



ALZHEIMER
CALGARY

it's still **me** in here

COMMUNITY
NEWSLETTER

SPRING 2024



Photos Clockwise: Author Frank O'Keeffe's book launch of Paddy & Me | Dementia Support Navigators at TAD | Dr. Hogan and Christina Frangou at TAD | Handing out resources at Save On Foods.



Just Go With It - Awareness Month

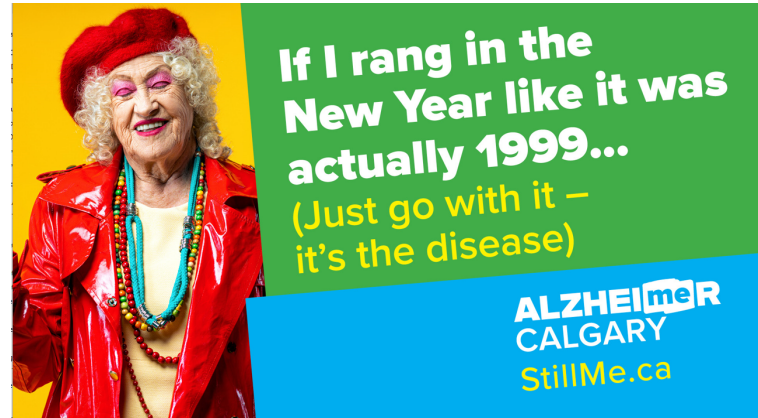
January is Alzheimer's Awareness Month! A global movement focused on increasing awareness about dementia and its impact.

It was a busy month packed full of events! A highlight was our Talking About Dementia event where Dr. David Hogan, a specialist in geriatric medicine, and Christina Frangou, a journalist who writes about health and social issues, discussed the challenges of the dementia journey. Dementia Support Navigators from our team were on hand to answer questions. With over 220 attendees, the event was a success and sparked great discussion about the importance of talking to your doctor and the importance of risk reduction.

Thanks also to our partner Save On Foods Walden for helping us to spread the word, and author Frank O'Keeffe for including us in the book launch of Paddy and Me, a heartwarming story about life as a care partner.

Did you see it? Our campaign for the month featured images that captured some real life moments about the realities of living with dementia with the goal of raising awareness about the disease and encouraging empathy and understanding. We hope you saw it on billboards, in the news and across all our social platforms!

This is all part our StillMe initiative, a broader social movement intended to break down barriers, eliminate stigmas, and change public perception of dementia.



Check out StillMe.ca



Let's Get Physical - Risk Reduction

Awareness month messaging also asked you to think about, what can you do to reduce your risk of dementia?

Encouraging YOU to think about risk reduction. Did you know there are over 100 different brain diseases that cause dementia, with Alzheimer's disease being the most common? So in the absence of a cure, risk reduction is important to think about.

You can adopt risk reduction strategies into your life! Risk reduction is a lifelong endeavor and most effective when awareness and understanding of brain health begins at a young age, establishing good habits. Risk reduction does not end at diagnosis – people with dementia can implement healthy lifestyle changes aimed at slowing the progression of the condition at any age.

What can you do right now to reduce your risk ? Healthy eating, challenging your brain with continuous learning , maintaining social connections and getting enough sleep all help. Think: all the things that are good for your heart are also good for brain... including exercise!

Speaking of exercise... our risk reduction messaging was supported by 11 fitness studios across the city. Thanks to these incredible studios for helping share the message that group fitness is a great way to get moving and build social connections. Six of the studios hosted charity classes, raising over \$2,700.

To everyone who sweated, shared and supported, YOU made a difference!



We have both personally been impacted by dementia in our families. So we were pleased to teach a class and help raise funds and awareness.

*Heather and Crystal
Instructors from Moveology,
one of the participating
studios.*

2SLGBTQIA+ Community - Finding Support

The launch of our first Support Group for members of the 2SLGBTQIA+ community happened this February.

The group is being offered in collaboration with Calgary Outlink and includes a combination of in person and virtual connections welcoming participants from the community to share their experiences around caring for a loved one with dementia.

At Alzheimer Calgary, our work is focused on providing services so that all people impacted by dementia feel supported and included in the community. This program is aligned with our key initiative around championing dementia inclusive communities.

The need for dementia support services with sex and gender differences in mind is clearly outlined in a new Landmark Study from the Alzheimer Society of Canada. Additionally, the study identified that “individuals from 2SLGBTQIA+ communities have unique issues around the care they receive, facing discrimination within health-care services, medical communications, and long-term care homes.”

The group is providing a safe space for 2SLGBTQIA+ individuals to share and build a community of support. It is also a key step in improving the quality of life for all people living with dementia and their care partners.



 [Read the Landmark Study, Volume 2
The Many Faces of Dementia in Canada](#)



There really is nothing like sharing time with people who just get it, talking freely about experiences as a 2SLGBTQIA+ person, sharing the joys, challenges, and identities that add additional complexity to the role of caregiver.

Janine Cote - DEI Community Engagement Coordinator

If you are part of an ethnocultural community, a group who supports people with disabilities and dementia, or a 2SLGBTQIA+ caregiver, we encourage you to reach out to Janine Cote, our DEI Community Engagement Coordinator, to connect and explore what support might be possible in your community.

Email:
janinec@alzheimercalgary.ca

Raising Awareness and Creating Beautiful Art

Combining cognitive and physical wellness is at the heart of the partnership

between Mount Royal's Massage Therapy Diploma outreach programming and Alzheimer Calgary, which has culminated in a beautiful art installation on display in the Student Practicum Clinic on the Mount Royal University (MRU) campus.

The partnership began two years ago. The practicum students work on art pieces with Club 36 members who are all people living with dementia. They engage in the Opening Minds Through Art (OMA) process after which seated relaxation massages are offered to interested members. This is a truly unique collaboration helping future Massage Therapists build their skills around working with and understanding the needs of people living with dementia.

According to Massage Therapy student Madelyn Judd the experience has taught her, "more than I could have ever imagined about life in general but also about treating clients with dementia." Judd adds it has also given her insight around "how to help people in my own life," who may be impacted by dementia.

Collaborations like this one between Club 36 and MRU students support Alzheimer Calgary's strategic initiatives helping to raise awareness, reduce stigma and are key to building a more dementia inclusive community.



During their practicum at Club 36, the students bond with the members and gain a greater understanding of the struggles with dementia and Alzheimer's disease.

Michelle Conger-
Outreach instructor, MRU



Collaborations between Club 36 members and students are so valuable - promoting empathy, understanding and connection between generations.

Ali Cada - Director Adult Day
& Creative Programs



Photos Clockwise: Making Art at Club 36 | Art on display in the Student Practicum Clinic | Club members enjoying massage.



ALZHEIMER
CALGARY

WALKRUN

NEW
LOOK!

Celebrating a new look for the event, it is aligned with Alzheimer Calgary's new brand which was launched in 2023. Highlighting the 'me' in ALZHEIMER puts the focus on the humanity and personality, while the splash of paint behind 'me' is reflective of all the creative and innovative ways those living with dementia can still connect and engage with the world around them.

The red background is a nod to our event colour, we encourage all participants to get their red on! The new design will also be complemented by autumnal elements in keeping with the season.

One thing that won't change ... the Alzheimer Calgary Walk & Run will continue to be a Thanksgiving tradition for so many Calgarians who want to raise awareness and honour their loved ones impacted by dementia.

YOU - the participants, volunteers and donors - have made this event such a success for the past 34 years. Looking forward to seeing you at this year's event on October 13, 2024.



BECOME A MONTHLY DONOR

\$ 25

Provides education to a person wanting to learn more about coping with dementia.

\$ 50

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

great



you are special

\$ 100

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

YOU CAN JOIN AND
BECOME A MONTHLY
DONOR TODAY!

SCAN
ME!



YOU +
ROCK



Arriving at the Alzheimer Walk & Run every year brings an amazing sense of hope, belonging and community of a huge group of people supporting each other. At first, asking people to join or support seemed like it would be awkward. In reality, so many are affected, they genuinely appreciate the opportunity to participate, and we have found so many connections to others in all areas of our lives that reinforce we are not alone in this journey. It's an uplifting, beautiful event that we look forward to every year as a way to honour my beautiful Mom.

Sharilyn -Team Captain

 **Raising \$22,475 in 2023!**

MEET EDIE'S SPEEDIES

Participating in the Walk & Run for the last 5 years, this team is an inspiration! They are showing the power of community and how friends and family can come together, make a difference and raise funds for loved ones impacted by dementia. Watch for them at this year's event on Thanksgiving Sunday!



Want more inspiring stories - visit our Kudoboard!

SPONSORS

THANK YOU

PARTNERS



The **Freckleton** Family



ALZHEIMER CALGARY



In honour of

Heather May Aberdeen, Evelyn Baranec, Ann Bayers, Johanna Christie, Myungja Chung, Margo Comeau, Jerry Cousins, Aimee Demers, Carolyn Farmer, Philip & David Hambley, Thomas Huwiler, Gale Koury, Hedy Luijckx, Aaron Martens, Marcella Matsella, Bob Midyette, Joe Reiswig, Namita Roy, Molly Strickland, Jennifer Varey, Jean Vizbaras, Francine Wrobleski, Judy Wyld



In memory of

Alan Hunter, Alice "Allie" Nicholl, Alice Andrichuk, Anka Sostar, Anne Hitchman, Anne Wolfe, Arlene Willison, Arthur Brown, Bernard Martens, Bertha Mae Underdahl, Bev Chisan, Bill Zajac, Boris Gregorchuk, Bree Greenway, Brian King, Bridget Cuthbertson, Bruce Douglas Dunlop, Clara Fluker, Clark Christensen, Clowie Jickling, Constance Friesen, Crisanto "Cris" Brillantes Sr., Darlene Ellen Kessler, Dave Bromley, David Dawson, David Hamilton, David L Dyck, David Lawrence Heinzlmeir, Dennis Wells, Don Oscar, Donald Robert Polsfut, Donna Crawford, Donna Swonek, Doreen "Joan" Deets, Doreen Lalonde, Dorothy Robinson, Dr. Leonard Aldridge, Eileen Sorsa, Eleanor McLennan, Elizabeth "Betty" Humble, Elizabeth Whitehead, Elsie Dunlop, Elsie Hazen, Eugeniusz Kuklicz, Frank Shreenan, Fred Bagley, Gayda Joan Watt, George Boake, George Whitman, Gerri Vachon, Gordon Ritchie, Graham Edwin Price, Grant Pisko, Guido Blasetti, Gwyn Boogaart, Harbachan Brar, Harry Dennis Chambers, Harry McGowan, Heather Graham, Henrietta Helene Nielsen, Hideo Yasumatsu, Irene (Nongs) Eason, Irene Elizabeth Lamers, Irene Lantz, Ivor Futado, Ivy Prevatt, James Sinclair, Jane Hooey, Janet Gaetano, Janice Graham, Jaswant Kaur Dhillon, Jean Fuller, Jeanette Bailey, Jeni Mason, Jessie Moscovitz, Joan Haskell, Joanne Chennells, John Friesen, John Gregorio Silva, John Murphy, Joseph Kelly Mann, Joyce Bailey, Kathleen Allaby, Kathryn Joyce Thompson, Kyo Sato, Leela Elizabeth, Lesley Colleen Engbloom, Leslie Kernick, Lillian Daniels, Linda Avery, Lois Bernice Beatty, Loretta Stait, Madelyn Winnifred Fox, Margaret "Pauline" Palmer, Margaret Wilkowich, Marie Lehmann, Marie Rocha, Marion Halpen, Martha Danylo, Mary "Eirien" Mosher, Mary Ann Kemle, Mary Small, Matilda Rose Figel, Mattie Treloar, Miluska "Mila" Brezina, Nancy Whitmore, Nora Coveney, Norbert Staus, Oscar Yanez, Pasqualina Angelina Durante, Pat Maas, Patricia Ann Parker, Patricia Kittridge, Patricia O'Keeffe, Paul Bates, Pauline Lavery, Penny Remmer, Phyllis Eleanor Kalynchuk, Richard Henderson, Robert "Bob" Fuller, Robert Arnold, Roy Johnson, Samuel Clowser, Sharon Ballan, Sophie Harbarenko, Stafford Mosher, Sylvia Williamson, Tony Niksic, Trudy Sorensen, Valerie Stephenson, Vera Emma Shannon, Violet Eleonore Basten, Virginio Tonellato, Wayne Hannay, Wendi Grieve, Wilda Arnold, Willard MacLeod, William "Gordon" Jasper, William Clark, William Douglas Illsey, William Holmes, Willima Stefnik, Wing Ho Lew



I'D LIKE TO HELP PEOPLE IMPACTED BY DEMENTIA!

**ALZHEIMER
CALGARY**

I'D LIKE TO MAKE A ONE TIME DONATION

\$30 \$75 \$150 \$250 Other: _____

I'D LIKE TO PLEDGE A MONTHLY GIFT OF:

\$20 \$50 \$100 Other: _____

Name _____

Address _____

City _____ Prov _____ Postal Code _____

Phone _____

Email _____

- Please list my donation as **anonymous**.
- Please send me details on **leaving a gift in my will**.

CRN: 1307205740 RR0001

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PAYMENT INFORMATION

Cheque (Payable to Alzheimer Society of Calgary)

Visa MasterCard American Express

Name on Card _____

Card Number _____

Expiry ____ / ____ CVV _____

Signature _____

SCAN
ME!



DONATE ONLINE: [ALZHEIMERCALGARY.CA/DONATE](https://alzheimercalgary.ca/donate)