



2022

GRATITUDE REPORT



ALZHEIMER
CALGARY

it's still **me** in here

**BOLD
CARING**

ALZHEIMER
CALGARY

it's still **me** in here

Our BOLD and CARING strategy has inspired us to evolve our look

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Our new look is designed to better reflect our organization and the people we serve.

It is a strong anchor for the work we do, and is supported by our new vision and mission:

Our Vision: An inclusive and caring community where people impacted by dementia are valued and empowered.

Our Mission: We lead with our influence and expertise to help people impacted by dementia to live well and we build community capacity to support them.

We know the word ALZHEIMER can be intimidating. Stigma about dementia continues to be a challenge and a barrier, it can mean delayed diagnoses, or delays in reaching out for help.

We want everyone to know that we are here to help. You never have to face dealing with an Alzheimer's or a dementia diagnosis alone.

We hope our new look inspires the community to treat everyone with compassion and kindness and serves as a reminder that when you encounter a person living with dementia Even if you don't recognize them at that moment - it's still them.

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.

This change is an important start to living out our BOLD and CARING framework.

Our Core Beliefs for a caring future:

We believe that people impacted by dementia have the right to:

- Timely support from the community
- Compassion, kindness and acceptance within their close and extended community
- Leading expertise, knowledge and evidence-informed practices
- Inclusion as active community participants

To learn about our BOLD CARING Framework visit:
www.alzheimercalgary.ca

BOLD CARING

Embracing a powerful direction

These are exciting times

As fearless advocates we are committed to serving all who are affected by Alzheimer's and other dementias with respect, dignity, and compassion.

We recognize and are compelled to act in keeping with the level of responsibility entrusted in us to respond and support people impacted by dementia, no matter what they face.

The challenges are real and pressing. Since the onset of COVID, community supports have declined and are continuing to struggle. An estimated 600,000 Canadians are living with Alzheimer's disease or a related dementia. These numbers are expected to double within the next decade. History has shown us that the demand for our services will only continue to increase.

The timing and relevance of the increasing demand **underscores the importance of building dementia-inclusive communities and reducing stigma.** By working together, we can make meaningful change now and into the future for everyone impacted by dementia. We're growing our team to provide the response so greatly needed on the road ahead. And we stay grounded in our strength-based, person-centered approach to dementia care that respects diversity in all its forms. **This year we crafted a new strategy** that will underpin and guide us in our efforts to inspire our local community to become dementia-inclusive and stigma-free.

We have never felt more grateful and hopeful by what our community has made possible. We are humbled by our donors who believe in what we're doing and empower us to rise to challenges. They are the driving force behind our work to build a dementia-inclusive Calgary and to provide timely, compassionate support for families. We are truly fortunate to have been uplifted by the generosity of our community over the last year. The transformative legacy gifts we received in recent months are a mobilizing launchpad for the new strategy. They will enable the **bold approach** we're taking to tackle the issues and ensure that we never lose sight of the **caring spirit** that's so essential to people impacted by dementia.

Under our **bold and caring** strategy, we've set our sights on building and strengthening a community that offers respect, hope, and real-life tools to people grappling with dementia and all its impacts.

We look forward to bringing our new strategy to life with exciting plans and projects, and to working closely with all our partners and supporters in the year to come.

Helping you find the support you need – when you need it the most!


Lois Wozney,
Board President


Barb Ferguson,
Executive Director



Sam and Lindsey,
DEMENTIA SUPPORT NAVIGATORS



This year our
Dementia Support Navigators took
over **3150 calls**

We had **585**
First Link[®] referrals,
this year **an increase**
of 47% from last year

Meet Alyssa

A DEMENTIA SUPPORT NAVIGATOR (DSN).

Alyssa started with us as a student in January of 2021 and joined the team in a full-time role in September. She is now leaving to pursue her Master's degree in Social Work focusing on seniors at the University of Edinburgh. We asked her to reflect on her role and share her experiences in working with hundreds of families all coping with the difficult challenges of dealing with a dementia diagnosis.

Alyssa noted that in her role as a DSN her goal was to educate, validate, and provide resources to those she talked to. She adds, "I want to give those I talk to confidence to capitalize on their own experiences... and for them to know that no one has the right answers, dementia is ever-changing, and unique for everyone."

Alyssa adds, her favourite part of the role is the **connection building** and that **"ultimately I want to help those I talk to set realistic expectations but also build a better quality of life and inspire them to take action and feel less alone."**

First Link[®]

A proactive referral program that helps any newly diagnosed person and their family get connected to help as quickly as possible.

How it works

Doctors, health, and community professionals refer families impacted by dementia to Alzheimer Calgary.

Once you are connected to us you have access to direct and ongoing supports, services, and education.

Together, we can create a plan that ensures you and your loved one live life well from the beginning of your dementia journey.

3568 participants engaged in our **VIRTUAL EDUCATION SESSIONS** an increase of 18% from last year

After attending online education sessions participants reported:

97% learning practical strategies for caregiving

98% increasing in their knowledge of dementia

75% would reach out to us for future services

282 participants enjoyed our **RECHARGE SESSIONS** designed to promote self-care for caregivers

“I felt this presentation was relevant and helpful, with very practical tips. It breaks down what’s happening now and what’s possibly expected in the future. Thanks, very well done!”

Education Session Attendee

“It was a great presentation; I currently work in a seniors’ facility and this presentation gave me more insight into the aging process. I also got to understand how to better care for persons with dementia.”

Education Session Attendee



SUPPORT GROUPS

Meet John and Daina

John was diagnosed at the age of 59 with young onset dementia in 2013. In the nine years since John’s diagnosis **the couple have relied on the services of Alzheimer Calgary for a wide range of support.**

Daina shares “John was like a human compass and always had a great sense of direction” but on a family trip to Seattle while out for the day he announced that he had no idea how to get back to the hotel. After that symptoms started to progress, and Daina found herself having to help more and more to keep him on track with work and everyday tasks.

The couple were able to get on the fast track for testing and a diagnosis of young onset dementia was confirmed.

It was at this time that Daina reached out to Alzheimer Calgary and soon became a part of our **Varsity Caregivers Support group.**

Daina says, “I never considered myself a joiner, but we needed help.” She decided to give the group a try she adds, “the benefits of the support group are priceless you learn so much from each other and all the participants have so many similarities around their struggles, it’s a great place to learn and problem solve together.”

Daina adds that the couple have also benefited from **Alzheimer Calgary’s education sessions and Club 36 program** and encourages all families facing a dementia diagnosis to have the courage to reach out and ask for help.

“Join a group, ask for help – do not do it alone. You can, but why? You miss so many tips and tricks.”

Daina

For over 40 years –

Alzheimer Calgary has been running support groups.

Currently we are running seven groups, all led by trained volunteers.

Sam Reay, who coordinates our support groups shares “the purpose of our groups is to help caregivers understand they are not alone, find strategies, and build community”.

All group members can share their common struggles, ask questions, and find resources from a peer group that has multiple perspectives and insights into what they are experiencing.

Sam adds that for families dealing with a dementia diagnosis “this is a space to share what you can’t share with family and friends, a space where you can have your grief and loss validated.”

CLUB 36

Club 36 has provided quality dementia care in Calgary for more than 35 years

CLUB 36 is the result of a partnership with Alberta Health Services with two locations in Calgary, at Bethany Harvest Hills and AgeCare Seton.

It is an innovative Adult Day Program for people living with dementia using evidence-based and person-centered approaches to best practices in care.

For the first 15 months of the pandemic, Club 36 provided services virtually. In August of 2022, in-person programming returned.

Club 36 provides meaningful activities that maximize independence and abilities in a caring and supportive environment.



CLUB 36 STAFF, Harvest Hills



CLUB 36 STAFF, Seton

“We are very happy with Club 36. We were worried that it would not work out but in fact it has been excellent. John seems to have settled into the program and comes home with good stories of the day’s events and continues to talk about things as he remembers them, even days later, he seems to be engaged in the activities, made friends, and enjoys his time at Club 36.”

Barbara (caregiver) about her husband John’s experience at Club 36

BUILDING THE CAPACITY OF OUR COMMUNITY

We are pleased to support our community partners as they build their capacity to work with caregivers and people living with dementia. We also continue to work with students in the Faculty of Nursing at the University of Calgary to build their skills so they can better care for people with dementia.



NURSING STUDENTS UNIVERSITY OF CALGARY

This year **75 nursing students** demonstrated that **Opening Minds through Art (OMA)** can break down generational and cognitive barriers.

“This program is great, and I believe it is of huge benefit to **student nurses** as well as **seniors living with dementia**. I am very glad I had this opportunity and I wish the same for future nursing students!”

“I couldn’t have asked for a better placement this semester. My experience at **Club 36 with the creative and person-centered programs** it implements have greatly shaped my view of what healthcare can evolve to be.”

“Among all else, it was heartwarming to see how our time with our clients impacted their happiness and made an impact on their caregivers.”



OMA AT VECOVA

Local non-profit, Vecova, worked with our **Club 36 team** to introduce creative programming into their **Dementia Wellness Program** an initiative for older adults with memory problems.

Participants meet to connect with each other and try new exercises and activities designed to stimulate their brains. It’s also become a supportive community, for both the participants and their caregivers.

Through our **pilot program at Vecova** we touched the lives of 13 families living with dementia.

“Alzheimer Calgary is meeting our goal of creating an inclusive community that supports the good health and wellbeing of people of all ages and abilities.”

Vecova team

“The highlight of the gatherings has been the visual arts provided by Ali from Alzheimer Calgary. I can let go of my worries and focus on the moment and de-stress, whether through painting or drawing... improving my mental wellness. As a caregiver, I look forward to these sessions.”

Caregiver at Vecova

OMA is a proven art program for people with dementia. OMA places the person with dementia at the centre of the art process. The goal is that participants experience autonomy, choice and to be immersed in a failure-free environment.

TimeSlips is an improvisational story-telling method used with people living with dementia. At Club 36 this approach works well as a teaching method for our students as it helps to break down the stigma and stereotypes around aging and dementia by building positive intergenerational relationships.

TIMESLIPS AT STORYSHARE ALBERTA

We trained five **TimeSlips facilitators** from **StoryShare Alberta** helping to increase their skills and build the capacity of even their most seasoned storytellers.

“The **TimeSlips StoryShare** program has been a new, fun program recently introduced in our two Memory Care areas. Its engaging and stimulating format lets our residents make up the story and builds their confidence because there are no wrong answers, and the storylines are limitless. Interacting and discussing with each other, and agreeing, disagreeing, or building upon ideas are all both socially and cognitively stimulating. This program is an awesome addition to our dementia-specific activity calendar.”

Lindsay Rabel, Recreation Therapist, St. Marguerite Manor, Covenant Care

DEMENTIA NETWORK CALGARY



Dementia Network Calgary (DNC) was created in response to the critical need to support the local community around the rising incidences and issues related to dementia.

DNC works with stakeholders from public, private, and nonprofit sectors along with local family members and caregivers, to map out the process of creating a more inclusive city for people living with dementia.

We look forward to continuing our support of DNC as the backbone organization and know their work around advocacy, awareness raising and community connecting will be key the success of our new strategic framework.

ADVOCATING

We researched and informed policy review around continuing care for people living with dementia in our province, including **Small Care Homes** and alternate models of care.

REDUCING STIGMA

The **Dementia Lives Here** campaign tells the stories of real people living with dementia and their caregivers and aims to dispel common myths.



COMMUNITY LED

Our **Conversation Cafes** provide safe, unstructured time where people impacted by dementia and their care partners can be social with others on the same journey. Virtual and in person options make this an opportunity for everyone!

GETTING THE MESSAGE OUT

We partnered with the **Calgary Missing Older Adult Resource Network** including launching a website, resource guide, and media campaign to inform the public.



2022 JEANNE BENTLEY AWARD RECIPIENT LOIS WOZNEY

Each year **Alzheimer Calgary** is proud to present our **Jeanne Bentley Award** to the individual who has demonstrated an **outstanding commitment to helping improve the lives of local people living with dementia.**

The award is named in honour of our founder, and her ground-breaking vision of an organization dedicated to helping individuals, families, friends, and caregivers impacted by dementia.

This year we are pleased to present the award to Lois Wozney.

Lois first engaged with Alzheimer Calgary after her mom was diagnosed with dementia and has been involved with the Society for over 20 years.

Over these many years her role and impact with the organization has grown.

She is one of the top fundraisers for our IG Wealth Management Alzheimer Walk & Run and continues to support Alzheimer Calgary in many other facets as a strong, strategic, fully-involved, boots-on-the-ground, passionate advocate for families dealing with a dementia diagnosis.

Currently, Lois has added to her already outstanding contributions. By serving as our Board President, entrenching her place in the history and growth of the organization.

She is a passionate and relentless leader who embraces and promotes our bold new organizational direction to make lives better for everyone impacted by dementia.

We are pleased to present this award to a true champion and changemaker. Thank you Lois.

Over
20
years
as a
champion
& change
maker

TOGETHER OR APART WE ARE TAKING STRIDES FOR DEMENTIA

You made a difference – IG Wealth Management Alzheimer Walk & Run raises \$221,587

On Thanksgiving Sunday, hundreds of people across Calgary participated in our virtual event.

Thanks to everyone who walked, ran and cycled in local neighborhoods and parks to raise money and awareness for families impacted by dementia.

We are so grateful for the support of our community and for making the transition to a virtual event for the second year in a row.

Additionally, this year's event featured pop up events at Eau Claire throughout Thanksgiving weekend.

A unique public art installation, "The Door" streamed life-size stories from caregivers, people living with dementia and Alzheimer Calgary staff.

Thanks to the support of people like you, our biggest annual fundraiser was a great success.

We look forward to connecting in person on Thanksgiving Sunday, October 9, 2022.



Check out the videos at
alzheimercalgary.ca/learn/video-library

DEVIN COOPER

THANK YOU to local musician Devin Cooper, who for the last three years has raised money to support families with his signature charity event a motorcycle ride, and concert called **RIDE TO REMEMBER**. We asked Devin what makes this event so meaningful to him.



Growing up, both my great grandparents had Alzheimer's. From an early age I could see the impact that it had on our family. My mom works in a continuing care facility, and I started volunteering there at age seven.

As I continued to volunteer, I was encouraged to bring my guitar and perform, it amazed me and the entire staff to see the faces of residents light up when I played.

Especially how the music affected those in the late stages of Alzheimer's who were typically non-responsive, when they started singing and clapping to the songs of Elvis and Johnny Cash.

It made a huge impact on me as a 14-year-old kid - to be able to see how music impacted folks who are living with Alzheimer's.

I was inspired to create this event not only to raise awareness for the positive impact that music has on people living with dementia, but to also raise funds to help Alzheimer Calgary in their greatest areas of need.

This will be the 4th year of Ride To Remember, and I am really excited to raise the bar again and continue to create awareness and raise funds for those who need it most.

RIDE TO REMEMBER

TRANSFORMATIVE GIFTS FROM TWO EXCEPTIONAL DONORS

When it comes to changing the lives of families impacted by dementia, every little bit helps.

But in the last year, our community has come together in extraordinary ways. After facing the heartache of a pandemic that seemed never-ending, **two donors realized they had the power to transform care for families impacted by dementia.**

These exceptionally generous donors were motivated by their belief that local families deserve compassion, kindness, and acceptance.

We are honored to be entrusted with their support and eternally grateful for their kindness.

The timing was perfect. Alzheimer Calgary was at a pivotal growth point and had just started work on our new Strategic Framework. Inspired by those we serve and empowered by these transformational gifts, Alzheimer Calgary is moving forward with a bold and caring approach to create a better community for those impacted by dementia.

Thanks to these transformational donors, we can envision our ideal future with a fierce boldness and innovative approach, like never before. We can push the boundaries of what's been accomplished so far and elevate our programs. We can listen to the needs of our community and be creative in our solutions. Your support means that we are fostering collaboration and incubating new ideas, increasing knowledge, and understanding about dementia, and fueling a more compassionate community.

Together, with the help of our donors, we are transforming and inspiring a community that is fearless in its pursuit for a better future for those impacted by dementia.

And to these two special donors:

Thank you for being champions and changemakers for our community.

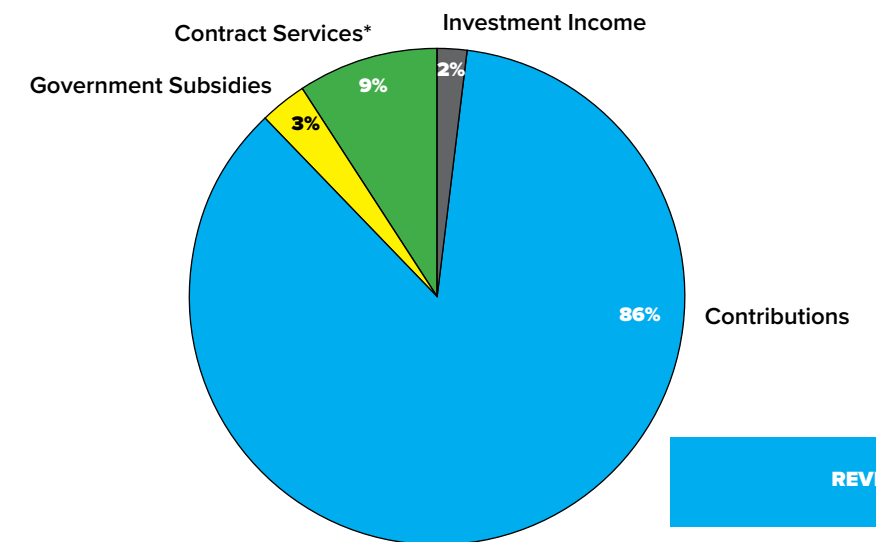
FINANCIALS

FISCAL 2022

	2022	2021
Total Revenue	\$ 6,976,562	\$ 2,938,271
Total Expenses	\$ 2,244,980	\$ 2,088,609
Excess (Deficiency) of Revenue over Expenses from Operations	\$ 4,731,582	\$ 849,662
Unrealized gain (loss) on investments	\$ 163,625	\$ 494,349
Excess (deficiency) of Revenue over expenses	\$ 4,895,207	\$ 1,344,011

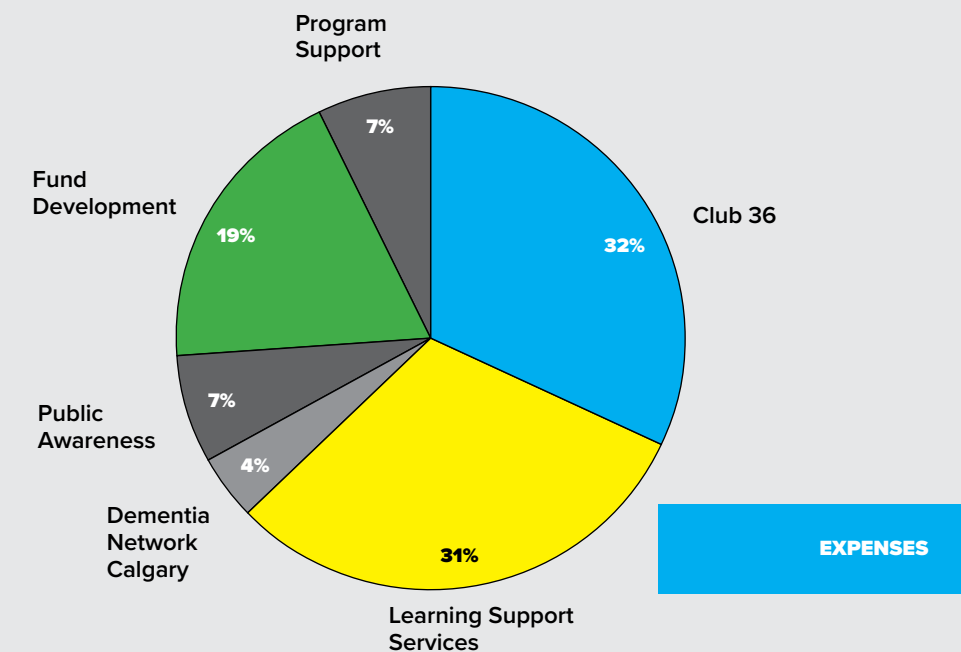
Please visit alzheimercalgary.ca for full financial statements or call 403.290.0110.

At the outset of our fiscal year, there was no way to predict what the year would hold for us in terms of programming, demand for services and the impacts of COVID. We are pleased to report a very successful year thanks to careful planning and incredible support from our community. As a fiscally responsible organization, we remain committed to securing our long-term financial viability so we can continue to meet the ever-increasing demand for service. Part of our strategy is to maintain a professionally managed and carefully invested reserve fund.



*Contract with Alberta Health Services to deliver Club 36 (Adult Day Program)

We are proud of everything we have been able to accomplish this year. Together we have maintained a healthy, secure position that enables us to plan for the future. We recognize that we have a strategic opportunity and an inherent responsibility to apply these resources to meet the ever-increasing needs of the community in BOLD and CARING ways through ongoing innovation, partnerships, and technology.



DONORS

Thank you to all of our donors including those who gave over \$500 listed here.

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