

COMMUNITY REPORT

Help for Today and
Hope for Tomorrow...

August 2022-July 2023

Alzheimer Society

ALBERTA AND
NORTHWEST TERRITORIES

OUR VISION

Each person living with dementia, and those supporting them, can thrive as we focus on care today and a cure for tomorrow.

OUR MISSION

The Alzheimer Society of Alberta and Northwest Territories brings awareness to Alzheimer's disease and other dementias; helps alleviate the personal and social consequences of the disease; provides education and support programs; and promotes and funds research into the cause, prevention, and cure.

OUR VALUES

Our values are "CARE: Collaboration, Accountability, Respect, and Empathy."



MESSAGE FROM BOARD CHAIR

Paving the Way for a Brighter Tomorrow

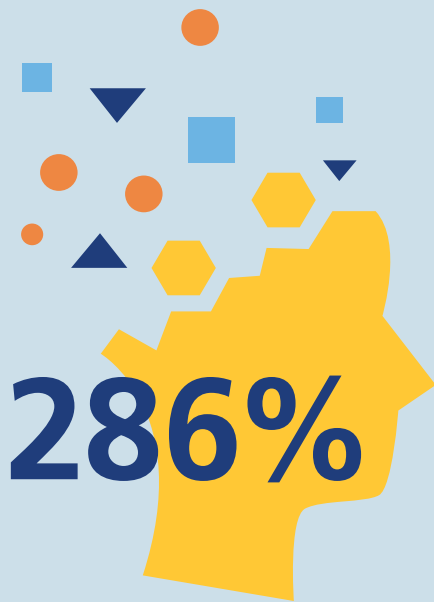
As we reflect on the generous individuals who rally behind the Alzheimer Society of Alberta and Northwest Territories year after year, we are thrilled by the inspiring pathways forged in supporting dementia communities and propelling dementia research in our region.

Thanks to your unwavering contributions, our Society has enabled ground-breaking studies through the Hope for Tomorrow Research Competition, a collaborative effort with Campus Alberta Neuroscience. In its inaugural year, over \$1 million was allocated to five local researchers committed to unravelling the complexities of Alzheimer's and other dementias. With your support, we are getting closer to our goal of a world without Alzheimer's disease and other dementias.

- One innovative pathway explores potential dementia prevention strategies tailored to individuals with ADHD.
- Another seeks to introduce a practical therapy for safeguarding cognitive functions and enhancing the quality of life for those with vascular dementia, utilizing remote ischemic conditioning (RIC).

- A third pathway offers a route to shield brain cells from Alzheimer's-associated damage.
- A fourth pathway not only unveils new therapeutic strategies but also kindles hope for slowing down or preventing Alzheimer's disease while another provides invaluable insights into managing lifestyle factors proactively, potentially altering Alzheimer's disease progression and offering a promising prevention and treatment strategy.

With your support, we are getting closer to our goal of a world without Alzheimer's disease and other dementias.



THE ESTIMATED
INCREASE
IN THE NUMBER OF ALBERTANS
LIVING WITH DEMENTIA
BY 2050

A Commitment to Progress

While a cure for Alzheimer's and dementia remains elusive, our commitment to discovery persists through research and outreach programs. With your support, we continue to expand our reach across Alberta and the Northwest Territories through both virtual and in-person programming. Our community volunteers, health care partners and our support groups provide a lifeline, connecting those affected with the resources they need to thrive, and helps them find comfort and friendship among others facing similar experiences.

Gratitude and Collaboration

We extend heartfelt thanks for your contributions and the time and energy dedicated to supporting those living with dementia. Together, we can continue to make a meaningful impact on the lives of those affected by dementia.

Alan Tennant
Board Chair



PRESIDENT & CEO REPORT

Transforming Lives Through Your Support

[Watch Annual Report Summary here.](#)

Our mission is to transform the lives of those living with dementia, and with your unwavering support, we've achieved remarkable milestones together. This past year has seen tremendous progress, and we owe it all to YOU—our dedicated donors, volunteers, clients and care partners.

Advancements in Research

Remaining steadfast in our commitment to fund innovative Alzheimer's and dementia research, we partnered with Campus Alberta Neuroscience. In the 2023 Hope for Tomorrow Research competition, we awarded over \$1 million to five recipients for a three-year period, propelling us closer to our mission. Our optimism for the future is fuelled by your continued support in the ongoing fight against Alzheimer's.

First Link Program Engagement

The number of direct and self-referrals to our First Link program has increased by 33%, indicating a significant increase in community-driven engagement with our services.

Community Dementia Ambassador Program

Expanding our reach, we extended the Community Dementia Ambassador Program to connect rural Albertans with our Society. This critical initiative has already led to 1,022 ambassador engagements, fostering increased community awareness and understanding of dementia. As one of our ambassadors expressed, "I am excited to connect caregivers in my small, rural community, where those affected by dementia can be isolated." This wouldn't be possible without our volunteers.

Donor Engagement Initiatives

Over the last year, we have seen an increase in the number of clients we have served. We have been able to do this because of our dedicated donors, sponsors, grantors, and community members.

To continue to grow our philanthropic community, we have expanded our External Relations team, engaged in more outreach with our supporters to learn about their priorities, and hosted three presentations featuring researchers who have benefited from our donors' generosity.



These sessions provided insights into research advancements, showcasing the promising avenues in dementia research that your support is helping us to explore.

We are grateful to our donors. With your generous support we are able to provide *Help for Today and Hope for Tomorrow*.

We received our largest single donation from the Estate of Doreen Patterson. We are so honoured to be a part of Doreen's legacy.

Palliative Approach to Care

This year, we focused on enhancing our spectrum of support by adopting a Palliative Approach to Care. This philosophy ensures the best quality of life for those living with dementia. Through our Seeds of Hope Family Learning Series, we provide up-to-date information, emotional support, and assistance in planning for the future with dementia.

Community Events

We're proud of the success of the 2023 Alzheimer's Face Off Pro-Am Hockey Tournament, presented by Christensen Communities Ltd. We thank Darrell Friesen for his outstanding leadership as Chair of the tournament's planning committee. This year's tournament generated the most funds in the tournament's history. Our partnership with IG Wealth Management for the Walk for Alzheimer's had to be nimble because of regional forest fires and resulted in deferral. Staff and volunteers rose to the challenge and brought home a series of outstanding events.

IG Wealth Management has renewed their sponsorship, and we are so grateful for their ongoing support. Expectations are high for increased participation and revenue in the years to come. We express our gratitude to the committed volunteers, staff, sponsors and participants who made these events possible.

Community Outreach Initiatives

Despite challenges, we've consistently reinforced our commitment to all individuals impacted by dementia in both Alberta and Northwest Territories. We've ensured our services remain accessible through various channels. For example, we've partnered with the [Memory MINT Clinic](#) (Multispecialty Interprofessional team) in Red Deer to provide immediate access to care partners and

individuals living with dementia. In the Clinics, while the nurse conducts cognitive assessments and testing with the patient, we engage with the care partner and then we collaborate with the MINT team to discuss findings and provide insights.

Inclusivity and Connection

Our ongoing work aims to make individuals living with dementia feel seen, supported, and connected to empowering programs and services. This dementia experience is shared with the people affected by dementia, care partners, clients, donors, volunteers, partners, and community supporters. Your support is pivotal as we strive for an inclusive future where all impacted by dementia are treated with dignity and respect.

Thank you for dedicating your time to read our latest report. Your continued support is integral to advancing dementia communities and combating stigma.



Dr. George Andrews
Chief Executive Officer





Strengthening CONNECTIONS IN OUR COMMUNITIES

In pursuit of a better quality of life for those living with dementia, we engage in advocating for policies and practices that would improve the lives of people living with dementia and their care partners, in the world at large and in our individual communities.

We actively raise awareness about the stigma surrounding dementia. We channel resources into research aimed at improving the quality of life for those living with dementia, preventative

measures, as well as potential causes, treatments, and cures for this challenging condition. So, when you look around your immediate community, ask yourself if your current environment is dementia-friendly and if it supports people living with dementia.

Our goal is to influence policies and practices, fostering environments that enhance the well-being of individuals living with dementia.

BETTER HEALTHCARE OUTCOMES

Building bridges is not just a metaphor—[it's a commitment](#). We work to establish partnerships with health professionals and communities. Through these collaborations, we strive to ensure that those living with dementia receive the highest standard of care possible.

As we navigate the challenges of dementia, [your continued support](#) fuels our commitment

to aiding, breaking down barriers, and making a positive impact on the lives of individuals and families affected by this complex reality. Together, we forge a path towards a more supportive and understanding community for everyone touched by dementia.

We are here to help

[The Alzheimer Society of Alberta and Northwest Territories](#) is here to create a community where no one walks the path of dementia alone. We help support and provide information and education to anyone impacted by or interested in the field of dementia.

Our dedication goes beyond offering [support](#). We aim to tailor our support to your unique needs and connect you with opportunities that resonate with your individual preferences.

Our network extends to connecting you with activities provided in your community such as recreation programs, singing or art classes.

Because no two experiences are the same, we have developed strong online and in-person resources that provide access for all. You can share your experiences, gain knowledge and foster connections in an environment with people that are also experiencing the dementia journey.



DEMENTIA FRIENDLY
ACTIVITIES
WITH COMMUNITIES TO
COMBAT STIGMA



**THE BUDDY VICTOR
& ALEX OSTEN
DEMENTIA
RESEARCH FUND**

Buddy Victor and Alex Osten

It is with gratitude that we recognize Buddy Victor and Alex Osten for their outstanding support for individuals living with dementia and for their \$1M philanthropic investment in research.

The Buddy Victor & Alex Osten Dementia Research Fund is a catalyst for world-class research and will create hope for those who are impacted by Alzheimer's disease and other dementias.

Hope for Tomorrow

CATALYST RESEARCH GRANTS

The first year of the Hope for Tomorrow Research Competition saw over \$1 million CAD in funding distributed to five outstanding Alzheimer's and dementia research projects in Alberta, facilitated by a partnership between the Alzheimer Society of Alberta and Northwest Territories (AS AB/NT) and Campus Alberta Neuroscience (CAN).

AS AB/NT and CAN are pleased to announce the principal investigators and their projects funded by the first Hope for Tomorrow Research Competition:



Dr. Brandy Callahan from the University of Calgary received funding for her groundbreaking work into the potential connection between ADHD and the risk of dementia. She has observed cognitive impairments in patients

with long-term ADHD, suggesting a possible link to accelerated cognitive aging. Her study, at the confluence of psychiatry and neurodegeneration, seeks to establish if there's

a genuine correlation and, if so, to uncover the driving mechanisms. This critical research could pave the way for novel dementia prevention strategies tailored to those with ADHD.



Dr. Aravind Ganesh from the University of Calgary is pioneering a promising intervention for vascular dementia, focusing on remote ischemic conditioning (RIC). RIC is a non-

invasive procedure that intermittently restricts blood flow to a limb, which is thought to trigger protective mechanisms in the brain and other organs. This process has shown the potential to reduce the recurrence of strokes, which can lead to subcortical ischemic vascular dementia (SIVD). This project revolves around refining and testing an innovative, user-friendly device designed to make RIC more accessible to patients with SIVD. This device could offer a practical therapy to safeguard cognitive functions and enhance the quality of life for individuals with vascular dementia.



Dr. Satyabrata Kar, from the University of Alberta is carrying out innovative research into the prevention of neuron death and this involves the study of PLGA nanoparticles. These nanoparticles are biodegradable carriers

that deliver drugs directly to target areas in the brain, potentially interrupting Alzheimer’s disease progression. His findings indicate that nanoparticles can, at various temperatures, prevent the buildup of sticky protein clumps that can interrupt communication between neurons. This may offer a pathway to protect brain cells from Alzheimer’s-associated damage.



Dr. Matthew Macauley is located at the University of Alberta. His research is a testament to the potential of harnessing the body’s immune system to fight Alzheimer’s disease. By focusing on the

protein CD33 found in the brain’s immune cells, his work aims to enhance the brain’s natural defenses against neurodegenerative plaques. This cutting-edge research not only opens doors to new therapeutic strategies but also offers a beacon of hope for slowing down or even preventing Alzheimer’s disease.



Dr. Robert McDonald is from the University of Lethbridge. His research involves the development of novel rodent models to simulate sporadic Alzheimer’s disease. He investigates

the interplay between gene mutations and environmental factors, such as lifestyle and diet, to identify lifestyle interventions that may lessen the disease’s impact. His work provides invaluable insights, suggesting that proactive management of lifestyle factors could significantly alter Alzheimer’s disease progression, offering a promising prevention and treatment strategy.

Please contact us if you would like to learn more about how you can support the Hope for Tomorrow Research Program.

Contact:

Holli Bjerland

Vice-President External Relations
& Chief Development Officer

email: hbjerland@alzheimer.ab.ca
Toll free: 1-866-950-5465 Ext. 412
Direct: 587-635-0804



Dr. Marc Poulin, from the University of Calgary, is focused on research and served as the research committee chair. He says...

“Alzheimer’s and other dementia are on the rise and expected to increase dramatically in the next 20 years across Alberta and Canada and there’s a lot that we still don’t know about the causes and strategies to prevent or delay the onset.”

FIRST LINK®

First Link serves as a road map that allows the person living with dementia, or family members supporting someone with dementia, plan for the future by putting them in line

to gain access to a community of learning, information, and support. Here are some comments from those who attended our First Link connections:

Here are some comments from those who attended our First Link connections:

"The use of the brain chart was a great tool in good hands. Staff used examples of caregiver involvement to ideas and tips and content. Well done"

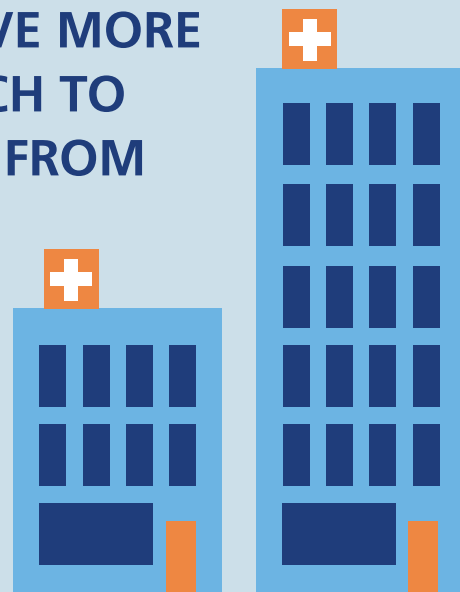
"Very informative. I had questions and I got answers."

"The information was presented very clearly. This is a great program. Thank you."

"The staff was awesome. So empathetic and supportive and well informed. Examples were very helpful. Their own experience added a lot of insight."

OVER THE PAST YEAR, WE HAVE MORE THAN DOUBLED THE OUTREACH TO HEALTHCARE PROFESSIONALS FROM

124 TO **253**





ASANT CAFÉ

The ASANT Café is a critical resource and tool for our work. It is a free online resource hub where we provide valuable learning opportunities to care partners and people living with dementia. Over the course of the past year, we have held 13 webinars with 614 people in attendance. These expert webinars and video presentations provide practical help and resources on topics ranging from lifestyle and brain health to finances, navigating sexuality and family coping strategies.

BRAIN HUB

Brain Hub provides a comprehensive resource with a wealth of knowledge curated to empower those living with dementia and their devoted care partners. It provides expert insights on safeguarding brain and heart health, reducing the risk of dementia.

Brain Hub offers practical tips on nutrition, exercise, and social engagement which can be adopted by the whole family. It is designed to support families by providing access to the latest evidence-based tips to keep everyone's brains healthy.



PALLIATIVE CARE

“My hopes and dreams in life haven’t changed and I make it a point to do meaningful things in my life just as anyone else would. If anyone reading this has been diagnosed with a form of dementia or has a loved one who lives with this disease, I feel this is the first thing you need to know. We all live with a terminal condition. It’s called life. The same thing applies to people with dementia.”

- **Roger**, from Medicine Hat, Alberta.
Roger lived with Alzheimer’s disease.

Building on this quote from [Roger Marple](#), the Palliative and End of Life project has been busy in the last year. As we look at a forecast of a 286% increase in the number of people living with dementia over the next 30 years, the project strives to improve the Palliative Approach to Care within the resources offered through the Seeds of Hope - Family Learning Series.

Research has identified that supportive interventions with care partners can delay nursing home placement by 9 to 18 months. We also realize that care partners to people living with dementia provide on average 26 hours care per week. They tend to also experience a higher rate of burnout compared to care partners caring for people with other illnesses.

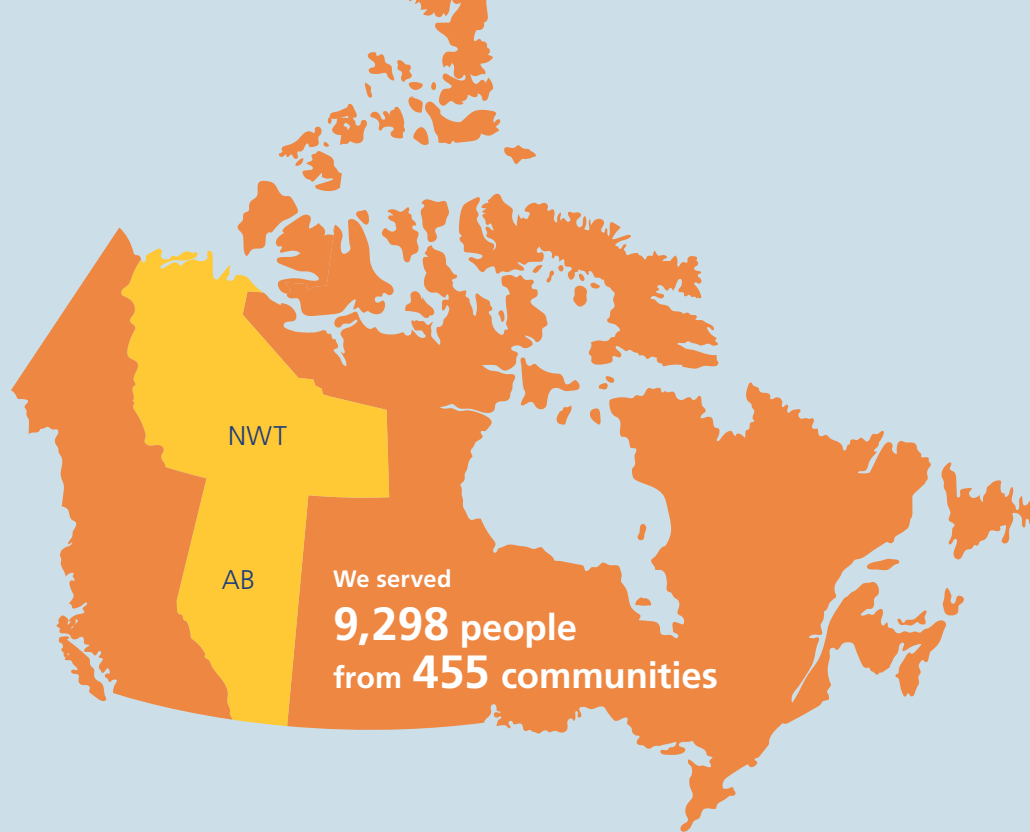
We conducted surveys of current and former care partners who cared for someone with

dementia. We learned that almost one out of two care partners experiences stress daily because of care activities. We also learned that they fear for their own health, fear the unknown of the dementia experience, and fear they will not make the right decisions for the person they are providing care for. Nearly one out of two bereaved care partners identified that bereavement support was not readily available when they needed it. For 6 out of 10 care partners, managing the changes in behaviours that come with dementia was the biggest challenge they experienced.

What we learned from our research will shape and enhance the resources within the program. We will provide concrete support to promote self-care of care partners using the [concept of resilience](#). We will strengthen the emotional supports available to care partners by addressing suffering and spirituality. Activities throughout the program will be integrated to support the experience of anticipatory grief and bereavement. We expect to launch the updated Seeds of Hope - Family learning Series in March 2024.

You can learn more about our work in Palliative Care. [Listen](#) to Julie Desautels, Palliative Care Learning Specialist at Alzheimer Society, as she sheds light on the broader perspective of palliative care and the benefits of early integration and accessing support in this podcast





COMMUNITY DEMENTIA AMBASSADOR PROGRAM

In the heart of rural communities, our [Community Dementia Ambassadors](#) stand as dedicated volunteers, making a difference in Manning, Peace River, Athabasca, Cold Lake, Hinton, St. Paul, and Provost. With a combined effort of 158 volunteer hours, these Ambassadors have become beacons of awareness, reaching out to over 1,020 community members.

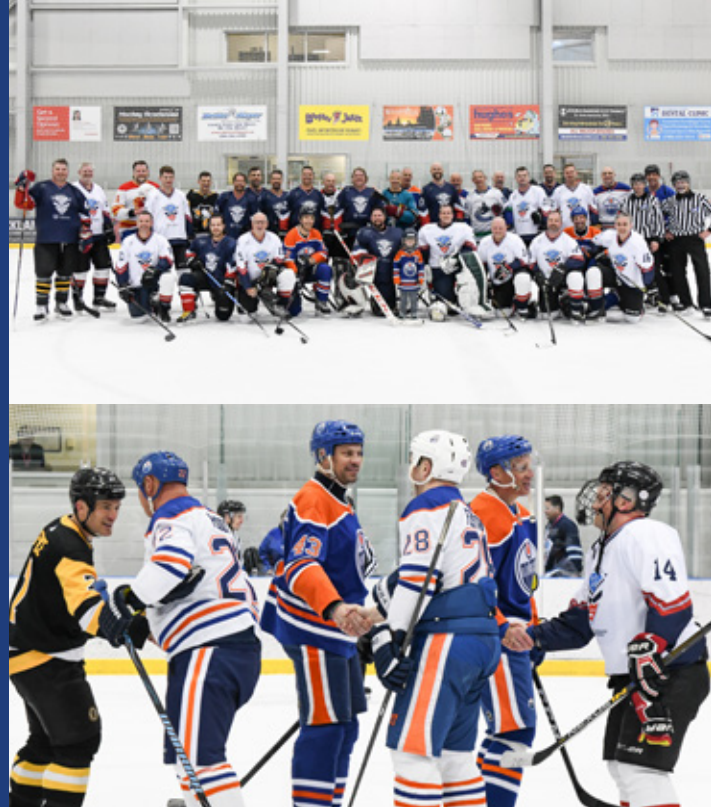
Through vibrant booths, informative displays, and valuable interactions with healthcare Professionals, our Ambassadors have woven a tapestry of understanding and support for those affected by dementia. Their commitment has created not only awareness but meaningful connections that resonate within the fabric of these communities. This past year, we created three impactful videos. These videos, centered around [What the Society Does](#), [Who the Society is](#), and offering a [brief introduction to dementia](#),

are more than just visual aids—they are bridges of connection for our communities across Alberta and the Northwest Territories.

We are bursting with excitement to share these videos, not only to aid our Ambassadors and Society staff in spreading awareness, but as invaluable resources for our communities. Our hope is that these videos inspire families to come together, reach out for support, and understand that they are never alone in their journey.

As we reflect on the past year, we see a tapestry of connection and understanding being woven, thread-by-thread, by the hands of our Ambassadors, volunteers, and community members. Together, we empower, educate, and assure every family that they are an essential part of a compassionate and supportive community.

ALZHEIMER'S FACE OFF PRO-AM HOCKEY TOURNAMENT PRESENTED BY CHRISTENSON COMMUNITIES LTD.



[The Alzheimer's Face Off Pro-Am Hockey Tournament presented by Christenson Communities Ltd.](#) is our signature fundraising event based in Edmonton.

In April of 2023, the weekend kicked off with the Champions Luncheon presented by Seagate Contract Management; an unforgettable luncheon where Bryan Trottier, NHL Alumni, shared stories from his life on and off the ice; followed by a weekend of hockey that paired amateur players with members of the NHL Alumni in a friendly yet competitive tournament.

Each of the 24 teams registered for the tournament raised a minimum of \$25,000 through various fundraising and awareness events and support from the community for the opportunity to lace up their skates and play with some of their favourite NHL Alumni, while helping those living with dementia.

Through the players' amazing fundraising efforts and our sponsors' generosity, \$1,482,000 was raised in 2023.

The money raised stays in the region and provides *Help for Today* through our education programs and support services for those living with dementia, their care partners, and their families; and provides funding toward our [Hope for Tomorrow](#) Research Program in partnership with Campus Alberta Neuroscience. We are grateful to the NHL Alumni Association for their continued support and partnership in the community.

The next Alzheimer's Face Off Pro-Am hockey tournament will take place from April 26 to 28, 2024. For more information on how to register, donate, sponsor, purchase a table to our luncheon or volunteer, visit our tournament website at www.alzheimersfaceoff.ca. You can also follow the event on social media @AlzFaceOffProAm on [Facebook](#), [Instagram](#), [LinkedIn](#), and [X](#).



IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S

In May 2023, the [IG Wealth Management Walk for Alzheimer's](#), a beacon of hope and support, was set against the backdrop of wildfires in Alberta and Northwest Territories— a reminder of nature's unpredictable force. Prioritizing the well-being of our cherished communities, we made the difficult yet necessary decision to reschedule our May event to September. This pivot, while challenging, showcased the incredible resilience and adaptability of our volunteers, participants, and supporters.

Despite these unforeseen changes and the heartbreaking cancellation of Yellowknife's walk due to evacuations, our community's spirit remained steadfast. Together, we raised a remarkable \$196,712.05 to ensure the continuity of essential services and support within our region.

As we look to the horizon, we are filled with optimism for the IG Wealth Management Walk for Alzheimer's slated for May 25 and 26, 2024. We invite you to join us in this journey of remembrance, solidarity, and hope. You can register for this year's Walk [here](#).

For updates on the upcoming Walk, we encourage you to stay connected through our website and social media platforms. Let us continue to walk hand-in-hand, heart-to-heart, as we forge paths of support and understanding in the fight against dementia.

Explore the gallery [here](#) to witness the incredible support we received from our valued contributors throughout the past year.

In Memory of Darrold

Explore the [gallery](#) here to witness the incredible support we received from our valued contributors throughout the past year.



Dwayne keeps coming back year after year to the AFO tournament to volunteer in honor of Darrold's memory.

"Darrold was diagnosed with early onset dementia at 49 and passed away at 60. I'd visit him every day. I figured he would have done the same for me.

For the last few years of spending time with him, Darrold couldn't talk at all, which is a symptom of the progression of the disease. One day, we were watching the hockey game and he suddenly started singing along with the national anthem.

From then on, I'd walk around with him and we'd sing together. I just wanted to hear his voice.

My brother was a good guy. He was smart-all the way through our school years- he was a successful entrepreneur. That's why I'm here today to volunteer."

If you want to learn more about how you can support this event, [click here](#) to learn more.



ANYTHING FOR ALZHEIMER'S

We continue to embrace the spirit of community and creativity with [Anything for Alzheimer's](#), a program by the Alzheimer Society of Alberta and Northwest Territories that empowers individuals to champion their own fundraising events in support of a vital cause. This initiative celebrates the inspiring efforts of countless participants who creatively contribute to the fight against dementia.

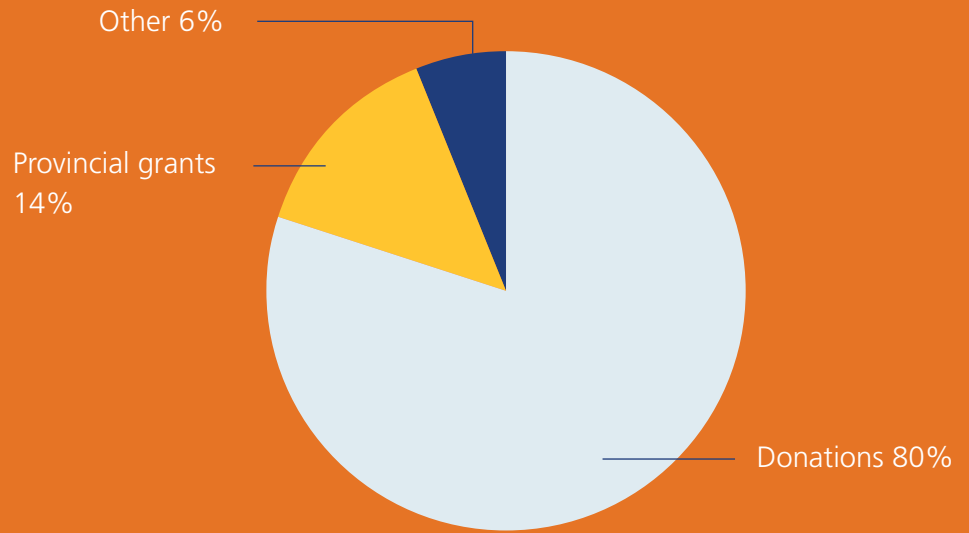
This year, we've witnessed extraordinary gatherings, from the adrenaline-fueled [Ride for Mom](#) in Whitecourt to the inaugural Amplified for Alzheimer's in Leduc, where melodies harmonized with messages of support.

The Dropsicles Meltdown cooled us down, while the 3rd [Annual Gardening for Good](#) event reminded us of the nurturing power of nature shared across ages. We pedaled with purpose during the [6th Annual Cycle for Mom](#) and swung with heart at the 4th Annual Mick Nieman Memorial Golf Tournament in Medicine Hat.

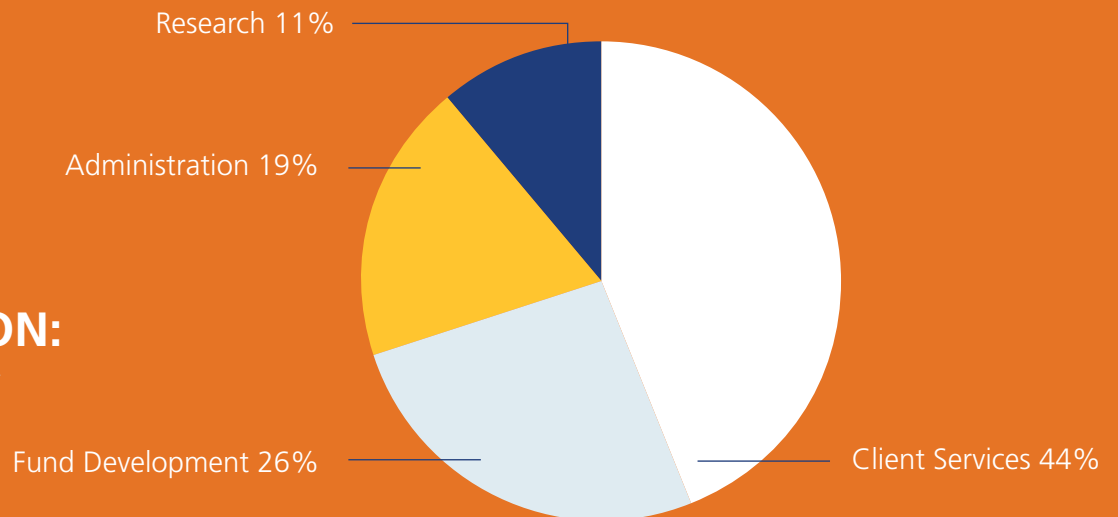
These events, each unique in their execution, shows the indomitable spirit of our community. They serve as beacons of innovation and generosity, driving us towards a future where every individual impacted by dementia is supported and empowered. Join us—fuel your passion into action and make a difference with Anything for Alzheimer's.

Financials

HOW WE RECEIVED OUR FUNDS: \$4,994,826



HOW WE INVESTED FUNDS IN OUR MISSION: \$5,073,413*



*Visit www.alzheimer.ab.ca to see the full audited financial statements.

NEW FACES

This past year, the Society continued to grow the team.



We welcomed Ambere Porter to lead our Client Services team as our new Vice President, Programs and Partnerships & Chief Service Officer.

"I love blending my passion for putting ideas into action with meaningful connections and truly dedicated teammates. Each day is a brand-new canvas, to figure out opportunities that make the lives of people living with dementia better."

We are also very excited for the newest portfolio that will focus on impacting Dementia Supportive Communities in Alberta and the Northwest Territories by Christene Gordon.



Christene is Executive Director of the Dementia Supportive Communities. *"The Alzheimer Society AB/NT is invested in advancing work to foster dementia supportive*

communities, communities that are more inclusive of people living with dementia and their care partners. Fundamental to this work is addressing the prevailing stigma associated with a dementia diagnosis and creating an understanding of how physical and social environments play a key role in people being able to stay connected to their social and community life and engage in regular daily activities of living."

Staff continue to demonstrate the person-centred approach with our clients as well as with our donors and volunteers. We continue to model our values and guiding principles.

**PROJECTED
NUMBER OF
UNPAID
DEMENTIA
CARE
PARTNER
HOURS:**



40.1M
HOURS/YEAR IN 2020



161.4M
HOURS/YEAR IN 2050

JOANNE'S STORY



Joanne is a mother, grandmother, and wife with a deep love for her family. She fondly remembers her parents, who emigrated from England when she was a young girl and describes her

mother as “the most beautiful person [she has] ever had the pleasure of meeting.”

Over two decades ago, Joanne began noticing changes in her mother that were difficult to understand. It was a challenging time, and Joanne found herself grappling with a new reality. The person she had known and loved all her life was changing. Joanne shares: “We started seeing the signs and taking her to the doctor. So then I was lost. I didn’t know what to do. This wasn’t my mom. She loved me, but she just wasn’t my mom. Her personality, she still loved people and she was still beautiful and kind, but it just wasn’t her anymore.”

[Navigating dementia](#) is an emotional journey. Joanne’s life was impacted as she witnessed her mother’s transformation. There were moments of heartache, but Joanne was determined to find a way through the challenges.

Getting Support

Joanne found the Alzheimer Society of Alberta and Northwest Territories, offering hope. Arlene Huhn, Team Manager of the North Client Services Team, was her first contact and made her feel welcome. Arlene also suggested a First Link meeting, which changed Joanne’s approach to dementia care. The support she received from the Society helped her navigate the complexities of dementia and find a new way to connect with her mom.

One crucial lesson Joanne learned was the importance of connecting rather than correcting. She realized that trying to correct her mom’s confusion only caused frustration and distress. Instead, she learned to live in her mom’s reality, meeting her where she was and embracing her unique experiences. This shift in perspective allowed Joanne to find joy in the moments they shared.

The Alzheimer Society’s support extended beyond Joanne’s personal journey. Her entire family, including her brother, son, and husband, received guidance on how to cope with the challenges of dementia together. [This support for care partners](#) is crucial, as dementia affects not just the individual but their entire support network.

MESSAGE OF GRATITUDE

Our hearts overflow with gratitude for the unwavering dedication of our generous donors, and we want to extend our sincere thanks. Your support, provided in various impactful ways, truly brings *Help for Today* and *Hope for Tomorrow* to life.

From the invigorating Cycle for Mom, where every pedal stroke makes a difference (check out the article [here](#)), to hockey heroes [lacing up their skates](#), to the inspiring participants in the IG Walk for Alzheimer's ([explore gallery here to see the awesome fun we got up to](#)). Your engagement and enthusiasm inspire others every day.

We also want to acknowledge those who contribute through monthly donations, creating a steady stream of support, and to those who have created a lasting legacy by making a gift

in their Will (read Kathleen Brown's touching story [here](#)).

The generous contributions from foundations and corporations, such as [Empire Life](#), further fortify our ability to provide essential services free of charge and fuel our world-class research program.

Every unique way of giving, whether big or small, plays a crucial role in making our work possible. Your support is the cornerstone that enables us to extend a helping hand and pursue innovative research initiatives. To express our collective gratitude, we invite you to watch this video, featuring heartfelt thanks from our entire staff.

Thank you for being the driving force behind our mission. Together, we're creating a brighter and more hopeful tomorrow.

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Email: help@alzheimer.ab.ca

Alzheimer Society

ALBERTA AND
NORTHWEST TERRITORIES

To learn more about how you can make a difference for many in Alberta and the Northwest Territories who are affected by dementia, please contact:

Holli Bjerland, *Vice-President, External Relations & Chief Development Officer*

Allendale Professional Centre

306, 10430 61 Avenue, Edmonton, AB T6H 2J3

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