



ISSUE 2

Dear Public Presentation Series Participants,

**~The Dialogue on Aging Public Presentation Series is moving  
online soon ~**

We are excited to announce that we are launching a virtual public presentation series. We are delighted that the Alzheimer Society of British Columbia is partnering with us. Thank you to everyone who took time to complete the survey. We will be announcing more details of the series that incorporate your feedback. We are currently working with faculty, and the exhibitors who had planned to be with us on March 27th. We will be in touch to share more information about the dates and times for the first session later this month.

**“Virtual Tea”** – For those of you who would like to test your computer prior to the Public Presentation, take a guided tour of the virtual presentation space and e-meet others who are new to connecting virtually, please sign up here:  
<https://register.gotowebinar.com/rt/4735481538823204876>.

The session will be offered twice (Wednesday, May 13th at 3p.m. or Thursday, May 21st at 7p.m.) The virtual event is accessible through an internet link using a computer or smart phone.

In the meantime, and based on the survey responses to date, we are sharing additional resources with you.

**Almost 45% of you reported that staying positive and maintaining mental health has been a concern for you in the face of COVID 19. Maintaining social connections and hobbies was also identified.**

## ***May 4-9 is Mental Health Week in Canada***

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The Canadian Mental Association's Mental Health Week webpage, <https://mentalhealthweek.ca/yourmentalhealth/> provides a variety of articles to support Canadians in communicating about their mental health. The website also offers suggestions for feeling connected with others during the Pandemic. This article titled '*Your Social Distancing Survival Guide*' offers some advice:

<https://mentalhealthweek.ca/your-social-distancing-survival-guide/>

**Anxiety Canada** (<https://www.anxietycanada.com/>).

This website provides a variety of resources to help manage anxiety. A special section has been created to provide COVID-19 resources. The organization also offers the MindShift™ CBT app that uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

**Bounce Back BC** (<https://bouncebackbc.ca/>).

BounceBack® is a free skill-building program designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness. You can sign yourself up online if you are connected to a family doctor, nurse practitioner or psychiatrist.

**There are a variety of free or modest cost virtual activities available to help during this time when we are continuing to social distance.** Many of your favorite organizations may have begun to offer online programming and activities.

*Here are a few examples:*

**Arts Club Theatre** launched ‘*Live From Home*’ on May 1st.

(<https://www.facebook.com/theArtsClub/>) The offerings include hands-on workshops taught by our knowledgeable instructors and uplifting videos created by the talented artists behind our Live from Home series. You can view the content with friends and discuss together afterwards. The best way to keep in touch with the program is by ‘liking’ their Facebook or YouTube Pages. They are also offering workshops by Zoom.

**Delta Parks and Recreation**

<http://www.delta.ca/parks-recreation/sport-recreation/featured-programs-promotions/virtual-recreation>. Delta Recreation is offering activities including some specifically for those aged 50 years and older.

**North Vancouver Library**

<https://nvdpl.ca/nvdpl-home>. North Vancouver Public Library has reached out to share their North Vancouver Public Library from Home service. There are a few new apps and content available and details of virtual programming is available from <https://www.facebook.com/nvdpl>.

**ParkGate Community Center**

<https://www.myparkgate.com/seniors/seniors-connect/>. ParkGate Community Center has a \$5 per year membership fee and now offers ParkGate Connect, a virtual seniors lounge for members and Zoom activities for seniors.

## City of Port Moody

The City of Port Moody offers a variety of online classes and exercise videos: <https://www.portmoody.ca/en/recreation-parks-and-environment/virtual-recreation-videos.aspx>.

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## From our Faculty

Dr. Elizabeth Drance, one of our popular Public Presentation Series Faculty Members has narrated a lovely three minute 'Breathing Space':

<https://www.dropbox.com/s/p23exysi48v33dc/Three%20Minute%20Breathing%20Space.mp3?dl=0>

In case you would like to share or refer to resources from the first issue, they will be available on the website in the near future.

We hope you are staying well and staying connected!

Best,

The Dialogue on Aging Team

For the Geriatric Services Conference and Public Presentation Series



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



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