



# ALZHEIMER CALGARY

it's still **me** in here

**COMMUNITY NEWSLETTER**

**SPRING 2023**

# ALZHEIMER CALGARY

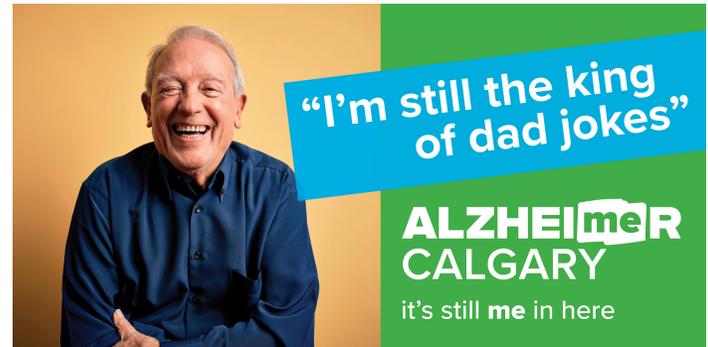
it's still me in here

## Our new look has launched!

January was Alzheimer's Awareness Month, a time dedicated to increasing awareness about dementia and its impact on Canadians. We launched the It's Still Me campaign.

It's Still Me is a base for a broader social movement intended to break down barriers, eliminate stigmas, and change public perception of what dementia is so that people can connect with crucial support services earlier and enjoy a higher quality of life with their loved ones for years to come.

We were also excited to take this opportunity to launch our new look! This better reflects the organization and the people we serve. The hope is that our new look inspires the community to treat everyone with compassion and kindness, serving 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.



## Talking About Dementia with Dr. Hogan and Christina Frangou

At our Talking About Dementia (TAD) in January we welcomed Dr. David Hogan, a specialist in geriatric medicine, and Christina Frangou, a journalist in Calgary who writes about health and social issues. They discussed the challenges of the early dementia journey, and tips for those impacted by dementia to feel more confident, competent, and calm as they navigate the changes.

The event was a great success! We welcomed over 300 participants and were thrilled to see so many familiar faces in attendance.

Education opportunities like TAD are important to help raise awareness, build community and reduce stigma around dementia. We look forward to our next TAD event in September.



**Excellent presentation! Dr. Hogan is so knowledgeable and down to earth.**

**Enjoyed the dialogue between Dr. Hogan and Christina.**

**-TAD Participants**



## Creating culturally relevant programming and supports

This fall Alzheimer Calgary was pleased to welcome Janine Cote to our staff team in the role of Knowledge Facilitator - Diversity and Inclusion. The role is designed to engage a wider population by making our programs and services more accessible for equity seeking groups in Calgary.

Janine notes that her work is “all about collaboration, we want to explore what is and isn’t working in communities to support people living with dementia and their care partners and to make sure that we are co-creating culturally relevant programming and supports.”

We encourage you to reach out to Janine if you would like to learn more around how we can work with your community’s specific needs for dementia education and support.



**I love building partnerships and learning about how expansive the perspectives on caregiving are!**

**-Janine**

**Connect with Janine**

**Email: [janinec@alzheimercalgary.ca](mailto:janinec@alzheimercalgary.ca)**



## Building a dementia inclusive community

Alzheimer Calgary and Dementia Network Calgary are excited to partner with the Calgary Parks Foundation and Dr. Dallas Seitz from the University of Calgary to build Canada's first dementia inclusive park.

We collected feedback from people impacted by dementia around how they would use this park, useful amenities and activities. Park design and fundraising will happen this year and we hope to see the park open for use in 2024!

Conversation Café's continue to be an important, informal opportunity for people to share experiences, reduce isolation and make new friends. Feel free to pop in - every café is hosted by volunteers who have lived experience and are giving back to the community by sharing their time and energy.



**We are excited to announce that the Missing Older Adult Resource Network, has produced a Guide for People at Risk which has been translated into 9 languages. Making the resource more accessible to diverse populations.**

**-Kim Brundrit, DNC, Collective Impact Lead**



**For dates and locations visit:  
[dementianetworkcalgary.ca](http://dementianetworkcalgary.ca)**



## Art Therapy at Club 36

Our innovative adult day program Club 36 provides creative programming for people living with dementia and respite for their caregivers. Club 36 also provides practicum and volunteer opportunities for hundreds of students each year.

Including students from The Kutenai Art Therapy Institute learning about how the creative process is healing, life enhancing and can contribute therapeutically to individual and community health.

One of these students, Katlyn Lim is working with staff and members at both our Club 36 locations to create beautiful works of art through collage. Katlyn notes that the process "helps the members to tap into their personal memories and life experiences." Adding that this process "is a way that staff can work with members and get to know them better."

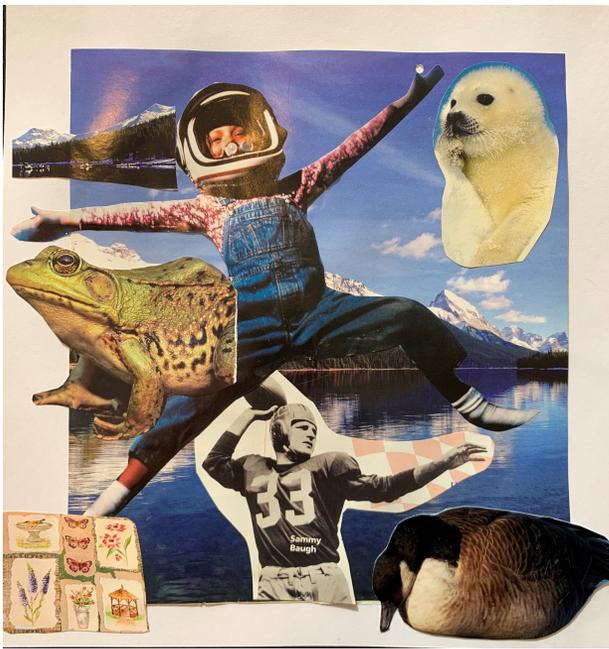


**I enjoy how the collage process impacts members, the joy and happiness in making their art. I also like to see staff talking with members and getting to know them better.**

**-Katlyn**

**We love being a learning centre for staff and students and providing arts programming that enriches the live of our members.**

**-Ali Cada, Director Club 36**



**I can't believe I did this!**

**-Club Member, Frances**

**Pictures are easy to take,  
but the ideas of arranging it  
all like this is phenomenal.**

**- Club Member, Henry**



## Team Mona's Global Walk & Run

At the 2022 IG Wealth Management Alzheimer Walk & Run, Team Mona found a way to honour their loved one with family around the world!

From right here in Calgary, to Bangalore, Luxembourg, Baton Rouge, and San Jose, members of Team Mona weren't going to let any distance get in their way. Instead, they walked or ran in their own neighbourhoods to honour Mona and all other parents and grandparents living with dementia.

As different team members completed their races around the world, a few shared their progress on our Kudoboard to keep other team members and participants motivated before their own races.

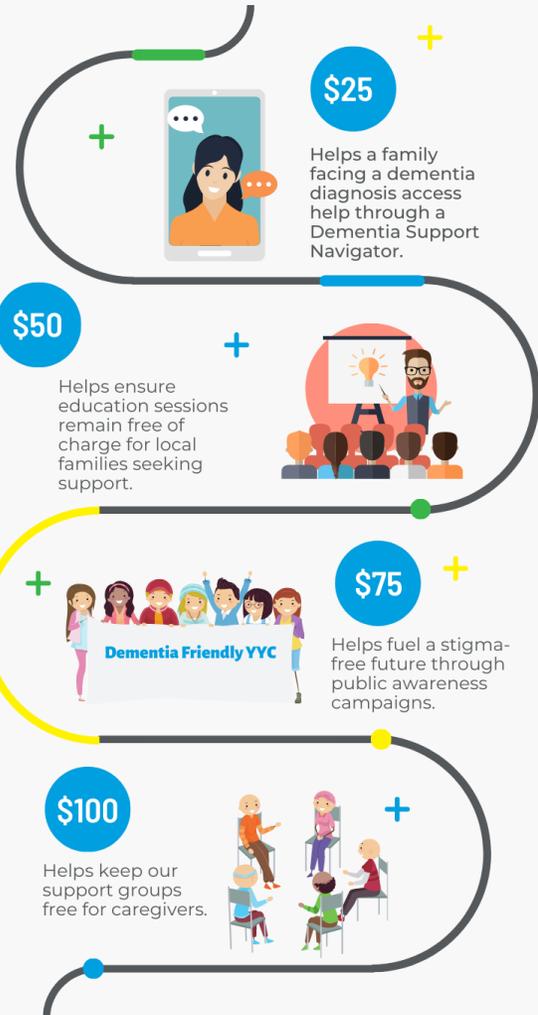
**Thank you to Team Mona for your incredible efforts and for sharing your story with our community!**

See some of their inspiring stories on the next page or **scan the QR code** to visit our online Kudoboard!

SCAN  
ME!



## HOW YOUR DONATIONS HELP US



### HOW TO HELP

These examples showcase the impact your gift could make!

Consider becoming a monthly donor today at [alzheimercalgary.ca/donate](http://alzheimercalgary.ca/donate).

Wishing all the participants of the 2022 IG Wealth Management Alzheimer Walk & Run, all the very best! Special wishes to the Runners of Team Mona across Calgary, Baton Rouge and San Jose! I'm sure Mona will appreciate every step you take :)

I wish I could be there in person, but I dedicate the 14km I ran today and my full marathon next week to my fantastic Aunt and her team. Go team Mona!



Team Mona from Bangalore India ran a memorable 730 kms in solidarity with Team Mona Alzheimer walk in Calgary on Oct 9th. My friends joined me in dedicating their weekly run mileage to my sister Mona who is in an advanced stage of dementia.

Thank you for giving us the opportunity.

Team Mona is participating in honour of all parents and grandparents living with dementia. By participating in the run, we hope to increase awareness about local community supports available for families affected by dementia. Our mum Mona appreciates the cause.

Together we can bring smiles on many faces.



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# THANK YOU

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The **Freckleton** Family

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## In honour of ● ● ●

Heather May Aberdeen, Joyce Bailey, Kirsten Barr, Rene Barthlette, Ann Bayers, Neil Bayers, Mike Bulina, Myungja Chung, Margo Comeau, Adrian deJonge & Elaine Gartner, Danny Ewasiuk, Ron Freckleton, Harold & Joyce Giles, Judy Glowa, Neil Godfrey, Sheila Hall, John Heise, Gail Howat, Darlene Hunter, Thomas Huwiler, Lee James, Angela Jarrett, Joe & Theresa Klassen, Gale Koury, Don Linton, Paul MacKay, Aaron Martens, Wes Martin, Ann McIlraith, Bernardino Morotoli, Dennis Olynek, Ted Pattinson, Heather Phillip, Karalie Strutt, Gladys & Cliff Thomas, Dale & Candice Way, Bev Will, Arlene Willison, Robert "Rob" Wrightt

**Birthday:** Gladys Thomas   **Wedding:** Ali Cada & Mark Knief

## In memory of ● ● ●

Gliceria Abellana, Phyllis Alexander, Kahtleen Allaby, Evelyn "Ev" Baker, Audrey Ball, Dorothy Ball, Pauline Barker, Guido Barone, Polly Bartsoff, Phyllis Barwell, Anne Begg, John Belcher, Garth Bertrand, Angus Blanchard, George Boake, Helen Bodnar, Victor "Zeke" Bronson, Trudi M. Brooks, Joan Brown, Roderick "Rod" Brown, Henry "Gary" Cain, Frank Callaghan, Sylvia Carleton, Karen Carlson, Harold Carr, Bev Chisan, Janice M. Christiansen, Paul Chrumka, Shirley M. Clarke, Leroy Cogger, Jack Collison, James "Jim" Coultis, Barry Cross, Glenn Cruickshank, Rheta M. Daniel, Martha Danylo, Gloria Davidson, Audrey Dean, Berta Dean, Henry Deeble, Jean Denesuk, Patricia Doubleday, Keith Dryburgh, Sylvia Duffin, Laura "June" Dunbar, Linda Dunbar, Lois Dunsmore, Leela Elizabeth, Wilma Ell, Manfred "Fred" Epp, Gwen Fader, Richard "Dick" Feasel, Forrest Fenton, Dallas Fioretti, Violeta Flores Rojas, Edith Frayn, Jean Fuller, Robert "Bob" Fuller, Janet Gaetano, Sylvia Gairdner, Lillian Gilks, Marcel Gosselin, Dorothy Goudey, William "Neil" Gow, Dawn Graham, Bruce Graham, Harold "Bruce" Graham, William "Bill" Grant, Bree Greenway, Marjorie Gertz, Norma Grove, Patrick Handlon, Elsie Harvey, Muriel Hays, Jack Healey, Adelle Heaton, Sharon Helmann, Richard Henderson, Anna Hepner, Daryl Hergert, Lajos "Louis" Horvath, Philip Chin-Hwa Hu, Elizabeth "Betty" Humble, Alan Hunter, Beverley "Bev" Hutchinson, Robert "Bob" Irvine, Nellie "Nell" Jacques, Melvin Jaques, William "Gordon" Jasper, Kelly Faye Jenner, Ildio "Leo" Jeronimo, Davina "Vina" Jones, Al Karakuc, Jean Kelso, Ian Kilpatrick, Doria Kirkland, Elizabeth "Liz" Klatzel, Vern Kohan, Philip Kohlenberg, Hendrikus "Henry" Konnik, Erwin Kuhn, Robert Laidlaw, Julia Langdon, Richard Layne, Vonda Lee, Marjorie "Marge" Lefevre, Margaret Lenzin, Jerry Letourneau, Wing Lew, Harry Lewis, Catherine "Val" Lindebner, Methodius Lozinski, Frank Lucky, Maria Magdalena Luken, Pat Maas, Minnie "Tully" MacDonald, Willard MacLeod, H el ene Major, Melba Marsden, Eileen Mather, Kasumi "Kay" Matsuda, Mary Mazil, Dorothy McCready, Daniel McDougall, Harry McGowan, Wayne McKenzie, Eleanor McLennan, Joan McNeil, Martin Meyer, Logan Middlemiss, Darwin Miller, Gwyneira Miller, Donna Moore, Jack Morrison, Norman Morrison, Judy Mulgrove, John Murphy, Nell Murphy, Richard Murphy, Jane Neily, Alice "Allie" Nicholl, Alice Nielsen, Laurette O'Connor, Patricia O'Keeffe, Gerald "Jerry" Orpe, Wilfred Orr, Margaret "Pauline" Palmer, Sophie Paradis, Robert "Bob" Paston, Anastasia Patterson, Mel Perry, Maria Pimentel, Maria Piotto, Ed R. Pruden, David Quilley, Ethel Raffin, Theresa Ragan, William "Ray" Ramsay, Maxine Rath, Howard Relke, Marcelina Reyes, Brian Robertson, Elsie Robertson, Ian Robertson, Audrey Robinson, Patricia "Pat" Rooney, Charlotte Root, Alice Royer, Irene Schneider, Joyce Schofield, Susan Schwann, James Seifert, Medha Shendye, William Shewchuk, Lionel Singleton, Mary Small, Jean Smandych, Jim Smellie, William (Bill) John Lee Smith, Theodore "Ted" Sorensen, Eileen Sorsa, Reinhard Spletzer, Valerie Stephenson, James "Ted" Steventon, Lilly Stokes, Frances Tanner, Donald "Don" Thomas, Gary Thompson, Calvin Townsend, Mattie Treloar, Maria Trotta, Janet Trumble, Paul Urquhart, Stacey Walchuck, Michael Walter, Judith Watt, Edie Weisbeck, John "Ed" Whitaker, Elizabeth Whitehead, Hank Wiechel, Margaret Wilkowich, Angelica Williams, Ruth "Anne" Willis, Arlene Willison, Howard Wilson, Sandy Witlig, Sandra Wittig, Antioninia Yasinski, Ed Young, Ana Yu, Annie Zacher



**I'D LIKE TO HELP PEOPLE IMPACTED BY DEMENTIA!**

**ALZHEIMER**  
CALGARY

**I WOULD LIKE TO MAKE A ONE TIME DONATION**

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

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

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Card Number \_\_\_\_\_

Expiry \_\_\_\_ / \_\_\_\_ CVV \_\_\_\_\_

Signature \_\_\_\_\_

  
**SCAN ME!**

