

# Alzheimer Society

CALGARY **40+**  
years



## COMMUNITY NEWSLETTER

Fall 2022



it's still **me** in here

### **We are getting a new look!**

Our new look is designed to better reflect our organization and the people we serve and is a part of our new BOLD CARING Strategic Framework.

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.

Watch for our new look rolling out in January 2023. Read all about our new strategic direction on our website.

[\*\*www.alzheimercalgary.ca\*\*](http://www.alzheimercalgary.ca)



Creating a Dementia-Inclusive Community

## Alberta's First Public Dementia-Inclusive Park

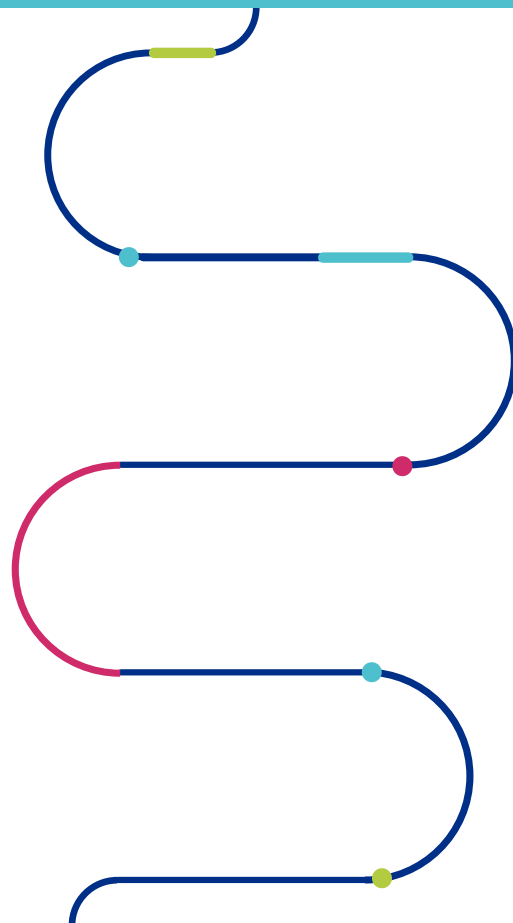


### A partnership with the Calgary Parks Foundation and Dr. Dallas Seitz.

Historically, parks for individuals living with dementia have been attached to care facilities and not available to the public. This outdoor space will provide a safe and welcoming place for people living with dementia, their caregivers, their families, and members of the public to visit together.

### Creating a dementia-friendly Calgary!

The park will feature a range of elements designed to enhance the health and wellbeing of people with dementia and caregivers such as a sensory garden, shaded resting areas, and defined pathways. It will provide opportunities to enjoy nature in a calm, relaxing setting while encouraging multi-generational interactions. It is our hope that this park will become a model for other cities, potentially playing an important role in creating dementia-friendly communities.



# BOLD CARING



# World Alzheimer's Day

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

We lit up the Calgary Tower purple and hosted pop up and education events in the city!

## Talking About Dementia: Back in person!

This year, we were pleased to be back in person for Talking About Dementia (TAD) with Dr. Eric Smith, who discussed the importance in connecting with a physician as soon as possible to get a diagnosis and getting the help you need when facing a dementia diagnosis.

The event was a great success. We welcomed over 200 participants and we were thrilled to see so many familiar faces in attendance. Alzheimer Calgary is pleased to continue fostering community through education and we look forward to our next TAD event in January.

A decorative wavy line in dark blue, with segments of yellow, light blue, and red, running vertically on the right side of the page.

**BOLD  
CARING**



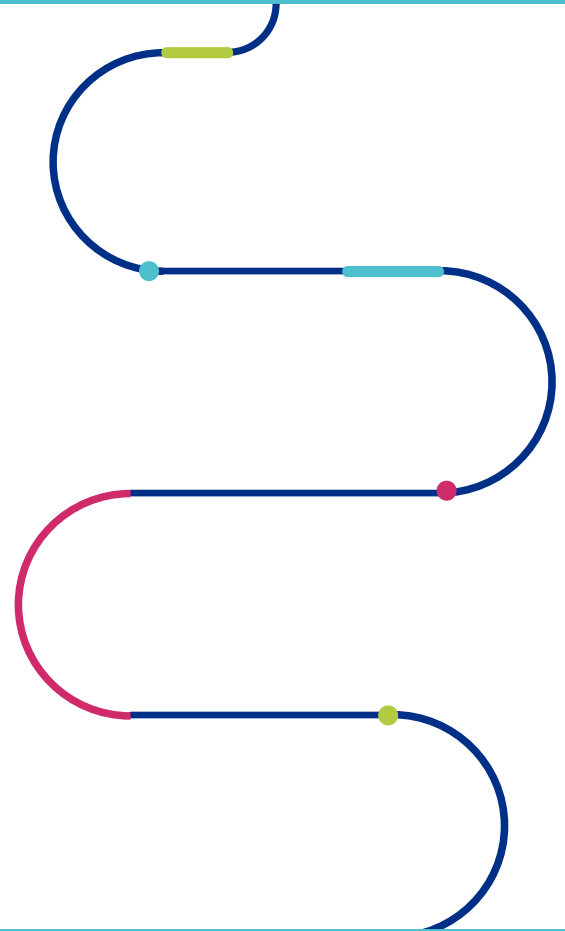
# Art in the City

## Club 36 members art is on display around YYC!

Our adult day program, Club 36, uses creative arts such as Opening Minds through Art (OMA) to engage members. OMA places the person with dementia at the center of the art process. The goal is for the artist to experience autonomy and choice, and to be immersed in a failure-free environment. We are thrilled to see this work featured in community art shows!

This type of show is part of building a more dementia-friendly Alberta. The hope is that it decreases the stigma and stereotypes associated with the diagnosis and helps to highlight how people living with dementia are remaining connected and contributing to society.

Thanks to the Christine Klassen Gallery and the Calgary Public Library for showcasing the important role local galleries and public spaces can play in helping to address the social issues related to dementia.



# BOLD CARING





## Did you know?

The first walk and run was held in 1990 and was an Oktoberfest themed event. Over 100 participants and volunteers came together at the German Canadian Club and enjoyed a post event beer and bratwurst!

In 1991, the event moved to Confederation Park Seniors Centre and became the 'Thanksgiving Memory Walk & Run' followed by a turkey buffet.

For over 20 years, the event was held at Eau Claire. Even when we had to switch to a virtual format due to COVID in 2020-21, committed Calgarians participated virtually in their communities. Interactive art installations further helped raise awareness about how dementia impacts local families.

The event has evolved over the past 32 years with IG Wealth Management joining as our event sponsor in 2006 and the addition of our fun Sock Rocket socks! But our goal remains the same: to raise awareness and funds for local families impacted by dementia.

This year, we moved to Prince's Island Park and enjoyed a glorious day in the sunshine.

## We raised over \$285,000

Thanks to everyone who has made this event a success!

## HOW YOUR DONATIONS HELP US



### HOW TO HELP

These examples showcase the impact your gift could make!

Consider becoming a monthly donor today.



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# THANK YOU

• PARTNERS •



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The Freckleton Family



# BOLD CARING

## In honour of ●●●

Heather May Aberdeen, Isabel Alvarado and her family, Izroel & Khana Bermazel, Edith Bolstad, Johanna Christie, Myungja Chung, Padmaja Genesh, Margaret Gray, Sharon Gregory, Ann Haessel, Thomas Huwiler, Patricia Jaeger, Gordon & Marilee Jasper, Jack Johnson, Marg Kelly, Kirk Lewis, Leona Masslow, Jean-Guy Montpetit, Pierre Real Ouimet, Grant Pisko, Stella Sakamoto, Ev Stewart, Indrani Welner-Monchuk, Peggy Whitley, Joan Williams, Arlene Willison, Bud Wyatt, Zachary Zipursky, R.W. Kitchen Professional Corp.

**Anniversary:** Danny & Mindy Joffe | Beverly Sklar & Lorne Tucker    **Wedding:** Christine Clowser & Dan Tall

## In memory of ●●●

Ralph Adams, Donald "Don" Alexander, Herbert "Herb" Allard, Angelita Allen, Doreen Anderson, Stavroula "Voula" Argiris, Pauline Barker, Edythe Barsky, Phyllis Barwell, Paul Bates, Alvin Bauer, Elizabeth "Betty" Bauer, Doris Bee, Percy Bell, Roger Berard, Joan Berglund, Ben Bieche, Ann Billings, Léandre Bisson, Gary Bjorndahl, George Boake, Joan Boniferno, Marcus "Marc" Boulanger, Joseph "Ben" Boutin, Colleen Bowling, Freda Brewitt, Janet Bruneau, Melissa Brunsdon, Joyce Budau, Gloria Burdett, Henry "Gary" Cain, Karen Carlson, Kenneth "Bud" Carr, Li-Ken Chen, Olly Chorney, Jack Chow, Hilda Christie, Margaret Clow, Bob Cook, Pauline Corbin, Linda Cormier, Florria "May" Culley, Betsy Davidson, Roberta "Bobbie" Davidson, Dr. Charles Davies, William "Bill" Davis, Jean Denesuk, Cleo DeYaegher, Elena Di Napoli, Betty Dickson, Vasile Douros, Dave Dueck, Connie Duncan, Wilbert "Ellis" Edge, Leela Elizabeth, Wilma Ell, Doreen Ellery, Manfred "Fred" Epp, Jerrold "Jerry" Evanishen, Josephine "Josy" Fagan, Robert "Bob" Ferguson, Teresa "Vittoria" Ferraro, Henry Flock, Evelyn Forrester, Joanne Fripps, Jean Fuller, Robert "Bob" Fuller, Janet Gaetano, Sophie Gajecki, Doris Gillespie, John "Drew" Glennie, John Glockner, Alexander "Alex" Gorrie, Christel "Christine" Gosteli, Shirley Grace, Bree Greenway, Leona Greig, Marjorie Gertz, Richard "Dick" Halton, Gordon Halvorsen, Eleanor Hambley, Lorette Hambly, David Hamilton, Patricia Hammond, Patrick Handlon, Kim Harris, Carl Hawkins, James "Jim" Haydu, Patricia "Pat" Hedge, Donna Henley, Mary "Josie" Hennessy, Daryl Hergert, William "Bill" Hewitt, Agnes Hildebrand, William "Bill" Hoogstraten, Marvin Hopkins, Elizabeth "Betty" Humble, Joy Isaac, Gwendolyn "Gwen" Janko, Patricia "Pat" Jewell, Orest Karbonik, William "Bill" Kennedy, Leslie Kernick, Elizabeth "Liz" Klatzel, Erwin Kuhn, Carol Lam, Christina "June" Landels, Delores Lauman, Marjorie "Marge" Lefevre, Marcelle Leung, Alan Lewis, Norma Lewis, Francesco LoGullo, Lois Lord, Kathleen "Kay" Love, Methodius Lozinski, Doreen Lucas, Pat Maas, Minnie "Tully" MacDonald, Jolan Mack, Donald MacKay, Gordon MacLachlan, Willard MacLeod, Marianne Majid, Florence Mann, Diane Mattioli, Dorothy McCready, Bernice McPhee, Beverley Medhurst, Beverley Meyer, Eva Meyer, George Meyer, Katie Milder, Eleanor Milliken, Marjorie Mitchell, Marlene Monk, Edith Montgomery, Jack Morrison, Jessie Moscovitz, James Moss, John Murphy, Kiyoshi "Kelly" Nagai, Rick Neilson, Henry Neutens, Alice "Allie" Nicholl, Monica Norris-Jones, Monica Ogston, Gerald "Jerry" Orpe, Kenneth "Kenn" Orr, Gerry Orthner, Colleen O'Shea, Margaret "Pauline" Palmer, Nancy Parry, Ronald "Ron" Patmore, Mel Perry, Alfreda Petri, Antonio Petrillo, Zoe Petropoulos, Brian Poole, John Poole, Robert "Bob" Poore, Leslie "Les" Prior, Maxine Rath, Anne Rausch, Irene Rempe, Raymond Renaud, Marcelina Reyes, Brian Robbins, Brian Robertson, David Romard, Ruth Ruecker, Raul Sanoja, Gordon Sawyer, Marie-Anne Sawyer, Rhoda Sawyer, Susan Schwann, Walter Seehagel, Anna "Lois" Sheppard, Patricia "Patty" Skene, Donald Slight, Mary Small, Mary Spencer, Klaus Springer, Valerie Stephenson, Irene Storfie, Carroll Ann Sydenham, Teresa Talerico, Jean Taylor, Donald "Don" Thomas, John Tiberio, Mattie Treloar, Elena Trigiani, Elsie Tuck, Sidney "Sid" Tuckey, Joan Tullikopf, Beulah May Tutt, Gulbanu Akberali Verani, Rose Vetter, Stacey Walchuck, Michael Walter, Allison Warman, Marion Weldon, Elizabeth Whitehead, Robert "Bob" Whiteside, Elizabeth "Betty" Wigglesworth, Leona Willer, Sally "Doreen" Williams, John Wilson, Gisela Winkler, John Wirachowsky, John Wolfenberg, Doris Woodcock, Sidney Woods, Bonnie Wyse, Kenneth "Ken" Young, Ana Yu, Steve Zaychuk.



# BOLD CARING



## 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](mailto:info@alzheimercalgary.ca).