



ISSUE 4

Resources from June 11 Virtual Public Presentation Series

Session 2

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

Thank you for joining us for our second presentation on June 11th!

This newsletter issue has the links and files containing valuable resources that were shared during the June 11th Session.

Here is the recorded version of our June 11th Webinar:

<https://youtu.be/SU67virfq78>

Stay safe,

The Dialogue on Aging Team



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



@DialogueonA

Resources

**ALZHEIMER SOCIETY OF
BRITISH COLUMBIA**

Alzheimer Society
BRITISH COLUMBIA

We are hosting weekly webinars on a range of topics. You can find more information here:

<https://alzheimer.ca/en/bc/We-can-help/Dementia-education/webinars>

and watch our previously recorded webinars here:

<https://alzheimer.ca/en/bc/We-can-help/Dementia-education/webinars/recorded-videos>

Our website has been updated with information on COVID-19 for people living with dementia, caregivers, and health-care providers. You can take a look here:

<https://alzheimer.ca/en/bc/Living-with-dementia/covid-19-and-dementia>

Our Spring 2020 editions of our newsletters, *Connections* and *Insight*, are out now. You can access *Connections* here:

<https://alzheimer.ca/en/bc/News-and-Events/Newsletters-and-updates/Connections>

and access *Insight* here:

<https://alzheimer.ca/en/bc/News-and-Events/Newsletters-and-updates/Insight>

If you have questions about Alzheimer's disease or other dementias, 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.)

Resources



**Family Caregivers
of British Columbia**

FAMILY CAREGIVERS OF BRITISH COLUMBIA

RESOURCES:

Caregiver Support Line:
(toll free) 1-877-520-3267

Browse our Website:

www.familycaregiversbc.ca

- Caregiver Coaching
- Caregiver Virtual Support Groups
- Live & Recorded Webinars
- Articles and Resources
- Newsletter

OUR MISSION

"To improve the quality of life for family caregivers through support, information, and education. We provide leadership to strengthen the voice of family caregivers and the significance of their role."



BC ASSOCIATION OF

Community Response Networks

Stopping Adult Abuse and Neglect ...Together.

BC ASSOCIATION OF COMMUNITY RESPONSE NETWORKS

CONTACT:

Sharon Johnson, CPA, CGA
Director of Administrative Services

*BC Association of Community Response
Networks (BC CRN)*

sharon.johnson@bccrns.ca
604-290-5110

OUR MISSION

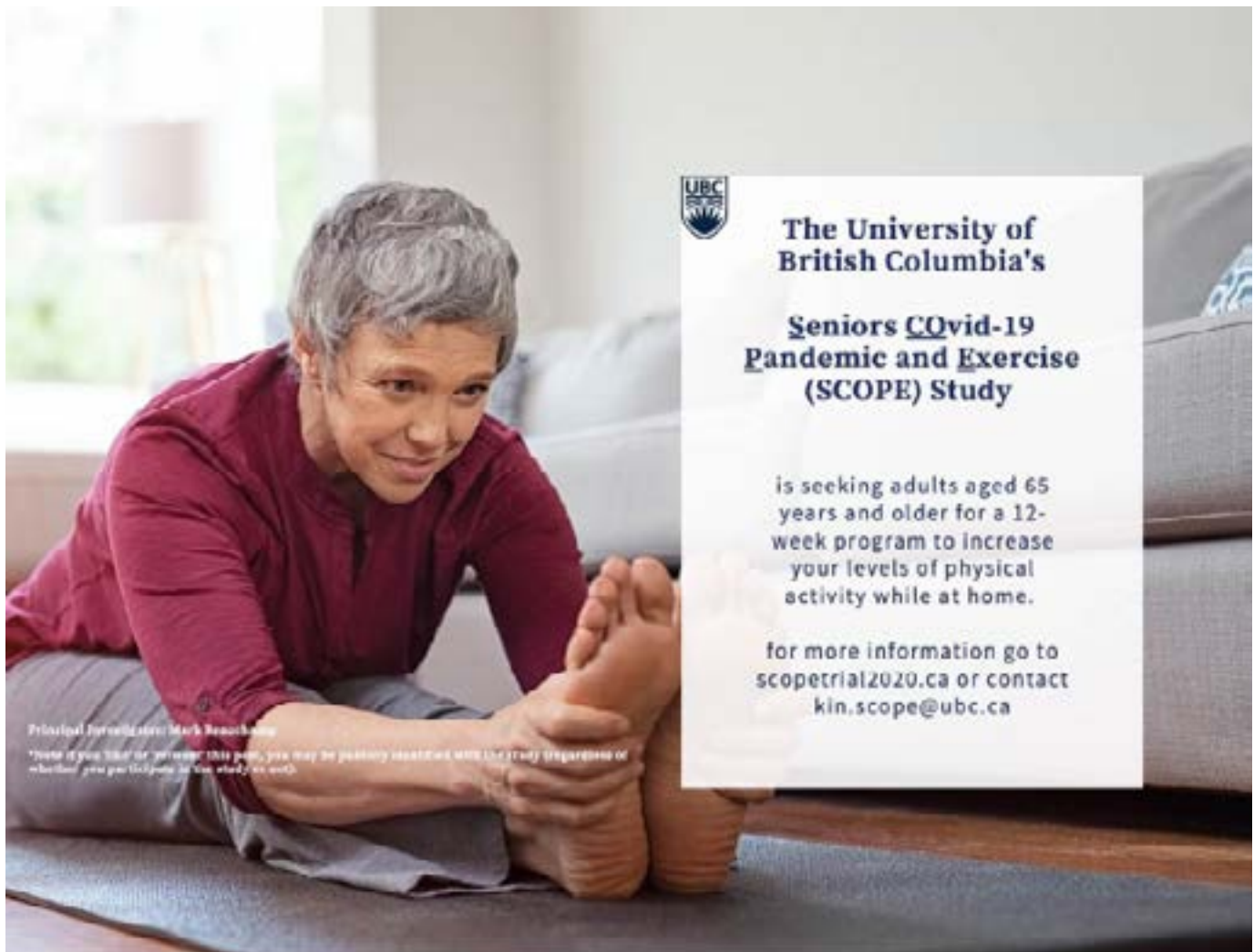
"To empower communities and individuals through coordination, collaboration, and relationship building to stop adult abuse and neglect."

Click the images above to be redirected to the corresponding sponsors website

Resources From Dr. Eli Puterman

If you're looking for opportunities to MOVE YOUR BODIES while you're staying at home and physically distancing, here are two studies from faculty in the School of Kinesiology at the University of British Columbia that are recruiting 18-64 year olds (COPE Trial) and 65+ (SCOPE Trial) seeking to help you move more at home.

SCOPE TRIAL:



The University of British Columbia's

Seniors COVID-19 Pandemic and Exercise (SCOPE) Study

is seeking adults aged 65 years and older for a 12-week program to increase your levels of physical activity while at home.

for more information go to scopetrial2020.ca or contact kin.scope@ubc.ca

Principal Investigator: Mark Reinkensmeyer
*None of your data or personal information will be publicly available with the study regardless of whether you participate in the study or not.

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COPE TRIAL:

MOVE
YOUR
BODY

THE UNIVERSITY OF BRITISH COLUMBIA'S

COVID-19 PANDEMIC AND EXERCISE (COPE) TRIAL

is seeking 18-64 year old adults for a 6-week program to increase your levels of physical activity while at home.

WEBSITE: COPETRIAL.CA

EMAIL: KIN.COPETRIAL@UBC.CA

PRINCIPAL INVESTIGATOR: DR. ELI PUTERMAN

VERSION 1.2



How you want to be treated.

Healthy Eating for Healthy Aging

Tip #1: Emphasize specific nutrients

Keep these nutrients in mind when making your meals

Protein: meat, fish, dairy, eggs, lentils, beans, nuts and seeds

Calcium: dairy, fortified milk alternatives, canned fish (with bones), leafy green vegetables, broccoli, tofu, almonds

Vitamin D: milk, fortified milk alternatives, fatty fish, egg yolk, fortified margarine

Fibre: fruits, vegetables, whole grains, beans, lentils, nuts and seeds

Tip #2: Remember to hydrate

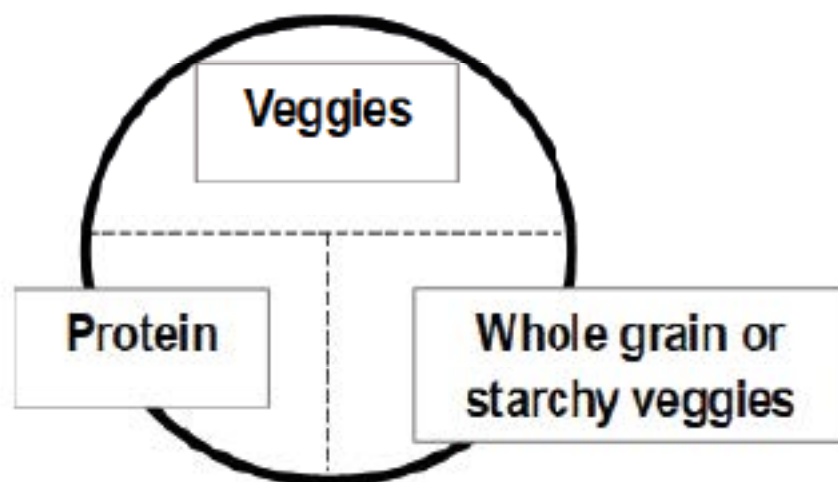
Drinking plenty of fluids helps to cushion joints, absorb water-soluble nutrients, and regulate blood pressure.

Sources: water, milk, herbal tea, soups, fruits, and vegetables.

How to tell if you're well hydrated: Aim for pale yellow coloured urine

Tip #3: Think about the plate model

Aim for half your plate to be vegetables and fruit, a quarter plate of protein, and a quarter plate of starch, such as whole grains or starchy vegetables



Canned Salmon Salad

Ingredients:

| | |
|-------------------------|----------------------------|
| 1 can (~7.5oz or 213 g) | Canned salmon |
| 1/4 cup (60 mL) | Greek yogurt, plain |
| 2 tsp (10 mL) | Dijon mustard |
| 1/4 tsp (1.25 mL) | Black pepper, ground |
| 1 Tbsp (15 mL) | Capers, drained |
| 1/4 cup (60 mL) | Green Onion, thinly sliced |

Directions:

- 1) Drain the canned salmon, then place it in a small bowl. Flake it with a fork.
- 2) Add the Greek yogurt, Dijon mustard, and black pepper. Mix thoroughly.
- 3) Add the capers and green onion to the mixture. Stir to combine.
- 4) You can serve the dish immediately, or store it covered in the fridge.

Dietitian Tips:

- Round out this snack by pairing it with your favourite whole grain crackers or bread
- Don't forget that glass of water!



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Personalization is key to the success of any nutrition program. Whatever your health goals are, we will work with you one-on-one to help you achieve your goals.

To learn more, book your free 15 min introductory chat at bookadietitian.ca

Or feel free to contact your nearest In-store Dietitian. Get to know us and discuss how we can support your unique nutrition needs.