Building Capacity

Family and close personal relationships are often the source of our strength. The strength of our ability to come together as a community; to be resilient; to find solutions; and to face painful challenges head-on.

For over three decades, the Alzheimer Society of Calgary has been dedicated to building the capacity of people. After all, people are at the heart of our families and community. We recognize and preserve the importance and value of the whole person – and it anchors everything we do:

- Providing a compassionate ear and practical strategies for families.
- Supporting care partners in their demanding roles by offering respite options.
- Working in collaboration with community partners to help educate and raise awareness for the cause.
- Championing care strategies in the workplace that emphasize empathy and friendship, putting the person with dementia first.

By concentrating on building the capacity of the person and thus, the community as a whole, we direct our efforts to three primary areas of impact:

**Strong community connections.** No doubt, you’re familiar with the proverbial phrase, “It takes a village...”. In leveraging the resources of the broader community, we can coordinate a more powerful and tenacious response to the need.

**Shared insight.** Family members and care partners require information and practical support. Others need help understanding the warning signs for dementia or taking preventative measures. Learning sessions provide the essentials and often help determine a person’s next steps.

**Empowerment.** Of the person. And the community. By coming together as a whole, we can create collective impact. And face challenges from a position of strength and choice. Community members gain confidence. Learn to trust their own abilities to make decisions. And advocate on behalf of themselves and others.

With you by our side, we can continue to build the capacity of our community to live life well with dementia.

We invite you to discover the changes you’ve so kindly made possible through the Alzheimer Society of Calgary in the following pages.

Thank you for all you do for local people impacted by dementia.

Cary Mamer
**President, Board of Directors**

Barb Ferguson
**Executive Director**

Where community, insight and empowerment begin.
COMMUNITY

Rallying the Community in Support of the Cause

There’s power in numbers. As a result, we have taken on a new leadership position — bringing people and organizations together. We have convened a group of individuals from the public, private and non-profit sectors in Calgary who have an interest in making a difference for families impacted by Alzheimer’s disease and related dementias.

Our aim is to ensure, through our collaborative efforts, that people with dementia, their family members and care partners have access to what they need throughout this difficult journey. With anticipated results such as greater clarity in navigating the healthcare system; joint efforts to identify and resolve gaps in services or care; and increased resources along the way; we believe we can help build the capacity of the community as a whole. As a result, we have taken on a convening role to help create the Dementia Network of Calgary and Area.
Reframing perspectives in the workplace

How training changed one worker’s approach to dementia care

During a time of budget cuts in health care and some distressing stories in the news, it’s not an easy time for dementia care workers. Families continue to relate what a difference it makes to have a dementia care staff member on their side, a person truly committed to the health and wellbeing of their loved one. Whitehorn Village Retirement Residences is one example of a community partner who reached out to the Alzheimer Society of Calgary for specialized training for front-line workers, administrative and operations staff. In return, Whitehorn Village provided a generous sponsorship of our flagship free community education event, allowing us to create even bigger impact from our partnership.

“The Best Friends™ training has given me a better understanding of dementia and I realize that some of the things I was saying to our residents was not only frustrating to them, but futile... such as asking ‘Don’t you remember’ and referring to a conversation we already had. I am now more sensitive and I feel confident to step up when someone may be communicating ineffectively with one of our residents living with dementia.”

C. Magotiaux, a staff member with Whitehorn Village Retirement Residences

“The need is too great. No single organization can tackle it alone.”

“It took away my fear of working with individuals who have dementia.”

A member of the dementia care workforce

“Our staff became more understanding, more patient and more focused on residents’ needs and learned more about them. Residents became more comfortable with the staff and are interacting more frequently.”

Casey R. with Maison Senior Living
This year 680 members of the local dementia care workforce were trained to provide care based on best and emerging practices through the Alzheimer Society of Calgary. This represents a 10% increase over the previous year. We did this through:

**Best Friends Approach™ training:** Providing more comprehensive, in-depth training in intimate group settings, the Alzheimer Society of Calgary invested 37% more time to ensure that front-line workers have the confidence to tackle the unique demands of caring for people with dementia. Founded on the Best Friends Approach,™ our professional training is guided by a philosophy of care that emphasizes empathy and friendship and was created by experts in the field of dementia research. Of the attendees, 98.7% reported increased knowledge and understanding of dementia and 98% felt they learned valuable communication techniques.

**A focus on tomorrow’s workforce:** Through the generous support of the Mann Foundation (Manor Village Life Centers), we continue to collaborate with Health Care Aide and Practical Nursing programs at Bow Valley College, Columbia College, Mount Royal University, Robertson College and the University of Calgary to equip students with dementia-specific training. The Alzheimer Society of Calgary delivered close to 50 hours of education and experiential training, which included strategies to respond to, and minimize, behaviour changes in dementia.

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"I use humour more to defuse tense situations and interact with our residents. The result being a calmer me and happier residents."

Nikki A., Silvera for Seniors

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Dementia crosses cultural boundaries. By reducing barriers to communication, we can reach a greater audience. 400 community members from diverse ethnic groups received dementia education (a 98% increase) as a result of local partners working alongside the Alzheimer Society of Calgary to provide interpreters and translational services.
Partnerships Provide a Much-Needed Boost

It all comes down to the people we work with. We’re proud to team up with individuals and organizations across the community to strengthen our capacity and create lasting impact for local families.

Answering the call to action

Thank You to Our Funders

We are grateful to the United Way of Calgary and Area for continuing to be a partner, enabling us to deliver family support and offer learning sessions for care partners. Alberta Health Services provides support for the Adult Day Program known as “Club 36.” We wish to express our sincere thanks to these and other funding partners for their ongoing commitment to ensuring quality of life for persons impacted by dementia.
Volunteers: Purposeful and Compassionate

Our volunteers lift the community by providing the spirit and the bench strength we need.
Healing by helping others

Sam wants others to have more understanding than he did.

“Since my mother was diagnosed with dementia a few years ago, I realized that this disease was more prevalent than I thought. I also hadn’t known how much of a terrible impact it had - not only on the person but the family as well. I decided that I needed to help in some way so that more people become aware of this disease,” he says.

Sam is a working man with a large family in Calgary. Despite a wide range of responsibilities and time commitments, he still finds time to contribute. He helps raise awareness by setting up the Unforgettable Mural (a wall-sized tribute dedicated to the local people impacted by the disease) at multiple locations across the city. Through his efforts, thousands of Calgarians are exposed to the many faces of Alzheimer’s disease or related dementias, along with the stories of their lives – not just their diseases. For Sam, “this mural exemplifies awareness to people of all ages ... that Alzheimer’s disease can affect anyone out there."

A very special thank you. This year 258 volunteers contributed nearly 2,700 hours to the Alzheimer Society of Calgary in support of local families impacted by dementia.

“The Alzheimer Society of Calgary was there when we needed them. Volunteering enables me to give back the gifts of learning for which I’m truly grateful.” - Faye H., volunteer
Every year we celebrate remarkable community contributions through the Jeanne Bentley awards, named after our founder (a volunteer herself, eventually diagnosed with dementia). This year, a very special posthumous award was given to Cheryl Waite. She was a true community builder and ambassador for the cause, generously dedicating her time to the cause over the past 3 years. Cheryl’s family accepted her award on her behalf.
Recognizing the selfless individuals who serve our community

Mark Abesamis
Luiz Alvarez
Jamie Anderson
Rosie Antivola
Luisa Arevalo
Janet Arnold
Henry Assen
Jackson Bagley
Samuel Bagley
Janice Bakal
Marilyn Baker
Desiree Balintongog
JoeLeen Bang
Asha Bansal
Nadja Bejovic
Nena Besen
Soraiya Boland
Cindy Bond
Leah Boynton-Collett
Murray Brown
Nancy Brown
Carly Bullough
Joelle Buye
Murray Brown
Carolann Calvert
Joelle Buye
Micro Meechan
Diane Callahan
Paula Callin
Patti Copithorne
Nicole Corner
Lisa Cox
Carol Dann
Diane McClain
Colleen de Jager
Mark de Jager
Dave Dearborn
Sandi Doiron
Lisa Donahue
Lawrence Dong
Brianna Doucet
Jacqueline Drew
Kate Dupuis
Dawn Duran
Mark Dwyer
Paul Dwyer
Beverley Edwards
Baileigh Ellement
Nicole Ellement
Brandee Elliott
Kathleen Everest
Tiara Fernando
Natasha Fetter
Jaime Fiolka
Sam Fishman
Clara Fluker
Kamyr Fonouni
Natalia Garcia
Stephanie Garvey
Roy Goddard
Darlene Gordon
Jenna Gargas
Megan Gough
Ashley Haley
Joanna Harvey
Paige Harvey
Gayle Hayes
Gaylene Hennan
Faye Hieucka
Wayne Hieucka
Raymond Ho
Diane Holliday
Nicholas Holliday
Patrick Horne
David Horton
Elaine Hostland
Kenny Husband
Evan Inglis
Colin Innes
Shelley Innes
Bev Janisch
Dana Jenkins
Rodney Jenkins
Ryan Jennings
Christy Jo
Arundani Karunaratne
Ben Kawaguchi
Muriel Keeling
Kati Konoff
Scott Konoff
Brian Koochin
Davina Kosowan
Karen Kozak
Gerald Kozdial
Lotis Lacar
Line Laird
Scott Laird
Andrew Law
Steven Lazarowych
Agnes Lee
Sean Leeson
Fannie Lei
Jamie Lei
Katherine Leonard
Bohan Li
Ann Lidgren
Jie Lin
Jenny Lin
Susan Little
Matt Lukowich
Lee Lunde
Sandra Lunder
Cindy Luong
Lorne Mackenzie
Sarah Mackenzie
Brian Mahaffey
Cary Mamer
Claudia Mansell
Ryan Manson
Loretta Marek
Paige Martin
Monica Matthews
D'Arcy McCrea
Joyce McGirr
Lorraine McGowan
Judy McIvor
Deb McKerlie
Andrew McLiesh
Patty McLiesh
Hayley Mercer
Christi Millar
Camille Minvielle
Lorraine Mohr
Leslie Molengraaf
Terra Morel
Glenda Murray
Louise Newbury
Caprice Niebuhr
Patti Nolan
Colin Nordick
Shawa Nordick
Brian O'Flaherty
Delaney O'Flaherty
Lyre Orcajada
Novee Orcajada
Nicola Pallister
Alicia Pelletier
Sharon Phillips
Denis Plechkov
Pat Prall
David Puchalski
Michael Pugh
Jean Rankin
Marion Rasmussen
Tim Richardson
Laura Robertson
Margarita Roche
Peter Roche
Sherry Rong
Robin Routes
Gene Rovick Aljopjan
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Shanjin Wong
Alysia Wong
Colette Wood
Lois Wozney
Allan Yellin
Candace Yip
Kidan Yokwe
Youth Central
Kathryn Yu
Al Zhang
Andy Zhong
“I need to speak with someone who understands this journey.” “I feel so isolated and alone.” “I don’t think I have the resources or tools to get through this.”

By sharing our insights with members of our local community, we create better understanding about these diseases. Our aim is to help people gain new perspective, take different approaches to managing daily life - and most importantly, help maintain hope.
Insight gave Eva fresh perspective

The difficult journey of a loving father and his devoted daughter

My mother passed away at the young age of 57. This was a terrible time for my Dad (Josef), but he managed well enough by himself. He could drive; prepare his own meals and garden. I was always very close to him and we spoke every day. Gradually, things began to change.

It’s so hard to know when something might be wrong, or when it’s ‘just getting old’ – things like memory loss and slowing down physically. My brother and I started to notice small things; like Dad would re-tell stories or we’d have the same conversations over and over. He was officially diagnosed with Alzheimer’s disease at the age of 79.

One day he fell badly in the gravel, face first. After that we kept a closer eye on him, but he fell again, hurt his wrist and bumped his head. He was assessed as being OK to be at home with assistance.

Our family and the care team knew it was a matter of time until he fell again, but we all felt it was more important for him to remain happy at home. A third time, he hurt himself and broke his hip, went to the hospital and eventually transitioned into care. That was a really upsetting time. Dad didn’t understand that he couldn’t walk properly anymore so he would keep trying and keep falling. He lived in a wonderful care facility for almost two years before he passed away.

Caring for a person with dementia impacts your health in very strange ways. It can be very stressful and it really affected me and my health. I’m so grateful for the support I got from the Alzheimer Society of Calgary. I enrolled in a workshop for family caregivers. It was life-changing for me – the things I learned and how much more I understood. To understand what was happening in Dad’s brain when he’d act a certain way made it easier not to get upset.

The tools and tips I learned really helped me to appreciate the time I had with my Dad, and not to worry about the small stuff. After going to the workshop I thought one day, “Your dad’s 83, and absolutely loves his sweets. So what if he has his favourite apple fritter instead of a salad? What really matters here?”

And I learned you can still laugh! I remember trying to explain to him that he couldn’t get up and walk because he might fall. “I can’t walk?! But I was out walking by the river just this morning!” he said.

You learn to really appreciate the good times, and there’s a lot to be grateful for. I’m very grateful that he never forgot who I was, that he always recognized me. I would like others on this journey to know that it’s important to learn and to find out the facts. Now I support the Alzheimer Society of Calgary as a donor because I really want to help other people. I want them to have the same resources I had, and my wish for them is that it’s an easier journey because of that.

“It was life-changing for me – the things I learned and how much more I understood. To understand what was happening in Dad’s brain when he’d act a certain way made it easier not to get upset.” Eva W., current donor and supporter
Focusing on prevention & risk reduction strategies

Since we do not yet have a cure, the latest research points to the possibility that preventative measures and delaying onset are key components to improving health and quality of life for people as they age. At the Alzheimer Society of Calgary, these elements provide the very foundations of our community education programs.

97% of participants reported a definite increase in knowledge related to improving brain health and reducing their risk of dementia.

Sharing Insight: 2014 Highlight of Programs & Services

When people receive a diagnosis, or begin to notice potential symptoms of dementia, they count on the Alzheimer Society of Calgary to bring them up to speed quickly and help them determine next steps.

This year 1,715 local people took part in our community education programs, up 31% over the previous year.

Family members and care partners experience a wide range of challenges from managing new behaviours to adapting their style of communication. The resulting stress and emotional impact can significantly impact their own health and wellbeing. To help ensure they have the knowledge and support they need, the Alzheimer Society of Calgary offers programs such as:

Empowered Care – designed to help family members and care partners gain real-life, practical strategies and help inform and guide their day-to-day decisions. This program emphasizes the importance of self-care and often creates the foundations for informal support networks.

Care partners reported increased confidence in facing their day-to-day challenges, with nearly 87% feeling more empowered in their role at the end of the program.

31% OVER THE PREVIOUS YEAR

97% INCREASED THEIR KNOWLEDGE

87% FELT MORE EMPOWERED
Insight can be shared in many forms. By launching a new web site for the Alzheimer Society of Calgary, we helped increase the capacity of the organization to provide information in a way that’s convenient and easy for people to access and share. This also equates to more effective use of time and resources and assists in meeting increasing demands from our community.

www.alzheimercalgary.ca
An online search brought Ben comfort

It had been more than 20 years since I felt as powerless as I did at 3 a.m. that morning... Powerless to protect my spouse from the loss and grief that lay ahead. Powerless to help my mother-in-law. It was the beginning of a long journey that will undoubtedly change our family in every way. The only thing I knew was that I needed information. So I set out on my journey. In the dark, I reached for my iPad and started to type.

The very first web site I came upon belonged to the Alzheimer Society of Calgary. The information was helpful, comprehensive and non-threatening. I was immediately surprised at the resources available to our family: phone support; workshops; stories from other people and families just like ours; and the ability to get involved.

I spent more than an hour on the site that morning. While I knew in my mind that our family couldn’t truly save our mother-in-law from what was ahead, I gained a sense of peace. After all, it was clear we weren’t in this alone. The story of John and Evelyn struck very, very close to home. It showed me there are resources that will allow us to do what’s best for our loved one, and resources that will help our family take care of each other during the months and years to come.

The greatest thing I gained was the loss of the powerlessness that had been hanging on me. While my mother-in-law may be impacted by Alzheimer’s disease, our family does not have to be victimized. We will be involved. And we will be part of the support - and supported - in our community.

Reaching out to our community online

The community’s appetite for information has grown considerably and the Alzheimer Society of Calgary is responding to the demand by providing more information online.

- 49,396 web site visits represented an increase of 92.5% over previous fiscal year.
- 29,871 individuals accessed online information, up 83%.

The amount of total content accessed online increased by 134.5%.

Mobile traffic demonstrated a boost of 333%. Mobile devices and tablets accounted for 27% of the total online audience.

“It had been more than 20 years since I felt as powerless as I did at 3 a.m. that morning.” Ben C., Family member
EMPOWERMENT

Empowerment: Building on Strengths
Riding a Rollercoaster

Rocked by a sudden family tragedy, Carole reached out for help

We went through a very rough time in the late 1990’s with my father. He had dementia. He was in the early to moderate stages when my mother, who was his primary caregiver, suddenly passed away in her sleep. We were immediately thrown into a crisis as Dad was not able to function on his own. My parents lived in Calgary but I did not. To make matters worse, I was working at the time and still had a child at home.

We brought caregivers in for Dad and we got him enrolled in the Alzheimer Society of Calgary’s Club 36 Adult Day Program. It provided activities for him and a break for his caregivers. One of the caregivers and I attended a dementia care workshop with the Alzheimer Society of Calgary as well, and that was also very helpful. Eventually, we got Dad admitted to an excellent care facility. He passed away in 2001 at the age of 89.

It was a difficult time for all for us but we were most appreciative of the help we received along the way, and I have since referred other people. Thank you again!

Carole Johnson
Current donor and supporter

Whether it’s in response to the shock and devastation of a diagnosis, or the emotional impact and stress of caregiving, people often reach out to the Alzheimer Society of Calgary for support. This year, more than 1,000 people (an 18% increase) found a comforting ear and a shoulder to help them along in their journey. We did this through:

Support calls and family meetings with registered social workers: Creating a safe haven for people to express emotions and discuss complex issues, we help guide problem-solving and decision-making related to caregiving challenges, provide factual information about the disease and give quality community referrals where necessary.

Facilitating support groups: 92% of support group survey respondents reported reduced feelings of isolation. Nearly 85% of support group members felt comfortable sharing sensitive information and 77% felt better able to cope with their (or their family member’s) dementia.

“They don’t have to remember us to know that they loved us.”

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18% increase in support requests

92% felt isolation was reduced

85% felt comfortable sharing
Del left a legacy for care partners
You, too, can support future generations in the fight

Delmarie (Del) Schoepp was beloved by her entire extended family in Calgary and Winnipeg. She married the love of her life, Louis Schoepp, at 19 years of age and worked as a dental assistant for many years after they moved to Calgary in 1962. Family was very important to Del. She was passionate about tending her yard and supporting Calgary sports teams. In the words of those who loved her, “Del was an amazing lady who touched many people with her smile, kindness and joy for living.”

Del also made the remarkable choice to continue touching the lives of others even after she had passed away. She left a bequest in her will to the Alzheimer Society of Calgary.

Del’s decision to leave a bequest was a way to honour her husband Louis. He was diagnosed with dementia and passed away in 2004. Del loved him right until the very end, caring for him for an extended time at home. When he moved into a care facility, she created a second home for them in his room there.

Louis and Del had a wonderful marriage which lasted just shy of 60 years. They were a beautiful couple – and they always matched when they dressed. Del and Louis loved to dance, attend parties and socialize.

Her generous gift will be used to create additional support services for care partners looking after a loved one with dementia at home. Demand for these services increased by 20% in 2013 and another 18% in 2014 - and the Alzheimer Society of Calgary has been hard-pressed to respond to the need.

Because of Del, the Alzheimer Society of Calgary can provide expanded access to registered social workers for support and valuable referrals. The Alzheimer Society of Calgary is honoured to receive Del’s gift and to honour Del and Louis’s memory.

A bequest in your will is an outstanding way of continuing to create change for years to come. What is your wish for future generations as they continue the fight against Alzheimer’s disease and dementia? To find out more about leaving a legacy in support of local families impacted by Alzheimer’s disease and related dementias, please contact the Alzheimer Society of Calgary’s Fund Development team.

Donors create connections and a lifeline for local families.

Thank you.
You make it possible for us to respond to the thousands of people who request help each year. As a donor, you’re extending a hand to your neighbour, friend or colleague. You’re letting them know they’re not alone. Please accept our heartfelt gratitude for your essential support. Thank you for your loyalty and dedication to the cause.

“I expected a few brochures …and I left the office with hope. Wow!” A person who chose to speak with a Registered Social Worker on staff

Delmarie (Del) Schoepp
Club 36

No one can work 24 hours a day. Respite options are vital to sustaining a caregiving role. The Alzheimer Society of Calgary’s Club 36 is an Adult Day Program that offers meaningful social and recreational activities for people with dementia and respite for their care partners.
Emotional Rejuvenation
A local care partner expresses how she maintains a bit of balance

“...I have a more positive, hopeful approach to caregiving knowing that Club 36 gives me hours of freedom from stress each week and I don't have to worry about Lyall. I have not experienced that stress-free feeling with any other respite program. I appreciate the continuity of Club 36 caregivers, many of whom were there from the beginning of Lyall's attendance. I am renewed emotionally for the days he is home with me.”
Virginia F., local care partner

A devoted son and his mother experienced a dramatic change

Matt appreciates a little respite from time to time

Matt was about 22 years of age and had just graduated from university. He had wanted to take a few years off after completing his degree in International Relations and then planned to return for graduate studies. His mother, Heather, worked as a professional. She was artistic and effervescent, enjoying music and time with her family. Matt began to notice issues with her short term memory, executive functions and keeping track of time. She had trouble remembering instructions. Heather was noticeably losing vocabulary. Quite strange, considering she had always done crossword puzzles and read a lot. Suddenly, she didn’t seem to remember what a dishwasher was called.

Heather was diagnosed with probable early onset Alzheimer’s disease. She was only in her mid-50’s. Initially, the doctors figured Heather was too young to consider that possibility. Regardless of the losses, Heather had the most positive attitude out of any of her doctor's patients.

Together, they connected with the Alzheimer Society of Calgary’s Club 36 Adult Day Program through Alberta Health Services Home Care. Heather wasn’t convinced the first time she went, but grew to love it after a short time. She got to sing and made a close friend. Matt adds, “For me, it’s the time that I don’t have to be worrying about her. I can do things — things that are easier to do without her being right there.” Heather goes to Club 36 twice per week.

Matt laughs heartily when he shares funny stories about their time together and the changes he’s noticed. In one recent event, Heather literally swooped in and grabbed the last piece of carrot cake from a friend at a church function -just to lick the icing off and return it to the plate. The next day, when another opportunity for carrot cake arose, “she stuck her hands out, doing this ‘zombie/Frankenstein’ impression in order to get past another person and steal the cake!” He adds, “...the smile on Mum’s face the whole time was priceless.”

Matt has a noble attitude about caregiving. “I’ve gotten to spend a ton of time with my mum. There are things that are frustrating, but for the most part it can be quite enjoyable. I have more carrot cake stories than anything else.”

“I don’t know what I’d do without Club 36! It really gives me the break I need to be able to keep him at home for a little longer.”
A local caregiver
Empowering our Community: 2014 Highlight of Programs & Services

The Club 36 Adult Day Program is founded on the Best Friends Approach™ to dementia care, emphasizing empathy and friendship. Activities are designed around the person’s strengths and capabilities that remain, including:

**Achieving increased engagement:** Wii and iPad technology were introduced to Club 36 members this year, creating additional methods of socialization and engagement. These tools also helped provide culturally specific experiences that met the unique needs of a growing and diverse population. Club 36 members are encouraged to play games, listen to music and watch videos that reminded them of their heritage. These tasks provide visual and cognitive stimulation and increase the person’s feelings of accomplishment.

**Exploring creativity:** Art is known for its therapeutic benefits regardless of a person’s physical and mental capabilities. A new art program based on best practices has been established and Club members have been working as individuals and as teams to create breathtaking pieces. The results spoke volumes - and were put on display for family and friends.
A Greater Sense of Empowerment Through Direct Connections

Lost. Devastated. Overwhelmed. And unsure of where to turn. These are just a few of the feelings people have when their doctor arrives at a diagnosis.

Dementia Connect is a pilot program that creates direct links between families seeking additional help and support and the Alzheimer Society of Calgary. It’s aimed at decreasing fears and feelings of isolation, and providing opportunities for growth and healing. The referral comes from the person’s physician or a Primary Care Network (PCN).

The pilot took place from September 2013 to March 2014 with one PCN (Calgary West Central Primary Network). As a result, 22 families have been immediately connected after diagnosis to support and education at the Alzheimer Society of Calgary.

Because of the generosity of people in Calgary and surrounding areas, a major gift has been made by the Alzheimer Society of Calgary to local research initiatives focused on Alzheimer’s disease at the Hotchkiss Brain Institute (HBI), within the Faculty of Medicine at the University of Calgary. The gift will support the Healthy Brain Aging Initiative connecting the industry’s best researchers and their results in a new way - in the hopes of dramatically transforming the approach to prevention and care of age-related brain dysfunction.

Donors, thank you for everything you do

- and for all the ways you’ve enabled us to work on your behalf. We offer special recognition to donors whose gifts of $100 or more were received between April 1, 2013 and March 31, 2014. Every effort has been made to ensure accuracy. Please contact us at (403) 290-0110 if you have any questions about donor recognition.

With Appreciation

Generous. Thoughtful. Compassionate.

Those are just 3 of the words to describe our donors and what they mean to our community. Every gift directly benefits our work in Calgary and area. Each donation, regardless of the amount, helps provide life-changing tools and support for families shaken by a diagnosis.
* Indicates sustaining donors who have been supporting local families impacted by dementia for 10 or more years.

**$100+ Donors**

('10+ Years)

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John & Elizabeth Backman  
Tara Baergen  
Jim Bagley  
Tom Bagley  
Carol Bain  
Christina Bakir  
Sheila Balkwill  
Lorie Ballendine  
Pamela M. Bannister  
Rod, Tina, Lisa, Sarah & Tyson Bantle  
Andrea M. Barker  
Ruth Barker  
Charles & Gerry Barlow*  
Joan E. Barlow  
Lorna Barnes  
Brent S. Barootes  
Patricia A. Barootes  
Dawn Barr  
Kelly Barrett  
Penny Barrett  
Rebecca Bart  
Bartin Pipe & Piling Supply Ltd.  
Bob Bartlett*  
Elizabeth Bastedo  
Lyla M. Beaton  
Barry or Teena Bauhus  
Robert G. Bauhuis  
Baymag Inc.  
BDD Ventures  
Margaret F. Beames  
R. Mark Beard  
Verna Beauch  
Beaupre Artists’ Guild  
Marion Beaver  
Jessica D. Beck  
John & Lyle Beck  
Carol Becker  
Ric Beddows  
Jim & Bonnie Bedford and Ric Beddows  
Derek Begin  
Anne Belenkie  
Leona Bell  
Ann-marie P. Bellingham  
Bennett Family  
Gwen Bennor  
Robert L. Bentley  
Mr. Luigi Bentrovato  
Stan & Nancy Bernbaum  
Kimberley Berreth  
Elise Berry  
Sharon Berry  
Luch Bertí  
Tannis Biddell  
Craig Bieber  
Sean Bigler  
Judith I. Bilinski  
Laura Lee Billings  
Kimberley Billows  
Estate of Lorna Binkley  
Gail Black  
James Black  
Jessie Black  
Greer Black & Kerry Toll  
Blackhawk Construction  
Blanchard Families  
Louise Bleier  
Les & Margaret Blight  
Ken Blocka  
Alex Blodgett  
Terry & Gloria Blumer  
Gordon Bohrson  
Charles Bon  
Vern Bolin  
Carolyn Jurek  
Susan Bonia  
Earl Boon  
Dave Boone & Jane Poole  
Sandy & Donalda Bosovich*  
Veronica Boudreau  
Bruce Boulton  
Bow Crest Care Centre  
Barbara E. Bowman  
Dale & Lindy Bozak  
BP Canada Energy Company  
Dorothy Braten  
Claire Breiten  
Laurie Brademann  
Christine Bradshaw  
Lisa Brand  
Glen W. Braun  
Break Away Hotshot Ltd.  
Chris Brennan  
Keith Brennan  
Roger & Daryn Breski  
Chris & Crystal Brewer  
Mirko & Anne Brinovac and Adela Bagocki  
Carrie L. Brody  
Lois M. Broome  
Eileen Brown  
George Brown  
Marilyn J. Brown  
Robert Brown  
Ian & Darlene Bruce  
Jamie Bruisma  
Nick Bruisma  
Nancy Buchanan  
Tracey Buchholz  
Tim Buckley  
Michael Bulnera*  
Kevin J. Bumprehy*  
Rick & Cheryl Bumprehy*  
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Doug & Heather Burns  
Tina Burns  
Gordon & Margaret Burrell  
Bryce Burrows  
Jim Burrows & Barbara Edwards  
Richard Burrows  
Sonia A. Burrows  
Catharine Burton  
Butch Family  
Gordon Butcher  
Susan Butler  
Ian Bwint  
CAD Evolution  
The Cadillac Fairview Corporation Limited  
Calgary Career Counselling  
The Calgary Foundation - Bill and Jean Toole Family Fund  
The Calgary Foundation - Hall Family Flow Through Fund  
The Calgary Foundation - Jack Carter Family Fund*  
The Calgary Foundation - James & Elise Mathieson Fund  
The Calgary Foundation - Milavsky Family Fund  
The Calgary Foundation - Ted & Enid Jansen Fund  
The Calgary Foundation - William & Constance Topley Fund  
The Calgary Foundation - James F. Burns Senior Fam Des. Fund  
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Calgary Inter-Mennonite Church  
Calgary Kotobuki Society*  
Calgary Mountainview Lions Club  
Calgary Southridge Lions Club  
Beverly Call  
Calmena Energy  
Helena Calogeridis  
Colin & Joyce Cameron  
Jim & Shelley Campbell  
Mary Joan Campbell  
Margaret Camwell  
Canada Safeway Limited - Mission  
Canadian Pacific Railway  
Rosa Cardellini  
Sheila Carlson  
Christiane Carruthers  
Joanne & Roger Carry  
Will Carry  
Carstairs & District Community Chest*  
Charles D. Carter*  
Michael Casey  
Sandra Casola  
Mike & Sheila Cassidy  
Stanley & Barbara Cassin  
Tanya Causgrove  
Nestor & Sue Cebuljak  
Cenovus Employee Foundation  
Cenovus Energy Inc.  
Central Air Equipment  
Certified Electric  
CFO Pensioners Association  
Ellen Chalkey  
Chateau Renoir  
Ed Chesney  
Ellen Chesney  
Norma Chesney  
Susan Chesney  
Winnifred Chesney Settle  
Carol Chester  
Gloria Chester & Lois Chester  
Frances Chiappini  
Cam Chisson  
Chinook Energy Inc.  
Chinook Foundation  
Jenny Chok  
Danny Chow  
Violet Chow  
Ms. Janet Christi*  
Colleen Christianson  
Karol Christianson  
Virgil Christianson  
Pat Christie*  
Heather Christie-Burns  
Chubb Insurance Company of Canada  
Cinarroll Bakeries Limited  
The City of Calgary - Recreation  
Alana Clark  
Bill & Peggy Clark  
Danny Clark  
Douglas & Faye Clark  
Douglas & Joanne Clark*  
Jessica Clark  
Donna J. Clark (nee Cheney)  
Désmond Clarke  
Ian Clarke  
J Lorne Clarke  
Sandia Clarkrown  
Troy Clay & Family  
Jennifer Cleee  
Glenda & Tommy Clemens  
The Clint Brooks Family Foundation  
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Lorna Coggin  
Jenny Coldridge  
Donald Cole  
Samuel A. & Janet Coles  
College John Paul II College  
Gloria Collins  
Collins Barrow Calgary LLP  
Conabar  
Nadia Conforti  
Conoco-Philips Canada  
Mark Conrow  
Paula M. Cooke  
Ralph Coombs  
Leslie Cooper  
Ron & Terri Cooper  
Marlene Copeland  
Evelyn Corbett-Paterson  
Mike Corbeil  
Debra L. Corbin  
John F. Cordeau  
Regina Corrigan  
Edmund Corson  
Cory James Low  
Professional Corp  
Carlo Cosin  
Nigel & Janet Costelo  
Louise Coulombe  
Thomas Counley  
Ken Coward  
Jim & Beverley Cowley*  
Ellen D. Cox  
Leyla D. Cox  
Michael Coyne  
Lyndsay Craig  
Ron Craig  
Allan & Betty Crawford*  
Ann & Sandy Crawford  
Cremona & District
Doug Ghostak
John Shyluck*
Silverleaf Rebekah
Lodge #95
Bob Shorthorn
Tyler Simms
Veronica Simms
Hank & Millie Simon & Family
Claudia Simonelli
Simply Savvy!532525 Alberta Inc.
Simpson Family
Monica Simpson
Scott Simpson
Megan J. Sinclair
Sir Winston Churchill Pool
Craig Skauge
Carey Skjodt
Sandy Slot
Michael Smillie
Anthony L. Smith
Arlene M. L. Smith
Barbara Smith
Christine Smith
Dave Smith
David & Betty Smith
David W. Smith
Margaret Smith
Mark Smith
Maxwell & Kathleen Smith
Carly & Bunny Smith*
Ruth Smith
Alex Snell
Beverley A. Snell
Snow Creek Consulting
Maureen & Don Snyder
Ken Soderberg
Glenn Solomon
Bashir Somani
Lee W. Sorsa
Ron & Margaret Southern*
Susan Spady
Robert & Christine Sparrow
Spartan Controls Ltd.
Herb Spear
Kayrita Spencer
Krystyna Spinner
Spitznati Family
Brenda J. Squire*
SS Lighting
Brandon St. Jean
St. Kateri Tekakwitha School
Stampede City Kinsmen
Stu Poulsen Trucking Ltd
Gary Stangl
Richard Stapleton
Mark Starratt
State & Main Kitchen & Bar
Statesman Corporation
Ken & Valerie Stecyk
Chad Stevens
William & Lyla Stevens
Beverley A. Stevenson
Val Stevenson
Sharidene Stobbe
Herb & Sue Stoll
Kathy Strand
Strathmore Health Unit
Marlene Streberg

Strides Running Store
Dwayne Stroh
Gary Strong
Clarence & Linda Strong
Jane Strohm
Philip Sultanian
David Summers
Ed Summers
Suncor Energy Foundation
Don & Valerie Sundgaard
Jo Supino
Roger Sutton
Jennie Y. Sweet*
Steve Szarka
T.H.P. Holdings Ltd.
Taipale Design
Arlene Tait
Steve Tait
Krista Taldorff*
The Tao Foundation
Tartan Controls Inc
Anne & Ron Taylor
Bonnie Taylor
Brian J. Taylor
Darren Taylor
Diane L. Taylor
Jacquelyn Taylor
Karen Taylor
Malcolm & Linda Taylor
Bill & Myrna Taylor & Shirley Cook
Phil Taylor
Ron & Evelyn Taylor
TDC Roofing Ltd.
TELLUS
Joe & Grace Tenna
Yang Fung Teow
James Thomas
Wayne Thomas
Debbie Thompson
Justin Thompson
Marion Thompson
Richard Thompson
W. Bruce Thompson
Charles and Grace
Thomson Fund at The Calgary Foundation
Thomson Family
Sharon & Jim TOROGOOD
Thorson Family
Anne Tibbit
Kathryn Tidlund
Trudy Timmermand
Jim Tobin
Kristaline Tobin
Colin Toole
Debbie Toole
Glenn Toole
Jean Toole
Laurence Toole
Topley Oilfield Hauling
Barbara Tougas
Trakk and Field Ent.
Minh Tran
TransCanada
Sabrina & Lianna Trapani
Clement H. Trenholm
Janet & Ross Trilsbeck
Andrea Trinh
Heather M. Tripp

JP Trotter
Judy Tuck
Michael Turnback
Barbara Turnbull
Louise Turner
Michelle Turner
Lew Turner
Erhardt Tutu
Patty Tyson
Analise Undershute
United Way of Calgary and Area*
United Way of Central Alberta
United Way of Greater Toronto
Sandi Unruh
Janice Van Coughnett
Jerry & Margaret van der Linden
Theo & Jeanne van der Steeg
Van Houtte Coffee Services Inc.
Bar van Noord*
Eileen Van Tighem
Antonie & Kathleen Vandenbrink
Michelle Vanderwerff
Ginny Vickers
Paul Vickers
Shirley Viertelhausen
Reta J. Vigar*
PATRICK J. VIK
Kent Villanueva
Leah A. Villanueva
Soraya Villanueva
Evelyn Viner
Beth Vogel
Lisa Vold
Voltage Wireline Inc.
Lori Vooyis
Matt Vucic
W. Parker Transport LTD
Alison Wadley
Josef & Regina Wagner
Walden Heights Seniors Community Inc.
Susan E. Walker
Nicolle Wallace
Caroline J. Wails
Aidan Walsh
Gayle Walton
Jim Ward
Don E. Wares
Ronald Watkins*
Anthia Watson
Bud Watson
Patricia Watson
Margaret Wayne
Lynne Webb
Tony & Dixie Webb*
Harry J. Webber*
David & Joyce Webster & Auntie Thil
Eva Weckl
Peggy Weddell
Gail L. Weed*
William & Dianne Weeks
Ed Weening

Scott Weldon
Darlene D. Wenham
Sharon West
Ronald & Norma Westcott
The Westin Calgary
WestJet Airlines
Wheatland Elementary School
Curtis & Dona Wheaton
Stephen White
Whitehorn Village
Retirement Community
Whitehorse Portfolio
Management Group
John & Jean Whitelock
Marion Whitman
Carol Whyte
Roger Wiatr
Glen & Dawn Wickerson
Brett, Mary Anne & Emmett Wickerson and Byron & JoEllen Wickerson
Rosellyn & Blaine Wickerson
Wi-Com Solutions Inc.
Wiens Family
Ken Wiens
Bernhard Wieser
Joan X. Wieser
Meta Wieser
Michael Wieser
Marion J. Wiessner
Tim G. Wiggin
Roy & Sonia Wick
Deborah Williams
Walter & Margaret Wilkovich
Allan & Patricia Williams
Dennis Williams
Ian J. Williams, St
Mandy Williams
Stanley Williams
Nancy Williams-Knight
Pauline Willis

Travis Willis
Richard Willott
Matthew Wilpert
Cathy Wilson
Dianne A. Wilson
Glenda Wilson
Joe & Valerie Wilson
Richard Wilson
Rob Wilson
Mark Wiseman
Wiseworth Canada
Michelle Wirth
Al & Anne Wolfe
Lyle Wolfer
Aldous Wong
Amy Wong
Diana Wong Doolan
Des & Shirley Wood
Gerry Wood
The Workshop Theatre
Lois Wozney*
Jeffrey Wright*
Monte D. Wygle*
Vicki Yamamoto
Allan Yellin
Michelle Yellin
Yonex Canada Ltd.
Mike Young
Nancy M. Young
Rose Young
Josephine Yu
Janet Yuchem
Leona Zabel
Diana Zaytsoff
Leonard Zenith
Bill & Kay Zukowski
Bradley & Tanya Zurwalt

• 6,062 community members supported local families impacted by dementia and 1,151 new donors joined us in the fight this year
• 16.8% of all donations were made to honour the memory of an individual who had passed away
• 241 dedicated donors have been giving for more than 10 years
Taking steps toward helping local families
Honouring a loved one whose heart remembered more than her mind

Laura’s Nanny continues to inspire her efforts

She went by Jean, or “Nanny.” And she loved to play the piano and spend time with her grandchildren. She had 6 grandchildren and 9 great grandchildren when she passed away. Nanny was a member of the Royal Canadian Legion #246. Laura recalls her experiences vividly.

“After dinner we would always go for a nice long walk and she would share her advice and her ideas about when she was going to run for Prime Minister!” On the topic of her Nanny’s dementia, Laura noted, “I believe that there is always a part of our loved ones that remains aware of who we are - and that we are with them. We may not feel it while visiting with them, and we may be hurt that they have ‘forgotten’ us. But they don’t have to remember us to know that they loved us. Nanny’s eyes would light up sometimes and she’d giggle - and we would take comfort that she was still with us and there was some form of connection between us.”

Regarding the Thanksgiving Memory Walk and Run, Laura states, “It’s for the best cause I can think of for one of the most important people in my life. Knowing the money raised stays in our community is very important to me. This is just a small way for me to show her what she means to me.”

Laura Viccars, Jean’s granddaughter and avid supporter of the
Thanksgiving Memory Walk & Run

Investors Group Thanksgiving Memory Walk and Run

Power and purpose. The community responded to the call for participation and support. Over two thirds of those who got involved have been personally impacted by dementia. Calgarians achieved outstanding results with their participation and fundraising at the 23rd annual event.

Highlights include:

About 1,700 participants helped beat the event goal by an astounding 22% The Alzheimer Society of Calgary hoped to raise $250,000 and total funds raised was $339,000

A new online fundraising tool enabled walkers and runners to engage friends and family with ease and share their story online.

More than 220 wonderful volunteers contributed thousands of hours to ensure the event day ran smoothly.

Thank you to Investors Group for their 8th year of support as title sponsor. And thank you to all event sponsors. Your efforts help keep event costs manageable and leverage community engagement in support of the cause.

Pledges from this event were invested directly back into programs and services in support of local families impacted by dementia.

“It’s for the best cause I can think of for one of the most important people in my life. Knowing the money raised stays in our community is very important to me.”
Your donations at work

Fiscal 2014 was a significant year for our organization as we launched several new initiatives, continuing to position us to thrive into the future. From a financial perspective, our revenues increased by three percent (3%) over the previous year (not including unrealized gains or losses on investments). Our expenditures were also up seven percent (7%) over the previous year. Our strategic decision to increase our expenditures was made in order to embark on initiatives that will build our organizational capacity to meet ever-increasing demands for our services. These initiatives include: strategy development, including the creation of the Dementia Network of Calgary and Area; a new website to expand both our reach and provide an optimized user experience; and enhanced program evaluation processes and tools. All of these projects will serve us well into the future and were funded through our operating reserve fund (currently valued at approximately $2.4 million).

Lee Lunde
Treasurer

Statement of Operations

<table>
<thead>
<tr>
<th></th>
<th>2014</th>
<th>2013</th>
<th>% Change</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Revenues</td>
<td>$1,879,076</td>
<td>$1,817,566</td>
<td>3%</td>
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<tr>
<td>Total Expenditures</td>
<td>$2,039,990</td>
<td>$1,914,360</td>
<td>7%</td>
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<tr>
<td>Revenue Over Expenses</td>
<td>($160,914)</td>
<td>($96,794)</td>
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<tr>
<td>Unrealized gain (loss) on Investments</td>
<td>($19,630)</td>
<td>$102,422</td>
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<tr>
<td>Excess (Deficiency) of Revenue Over Expenses</td>
<td>($180,544)*</td>
<td>$5,628</td>
<td></td>
</tr>
</tbody>
</table>

*Contract with Alberta Health Services to deliver Club 36 Adult Day Program

Investing in your community

Full audited financial statements available online.

*A deficit resulted in fiscal 2014 due to expenditures on strategic initiatives (covered by our operating reserve fund versus annual revenues). Please see description above for further details.
Staff

Leasa Anderson, Office Manager
Maria Baldozano, Program Coordinator, Club 36
Cindy Bond, Support Services Coordinator
Leah Boynton-Collett, Administrative Assistant
Ali Cada, Manager, Club 36
Ben Crews, Donor Services Associate
Ryrie Davis, Program Facilitator, Club 36
Barb Ferguson, Executive Director
Eleanor Finger, Director of Development
Nasira Firdose, Program Facilitator, Club 36
Padmaja Genesh, Learning Specialist
Anthea Hibbert, Manager, Learning and Support Services
Richelle Kozdial, Events and Volunteers Lead
Ida Mayol, Program Facilitator, Club 36
Colleen McGonigal, Program Facilitator, Club 36
Deb McKeerlie, Accounting Services
Jill Petrovic, Communications Manager
Consuelo Ramirez, Program Facilitator, Club 36
Carla Ramirez-Aragon, Activity Coordinator, Club 36
Kristyn Schulz, Support Services Coordinator
Sherry Shipley, Donor Services Associate
Nickie Surveyer, Support Services Coordinator
Linda Szeczy, Program Facilitator, Club 36
Tracey Tatlock, Program Coordinator, Club 36
Jacquelyn Taylor, Senior Lead, Corporate and Community Partnerships

Board of Directors

Cary Mamer
President

Henry Assen
Past President

Ryan Jennings
Vice-President

Lee Lunde
Treasurer

Murray Brown
Secretary

Allan Yellin
Director

Lois Wozney
Director

Christi Millar
Director

Mission

To enable local people impacted by dementia to live life well and build the capacity of the community to support and care for them.

Vision

Enhanced quality of life for local persons with dementia, their families and care partners.

Increased capacity of the community to support and care for persons impacted.

Access to evidence-based best practices in dementia care from disease onset through end of life.

Greater respect, support, identification and intervention for persons with dementia and their care partners.
Alzheimer Society
CALGARY

Where community, insight and empowerment begin.

201 – 222 58th Avenue S.W.
Calgary, AB T2H 2S3

Phone: 403.290.0110

Email: info@alzheimercalgary.ca

Charitable Registration Number:
13072 5740 RR0001

Program Funders:
United Way of Calgary and Area and Alberta Health Services