

Alzheimer Society
CALGARY 30⁺
years

HUMOROUS

NEWS &
UPDATES
FOR YOU

COMMUNITY NEWSLETTER SPRING 2019

Alzheimer Awareness Month

In January we came together to help re-frame the conversation about dementia

January was Alzheimer Awareness Month in Canada and this year the Alzheimer Society of Calgary engaged the local community and focused on re-framing the conversation around dementia. As the number of people affected continues to rise, it is imperative that we work together to remove the stigma surrounding the condition and encourage people to reach out and seek the help and guidance available to them.

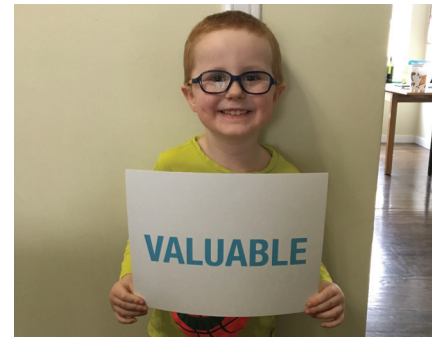
Throughout the month, people in the community worked to dispel myths and misconceptions of people living with dementia. These people participated by taking pictures of themselves holding up words that describe the positive characteristics of people living with dementia and shared them on social media.

The level of engagement and the number of responses was incredible. We are grateful to everyone who took the time to participate and send in pictures of themselves holding up their positive words.

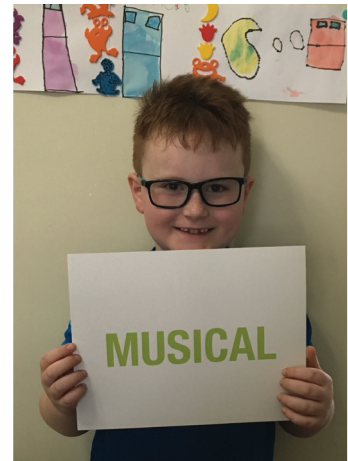
We are all working toward the same goal – the elimination of stigma surrounding dementia.

By continuing to have these conversations and by continuing to acknowledge the need for change, we are all doing our part to make our community a better place for everyone.

Visit www.alzheimercalgary.ca to see the great photos people shared with us for Alzheimer Awareness Month.



REFRAME THE CONVERSATION ABOUT
D E M E N T I A



Calgary Herald **Christmas Fund**

Funds from Calgary Herald Christmas Fund being used to increase amount of education sessions

As the number of people affected by Alzheimer's disease or another form of dementia is set to double by the year 2031, the Alzheimer Society of Calgary is working to ensure our community understands what it means to live with a diagnosis. As one of 12 recipients of the 2018 Calgary Herald Christmas Fund, we will be increasing our capacity for providing education to our community this year.

As a result, we are proud to announce that we have immediately doubled the amount of "Caregiver Strategies for Dementia" — educational sessions for caregivers and we are further engaging our community by sharing public education sessions online.

Upon learning that you, or someone close to you, has dementia, it can be a confusing and emotional time for everyone involved. The support staff at the Alzheimer Society of Calgary are here to work with caregivers and loved ones to offer free and confidential guidance. With a plethora of information available in this day and age, it helps

to have experienced professionals on the other end of the phone that are equipped to answer your questions and provide advice when you are uncertain of what lies ahead.

One caregiver who reached out to the Alzheimer Society of Calgary was Chris Jost. Jost suddenly became the primary caregiver for his mother when he moved her into his home in Calgary. On top of working full time and raising a family of his own, he is now supporting his mother as she lives with dementia. Feeling overwhelmed and unsure of where to turn, he decided to reach out.

At the recommendation of a member of the support team, he attended the "Caregivers Strategies for Dementia" education session. Following the two three-hour sessions, he was equipped with tools and knowledge to provide better care for his mother.

When asked about the experience in a recent interview by the Calgary Herald, he explained that this workshop was "incredibly insightful and exactly what I needed."

As a recipient of the 2018 Calgary Herald Christmas Fund, the Alzheimer Society of Calgary is looking forward to helping other people in our community like Chris Jost.

Increasing the number of education sessions available will help to avoid having to place people on waitlists and will ensure more people receive guidance along their journey.

It's never too early or too late to reach out.

For more information about "Caregiver Strategies for Dementia," visit www.alzheimercalgary.ca or call 403.290.0110.



The 2019 IG Wealth Management Alzheimer Walk and Run **has a new venue**

With warmer weather on the horizon, we are already deep into the planning phases for the Alzheimer Walk and Run.

2019 is shaping up to be an exciting year and we have several changes to announce.

This year, the event will be known as the “IG Wealth Management Alzheimer Walk and Run” to reflect the re-branding of our title sponsor. Despite the name change, this will still be the same great event that has become a Thanksgiving tradition for many Calgarians and their families.

We are also excited to announce that we will host the event at the Calgary Chinese Cultural Centre. It's just around the corner from Eau Claire Market which means that we are still able to use Calgary's fantastic Bow River pathway system.

And finally, we are pleased to announce that for the first time ever, the 2019 event will have a 1km route. This will allow even more people to come out and participate on Thanksgiving Sunday.

2018 was an excellent year with over 1,500 people taking part and raising over \$300,000 – let's keep that momentum going for 2019!

Stay tuned for upcoming information about the 2019 IG Wealth Management Alzheimer Walk and Run and how you can get involved.

www.alzheimercalgary.ca

 [Facebook.com/alzheimercalgary](https://www.facebook.com/alzheimercalgary)

 [Twitter.com/alzcalgary](https://twitter.com/alzcalgary)

 [Instagram.com/alzcalgary](https://www.instagram.com/alzcalgary)



Implementing the Gentle Persuasive Approach™ in Alberta

For those working in dementia care, understanding and adapting to responsive behaviours is extremely important

Flexibility and patience are required and many healthcare facilities and organizations are moving away from the standard, one-size-fits-all procedure and moving towards the person-centered, Gentle Persuasive Approach™(GPA) which has proven to be a successful alternative in understanding responsive behaviours.

By understanding the unique personalities of each individual living with dementia, care providers are able to look beyond surface behaviours, and care providers can identify ways to provide the best care options for each individual.

With one in five caregivers reporting feelings of distress or feeling concerned about their safety, this training provides the tools and resources so care providers and health care employees are equipped to provide safe and

effective care and have the ability to diffuse situations that have the potential to escalate. This in turn reaffirms the confidence and level of professionalism that families expect when seeking dementia care.

GPA provides practical techniques to prevent or intervene in behavioural escalation at the workplace.

Cindy Bond, Community Education Specialist,
Alzheimer Society of Calgary

Gentle Persuasive Approach™ aims to provide passionate care to individuals living with dementia by focusing on four key areas: personhood, brain and behaviour, the interpersonal environment and gentle persuasive techniques.

Currently, the Alzheimer Society of Calgary is the only organization in Alberta that is qualified to train staff from third party organizations. Day-long sessions are offered to groups of 10 or less people who are actively employed in the field of dementia care.

If you, or your organization, are interested in learning more about the Gentle Persuasive Approach™ and registering for a training session, please contact the Alzheimer Society of Calgary to learn more.

www.alzheimercalgary.ca
403.290.0110

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The Gentle Persuasive Approach™ is available for groups of up to 10 people. Costs are \$40 per person for the facilitation, with an extra \$21 per person for course materials



Cindy Bond, Community Education Specialist,
Alzheimer Society of Calgary.

Lacing Up Your Skates for Dementia

This year's Gordie Howe C.A.R.E.S. Pro-Am hockey tournament is taking place over the Mother's Day weekend in May.

Every year, more than 100 hockey players join forces with some noteworthy NHL alumni for an unforgettable weekend of hockey and fun in Calgary. As the primary fundraiser for Gordie Howe C.A.R.E.S. Center for Alzheimer's Research and Education Society, the tournament has become a staple in the dementia community and continues to raise hundreds of thousands of dollars for the cause each year.

Part of the funds raised support various programs at the Alzheimer Society of Calgary. The tournament is taking place in Calgary from May 10 – 12.

The Alzheimer Society of Calgary is proud to partner with Gordie Howe C.A.R.E.S.



Talking about Dementia

In January, over 150 people came out to the Best Western Calgary Plaza Hotel for "Talking About Dementia."

Dr Hogan delivered an informative presentation, was able to engage with the audience and answer several interesting questions.

In an effort to increase our capacity and ability to provide education to the community, the Alzheimer Society of Calgary engaged a local production company – Full Swing Productions – to film this presentation. If you didn't get the chance to come out, be sure to stay tuned to our website to see the recorded version.

Visit our website to learn about upcoming education sessions taking place throughout the community this year.

The next "Talking About Dementia" will be taking place in May.

Be sure to stay tuned to the Alzheimer Society of Calgary's website and social media channels for more information and how to reserve your spot.



CENTER FOR ALZHEIMER'S RESEARCH
AND EDUCATION SOCIETY



Volunteers come from all backgrounds and from all age groups



Moving to Calgary at the beginning of 2018, Anastasiia Stepanchuk didn't waste much time before filling her schedule.

A PhD student in neuroscience at the University of Calgary, Stepanchuk, who is originally from the Ukraine, began volunteering with the Alzheimer Society of Calgary in May.

Looking to learn about dementia from beyond the scope of academia, she chose to reach out to us to volunteer. Volunteering with several community

support groups run by the Alzheimer Society of Calgary, she explains that it has opened her eyes and given her a new appreciation for what families are going through.

“The way that these people open up and share their story is something that never ceases to amaze me,” explains Stepanchuk.

Also doing her part to help out with the success of the 2018 Investors Group Alzheimer Walk and Run and several education events this past year, Stepanchuk has become a key volunteer for the Society.

The future is bright for Stepanchuk and the Alzheimer Society of Calgary is grateful to be part of her journey.

If you are interested in volunteering with the Alzheimer Society of Calgary, you can visit alzheimercalgary.ca or call our office at 403.290.0110.

FIRST-HAND EXPERIENCE FROM A PRACTICUM STUDENT WORKING AT THE CLUB 36 ADULT DAY PROGRAM IN HARVEST HILLS

“ My experience working with Club 36 Harvest Hills has been extraordinary from the start to finish. I came in with no prior experience working with elders, and honestly just the thought made me quite nervous because I didn't know what to expect. Overall, I believe my experience at Club 36 Harvest Hills has allowed me to reach a new level of professionalism that will be extremely beneficial going forward from here on out. I have learned so much (by) doing my practicum at Club 36 and I want to continue applying the knowledge obtained into my future commitments and work.”



Life Goes on

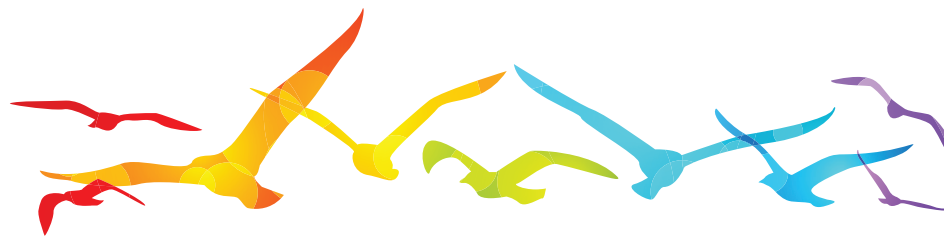
Mark was the primary caregiver for his wife as they went through their journey with dementia.

With guidance and support from the Alzheimer Society of Calgary, Mark and his family were able to take advantage of all of the resources available to them.

Now that Mark's wife has passed away, he has a lot of time to reflect on the life they built together.

People grieve in many different ways and one of the ways that Mark has been able to express his grief as well as his hope for the future is to write poetry.

Here is one of Mark's poems that was written after his wife passed away.



LIFE GOES ON

I walked down to Elgin Pond,

Sat on a bench to look at the view.

I thought about my life and the challenges I encountered

Where do I go from here?

Just then a flock of birds flew from a bush toward the sky,

A beautiful sight, the freedom of flight.

Life goes on

Then a little duck was swimming by and disappeared under the water,

Seconds later it bobbed up and repeated this a few times.

Life goes on

Three young boys came to the water's edge and began throwing stones
to skip in the pond

Wow!

The memories this brought back when I was young growing up by a canal

Life goes on

The sun is setting and I thought another day gone

Life goes on

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.

FUNDERS



SPONSORS



In Honor/Memory of

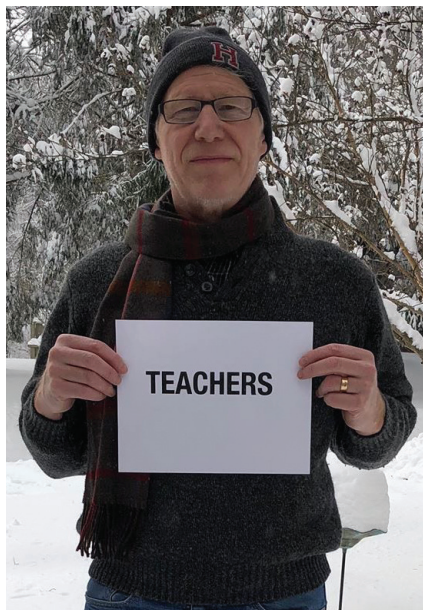
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“ We are grateful to everyone who took the time to participate and send in pictures of themselves holding up their positive words.”



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. Charitable Registration Number: 13072 5740 RR0001