



ISSUE 5

Resources from June 25 Virtual Public Presentation Series

Session 3

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

Thank you for joining us for our third presentation on June 25th!

This newsletter issue has the links and files containing valuable resources that were shared during this past session.

We are excited to announce that we will be continuing this series in the Fall, thanks to the help of Vancouver Foundation and the Government of Canada's Emergency Community Support Fund!

Here is the recorded version of our June 25th Webinar:

<https://youtu.be/9uc7QusQ6do>

Stay safe,

The Dialogue on Aging Team



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



@DialogueonA

VOICES IN MOTION VIDEO



Resources



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.

Our Spring 2020 editions have information on the research linking exercise to brain health, and tips for exercise

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>

You can also subscribe so you are the first to receive the Summer 2020 editions of our newsletters in early July! *Connections* will feature information on stress and self-care for caregivers, while *Insight* features information on loneliness and related resources for people living with dementia.

Our *Brain Health* section of our website covers many of the lifestyle factors mentioned during the presentation: <https://alzheimer.ca/en/bc/About-dementia/Brain-health>

Research webinar on Cognitive engagement and delaying dementia onset with Nathan Lewis: <https://www.youtube.com/watch?v=uGkA-959oo8>



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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



CONNECT HEARING

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SOROPTIMIST INTERNATIONAL OF VANCOUVER

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(604) 506-7151

RESOURCES:

<https://soroptimistvancouver.org/Info/Brochure.pdf>



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10 QUESTIONS FOR OLDER ADULTS ADOPTING A NEW TECHNOLOGY

Will this device keep my information **private** and **protected**?



Will this device improve my **quality of life**?



How will this device impact my levels of **stress** and **anxiety**?



Will this device help support my **independence**?



Is using this device aligned with my **values**?



How much does this device **cost** to buy? To use?



Do I trust that this device is of **good quality**?



Am I confident I will be able to **use** this device **easily**?



Do I understand the possible **benefits** and **harms** of using this device?



Will this device also benefit my **spouse** or **care partner**?

