



WINTER ISSUE 2

## Resources from February 25<sup>th</sup> Virtual Public Presentation Session

Dear Attendees of Dialogue on Aging's Virtual Public Presentation Series,

Thank you for joining us for our virtual presentation on February 25<sup>th</sup>, 2021.

This newsletter issue has the Q&A, links and files containing valuable resources that were shared during the February 25<sup>th</sup> session.

Here is the recorded version of our February 25<sup>th</sup> Webinar:

<https://youtu.be/RG6r4oLxmXI>

Stay safe,

The Dialogue on Aging Team



<http://publicpresentations.providencehealthcare.org/>



@DialogueonA

# Resources



## **Alzheimer Society of B.C. Research Links and Resources:**

### **Learn more about dementia-friendly communities:**

Explore our website: <https://alzheimer.ca/bc/en/take-action/dementia-friendly-communities/learn-about-dementia-friendly-communities>

Learn more about dementia-friendly municipalities: <https://alzheimer.ca/bc/en/take-action/dementia-friendly-communities/dementia-friendly-municipalities>

Workplace guides for becoming dementia-friendly: <https://alzheimer.ca/bc/en/take-action/dementia-friendly-communities/dementia-friendly-businesses>

Webinars on dementia-friendly communities: <https://alzheimer.ca/bc/en/help-support/programs-services/webinars/recorded-videos>

### **Find support and information about dementia:**

Call our First Link Dementia Helpline for information and support (toll-free):

- **English:** 1-800-936-6033 (Monday to Friday, 9 a.m. to 8 p.m.)
- **Cantonese and Mandarin:** 1-833-674-5007 (Monday to Friday, 9 a.m. to 4 p.m.)
- **Punjabi:** 1-833-674-5003 (Monday to Friday, 9 a.m. to 4 p.m.)

For COVID-19 information, including tips for visiting someone in long-term care, visit the information section on our website: <https://alzheimer.ca/en/bc/Living-with-dementia/covid-19-and-dementia>

# Resources

## 1. Definition of Alzheimer's disease vs Dementia:

The term “dementia” doesn't actually refer to one, specific disease. Rather, it's an overall term for a set of symptoms that are caused by disorders affecting the brain. Alzheimer's disease is one cause of dementia, among several others such as vascular dementia and dementia with Lewy bodies.

Here are some pages on our website to read further:

- [What is dementia?](#)
- [The difference between Alzheimer's disease and other dementias.](#)

## 2. What are the latest discoveries in finding a cure for dementia?

While there is currently no cure for dementia, valuable research on the cause of dementia, treatments, quality of life and risk reduction is taking place worldwide. There's a strong body of research around risk reduction for dementia. In the Lancet commission's 2020 report, [Dementia prevention, intervention and care](#), they identify 12 modifiable risk factors which are estimated to account for 40% of dementias worldwide. You can hear more on this in [Dr. Lynn Beatie's talk](#) from the Fall 2020 session.

Here are some resources to learn more:

- Our annual newsletter, A Focus on Research, will be released this month and will share the latest research updates. Follow us on [Twitter](#) or [Facebook](#) to keep in the loop!
- Alzheimer Society of B.C. webpage: Risk factors for dementia.
- Sign up for the Fischer Center for Alzheimer's Research Foundation newsletter.
- Learn more about deciphering research headlines in our latest research webinar.

# Resources

### **3. Where can we go to learn more about specific steps we can apply in the community to make our communities more Age-Friendly? Does WHO or someone else have a list of ideas?**

Here are a collection of resources on dementia-friendly and age-friendly communities where you can learn more:

- To learn about how the Society works with municipalities to become more dementia-friendly:
  - [Dementia-friendly communities](#) webpage.
  - [Steps to becoming a dementia-friendly municipality](#) webpage.
- Tune in to our webinar [Wednesday, March 31 to learn about the Dementia-Friendly Canada project](#).
- Alzheimer Disease international: [Dementia-friendly communities webpage](#).
- To learn more about Age-friendly communities: The WHO's guide [Global-age friendly cities](#).

**To request Myrna Norman's book, please contact**

**E-mail - [myrna.norman@shaw.ca](mailto:myrna.norman@shaw.ca)**

**Phone - 604-477-9628.**

# Resources

## **Resources from Q&A with Dr. Kathy Pichora-Fuller**

### **1. Regarding music, are you talking specifically about MAKING music (i.e. playing instruments), or does LISTENING to music have any of these benefits?**

MAKING music (singing or playing instruments) has been studied and shown to have benefits. Musicians tend to have better auditory and better cognitive skills than non-musicians. As musicians age, they tend not to decline as fast in auditory and cognitive skills compared to non-musicians. The coordination of sensory (hearing, seeing) and motor (singing or playing) 'exercise' helps to keep the brain healthy. In addition, making music can have positive emotional effects and making music with others can have positive social effects. This is not to say that there is no benefit to listening on your own, but it is the active engagement in music or talking that provides the best 'exercise' for the brain.

### **2. For people with Type 1 Diabetes, their sensory hearing is enhanced. Can you comment on that in relation to aging?**

The rate of hearing loss is higher in people with both Type 1 and Type 2 diabetes. Although the exact reasons are not known, it is likely that same type of vascular (blood vessel) and nerve damage that can happen to other areas of the body with diabetes also affects the ear and the auditory nerves.

**A possible website for further information:** <https://www.healthyhearing.com/report/52910-Diabetes-and-hearing-loss>

# Resources

### **3. The graphs shown early in the talk all showed a rise in the incidence of hearing loss, then a drop. I'm wondering why the drop.**

The solid lines show that the PERCENTAGE of people with sensory loss keeps increasing as age increases. The dotted lines show the NUMBER of people with sensory loss – the number does drop at the highest ages because there are more people at ages where there are many baby boomers but there are fewer people at older ages (people born before the baby boom). So, the rate of hearing loss keeps going up, but the number of people in the population changes across ages depending on if people were born before, during or after the baby boom. In the future, the number of Canadians with sensory loss will increase very rapidly because the large number of baby boomers will reach the ages where the percentage of people hearing loss is highest.

Thank you for attending our webinar as part of Dialogue On Aging's Virtual Public Presentation Series. We greatly appreciate having you join us for the February 2021 Virtual Series.

We hope to see you in April!

Best,

The Dialogue On Aging Team



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