



FALL ISSUE 3

Resources from November 18th Virtual Fall Public Presentation Session

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

Thank you for joining us for our third fall virtual presentation on November 18th.

This newsletter issue has the links and files containing valuable resources that were shared during the November 18th session.

Here is the recorded version of our November 18th Webinar:

<https://youtu.be/XtRFjLwuj9k>

Stay safe,

The Dialogue on Aging Team



How you want to be treated.

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



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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 Dr. Glenn Landry:

CRS Circadian Rhythms and Sleep Website - <https://www.elitesleep.ca>

Contact Information - glenn@elitesleep.ca



Thank you for attending our webinar as part of Dialogue On Aging's Fall Virtual Public Presentation Series. We greatly appreciate having you join us on this journey through the 2020 Fall Virtual Series.

Happy holidays, and we hope to see you in the Spring!

Best,

The Dialogue On Aging Team



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