower Mainland		
<b>Abbotsford/Mission</b> 604-859-3889	<b>Chilliwack/Hope</b> 604-702-4603	<b>Chinese Resource Centres:</b> Vancouver: 604-687-8299 Richmond: 604-279-7120
<b>Langley</b> 604-533-5277	<b>North Fraser</b> <i>(Serves Burnaby, New Westminster, Tri-Cities, Maple Ridge, Pitt Meadows)</i> 604-298-0780 or 604-298-0782 First Link®: 604-298-0711	<b>North Shore &amp; Sunshine Coast</b> 604-984-8348 or 1-866-984-8348
<b>North Surrey</b> 778-571-2390	<b>White Rock/Surrey Central/ N.Delta</b> 604-541-0606	<b>Richmond/South Delta</b> 604-238-7390 First Link®: 604-238-7393
<b>Vancouver</b> 604-742-4927		
Vancouver Island		
<b>Greater Victoria</b> 250-382-2052 First Link®: 250-382-2033	<b>North &amp; Central Vancouver Island</b> 250-734-4170 or 1-800-462-2833 First Link®: 250-734-4171 or 1-888-734-4171	
Interior & Northern Regions		
<b>Kamloops &amp; Central Interior</b> 250-377-8200 or 1-800-886-6946	<b>Northern Interior &amp; Skeena</b> 250-564-7533 or 1-866-564-7533 First Link®: 250-645-2200 or 1-888-645-2288	<b>Dawson Creek &amp; Peace River</b> Tel: 250-782-1439 or 1-866-782-1439
Okanagan		
<b>North &amp; Central Okanagan</b> 250-860-0305 or 1-800-634-3399 First Link®: 250-860-0750 or 1-888-760-0750	<b>South Okanagan &amp; Similkameen</b> 250-493-8182 or 1-888-318-1122	
Kootenays		
<b>West Kootenay</b> 250-352-6788 or 1-877-452-6788	<b>East Kootenay</b> 1-800-936-6033	
Other Contact Information		
<b>Provincial Office (Vancouver)</b> Tel: 604-681-6530 Toll-free outside of the Lower mainland: 1-800-667-3742	<b>The Dementia Helpline</b> Lower mainland: 604-681-8651 Toll-free: 1-800-936-6033 Hours: Tues – Fri (10 a.m. to 4 p.m.)	<b>Website</b> <a href="http://www.alzheimerbc.org">www.alzheimerbc.org</a>