



# News + Updates FOR YOU

Community Newsletter  
SUMMER 2021

Alzheimer Society  
CALGARY **40+**  
years



## Reducing Isolation and Increasing Support with Dementia Inclusive Communities

### Imagine, a community where everyone understood dementia

and was brave enough to help when they saw someone in need. It could make a big difference with tasks as simple as a trip to the grocery store. A friendly smile from a stranger willing to take a moment and lead the person living with dementia to the area of the store they need can make the difference between an empowering or discouraging experience.

To help empower our community, Dementia Network Calgary launched **Dementia Lives Here**: An initiative aimed at connecting families to their communities resulting in a reduction of isolation and increased support. Dementia Lives Here seeks to foster inclusion and create dementia friendly communities through awareness and education.

As part of the initiative, we hosted *Ask Me Anything with Roger Marple*. Virtual attendees enjoyed chatting with and learning from Roger directly about his experience living with dementia. The candid conversation invited connection, understanding, compassion and skills to help people living with dementia live life well.

If you are interested in getting involved, visit [www.dementialiveshere.ca](http://www.dementialiveshere.ca) to learn more.



*"Loved it. Love his openness, his willingness to teach others and to be a strong advocate. We need more willing to share the journey from the beginning."*

“ I really want to acknowledge what a powerful force Roger is. He is so open, honest, down to earth, positive and inspiring. He is doing something that is really needed in order to improve our understanding of, and approaches to persons living with dementia.”





## Connecting and Informing Thousands of Local Caregivers

### Have you attended one of our virtual education sessions?

Since pivoting to virtual learning, we have been able to create an online community and connect with more local caregivers than ever before. The delivery method ranges from webinars to Facebook Live videos to YouTube videos. Each respective format often features local dementia experts including doctors, gerontologists and health care professionals. We cover many topics ranging from knowledge-based sessions such as Understanding Alzheimer’s Disease to skills-based sessions such as Caregiver Strategies. Guests leave each learning experience with knowledge, understanding, compassion and skills to help them live well with various types of dementia.

As part of our virtual education series, Talking About Dementia went virtual, too! In January, 380 people attended the virtual event for Alzheimer’s Awareness Month. Talking About Dementia featured Dr. David Hogan who provided foundational information about Alzheimer’s disease and other dementias.

Come learn with us!

Check out [www.alzheimercalgary.ca/learn/attend-a-session](http://www.alzheimercalgary.ca/learn/attend-a-session)

THE NUMBERS IN 2020

**2,018** caregivers, members of the public and professionals working in health care accessed education and training from Alzheimer Calgary

Facebook and YouTube education received **10,979** views



ALI CADA

## Leading the Way and Building Community Capacity for Adult Day Programs

### Club 36 is gaining traction in Calgary

by offering support and guidance to other Adult Day Programs. So much so, they have made it a strategic goal to influence and provide support to others. This initiative helps build capacity in the community by teaching best practices for others to implement in their own organizations.

Ali Cada, Director of Adult Day and Creative Programs and Charmaine Gumabay, Wellness Coordinator, meet with Alberta Health Services and other Adult Day Program managers regularly to discuss best practices, techniques, programs and tips and tricks of the trade in delivering engaging and empowering content.

**How are they doing this?** Club 36 knows the importance of providing evidence-based, person centered and dementia specific programs. Since pivoting to virtual program delivery, Club 36 has expanded their offerings to include creative art programs, which they are now teaching to other adult day programs. Zentangle, TimeSlips, Opening Minds through Art and Alzheimer Poetry Project are just a few.

It is through this collaboration that Club 36 has become an innovative leader and is continuing to build capacity in our community and ensure all families live life well.

Keep up the great work, Club 36!

*"It was so wonderful to hear them all talking like we were sitting in the same room together, it felt 'pre-Covid', which was so wonderful... It was heartwarming,"*

SARAH ALLEN, RECREATION THERAPIST AIDE, BRENDA STAFFORD FOUNDATION  
AFTER TAKING THE TIMESLIPS TRAINING FROM CHARMAINE GUMABAY AND IMPLEMENTING IT WITH HER MEMBERS.

Welcome

Welcome

Welcome



## We are pleased to welcome two new members to our team!

Karolina Ciezar, Director of Philanthropy and Rachel Clare, Director of Learning and Support Services. Each of our new members joined the team in April 2021 and offer an incredible amount of expertise to our team.

### **Meet Karolina Ciezar**

Karolina has worked professionally in health care and community engagement for over eight years. Prior to that, she worked in a long-term care home for several years where she developed lifelong friendships with residents. Karolina's passion for seniors developed while volunteering with LinkAges when she was young.

She is grateful to be part of this community of volunteers, members, donors, staff and supporters – who are so committed to enhancing the quality of life for local people impacted by dementia.

Karolina admires Alzheimer Calgary for putting people at the core of everything we do. In her role, Karolina is excited to learn from this community (from all of you!) and explore how philanthropy can help Calgary become an even better place for families impacted by dementia.

### **Meet Rachel Clare**

Rachel has spent twenty years as an educator, researcher and therapist, with the goal of helping people find balance in an increasingly unbalanced world. Her expertise focuses on supporting people in harnessing internal strengths and external resources to enhance resilience. In her role as a trauma therapist, Rachel became concerned about the high rates of burnout, compassion fatigue and vicarious trauma that she saw in her colleagues, so she pivoted her attention to diminishing the impact of the 'cost of caring' in helping professionals.

After four years in health care leadership, Rachel was drawn to Alzheimer Calgary because of a professional value alignment, particularly the values of person-centered, advocates for choice and capacity building.

Her vision for the agency is to reduce stigma for individuals living with dementia and increase equitable access to resources, so that all people impacted by dementia feel confident and capable in living life well.

PAT AND JIM, CAREGIVER AND  
MEMBER OF CLUB 36



## Wishful Thinking

Presented by  
Val Bracey and  
Ron Freckleton

## If you could have one wish granted, what would it be?

Well, Val and Ron took it upon themselves to do just that: Make wishes for our Adult Day Program, Club 36, members and caregivers come true. Family caregivers have been particularly affected by the pandemic due to a reduction in supports and services, of course with the intent to keep them safe, but it has increased caregiving responsibilities and added stress, nonetheless.

This unique opportunity was a great way to show our caregivers and members how much we appreciate them and acknowledge the hardships they have faced. Small gestures often have a big impact and that is exactly what we saw with our caregivers and members. Some of the wishes granted have included gift cards to the Keg, baskets full of treats and home cooked meals!

Thank you to Val and Ron for creating hope and happiness for our Club 36 members and caregivers.



**Get Together**  
with Your  
"Bubble" Family  
and Take Strides  
for Dementia!

## Are you ready?

The 2021 IG Wealth Management Alzheimer Walk & Run is coming! We have decided to host a virtual event again this year to ensure the health and safety of our participants. Not to worry, we have great ideas in-store for you to keep the focus on family, connection and community.

Stay tuned for more details as they develop, but until then save the date: **Thanksgiving Weekend, October 8-11, 2021!** We can't wait to e-connect with you all again this year!



ALZHEIMER



VIRTUAL CHALLENGE

**TOGETHER, APART.**  
TAKING STRIDES FOR DEMENTIA.

THANKSGIVING WEEKEND • OCTOBER 8-11, 2021

[WWW.IGALZHEIMERWALKRUN.CA](http://WWW.IGALZHEIMERWALKRUN.CA)





## Thanks to our Community Partners



## Thanks to our Sponsors



The [Freckleton Family](#)



Origin Active Lifestyle Communities





## Thinking of Our Loved Ones



## In Honor of

Heather May Aberdeen, Joyce Bailey, Paul Bates, Camille Benson, Irene Black, Shirley Bogda, Michael Chaykowski, Glen Comm, Mary Cooney, Debora Crotty, Harry Davis, Anne Dundas, Claudia Emes, Janet Gaetano, Margaret Gray, David Hamilton, Kathy Hannaford and Family, Doreen Holub, Betty Humble, Darlene Hunter, Thomas Huwiler, Gordon & Marilee Jasper, Jack Johnson, Beryl Libin, Hedy Luijkx, Joan Macauley, Jeni Mason, Melissa Mathies, Bernardino Morotoli, Morris Moscovitch, Phyllis Mott, Patricia O'Keeffe, Pierre Real Ouimet, Ted Pattinson, Joan Pearce, Lisa Poole, Ethel Raffin, Farook Rasul, Bunny Smith, Marie Smith, Calvin Stevenson, Sharon Sutherland, Helen Swartz, Michie Takaguchi, Gladys & Cliff Thomas, Betty Westrom, Peggy Whitley, Gallane Yam

## In Memory of

Gordon Albersworth, Kathleen Allaby, Joyce Allen, Patricia Allen, Robert Allen, Lonnie Anderson, Margaret Atkinson, Lyle Attwood, Mary Avery, Alex Backmeyer, Terry Bacon, Dorothy Bagley, Donna Bailey, Evelyn "Ev" Baker, Winnifred "Eileen" Banks, Mavis Barker, Josephine Barnes, Betty Barootes, Brenda Barootes, Edythe Barsky, Rose Basary, Lyla Bateman, Helen Bazant, Rodney "Rod" Beatty, Dick Beemster, Glen Bell, William "Bill" Bell, Elaine Bissonnette, Guido Blasetti, Jerry Bolton, Shirley Breidon, George Brierley, Crisanto "Cris" Brillantes, Patricia Brown, Kathleen "Kathy" Bruce, Margaret Budnik, Barbara Bush, Doris Campbell, Rosina Cantarutti, Kenneth "Bud" Carr, Ena Castles, Wanda Charkiewicz, Bev Chisan, Jenny Chow-Soo, Mary Clarke, Joan Clipstone, Margaret Clow, May Collins, Mickey Cool, Nellie Corea, Bill and June Corson, Priscille Couture, Phyllis Craig, Shirley Crewson, Patricia Currie, Valerie Dabrowski, Rheta M. Daniel, Robert "Bob" Dann, Martha Danylo, Anita Demetz, Helen Denton, Giacinta "Jean" Di Ciano, Olga Dippel, Richard "Rick" Dixon, Donovan "Don" Douglas, Carol Doyle,

## In Memory of

Marion B Drackett, Mervin Dufresne, Vittoria Durante, Irma “Ruthie” Ebbels, Wilfred Effa, Hans “Jack” Egli, Noreen Ehilo, Leela Elizabeth, Wilma Elmers, Margaret Evans, Hubert “Murray” Everett, Rita Fennerty, Teresa “Vittoria” Ferraro, Helen Fischer, Lorna Flaherty, Eric Fleury, Evelyn Forrester, Helena Freeman, Jean Fuller, Robert “Bob” Fuller, Marjorie “Marjie” Garner, Nancy Gay Vair, Barry Gayse, Margaret Gibson, Thelma Giffin, Gordon “Gordy” Giles, Ethel Gilmour, Eptissam “Souma” Gobrial, Maxine Goodwin, Alexander “Alex” Gorrie, Dorothy Goudey, Louanne Gradishar, Peggy “Tutu” Greenland, Bree Greenway, Kenneth Greig, William Greschuk, Marjorie Gertz, Margaret “Maggie” Grindell, Juanita Guyn, Andela Habek, Marion Halliwell, Saville Hambleton, Jim Hamilton, Patrick Handlon, Wayne Hannay, Margaret “Helen” Hans, Brenda “Nikki” Hassenbach, Egon Haugh, Arthur Hayes, Peter Heinrich, Richard Henderson, Daryl Hergert, Helena “Helen” Hiebert, G. R. Hollinshead, Stephanie Holowach, Alan Hunter, Robert “Bob” Hunter, Robert “Bob” Irvine, Bonifacio Iuliani, Franca Iuliani, Vincenzo Izzo, Carole Jones, Hugh “Hughie” Kane, Marion Kelly, Jean Kelso, Anne Kerekes, Leslie Kernick, Margaret “Julie” Keyser, Bertha “Birdie” King, Muriel Kirby, Ingeborg Koustrup, Julia Kozielec, Anita Kruppi, Effie Kufeldt, Gordon LaChance, Luigi Laratta, Florence Lefebvre, Ann Lerner, Evelyn “Evie” Lesperance, Margaret Liggett, Mary Little, Doris Long, Don Lougheed, Deanna Lunder, Sophie Lycka, Pat Maas, Irene MacDonald, Minnie “Tully” MacDonald, Anita MacDougall, Willard MacLeod, Walter “Wally” Marchyshyn, Yvonne Marr, Giuseppe Marra, Gerhard Martens, Ruth Martins, Christopher Matthews, Helen Mayell, Eugene “Gene” Mazurek, Patricia “Dawn” McAllister, Ian McArthur, Leona McCarthy, Harold McClelland, Rena McConkey, Bill McDonald, John McGinnis, David “Dave” McIntosh, Jean McIntosh, Norman “Norm” McIntyre, Robert “Bob” McKague, Margaret McKenzie, Shirley McLachlan, Lorraine McLaughlin, Eleanor McLennan, Jack McNabb, Donald “Don” McPhail, Bernice McPhee, Chander Mehra, Lucia Meima, Earl Merling, Joyce Metcalfe, Alice Miller, George Miller, Frances “Fran” Mills, David Moffit, Mary “Eirien” Mosher, Stafford Mosher, Lorna Muir, John Murphy, Dorothy Murray, William Murray, Percy “Bill” Nash, Lorne Neilson, Alice “Allie” Nicholl, Ron Nicholls, Sarah Noren, Jacqueline “Jacqui” O’Gorman, Leonard & Marion Olsen, Roy Onslow, Margery Orcheski, Brian Page, Betty Palmer, Margaret “Pauline” Palmer, Maureen Pattinson, Marilyn Peterson, Zoe Petropoulos, Annetta Pfohl, Matilda Pinter, Beverly Polan, Francine Poliquin Desurmont, Eleanor Post, Walter Post, Linda Pratt, Ksenia Pukas, Mohammed Abul Quasem, Phyllis Raffin, Jean Ranaghan, Rose Rasmuson, Howard Relke, Marcelina Reyes, Dave Richardson, Alvin “Al” Riehl, William “Bill” Ripley, Margaret “Marg” Ritchie, James “Jim” Ross, Muriel C. Ryan, Josef “Joe” Rys, Herbert “Jim” Sandham, Harold Scherle, Lore Schoell, Joyce Schofield, Robert “Bob” Schwarz, Susan Scotland, Bertha Scott, Adolf Segert, John Selby, Russell Shea, Anne Sierra, Janet Singh, Patricia “Patty” Skene, Jeannette Sloan, Mary Small, Evelyn J. Smith, Theodore “Ted” Sorensen, Leo Stashin, John Stefanik, Valerie Stephenson, James “Ted” Steventon, Mary Jean Stott, Norma Struble, Joseph “Joe” Szydlak, Frances Tanner, Margaret Taylor, Maria Teixeira, Wayne Thompson, Mirjana “Mira” Tomljanovic, Loretta Topham, Calvin Townsend, Maggie Trachsel, Gary Trimble, Janet Trumble, Saverio Tumato, Stan Turner, Theodore “Ted” Vaillant, Dwight Viste, William Walsh, Mary Ward, Iona Weal, Ann Kouo Wei, James “Jim” Werstuik, Audrey Weston, Elizabeth Whitehead, George Whitman, June Whittle, David Wickham, Erwin Wieninger, Helmut “Hal” Wieser, Ronald “Ron” Will, Elaine Williams, John Williams, Marlene Willis, Gunter Wollenberg, Pak-Ming Wong, Lealand “Lea” Wooley, Eileen “Audrey” Yamaoka, Robert Young, Sigrid Zimmermann



**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.

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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](mailto:info@alzheimercalgary.ca).