

Alzheimer Society  
CALGARY 30<sup>+</sup>  
years



NEWS &  
UPDATES  
**FOR YOU**

COMMUNITY NEWSLETTER WINTER 2018

# Not Alone. Not Silent.....



The numbers are in and the 2018 Investors Group Walk and Run raised over \$300,000!

We are so thankful for everyone who participated and helped make the event one of our best yet! Funds raised are put back into essential programs and services accessed by thousands of local individuals affected by dementia each year.

This year's theme – **Not Alone. Not Silent** – was reinforced by the 1500 people who came out to Eau Claire on Thanksgiving Sunday. Dressed in red, individuals of all ages turned out to show their support for Calgarians impacted by dementia and pay tribute to loved ones.

What a fabulous day! The miraculously sunny weather, combined with live entertainment from Latin band Klave, *the Chinook Country Line*

*Dancers* and the energy of participants, created a truly uplifting experience. Event Ambassador Ron Freckleton kicked off the race with Alzheimer Calgary Board of Directors Chair, Ryan Jennings, as participants set off along the glorious Bow River pathway system.

As always, we are grateful to all of our participants, sponsors, volunteers and partners who contribute to making this special community event a great success. 2018 also marked our last year at Eau Claire! As redevelopments at the market are scheduled to begin soon, the Investors Group Alzheimer Walk & Run will be moving to the Calgary Chinese Cultural Centre in 2019. Stay tuned for more details!



Alzheimer **WALK & RUN**  
Thanksgiving Sunday





# Canada's First OMA Training Centre



## October was a big month for the Alzheimer Society of Calgary.

With the 2018 Investors Group Alzheimer Walk and Run taking the spotlight, many people didn't realize that the Society was about to hit another milestone. On October 12th, 2018, the Alzheimer Society of Calgary became the first Training Centre for Opening Minds Through Art (OMA) in Canada.

OMA is an evidence-based, intergenerational art program for people living with dementia. As demand for the program has skyrocketed in recent months, Dr. Elizabeth Lokon (OMA Founder and Director) from Miami University in Oxford, Ohio, came to Calgary to oversee the Alzheimer Society of Calgary becoming the first Canadian Training Centre.

This development is a breakthrough for the local and national community, making the art program accessible to a far greater number of individuals working in dementia care. Rather than having to travel to the US and incur extensive costs to receive their OMA Facilitator certification, representatives from Adult Day Programs and dementia care settings will be able to obtain their certificate right here in Calgary.

Since 2013, members of the Alzheimer Society of Calgary's Adult Day Program, Club 36, have experienced the benefits of OMA. In addition to the stunning pieces created by the art process, members with dementia are given unique opportunities to build meaningful relationships with volunteers from a younger generation, and enjoy creative expression and self-autonomy.

The benefits of OMA extend beyond the person with dementia; thanks to a collaboration between the Alzheimer Society of Calgary and University of Calgary, OMA gives students from the Faculty of Nursing an opportunity to develop hand-on skills working with persons with dementia. This unique experience equips students with the knowledge and tools they need to feel confident as they prepare to move into their careers.

*Note: If you are interested in learning more about OMA or attending a session, reach out to the Alzheimer Society of Calgary by calling 403.290.0110 or by email at [info@alzheimercalgary.ca](mailto:info@alzheimercalgary.ca)*

# Recognizing Cognitive Changes During the Holiday Season



We are only a few weeks away from the holiday season and that may mean spending more time than usual with loved ones.

For many, this is a time of year for joy and laughter, but for some, it's also when cognitive changes become apparent.

If you are concerned about changes in cognition in a family member, it's never too early or too late to reach out to the Alzheimer Society of Calgary. With a dedicated support staff, we will work with you to address your concerns and provide free, confidential guidance.

*Several of the most common warning signs include memory loss, changes in mood or behaviour, difficulty with familiar tasks, confusion of time and place and poor judgement.*

Having any one of these symptoms does not necessarily mean that the person has dementia, however, it is always okay to seek medical advice if you are concerned.

From your friends at the Alzheimer Society of Calgary, we wish you a very Happy Holiday Season and we look forward to seeing you in 2019.

You can reach the Alzheimer Society of Calgary by calling 403.290.0110 or by emailing [info@alzheimercalgary.ca](mailto:info@alzheimercalgary.ca)

*Note: The Alzheimer Society of Calgary office will be closed from December 25, 2018, through January 1, 2019, and will re-open at 8:30 a.m. on January 2. Both Club 36 sites will be open on December 27, 28 and 31.*

**If you need assistance during this time, please contact the Distress Centre at 403.266.4357.**



# Cannabis and Dementia



On November 7th, more than 200 local people came out to South Health Campus to listen to Alzheimer Calgary speak about cannabis and dementia.

With the recent legalization of recreational cannabis or marijuana, questions about its potential health benefits have become a hot topic for the community.

## WHAT IS CANNABIS?

**Cannabis is a plant called Cannabis sativa. It originates from Asia and is now grown around the world, including Canada. It contains a range of chemical compounds called cannabinoids – the most well-known being tetrahydrocannabinol (THC). Scientists have identified over 70 different cannabinoids in cannabis, each with various effects on the body.**

Although studies are ongoing, there is currently no evidence to suggest that cannabis is useful for the treatment or prevention of Alzheimer's disease or other types of dementia.

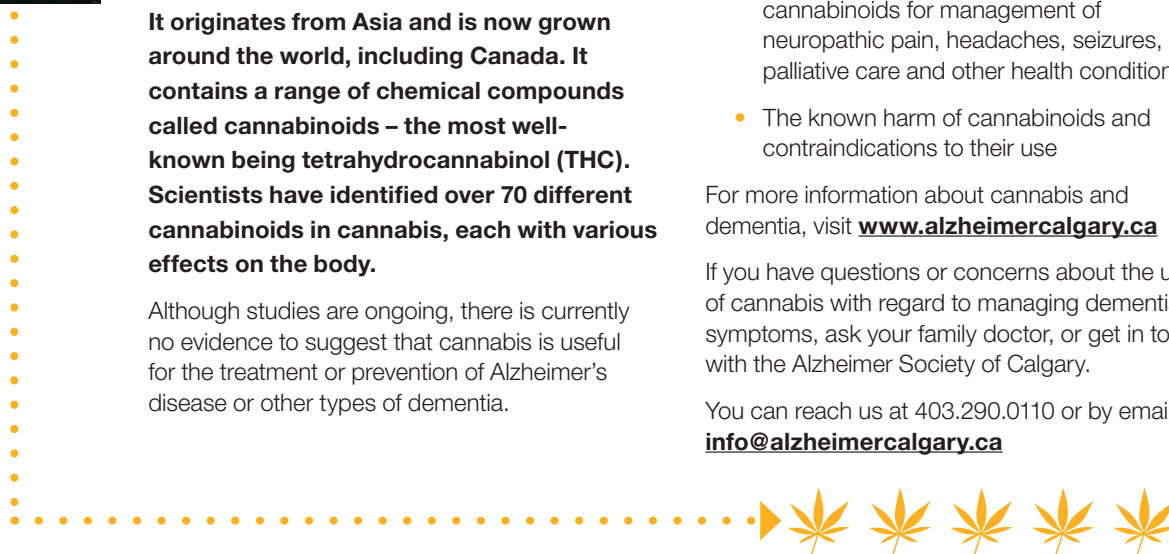
In an effort to answer questions and address concerns, Cannabis and Dementia covered the following topics:

- Evidence of the safety and efficacy of cannabis in older adults with dementia
- Research behind the use of medical cannabinoids for management of neuropathic pain, headaches, seizures, palliative care and other health conditions
- The known harm of cannabinoids and contraindications to their use

For more information about cannabis and dementia, visit [www.alzheimercalgary.ca](http://www.alzheimercalgary.ca)

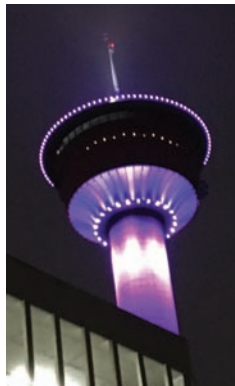
If you have questions or concerns about the use of cannabis with regard to managing dementia symptoms, ask your family doctor, or get in touch with the Alzheimer Society of Calgary.

You can reach us at 403.290.0110 or by emailing [info@alzheimercalgary.ca](mailto:info@alzheimercalgary.ca)





# World Alzheimer's Day



September 21st was World Alzheimer's Day and this year, the Alzheimer Society of Calgary decided to engage the community by asking local people to share a brief video describing what they would do to make a difference.

## **The response was incredible.**

Calgarians stepped up and notable individuals such as Dave Kelly and Brett Wilson joined the social media campaign with videos describing their own plans to help make our city a better place for people living with dementia. Answers ranged from visiting with a loved one, learning more about Alzheimer's and participating in the 2018 Investors Group Alzheimer Walk and Run. If you were out and about in downtown Calgary that night, you may have noticed a purple hue in the sky. That's because the Calgary Tower and Reconciliation Bridge were both lit up in purple to commemorate the day.

With 17,000 people in Calgary and area living with a diagnosis and many more impacted, it's essential that we continue the dialogue. We can

all do our part to help make Calgary a better place for those affected by Alzheimer's disease and other types of dementia.



# Dementia Re-imagined

- • • On June 19, Dementia Network Calgary hosted 'Dementia Re-imagined' – a symposium, designed to encourage conversation and inspire change around person-centered care for people with dementia.

International experts and local stakeholders gathered at Mount Royal University for an intensive day of workshops followed by an evening event open to members of the public, with more than 400 attendees.

Daniella Greenwood from Australia, Dr Allen Power from the United States and Dr Claire Surr from the UK led discussions about innovations in dementia care around the world. During the day, a working round table focused on identifying challenges and opportunities to shift the culture of dementia care. The evening session gave members of public an opportunity to hear from the experts, as they shared their insights in a fireside chat with local personality, Dave Kelly.

Other highlights of the event included a graphic recording artist, who captured key learnings on paper as they emerged; uplifting melodies from music therapist Jennifer Buchanan; the showcasing of a dementia-friendly bicycle;

and in-person demonstrations of Opening Minds through Art (art therapy) for people with dementia.

The event, created in partnership with Alzheimer Society of Calgary and Gordie Howe C.A.R.E.S. Centre for Alzheimer's Research and Education Society, culminated in a true sense of hope and optimism for the future of dementia care in Calgary.

*Dementia Network Calgary is a multi-stakeholder group of knowledgeable, capable and passionate individuals from across public, private and nonprofit sectors in Calgary and area that is taking a collaborative approach to tackling the complex challenge of dementia.*





# Thank You to our Community Partners



Thank you!

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

## FUNDERS



## SPONSORS



# In Honor/Memory of

**IN HONOR OF** Bob & Carole Brawn Elizabeth Brownfield Pilar Corbella Jim Deighton Robert Eden Betty Humble Patricia Jaeger Quetzal Johnson Sue Johnson Betty Kjearsgaard Leona Leach Lorna McKenzie Mary Mitchell Leslie O'Donoghue David Reckord Teresa Sleno & Family Pat "Grandma" Swanson

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# Looking Back on a Monumental Year



In September, we released our annual report for the 2018 fiscal year. Working with new and old partners alike, it was truly a year to celebrate working together.

Head over to the Alzheimer Society of Calgary's website to read the entire report: [www.alzheimercalgary.ca](http://www.alzheimercalgary.ca)

## HIGHLIGHTS OF THE REPORT:

- A new three-year partnership with Gordie Howe C.A.R.E.S. was announced at the end of 2017. This partnership is increasing our ability to deliver education to the community and enabling more local people to connect with the services they need.
- Thanks to grant funding from the Community Innovations Grant for People Affected by Dementia, the Alzheimer Society of Calgary was able to deliver training to 32 organizations across Southern Alberta to become Openings Mind through Art Facilitators.
- This year's recipient of the Jeanne Bentley Award was Ron Freckleton. Ron is a true advocate for local families affected by dementia. He uses his experience as a caregiver and popularity in the community to help others.

## 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 2018/2019 fiscal year, the Alzheimer Society of Calgary is planning to raise \$1,202,250 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). Charitable Registration Number: 13072 5740 RR0001