

ALZHEI MER CALGARY

it's still me in here

COMMUNITY NEWSLETTER

FALL 2023

World Alzheimer's Day

September 21, is World Alzheimer's Day. A day dedicated to raising awareness about Alzheimer's disease and other dementias

Community connection points at 11 businesses across the city popped up, with posters and resources. Including coffee and ice cream shops and the downtown library. With the goal of reminding us that you are not alone - over half of Calgarians have had or have someone close to them affected by dementia.

This builds upon the work started in January and the launch of our new brand. We have since run two successful campaigns with the hope of empowering the community to see the person instead of the disease.

This is all part of a broader social movement!

Intended to break down barriers, eliminate stigmas, and change public perception of what dementia is, so that people can connect with support services earlier and enjoy a higher quality of life with their loved ones for years to come.

To learn more visit:

Stillme.ca



This disease affects the connections in my brain **ALZHEI** me R CALGARY

it's still me in here

Today is World Alzheimer's Day

Half of all Calgarians have been impacted by dementia, which means 1 out of every 2 people walking through this space have a story of impact.

Reach out and connect with the people you know who are impacted by dementia, today.



Capture the your person.

StillMe.ca

The Calgary Tower was lit up purple. The light-up event is part of global advocacy efforts to raise awareness about people living with and impacted by dementia.

We walked in the 6th Annual Walker's Walk at Trinity Lodge organized by our Walk & Run ambassador Ron Freckleton.

Each year this event raises funds and awareness and they did not disappoint this year raising over \$4,000!

Over 250 attendees joined us for Talking About Dementia.

We welcomed Dr. Eric Smith, a specialist in vascular dementia and Christina Frangou, a journalist in Calgary who writes about health and social issues. They discussed common questions, early warning signs and the importance in reaching out and getting help.







New with our Learning Support Services

This summer we were excited to launch Newly Diagnosed: The Path Forward

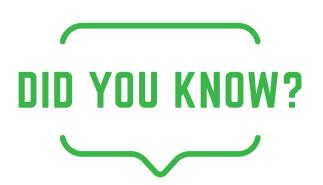
A three-week education series geared towards couples, people living with dementia and their primary care partner.

Receiving a diagnosis of dementia can be devastating, and knowing what to expect next is challenging. These sessions provide a safe place to talk about the complex emotions that surface after diagnosis and learn about dementia. It will also help start the discussion about the future, and care plans as the diagnosis progresses.

We want attendees to know they are not alone, by helping them form a peer support network and exploring the services available to help them live well post diagnosis.

"My hope is to bring people together to share their experiences so they don't feel alone and realize there is a future after a dementia diagnosis."

Cindy Bond - Community Educator



50% or more of people with Down syndrome will develop dementia as they age.

We partnered with Ups and Downs-Calgary Down Syndrome Association.

For education sessions designed for care partners for people living with Down syndrome. Building an understanding around dementia risk reduction strategies, the importance of adult baseline testing, and early warning signs.

The sessions are also a great place to share knowledge and ask questions. Our hope is participants leave with some new connections, and a deeper understanding of dementia.



Dementia Inclusive Park

A partnership with the Calgary Parks Foundation and the University of Calgary

We held community gatherings where people impacted by dementia shared their thoughts on how they would use the park, what types of activities they would like to see offered and what features should be included.

This park provides an opportunity to show what people living with dementia CAN do. It will also be a shining example of how to build inclusive outdoor environments.

Learn more at:

www.parksfdn.com/dementia-inclusive-park/

"I support an inclusive community where people living with dementia can participate with their families and other community members. I am hoping this park will reduce stigma and discrimination towards people affected by dementia."





"I will bring my parents to this park. My mom lives with dementia and my dad is her primary caregiver. They both love to be outside, but are nervous of busy pathways."

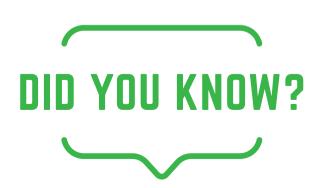
Creative Arts at Club 36

Our innovative adult day program, Club 36, provides creative programming for people living with dementia and respite for their care partners. Club 36 also provides practicum, educational and volunteer opportunities for hundreds of students each year.

This year, Club was pleased to welcome Youth Central, whose mission through their volunteer and leadership opportunities is to empower youth ages 12-17 to find and build their communities. We loved seeing them work with Club members on paper quilling projects.

In the spring, students from the Bishop O'Byrne Leadership program came to Club and participated in Meet Me at MoMa designed by the Metropolitan Museum of Art (MoMA), allowing people living with dementia to better access the museum's art collection through engaging art appreciation activities.

The Vancouver and Kutenai Art Therapy Institutes continued their work at Club 36 inspiring members to create collages. Our partnerships with the University of Calgary and Mount Royal University are ongoing. We love seeing them participate in Opening Minds Through Art (OMA), Improvisation and so many other creative programs.



Club 36 welcomes over 100 students from universities, colleges, and high schools, all who participate in our creative arts programming.

"We love having students at Club 36 engaging with our members and building connections through art. It is also wonderful to see learning happening in both directions."

Ali Cada - Director Adult Day & Creative Programs











Since it's beginnings in 1990 this event continues to be a Thanksgiving tradition for so many Calgarians who want to raise awareness and honour their loved ones impacted by dementia.

Check out some 2023 highlights:

1,400 + participants joined us for a glorious day in the sunshine.

130 teams registered including our own team ALZ-Stars complete with turkey mascot.

107 volunteers kept the day running smoothly, with the addition of a new group of helpers from Youth Central.

The youngest runner of the day, Kelly Keats, took home the win in the 5km run.

Yeah baby! Peter Maher, dedicated event champion, did our countdown for the 17th year in a row.

We raised over \$340,000

Thanks to everyone who has made this event a success!



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\$ 25

Provides
education to a
person wanting
to learn more
about coping
with demention

Provides supplies for a person living with dementia to engage in meaningful art creation.









Provides a listening ear and guidance for a family navigating the dementia journey.

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In memory of • • •

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