



FALL ISSUE 1

Resources from September 23rd Virtual Fall Public Presentation Session

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

Thank you for joining us for our first fall presentation on September 23rd!

This newsletter issue has the links and files containing valuable resources that were shared during the September 23rd session. We hope you join us for our next session on October 22nd at 1PM with Dr. Paul Blackburn.

Here is the recorded version of our September 23rd Webinar:

<https://youtu.be/Wtux6HAWbB4>

Stay safe,

The Dialogue on Aging Team



How you want to be treated.

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



@DialogueonA

Resources

ALZHEIMER SOCIETY OF
BRITISH COLUMBIA

Alzheimer Society
BRITISH COLUMBIA

Alzheimer Society of B.C. Research Links and Resources:

Learn more about research:

A Focus on Research 2020, our annual research newsletter: https://alzheimer.ca/sites/default/files/files/bc/alzbc%20research%20handout%202020_0.pdf

Subscribe to our quarterly newsletters *Insight* and *Connections*: <https://alzheimer.ca/en/bc/News-and-Events/Newsletters-and-updates>

Check out the research section of our website: <https://alzheimer.ca/en/bc/Research>

Email research@alzheimerbc.org if you have any questions or want to know more about a particular topic.

Find opportunities to participate in research:

Alzheimer Society Research Portal: <https://alzheimer.ca/en/Home/Research/Research-portal>

REACH BC platform: <https://www.reachbc.ca/>

Resources

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>

Preview for Session 2:

“The Fountain of Health: Practical Tools for Positive Mental Health”



Paul Blackburn, MD, FRCPC

Clinical Instructor, Department of Psychiatry
Faculty of Medicine, University of British Columbia
Older Adult Mental Health Team
Vancouver Coastal Health
Vancouver, British Columbia

How can we age well? Dr. Blackburn will discuss the science of ‘positive psychiatry’ and five key prescriptions for healthy aging. Then he’ll walk you through some practical tools from the Fountain of Health to help you bring the prescriptions into your life.

Register now at: <https://attendeegotowebinar.com/rt/7618549463147742731>