



Alzheimer Society
CALGARY 30+
years

*Colleen facilitating our new
program, Club 36 Kitchen.*

NEWS &
UPDATES
FOR YOU

COMMUNITY NEWSLETTER WINTER 2020

Creating Hope and Providing Support, Virtually through COVID-19

What a year it has been!

As we think back over 2020 – from March when we had to quickly shift gears, to now - December, where we are still learning and adapting to respond to the changing needs of the community – we are immensely grateful to the people around us. Thanks to our supporters, friends, partners, staff, board and volunteers, we have continued to be there for local families impacted by dementia without interruption.

In March we were suddenly and unexpectedly required to adapt, as a result of the COVID-19 pandemic. Immediately, we began to offer our in-person services virtually. We moved our programs to online platforms and increased communication with impacted families. Being agile and adaptable during this time was essential to our ability to support local families, already at high risk of social isolation, and who needed our help more than ever.

Over the course of the year, our support calls increased, as well as the complexity of those calls. In response, we expanded our office hours during the first few months of the pandemic and bolstered our Support Team with an additional Registered Social Worker, thanks to a grant from United Way of Calgary and Area.

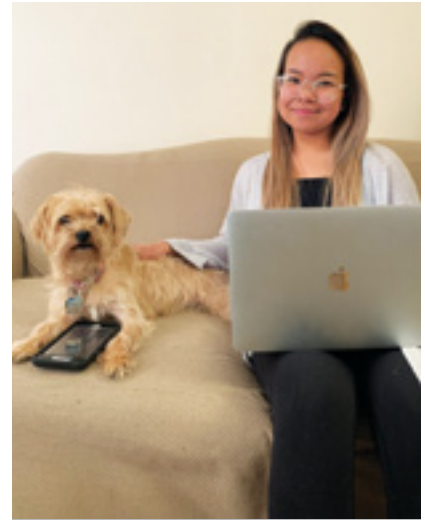
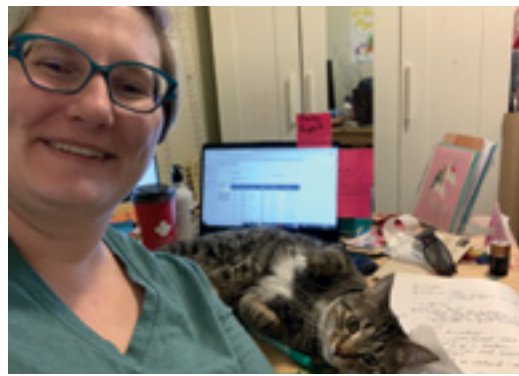
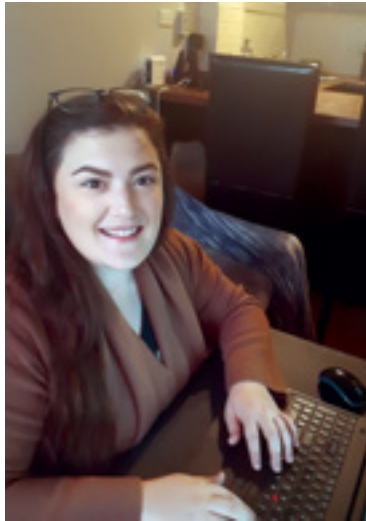
Our support groups have been hosted virtually, or when weather permitted, physically distanced outdoors. Our Adult Day Program, Club 36, has run Monday through Friday virtually since March for our members and their caregivers. We also shifted our education sessions online enabling us to reach a wider audience and offer our programs at flexible times.

We certainly could not have predicted what 2020 had in store for us, but we are pleased to have been able to quickly adapt and continue to serve local families impacted by dementia.

.....
“I really appreciate you and the perspectives you offer. It really means a lot to me that you call to check in and you ask me how I am doing. When I talk with you, I don't feel so alone,” **LOCAL CAREGIVER.**
.....

“Your recent presentations about communication strategies and the self-care have helped me lots. I was beginning to fray at the edges, then unravel somewhat, being the primary caregiver of my husband,”
LOCAL CAREGIVER.
.....





Alzheimer Calgary staff working remotely during the pandemic.



Virtual, Innovative Day Program

Club 36

Club 36 has continued supporting families through innovative, virtual programming.

One of our new programs, Club 36 Kitchen, has been a great success. Since shifting to an online setting, we have expanded programming to include new activities such as a baking program. Staff bake recipes provided by Club members and their caregivers via Zoom. Club 36 staff then delivers the baked goods to the member and caregiver who provided the recipe. Baking is a great sensory activity, as you bake you can discuss the smell, texture and taste along the way.

Other virtual programs that Club 36 hosts include exercise, bingo, armchair travel, music, improv theatre, storytelling and many others. The members and their caregivers have enjoyed many of the activities and look forward to more programming as winter approaches. Members and their caregivers can

attend any or all sessions Monday through Friday each week. There is also an opportunity for members and their caregivers to have one-on-one activities with Club 36 staff.

"It has saved our life. It has saved me emotionally during this time. If we didn't have the Club 36 I don't know what we would do. I really appreciate all of the things you have done,"

CAROL, LOCAL CAREGIVER



World Alzheimer's Day: Community, Education and Connection



September 21 was
World Alzheimer's Day:
A day to raise awareness of
Alzheimer's disease and other
forms of dementia.

This year, we hosted a special event online: Talking About Dementia: Mental Health and Well-being During COVID-19. We welcomed over 200 participants and three experts to our virtual panel including Monique Martin-Parent, Caregiver, Dr. Zahinoor Ismail, Hotchkiss Brain Institute and Melissa Smith-Wilkinson, Wellness Expert. We learned about the personal, human experience as a caregiver, the decline of health in caregivers and coping mechanisms for stressful circumstances.

Together we learned, shared experiences and asked questions. The virtual event was a great success and Alzheimer Calgary is pleased to continue fostering community through education.



.....

"Thank you to all the
presenters. Even a virtual
dose of understanding of
the challenges of caregiving
touches our hearts while
it stimulates our thinking
& understanding of
ourselves & our loved ones,"
PARTICIPANT.

.....



*From Left to Right:
Dr. Zahinoor Ismail, Monique Martin,
and Melissa Smith-Wilkinson*

Understanding the Impacts of COVID-19 on Local Family Caregivers

In July we partnered with researchers from the University of Calgary, Dr. Gwen McGhan and Dr. Deidre McCaughey and their research team to conduct a survey to learn how COVID-19 has impacted local caregivers looking after a person living with dementia.

69% of caregivers feel more isolated during the pandemic



55% have experienced a decrease in their quality of life



75% are providing more hours of care each week



80% have experienced loss of home care services



Caring for family members in Residential Care Settings

In the summer, Dementia Network Calgary and Alzheimer Society of Calgary received a grant from United Way of Calgary and area to support a project that would help caregivers safely continue caring for family members living in care settings during the pandemic.

The Designated Care Partner workshop offers free training and personal protective equipment (PPE) to caregivers with loved ones in residential care facilities. Participants receive a “Preventing Disease Transmission” certificate after completing a one-hour online workshop. They can resume caring for loved ones with confidence as a result of learning about disease transmission, infection prevention and how to use PPE. The Canadian Red Cross in partnership with the Government of Canada and in collaboration with the Health Coalition of Alberta, Caregivers Alberta and Alzheimer Society of Calgary fund and sponsor the workshop.

Register for your free training today!

www.dementianetworkcalgary.ca



Advocating for Caregivers in Calgary and Area

Dementia Network Calgary is advocating for local families impacted by dementia by encouraging policy makers to allow caregivers to care for their loved one in residential living facilities and to reinstate home care and community supports, including respite for those living in the community with dementia and their families.

We know how hard the pandemic has been on families impacted by dementia, and we are here for you.

We are also pleased to see Dr. Deena Hinshaw, chief medical officer, acknowledge the vital role of family care partners. We know that family care members are an integral part of a person living with dementia's team, so we are pleased to have the support of the province during this time.

Dementia Lives Here

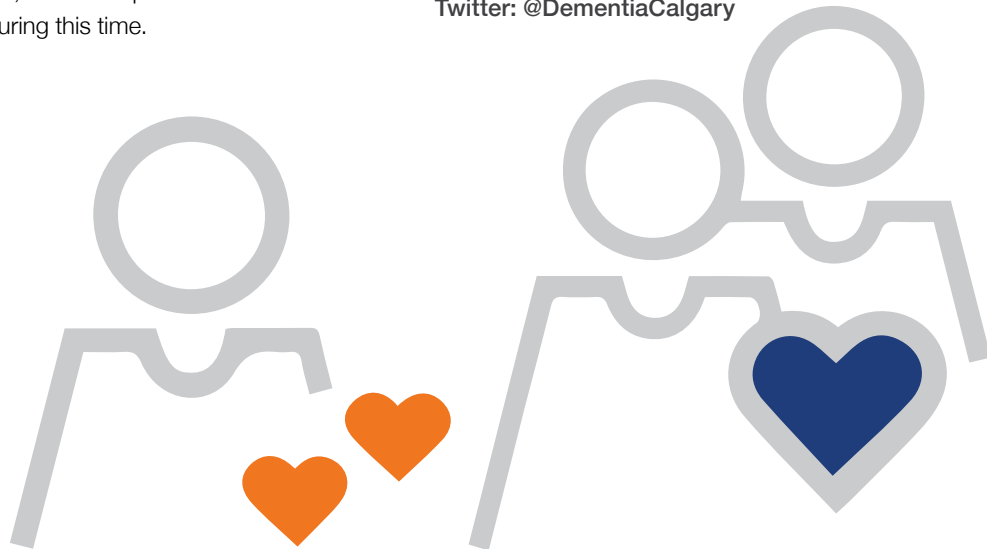
Dementia Lives Here is a new awareness campaign led by Dementia Network Calgary. The campaign aims to reduce senior isolation by increasing community engagement.

Neighbours are encouraged to help seniors and families impacted by dementia in a variety of ways to foster connection and increase support. The awareness campaign will launch in January and run for approximately 12 months.

Follow us on social media for updates and to learn how you can get involved.

Facebook: @DementiaCalgary

Twitter: @DementiaCalgary



Our Community Steps Up in Time of Need

Raising Over \$180,000

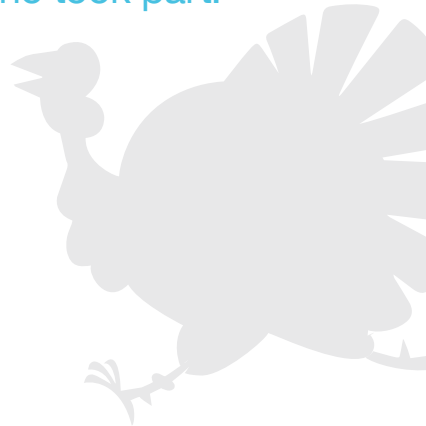
The IG Wealth Management Alzheimer Walk & Run looked very different in 2020! Due to the pandemic, large gatherings were off limits, and our team worked quickly to transition the event to a virtual setting.

We were astonished and delighted to see that more than 450 participants joined in to raise an incredible \$183,636 for local families impacted by dementia. Shifting to a virtual event enabled participants to join from afar increasing the reach and support for families.

Our new participant gift, socks by Sock Rocket, were loved by all. Sock Rocket donated 300 pairs of socks to Seniors Secret Service for Christmas and 700 pairs to Be The Change YYC.

Thank you to all of our sponsors, especially IG Wealth Management and The Freckleton Family

Thank you SO MUCH
to all who took part!



	
<hr/>	
ALZHEIMER WALK & RUN	
VIRTUAL CHALLENGE	
Together, Apart. Taking Strides for Dementia.	
THANKSGIVING SUNDAY OCTOBER 11, 2020 9:30AM	
WWW.IGALZHEIMERWALKRUN.CA	



Thank You to our Community Partners



We have the pleasure of working with incredible organizations that help to strengthen the community and create lasting impact for local families.

PARTNERS



SPONSORS



In Honor/Memory of

IN HONOR OF Sharon Anderson Jackie Astrom Joyce Bailey Ray Brydon Nora Coveney Claudia Emes Bob & Betty Fenton John Fraser Janet Gaetano Doreen Holub Betty Humble Darlene Hunter Thomas Huwiler Patricia Jaeger Gordon & Marilee Jasper Clowie Jickling Jack Johnson Sue Johnson Shiu Law Shirley Leaker Raymond Lee Hedy Luijckx Sumiko Miki Norbert & Agnes Neuhold Pierre Real Ouimet Ted Pattinson Tamara Roberts David Smith Calvin Stevenson Michie Takaguchi Gladys & Cliff Thomas Heather Travers

IN HONOR OF YOUR BIRTHDAY Dushan Bresky Michael Kirby Rhea Lorimer

IN MEMORY OF Gladys Abramski Catherine Adams Henrietta "Hetty" Alexander Malcolm Alford Brian Allen Doreen Allen Julia Almeida Carolyn AmRhein Cyril Anderson Lonnie Anderson Kenneth Appleby Geraldine Apuzza Shirley Armour James Armstrong Emmanuel Arsenault Joyce Arsenault Joseph Audia Dorothy "Dolly" Bachmeier Alex Backmeyer Evelyn "Ev" Baker John Bannatyne Betty Barootes Aniela Bartman Blanche Barwell John Bauhuis Judith Beale Aldor "Al" Belanger William "Bill" Bell Maria Biro Elaine Bissonnette Gerhard Boldt Heather Boon Jordan "Jerry" Boone Ramona Bowen John "Jack" Bowerman Richard Brautigam Louise Bresky John "Roy" Broderick Angele Brown Patricia Burns Ann Burrell Wilbur "Keith" Callbeck Finley Campbell Karen Caputo Enrico Carbone Ina Cass Harold Churchill William Clark Rheo Clayholt Joan Clipstone Darol Clute Sarah Carolyn Coates Lloyd Conn Phyllis Craig Gertrude "Midge" Creamer Orpha Cresine Ronald Crowther Doreen Cruickshank Martha Danylo Ville Davies William "Vern" Davis Heather Deibert Anthony "Tony" Dennis Helen "Marie" Dennis Audrey Denzel Danina Di Ascenzo K Dmysz Marion B Drackett Mel Du Hamel Robert "Bob" Eden Reg Edwards Leela Elizabeth Wilma Elmers William "Bill" Elzinga Elfriede Ergang Audrey Ernst Austin Evans Irene Evans Margaret Evans Rita Fennerty Aldo Festa Donald Fitzsimmons Claire Foisy Ray Forsyth Irene Fraser Joan Freckleton Jean Fuller Robert "Bob" Fuller Mukand Singh Gill Fred "Roy" Gillespie Bernice Gordon Alexander "Alex" Gorrie Dorothy Goudey Robert "Murray" Gratz Peggy "Tutu" Greenland Marjorie Gertz Tina Groot Edsel "Ed" Haimila Yvonne Haliburton Saville Hambleton Patricia Handlon Patrick Handlon Wayne Hannay Jacqueline "Jacky" Haskell Brenda "Nikki" Hassenbach Gwen Haynes Mae Hill Mavis Hill Paul Ho Kenneth Hollington Kathryn "Kae" Holmes Cheung Hon Helga Horner Darwin Howard Robert "Bob" Hughes Walter Huzar Ed Ireton Franca Iuliani Nick Jacksic Janina Janiszewski Ignatius "Ignace" Janssen Patricia "Pat" Jessop Vicki Johnson Gertrude "Trudy" Jones Mildred Jowsey Muriel Kaun Joyce Kee Marilyn Keibel Natalie Keller Marwood Evelyn Kelly Marion Kelly Jean Kelso Helen Kendrick Anita Kendze Leslie Kernick Magdalene Kessler Muriel Kirby Maria "Riet" Klaver Maurice "Moe" Klotz John Koukouras Herman Kranendonk Peter "Pete" Kroeker Seija Kromm Annie "Ann" Krossa Daniel "Dan" Krossa Henry "Hank" Krossa Mike Kulyk Winnifred "Winnie" Kuzmuk Lam Kwong Pao Audrey Laws Brian Lee R. F. Leman Hedwig Lemmer Rafael "Ralph" Lipoth Beverley "Bev" Little Jean Little Mary Little Doris Long Dennis Longmuir Olive Lowden Deanna Lunder Horatio "Nelson" MacDonald Irene MacDonald Stan MacDonald Hugh MacDougall Mary MacDougall Kenneth MacKay Willard MacLeod Michael "Mike" Maguire Eileen Maier Eileen Malcolm Lorne Marshall Jacky Maskell Robert Masters Alexander "Alex" Matlo Charlotte McClure Rose McCrea Elaine McDonald Eleanor McGachie Donna McIvor Darlene McKay Wayne McKenzie Duncan McLean Eleanor McLennan Jean McNichol Jane McNicol Bernice McPhee Gus McReynolds John Meadows Baltazar Mendes Frank Mercer Carol Meyer Irving Meyers Lawrence Michie Laurine Middleton Barbara Millar Alice Miller George Miller Frederick "Fred" Moersch Alice Moes Katherine "Luella" Moir Sui-Wah Mok Dorothy Molnar Dennis Morey Asabelle Morrow Olive Morrow Jessie Moscovitz Mary "Eirian" Mosher Stafford Mosher Muriel Motley Lillian Muir Sonia Mulyk Jack Nagtegaal Eleanor Nakamura Alice "Allie" Nicholl Dennis Nikiforuk Helen Nixon Shirley Norris Dorothy O'Connor Robert Ohlhauser Herbert Oliemans Edna Olson Frank Pachal Margaret "Pauline" Palmer Dave Paul Isobel Pearson Helen Phillips Edward Piers Nick Porozni Gladys Post Zoltan "Tony" Prauner Harold Prochner Helen Putnam Doreen Pye Dolores "Dory" Quinlan Simeone Ramicone Ray Ramsay Victor Resch Joan Richards Joan Richards Alvin "Al" Riehl Harry Rollinson David Romard Joyce Ross Graciela Rubio Donna Ruckman Helen Salus Anne-Marie Sawyer Harold Scherle Anthony "Toby" Schille Ruth Schmaltz Patricia "Pat" Schuster Walter Scott Earl Shaw Russell Shea Ghasem Shirtab Elsie Shriar Evelyn Shyluk George Sidlowich Carol Simonin Arthur Simpson Germana Sincovich Michael "Mike" Slovak Norma "Lil" Sly Mary Small Patricia "Pat" Smith Rosamond "Rose" Smith Audrey Sniderman Sydney "Syd" Sniderman Catherine "Ethna" Soroski Amedeo Sorrentino James "Wally" Sparling Kendall Spielman Ronald "Ron" Staines George Steacy James "Ted" Steventon Janusz Stuchly James "Jim" Suffern Dorothy Tait Frances Tanner Georgina Taylor Margaret Taylor Clara Tetz Violet Thielen Robert "Bob" Thompson Doug Toms Mary Trehas Gary Trimble Olive Turner Elsie Utzig Margaret Vanneste Patricia Walasko Walter Webber Marion Weldon Lloyd Wersch Elizabeth Whitehead Robert "Bob" Whiteside Marjorie Will John Wolfenberg Leonard "Len" Wright Giovanni Zanini Glenys Zastawny Louis Ziff Michael "Bruce" Zombor

Donor Spotlight: Dave Dearborn & Judy McIver



Dave Dearborn, with his wife Julie McIver, have been participating in the IG Wealth Management Alzheimer Walk and Run for almost 20 years. This year, Dave was our top fund-raiser, raising an incredible \$6,000 to help local families. Not only did Dave go the extra mile with his fundraising, he also went the extra mile with his race and ran a marathon, which is 42 kilometres!

Dave and Judy became supporters of the event after volunteering with Alzheimer Calgary years ago and learning firsthand how impactful its programs are to local families with dementia. Dave and Judy value how Alzheimer Calgary's programs see people with dementia as individuals and celebrate their individual talents.

Thank you, Dave and Judy, for your ongoing support and dedication to Alzheimer Calgary and local families impacted by dementia.

Virtual Education

Learn with us this winter.

We have an extensive virtual education series for you to learn about Alzheimer's disease and other forms of dementia.

Check out Attend A Session on our website for more information

www.alzheimercalgary.ca

I'd Like to Help!

Your support ensures the Alzheimer Society of Calgary continues to provide quality support services, learning opportunities, Adult Day Programs, awareness and more for the local community.

Name: _____

Address: _____ City: _____ Province: _____ Postal Code: _____

Telephone: _____ Email: _____

Gift Amount: _____ Gift Payment Type: ☐ **Cheque** (please make payable to Alzheimer Society of Calgary)

☐ **Credit Card**

Credit Card Number: _____ Expiry Date: _____

Signature: _____

Please send me more information about: ☐ Monthly Giving ☐ Planning Giving/Bequests

The Alzheimer Society of Calgary respects your privacy and does not rent or sell our donor information. In the 2020/21 fiscal year, the Alzheimer Society of Calgary is planning to raise \$1,104,150 through fundraising activities, with 15% in direct costs. If you have any questions, please contact Donor Services at 403-290-0110 or info@alzheimercalgary.ca.