



WINTER ISSUE 1

Resources from January 26th Virtual Winter Public Presentation Session

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

Thank you for joining us for our first winter virtual presentation on January 26th, 2021.

This newsletter issue has the links and files containing valuable resources that were shared during the January 26th session.

Here is the recorded version of our January 26th Webinar:

<https://youtu.be/q2mVP1cz7ZY>

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

Resources from Supporting Seniors Well Being by Dr. Penny MacCourt

1. Age Friendly Communities in BC- a template for system approach to increase social inclusion

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorsbc/seniors-related-initiatives/age-friendly-bc/age-friendly-communities>

2. Repository of reports/programs from national social isolation projects

<https://seniorsocialisolation.ca/>

3. Canadian Centre for Policy Alternatives

<https://www.policyalternatives.ca/>

Following address care and profit in LTC

<https://www.seniorsadvocatebc.ca/app/uploads/sites/4/2020/02/ABillionReasonsToCare.pdf>

<https://www.policyalternatives.ca/sites/default/files/uploads/publications/National%20Office/2018/05/Negotiating%20Tensions.pdf>

<https://www.policyalternatives.ca/newsroom/news-releases/re-imagining-long-term-residential-care-canada>

<https://www.routledge.com/The-Privatization-of-Care-The-Case-of-Nursing-Homes/Armstrong-Armstrong/p/book/9781138346024>

4. Goboomerang- workshops/ courses online

<https://www.goboomerang.com/>

Resources

Resources from Q&A with Dr. Drance

Relaxation effect of prolonged expiratory breathing 2018 -
Komori, T. (2018), “The relaxation effect of prolonged expiratory breathing”, *Mental Illness*,
Vol. 10 No. 1, pp. 6-7.

<https://doi.org/10.1108/mi.2018.7669>

Mindfulness and meditation: treating cognitive impairment and reducing stress in
dementia -

Russell-Williams, J., Jaroudi, W., Perich, T., Hoscheidt, S., El Haj, M. & Moustafa, A.
(2018). Mindfulness and meditation: treating cognitive impairment and reducing stress in
dementia. *Reviews in the Neurosciences*, 29(7), 791-804.

<https://doi.org/10.1515/revneuro-2017-0066>

Thank you for attending our webinar as part of Dialogue On Aging’s Winter Virtual Public
Presentation Series. We greatly appreciate having you join us on this journey for the
January 2021 Winter Virtual Series.

We hope to see you in February!

Best,

The Dialogue On Aging Team



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PUBLIC PRESENTATION SERIES