



ISSUE 3

# Resources from May 28 Virtual Public Presentation Series

## Session 1

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

Thank you for joining us for our first presentation on May 28th!

This newsletter issue has the links and files containing valuable resources that were shared during the May 28th Session.

**Here is the recorded version of our May 28th Webinar:**

<https://youtu.be/D56idNW3Z50>

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



## UNITED WAY OF THE LOWER MAINLAND

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## ISLAND HEALTH

### DEMENTIA VIDEO SERIES

<https://www.islandhealth.ca/learn-about-health/seniors/dementia-video-series>



## UBC PHYSICAL THERAPY CLINIC

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



## **Workouts from UBC Physical Therapy Clinic**

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Below are the links to the three PDF documents containing the SAIL exercises demonstrated by UBC Physical Therapy Clinic exhibitor Helen Honig.

**\*We stress safety as the number one priority and implore participants to work within their comfort zones.\***

### **Level 1: Sitting - SAIL Home Activity Program**

<https://www.interiorhealth.ca/Forms/821142.pdf>

### **Level 2: Standing - SAIL Home Activity Program**

<https://www.interiorhealth.ca/Forms/821143.pdf>

### **Level 3: Moving - SAIL Home Activity Program**

<https://www.interiorhealth.ca/Forms/821144.pdf>