



Celebrating our Community of Support

Annual Report 2022 – 2023

Alzheimer Society
SASKATCHEWAN
Learn More Live Well



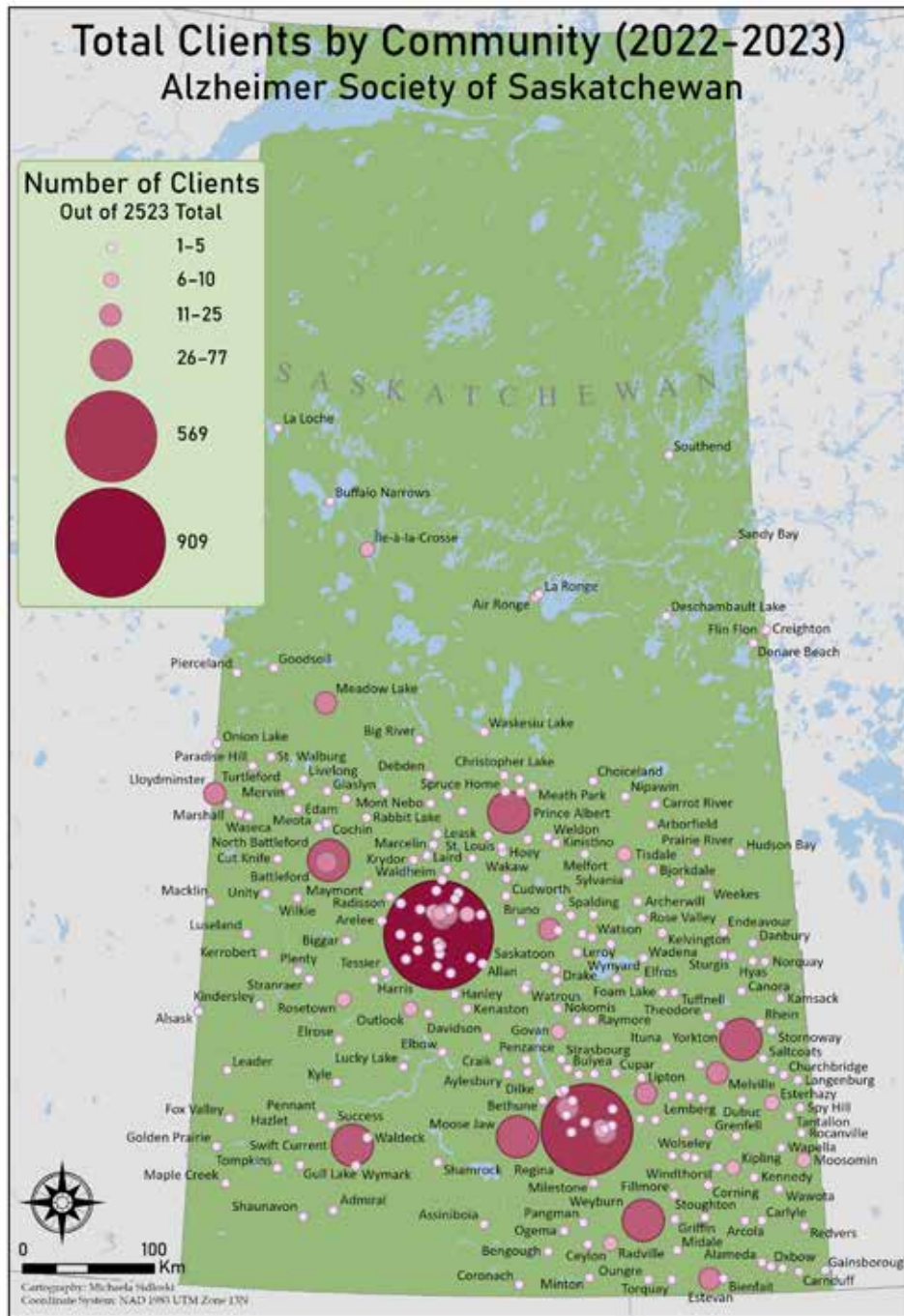
A community of support

At the Alzheimer Society, we create and foster a community of support that people can connect with to learn more about Alzheimer's disease and other dementias, and meet other people who are experiencing similar situations.

From people who have lived experience with dementia, to our knowledgeable staff and volunteers, dedicated community partners, and esteemed research associates, we have a rich and robust network of people who support and contribute to our mission and vision.

This report is a celebration of the people who make our community of support possible.

Photo: Joan Michael and Merle Wiley are two of our community champions, who also happen to be sisters. Merle is a care partner from rural Saskatchewan who advocated for the Town of Saltcoats to implement dementia friendly options for its residents, while Joan, the town's librarian, has introduced several environmental enhancements to the branch to help create a more supportive and inclusive environment.



An Inclusive Provincial Community

The people of Alzheimer Society of Saskatchewan are privileged to live and work across the traditionally sacred land we now know as Saskatchewan. We recognize the enduring presence of the Cree, Dakota, Dene, Nakota, Lakota, Saulteaux, and Metis people, who are the original stewards of the rolling hills, rushing rivers, and living sky we all share today.

As an organization, we acknowledge the harms of the past and how Indigenous People are still impacted by the process of Colonialism. Through partnership, education, and collective action, we commit to honouring our relationship to the land, our Treaties, and each other as we journey towards Wakohtahisowin (the Cree word for reconciliation.)

Vision

A World without Alzheimer's disease and other dementias.

Mission

The Alzheimer Society of Saskatchewan empowers all people to live well with dementia while funding research into prevention, cures and quality of life.

Board of Directors 2022 – 2023

Dan Kohl (Board President) - Executive Director, College Park Retirement Residence

Bill Cooper (Vice-President) - Director of Issues and Reputation Management, Nutrien

Megan Milani (Secretary) Senior Crown Council, Saskatchewan Ministry of Justice and Attorney General

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Krista Lagimodiere, Geriatrician, Saskatchewan Health Authority

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Tracy Lysy, Director, Operational Risk
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Brian Martynook, Professional Director, Past CEO Chamber of Commerce

Jacque Messer-Lepage, Executive Director and Registrar,
Saskatchewan College of Paramedics

Femi Ogunrinde, Chartered Director

President and CEO Message

2022-2023 has been another great year for the Alzheimer Society of Saskatchewan. Together, with our community of support, we have made many significant contributions to improving the lives of people living with dementia and their care partners.

The Landmark Study, released earlier this year by the Alzheimer Society of Canada, emphasizes that the number of people living with dementia will continue to increase. In Saskatchewan over the next 30 years, we will see the number of people living with dementia grow by 142%.

At the Alzheimer Society of Saskatchewan, we are feeling the impact of a growing number of people living with dementia. Last year, we experienced:

- 54% increase in referrals from those who diagnose and treat;
- 35% increase in new clients; and,
- 12% increase in the total number of clients we support.

In addition to serving more clients, the Alzheimer Society also significantly increased our support for research. One of our strategic priorities is to increase the amount of funding that we spend on research, and this year we contributed over half a million dollars. 22% of the dollars spent to meet our mission are now directed towards funding research – the highest amount in the history of our organization.

As awareness of the Society grows and the increasing number of people affected by dementia turn to our community of support, we are going to need to continue to grow our programs and services to support people to live well with dementia.

We are grateful for the \$1.2 million we receive in funding from the Government of Saskatchewan to help support our First Link® program, however,



Dan Kohl
President of the Board of Directors

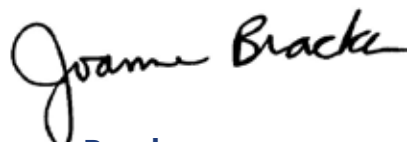


Dan Kohl, President of the Alzheimer Society of Saskatchewan's Board of Directors and Joanne Bracken, CEO for the Alzheimer Society of Saskatchewan

most of our financial support comes from our donors.

We would like to extend a heartfelt thank you to all our donors. Whether you participated in the IG Wealth Management Walk for Alzheimer's, attended our Night to Remember Gala, held your own fundraiser event, or simply donated, it has made a difference. Everything we do and achieve is because of your generosity and passion to support our mission and vision.

We look forward to your continued support to help us meet the increasing number of people who rely on the Alzheimer Society of Saskatchewan for vital support and services. Community changes everything for people living with dementia and their care partners.



Joanne Bracken
Chief Executive Officer



Volunteers build community

Every action our volunteers take helps the overall well-being of our community of support and its ability to grow and thrive. From our support groups to our Minds in Motion program and the volunteers who make our fund raising efforts successful, our community of volunteers are integral to our mission and vision.

Thank you to all of our dedicated volunteers whose individual and collective actions help strengthen our community of support. Volunteers change everything.

Photo: Colin Baerg, Regional Director for IG Wealth Management North, at our IG Wealth Management Walk for Alzheimer's in Saskatoon at River Landing Park. The IG Wealth Management North team has supported the Alzheimer Society of Saskatchewan through hundreds of hours of volunteering, and they have been a strong presence at our annual IG Wealth Management Walk for Alzheimer's for over the last seven years.

Volunteers are fundamental to our community of support. Every action they take impacts our community's overall well-being and its ability to grow and thrive.

We are pleased to profile a few of our outstanding volunteers, who steadily share their time, talents, and diverse experiences and perspectives with our community of support.

Lucie Clark

Lucie is a long-time advocate for people living with dementia. She lost her husband Mike to frontotemporal dementia in 2015. He was diagnosed in 2006 at age 53, when Lucie was in her mid-40s and had a child in Grade 12 and another in second-year university, both living at home when their Dad began to show symptoms.



Lucie was also a secondary caregiver for her mom who had been diagnosed with Alzheimer's five years earlier at age 64. Her family's journey with her mom's early onset dementia was the reason she was able to recognize Mike's symptoms as early as she did and connect with the Alzheimer's Society.

From the start of her husband's struggle with dementia, Lucie was a strong advocate for those with dementia as well as their caregivers. Lucie has been

Support Groups

Our community has continued to offer province-wide support groups virtually and by telephone, and, with the easing of pandemic restrictions, we have resumed in-person groups and developed a hybrid model where participants can attend in-person or over Zoom.

We are fortunate to have 16 volunteers across the province involved in the direct delivery of our support groups.

a guest speaker at several educational events, either alone or with her adult daughter.

She volunteered to share her experience with dementia — at a University of Saskatchewan psychology class for nursing students, and at the medical diagnostics program at Saskatchewan Polytechnic. Lucie was our guest speaker at our Night to Remember Gala in 2021 and she has been an active fundraiser for the Society for over 10 years.

In 2018, Lucie was nominated by the Alzheimer Society of Saskatchewan to be on the Advisory Committee to the Federal Minister of Health for developing the National Dementia Strategy. Lucie served a three-year term on this committee and, though her official responsibilities are completed, she continues to connect and support people who are affected by dementia. This year, Lucie has received our Honourary Lifetime Award for her distinguished service to the Alzheimer Society of Saskatchewan.



Irene Beck

Irene Beck has been volunteering with the Alzheimer Society of Saskatchewan since the late 1980s. Irene is a Social Worker and, prior to retirement, worked for many years at the Luther Seniors Centre Adult Day Support Program. During that time, Irene was one of the first Alzheimer Society Support Group facilitators in the community. Irene provided countless hours of information and support to people with dementia and families. Her Alzheimer Society volunteer work also included assisting with learning series curriculum and delivery, speaking engagements, media interviews, and assisting with fundraising events.

In 2016, the Alzheimer Society introduced Minds in Motion, a fitness and social program for those with early-stage dementia and a friend, family, or caregiver. Irene was the first volunteer to jump on board and has been leading the charge ever since, as “living well with dementia” and “being active and socially engaged” are important to Irene. She is a skilled organizer and enthusiastic team member; Irene works together with the other Minds in Motion volunteers to provide a successful, creative and fun program for participants and volunteers. Irene has donated 550 hours or 73 days to Minds in Motion alone since April 2016.

In 2001, Irene was recognized by the Alzheimer Society board of directors for her contributions with the presentation of the Honorary Lifetime Membership award and this year she is the recipient of our Volunteerism Award.

Dr. Debbie Maurer

Dr. Debbie Maurer is an anaesthesiologist in Saskatoon and has been a long-standing donor to the Alzheimer Society of Saskatchewan, cumulatively donating \$90,000 since her first donation in 2012. Debbie is a bright and passionate donor, meeting with Alzheimer Society staff every year and consistently being our cheerleader. Debbie is passionate about research as well as ensuring programs and services exist for the people who need them. As a dedicated advocate and partner of the Alzheimer Society of Saskatchewan, Dr. Debbie Maurer is an amazing community philanthropist. Debbie is the recipient of our 2023 Philanthropic Leadership Award. The award is presented to an individual or family who has demonstrated exceptional generosity, charitable responsibility, and whose actions encourage others to take philanthropic leadership roles in the Alzheimer Society.



Community changes everything

Thanks to one of our volunteers, we have been able to accommodate a unique and exciting opportunity in the northern community of Île-à-la-Crosse with our virtual Minds in Motion program. Our volunteer took the initiative to speak with the community’s Elders’ Lodge and reserve a room every week so the individuals could participate in an accessible environment, while another community member stepped up and agreed to transport both clients to and from the Elders’ Lodge each week.



Not only do our IG Wealth Management Walk for Alzheimer’s volunteers and participants help us raise much needed funds, they also help us raise awareness to Alzheimer’s disease and other dementias by honouring their friends and family members in the Walk. Pictured above are some moments from our in-person Walks in Regina (top left); Saskatoon (top right); Prince Albert (bottom left); and, Yorkton (bottom right).

IG Wealth Management North

The team at IG Wealth Management North has a long history of providing support to the Alzheimer Society of Saskatchewan. They have been the title sponsor for the annual IG Wealth Management Walk for Alzheimer’s in Saskatchewan for the past seven years, with six of those years included as a national sponsor across Canada with the Alzheimer Society of Canada.

IG Wealth Management North employees continue to be one of our top Walk fundraisers in Saskatchewan, year after year. Their enthusiasm, collaboration, and commitment is contagious and motivates other Walk participants. They have also provided hundreds of hours volunteering with the Alzheimer Society in many ways including event

management, promotion, and individual employee volunteering.

IG Wealth Management North supports people in the community who are impacted by dementia by sharing innovative ideas to encourage people to connect with us. Support from Colin, Katherine, and their team at IG Wealth Management in Saskatoon has allowed the Alzheimer Society of Saskatchewan to say “yes” to more families living with dementia when they reach out for information and resources.

IG Wealth Management North exhibits outstanding corporate philanthropy through their financial and leadership contributions to the Alzheimer Society. They are the recipient of our 2023 Corporate Leadership Award.



Engaging our community

An estimated 60% of people with dementia are living in our community. They and their care partners wish to stay and thrive in their home communities for as long as possible. We help individuals and communities learn more about all types of dementia and empower people to understand how to be more supportive and inclusive for those experiencing dementia who are part of their community.

We offer a variety of opportunities to help our community learn about dementia, reducing stigma, increasing accessibility actions to reduce the risk of dementia, and community supports and services.

Photo: The Alzheimer Society of Saskatchewan hosted a Community Luncheon for representatives from Yorkton businesses, community organizations, and shared interest groups to hear about what dementia friendliness means to them and how the Alzheimer Society can support them to become more dementia friendly.



Dementia Supports in Rural Saskatchewan

The Alzheimer Society of Saskatchewan is a collaborating organization in the Dementia Supports in Rural Saskatchewan project – a multi-year, federally funded project aimed at decreasing the social isolation and stigma experienced by people living with dementia and their care partners in Yorkton, Melville, and the surrounding rural areas.

The project is led by Saskatchewan Population Health and Evaluation Research Unit and follows a collective impact approach with support from a variety of industries, including health, recreation, facilities management, libraries, and art galleries.

Each collaborating organization has their own initiative aimed at increasing the social inclusion of people living with dementia and their care partners.

Collectively, the organizations involved in Dementia Supports in Rural Saskatchewan work together to address gaps in supports and services in rural

The Saskatchewan Population Health and Evaluation Research Unit (SPHERU) team along with representatives from collaborating organizations of the Dementia Supports in Rural Saskatchewan project.

Saskatchewan, improve public awareness of dementia, and reduce stigma that surrounds the disease.

As part of the project, the Alzheimer Society of Saskatchewan is leading an awareness campaign and engaging organizations to explore how they might become more inclusive and accessible for people living with dementia and their care partners.

Our Dementia Community Coordinator has engaged 36 organizations and businesses in 15 different communities in the project area that spans across Yorkton, Melville, and the surrounding rural communities.

Community Conversations

This past year in support of our dementia friendly community efforts, we launched a new online series of programs we call Community Conversations where we host a discussion with the people and organizations involved in dementia friendly initiatives. Our first conversation featured panelists from Alzheimer Societies across Canada.

Sana Aziz from the Alzheimer Society of British Columbia, Beth House from the Alzheimer Society of Nova Scotia, Nicole McDonald from the Alzheimer Society of Manitoba, and Erica Zarazun from the Alzheimer Society of Saskatchewan met to discuss the work on Dementia Friendly Communities their Societies are doing as leads on the project. They have been connected through the Dementia Friendly Canada project national working group.

“I’m really happy that the National Dementia Friendly project has allowed us to come together on one platform and do something like we’re doing today. I hope as we plan for the future that we can continue to learn from each other and strengthen the work nationally as we work towards a more dementia friendly Canada.”

– Sana Aziz

The panelist talked about the work they are doing on dementia friendly communities and organizations in their Societies, where people can begin when thinking about making dementia friendly changes, and the plans their Societies have going forward with dementia friendly community initiatives.

Each panelist came to the conversation with different experience, as dementia friendly community work lives in different departments at each Society, but all with the same outlook on the importance of education and support for people living with dementia.

We surveyed 801 Saskatchewan residents of Saskatchewan on their knowledge of dementia.

The study found that:

- Just under one-third of residents could correctly name least one preventative measure to reduce the risk of Alzheimer’s disease and other dementias.
- On average, residents could correctly identify two of the 10 dementia warning signs on an unaided basis.
- Nearly all residents associate Alzheimer’s disease and dementia with memory loss but knowledge of the other nine warning signs is low.

Sana Aziz, who is the Strategic lead for dementia friendly communities in BC, highlighted the three pillars they center their dementia friendly approach around: people, practice, and policy. These pillars include their approaches to education, their stakeholder groups such as first responders, transportation, libraries, recreation groups, and museums, and focusing on providing support and resources to these sectors. BC has also focused on creating partnerships with their municipalities.

Aziz highlighted the road forward for them is through increased advocacy and awareness for people living with dementia and their care partners so they can safely enjoy their communities and activities while feeling supported because their voices are being heard and listened to.



*Merle and Dean Wiley, pictured at the Godfrey Dean Art Gallery's *Belong Where You Find Yourself* exhibit.*

Community Leadership

Last spring, the Town of Saltcoats hosted our Dementia Community Coordinator for a presentation to help residents learn more about dementia, the warning signs and what a dementia friendly community means.

After attending the presentation, Merle Wiley, a local resident and care partner, began to take note of some of the areas in the community that could be enhanced to be more accessible and easy-to-navigate for people living with dementia and their care partners.

Merle contacted the Alzheimer Society for resources to draft a letter to the Saltcoats Town Council regarding her community observations. Town Council was quick to respond and invite Merle and our Dementia Community Coordinator to tour some of the town's buildings and provide recommendations for increasing each environment's dementia friendliness.

The tour took place on February 28th with the Town of Saltcoats' Head Administration Officer, along with other building representatives. The group walked through the Town's Administrative Office, Town

Hall, library, and curling rink looking at things like signage, lighting, mobility hazards, and other considerations.

During the tour, we shared our Alzheimer Society of Saskatchewan toolkits for municipalities and libraries with staff and discussed communications strategies for them to use when supporting residents living with dementia.

We thank the Town of Saltcoats for welcoming us into their places of businesses and for having open conversations about how to make their spaces and programming more welcoming and inclusive for people affected by dementia. Community changes everything for people living with dementia and their care partners.

Merle and her husband Dean are also participants of the *Belong Where You Find Yourself* initiative through the Godfrey Dean Art Gallery – a collaborating organization for the Dementia Supports in Rural Saskatchewan Project.



A community of lived experience

People with lived experience with dementia – both those who have dementia and those who care for them – are at the heart of our mission, the soul of our community.

The Alzheimer Society of Saskatchewan amplifies the voices and perspectives of people living with dementia through the sharing of their own stories and experiences. Stories spark connections, build understanding around the disease, and inspire us to reflect on our own assumptions and actions.

Photo: Gary Grewal, MLA Regina Northeast, Edie Laidlaw, Honorary Life Member of the Alzheimer Society, Dianne McLeod, Alzheimer Society Advocate, Kaleta Strain, Director of Revenue Development for the Alzheimer Society, Brian Martynook, Alzheimer Society of Saskatchewan Board Member and Todd Gaudy, MLA Melfort.



The McLeod Family Story

Like thousands of other families in Saskatchewan, Dianne McLeod's was impacted by dementia in many ways. Dianne has shared her story to let other people know about the Alzheimer Society's community of support.

Dianne McLeod is one of our Alzheimer Society of Saskatchewan Volunteer Support Group Facilitators and she also has lived experience as a care partner. This is her story about dementia.

My husband, Doug, was a dedicated farmer.

Near the end of his career, he started having to write down his daily tasks and chores, even though they had been second nature for him for years. He'd plan out his day and then would have to keep checking on himself to see if he did what he thought he was going to do.

That was the beginning of our dementia journey together.

In 2014, Doug was in the hospital – he was very sick. When he finally got out, he told me he felt that he wasn't thinking very well. He had just started some new medications, and the medical staff said to give it time.

So, we gave it time, but he didn't get any better. Instead, he got progressively worse. Eventually we moved off the farm and into town, so we could have a little more control over where he was and what he was doing.

My sister was involved with the Alzheimer Society a few years back when her husband developed dementia and we had attended some of their programs at that time. So, we reached out to the Alzheimer Society for the information they had about supporting people living with dementia.

When Doug was first diagnosed, we did the Alzheimer Society's First Steps Learning Series. At first, Doug didn't think he wanted to do it, but I said, "Well, just come and see."

After the first session, he asked, “When’s the next one?”

He found it interesting to be with people who were struggling like him and to get coping strategies to help him be more independent. It’s a pretty tough journey to take when you lose your independence.

The strategies we gained from the Alzheimer Society helped us a lot. And, because we had them, I think we lived fairly well. With information, you learn how to cope with what you’re dealing with. And you don’t always do it perfectly, but you try.

I truly believe people with dementia know what’s happening to them, even if they can’t verbalize it. Or, they feel what’s happening to them, and that’s why I think strategies for coping are key.

Any illness can be a lonely journey. I think we all make judgements and then maybe we think there’s nothing we can really do, so we stay away.

When Doug was able to be around people who were experiencing a similar situation, it was really good. And the Alzheimer Society facilitates that - a community.

I know that the community the Alzheimer Society creates helps a lot of us in our day-to-day life.

And, most importantly, I would ask everyone to please practice kindness. I think if we can learn to be kind and non-judgmental to people living with dementia, life can be so much more enriching for everyone.

Dementia Awareness Day

This spring, we hosted an Awareness Day at the Saskatchewan Legislature to highlight the many faces of dementia in our province. Numerous families who have been impacted by the disease attended and were able to share their stories and experiences with our elected officials and other important guests and representatives.

Elaine Unrau, an Alzheimer Society Volunteer and family care partner from Saskatoon, shared insight into her family’s journey with dementia:

“We really feel that community day programs would help my sister partake in more activities and to be with others with the same challenges. This would give her husband a break, too,” shared Elaine Unrau. “When the primary caregiver can’t get a break, they develop their own health conditions and the stress seems to age them.”

During the Legislative Assembly, the Alzheimer Society of Saskatchewan was introduced by the Honourable Everett Hindley, Minister of Mental Health and Addictions, Seniors, and Rural



Left to right - Joanne Bracken, CEO Alzheimer Society of Saskatchewan; Carla Beck, Leader of the Official Opposition; Elaine Unrau, person with lived experience with dementia; Honourable Everett Hindley; and, Dan Kohl, President, Alzheimer Society of Saskatchewan Board of Directors.

Remote Health, and Matt Love, Opposition Critic for Municipal Affairs, Tourism, Seniors, Ethics and Democracy, and Parks, Culture, and Sport.



Gord and Claudia Grant

Gord and Claudia Grant are members of the Dementia Supports in Rural Saskatchewan project advisory committee.

Since the project's inception, Gord and Claudia have shared their perspectives on accessibility for people affected by dementia during the City of Yorkton's dementia friendly facility audits. They participated in and contributed to Godfrey Dean Art Gallery's *Belong Where You Find Yourself* community-engaged art initiative, and continue to be advocates for the Alzheimer Society of Saskatchewan.

Gord and Claudia were first introduced to the Alzheimer Society of Saskatchewan more than 10 years ago when they moved to Moosomin from Revelstoke, BC where they were previously connected with the Kelowna Alzheimer Society Resource Centre following Gord's diagnose of vascular dementia in 2004. They believe that, by sharing their story, and it helps even one person who is living with dementia, they have made a difference. They have shared their dementia story at the Alzheimer Society's Annual Provincial Conference, our Dementia Friendly Communities launch in Regina, during media interviews and community presentations, and other awareness activities.

Gord has been a member of the Alzheimer Society of Canada Advisory Group of People with

“The support groups and education programs offered by the Alzheimer Society, like coffee and chat, are something a lot of us really look forward to and appreciate. These events have given us a good base on which to travel this journey and we feel are where we are in this journey because we chose to take advantage of the education made available through the Alzheimer Society.”

– Gord Grant

Dementia since 2012 and is a founding member of the Alzheimer Society of Saskatchewan's Leadership Group for People with Dementia.

In 2018, Claudia became a community champion by starting a caregiver support group in Moosomin so caregivers living in the Moosomin area could connect and receive support close to home.



A community of connections and support

The Alzheimer Society of Saskatchewan provides programs and services that help people with all types of dementia, and support for care partners, families, and friends across the province.

We create and build a community of support rich in information, experience, and services. We create these connections, resources, and services so that people can turn to and tap into them when they need them. Our services are free and are a phone call away.

Photo: Shaelyn Serron is our Dementia Helpline Coordinator and is often the first person people connect with when they join our community of support.

Shaelyn Serron is the Alzheimer Society of Saskatchewan's Dementia Helpline Coordinator.

We asked her to tell us more about how she helps people living with dementia and their care partners learn more and live well with dementia.

Who is the Dementia Helpline for?

Anyone who has questions about dementia can call the Dementia Helpline. You don't need to have a diagnosis in order to call. My role is very much about meeting people where they're at and providing a listening ear.

I talk to people at all stages of the disease. The Dementia Helpline is not just for the beginning part of your journey, people can call with new questions any time they need and as things progress.

What kind of questions do people call the Dementia Helpline with?

Typically, most people call and ask about our programs and services. Or, they're concerned that their family member or friend may be showing signs of dementia. I can talk you through the process of getting a diagnosis and preparing for the doctor's visit.

I receive a lot of inquiries about responsive behaviours. At the Alzheimer Society, we believe that all behaviour has meaning so I help people explore strategies and environmental adjustments that they can try to reduce the response. Things like medication side effects, drug interactions, and/or other conditions can also play into responsive behaviours, so we always encourage people to see their doctor for a full check up.

I also get calls about moving family members into care homes because most people don't know the process. I can provide you with information and direct you to community resources for support.

What other things do you do during a day?

It varies from day to day. Part of my job is to connect with clients who have made inquiries at our Alzheimer Society events or presentations. Sometimes, I'm potentially talking with people from all over the province from different health regions. I

"You've lifted a weight from my shoulders. I feel like I can go on with my questions answered."

– Dementia Helpline client

also receive calls from people from other provinces and the United States.

I work together with our awesome First Link Coordinators to help people get connected to localized support they can access.

Every month, I facilitate a First Responders - Getting to Know Dementia presentation to the new troops at the Royal Canadian Mounted Police Academy, Depot Division in Regina. I help the trainees understand the warning signs of dementia and how to respond if somebody appears to be wandering, disoriented, or confused.

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I also co-facilitate our virtual Caregiver Support Group that runs the first Wednesday of every month. At this time, about 20 people attend the group every month and, whether they are new or have attended before, they are all very supportive of each other.

It's nice how group members are happy to share information and resources they've found helpful with each other and the friendships that emerge from this group. It's great to see people joining the group who I have previously spoken with over the Helpline.

How does someone get connected to Alzheimer Society programs and services and what would you say to someone who is unsure about connecting with the Society?

You can refer yourself by calling the Dementia Helpline or our provincial office. Then I will send resources to you by email or Canada post, based on your needs and questions.

You can also have your doctor, healthcare provider, or another community agency that you are working with complete a First Link Direct Referral form on your behalf. After we speak with you, we send a follow-up letter to the professional who referred that outlines the information and resources you were provided with to help ensure continuity with your care.

We help people from a lot of different situations and family dynamics. I encourage you to reach out and connect to our community of support, so you don't feel as alone, stressed, or overwhelmed.

Give me a call with your questions – 1-877-949-4141 or email: helpline@alzheimer.sk.ca

**The Dementia Helpline is available
8:30 am – 4:30 pm, Monday through Friday.**

Saskatchewan Missing Persons Partnership

2023 marks the tenth year of the Saskatchewan Missing Persons Partnership – a partnership that the Alzheimer Society of Saskatchewan has been involved in since its inception.

At the Alzheimer Society, we support the partnership with awareness campaigns and content featuring safety considerations for people living with dementia, as well as emotional support options for care partners.

We collaborate with a variety of professionals, such as emergency services personnel, representatives from the Ministry of Justice, and individuals from Indigenous and community-based organizations, to help prevent people with dementia from going missing and to improve responses and supports for when they do.

Outreach and Engagement

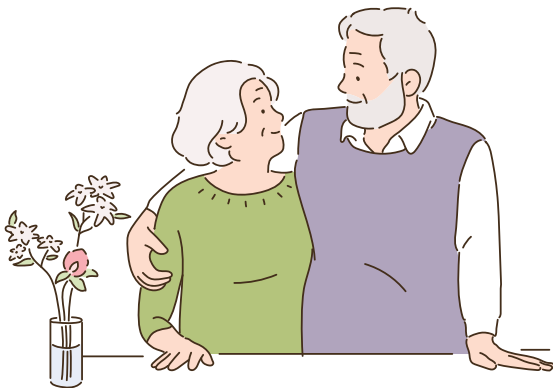
We work with a variety of health care professionals/providers to increase their capacity and capabilities in working with dementia, and to bridge the gaps between dementia screening, assessment, diagnosis, and follow-up care by:

- Building awareness of our First Link® Program and the benefits of referring people to it
- Providing follow-up letters to all medical professionals who have referred someone to our First Link Program
- Promoting better dementia care across disciplines
- Collaborating with the medical community on dementia-related resources
- Engaging in conversations with the medical community about complex and sensitive issues related to living with dementia
- Inviting the medical community to speak at our educational events and learning sessions
- Supporting individuals and families through the diagnostic process



A 54% increase in direct referrals of clients from those who diagnose and treat

A 12% increase in the number of unique clients served



A 35% increase in overall First Link referrals

29 active support groups across the province



Our Community Culture

At the Alzheimer Society, we believe that everyone affected by dementia has the right to be the person that they are, to live without fear or prejudice regardless of race, age, gender, sexual orientation, faith and belief, or a disability like dementia. We believe that equity, diversity, and inclusion enrich the Alzheimer Society of Saskatchewan and strengthen our ability to achieve our mission and vision.

We acknowledge that some individuals and groups encounter barriers to equitable access to participate in the Alzheimer Society of Saskatchewan. These barriers limit our capacity as a leading charity that supports people living with dementia.

The Alzheimer Society of Saskatchewan is committed to becoming an organization that promotes respect, equity, access, and participation in all internal and external relations.

As part of our Strategic Plan, our Board has identified two priorities to help the Society become more diverse, equitable and inclusive. We aspire to:

- Broaden the scope of the Alzheimer Society to be more reflective of the diverse demographics of the province.
- Enrich organizational capabilities to address changing and diverse needs.

To address these priorities, our board and staff have undertaken a number of key activities:

- Participating in ongoing education and learning opportunities to build DEI competencies.
- Engaging in land acknowledgement training and the development of a land acknowledgement for the Alzheimer Society of Saskatchewan.
- Applying for and being granted membership an employer partner with the Canadian Centre for Diversity and inclusion (CCDI).
- Developing an Anti-Discrimination Policy.
- Amending our database to begin to include new indicators to collect demographic information for each client including: gender identity, race/ethnicity, language at birth for the person living



The Alzheimer Society of Saskatchewan is an employer partner with the Canadian Centre for Diversity and Inclusion. We work with the Canadian Centre for Diversity and Inclusion (CCDI) to identify core competencies and trainings for our staff, curate supplementary learning opportunities for staff to engage in on-going Diversity Equity and Inclusion (DEI)-based education, and participate in their community of practice events and annual 'Un-conference.'

with dementia, and sexual orientation.

- Contributing to internal DEI surveys to better understand the diversity and culture of our organization's teams.

Additionally, our staff formed a DEI Committee that is responsible for developing an annual plan to achieve our DEI strategic priorities.

We acknowledge that becoming an organization that is equitable, diverse and inclusive is a process – an exercise in change management. As we consciously embed principles of diversity, equity and inclusion, the culture of our organization will evolve.

We are committed to providing a safe space for learning and unlearning. We aren't always going to get things right and, when this happens, we will work to make things right.

Memory Clinics

Specialty diagnostic clinics, also known as memory clinics, bring together people suspected to have dementia or a complex case, their care partner(s), a team of healthcare professionals who have been trained in caring for people living with dementia and other memory difficulties, and other community supports, often including an Alzheimer Society First Link Coordinator.

The goal of a clinic is to provide a diagnosis in a day, along with follow-up steps and connections for the person and their care partners so they can maintain their well-being and community living for as long as possible.

The Alzheimer Society of Saskatchewan has supported some of the research and work that went into developing many of these diagnosis clinics and their frameworks.

“The Alzheimer Society First Link Program is an important component of our MINT Memory Clinic team, both as a fellow health care professional and patient/family resource. Our First Link Program representative promotes discussion about the patient and their caregivers as a family unit. Our patients and their caregivers are less isolated in rural Saskatchewan because of the services the First Link Program provides.”

– Austin Little BMSc, MD, CCFP,

Member of Southwest Mint Memory Clinic Team

Primary Health Care Memory Clinics are becoming more prevalent in rural Saskatchewan which enable more individuals and families to access services in one location and receive a diagnosis closer to home. These clinics are community-based, they are led by local primary health care professionals, and each clinic includes an Alzheimer Society First Link Coordinator for added follow up and support.

We have developed partnerships and working relationships with the following clinics to help



Members of the Swift Current MINT Memory Clinic Team pictured at our Swift Current IG Wealth Management Walk for Alzheimer's. Left to right – Stacie Noble-Wiebe, Alzheimer Society of Saskatchewan First Link Coordinator; Britny Andrews, Occupational Therapist for Saskatchewan Health Authority with her daughter Lila; and, Dr. Janna Cuthbert MD CCFP for the Saskatchewan Health Authority with her daughter, Alexandra.

individuals with more complex needs to get a diagnosis:

- Rural & Remote Memory Clinics – Specialty diagnostic clinics that prioritize rural residents that live 100 km or more outside of Saskatoon or Regina. Led by the Rural Dementia Action Research (RaDAR) team at the University of Saskatchewan
- Geriatric Evaluation and Management (GEM) Outpatient Clinics – Specialty diagnostic clinics that take place over a half day at the Saskatoon City Hospital.
- Geriatric Services in Regina – Specialty diagnostic clinics serving those 65 years and older who reside in southern Saskatchewan and can travel to Regina.

In order to access any of these diagnostic services a referral from a physician is required.



A community of expertise

The Alzheimer Society of Saskatchewan supports and invests in research to fulfill our vision of "a world without Alzheimer's disease and other dementias." We fund research with Alzheimer Societies across Canada through the Alzheimer Society Research Program, and in Saskatchewan in partnership with the Saskatchewan Health Research Foundation.

We are committed to sharing the knowledge of expertise in the field through a wide variety of public presentations on various topics to better inform people about dementia and dementia care.

Photo: Joanne Bracken, CEO of the Alzheimer Society of Saskatchewan, pictured with Dr. Darrell Mousseau from the Mousseau Lab at the University of Saskatchewan, at our Dementia Awareness Day that was held earlier this year in Regina.

Alzheimer Society Research Program

The Alzheimer Society Research Program (ASRP) supports and funds innovative Canadian dementia research to encourage researchers to explore radical new ways to advance our knowledge of dementia and improve the quality of life for people living with dementia, their families, and caregivers.



In 2022, the ASRP invested \$6 million in 44 researchers and their projects.

In March 2023, the Alzheimer Society of Saskatchewan made an additional contribution of \$350,000 to the Alzheimer Society Research Program.

The Alzheimer Society Research Program is a collaborative effort between the Alzheimer Society of Canada, other Alzheimer Societies across Canada, including the Alzheimer Society of Saskatchewan, and our valued donors and partners.

The ASRP follows an open competition that focuses on the following funding priorities:

- Basic science research
- Clinical
- Health services
- Population health
- Cause
- Prevention and risk reduction
- Technology
- Social science
- Psychosocial interventions

Investing in Research

- Invested over \$517,000 to fund research into prevention, cures and quality of life
- Assisted 15 researchers with recruitment for their dementia-related research studies
- Wrote 10 letters of support for upcoming research applications



Spotlighting Research

A virtual Spotlight on Research event took place on February 16, 2023. We had over 150 registrants for the event featuring:

- Elaine Stasiulis, Team 16 Canadian Consortium on Neurodegeneration and Aging
- Laila Ali, Research and Knowledge Translation Lead, Alzheimer Society of Canada
- Dr. Allison Cammer, College of Nutrition and Pharmacy, University of Saskatchewan

This event focused on informing participants about the Alzheimer Society Research program and research projects we are currently funding.

Saskatchewan Health Research Foundation Partnership

In partnership with the Saskatchewan Health Research Foundation (SHRF), the Alzheimer Society of Saskatchewan jointly funds the Dementia Solutions Program.

The Dementia Solutions Program funds up to \$200,000 in research grants for finding treatments, causes and cures, improving the quality of life for people living with dementia. and/or one of the following interest areas as identified by the Alzheimer Society of Saskatchewan's Board of Directors:

- Diagnosis
- Prevention/Risk Reduction
- Culturally sensitive Care
- Long-term Care
- Palliative Care
- Social Inclusion

In 2022-2023 the Alzheimer Society of Saskatchewan and Saskatchewan Health Research Foundation funded two Dementia Solutions Grants.

Dr. Darrell Mousseau from the University of Saskatchewan - "Injecting Healthy Cells into the Brain to Slow the Progression of Alzheimer Disease."

Dr. Arlene Kent-Wilkinson, University of Saskatchewan - "Dementia Screening and Diagnosis for Older Persons in Custody at the Regional Psychiatric Centre."

Dr. Mousseau's study aims to utilize 'personalized medicine' to improve the understanding and management of Alzheimer Disease (AD) in two ways. Firstly, researchers will use cultured brain cells from suspected AD sufferers to observe and confirm an individual's risk of developing the disease and to inform an early treatment intervention. Secondly, researchers will test the impact of injecting healthy brain cells into a mouse model of AD to evaluate their capacity to 'replace' AD-affected cells with healthy cells, and promote brain-saving function.



"It is clear that funding supports research and research generates outcomes. What is often overlooked is that many funding mechanisms support 'safe' research, often simply looking for an easy answer along a well-trodden path. The Dementia Solutions Program is expecting researchers to venture off that path and find the answer that has always been there, just out of sight."

– Dr. Darrel Mousseau



Following the initial stages of Dr. Kent-Wilkinson's study, which included the identification and understanding of older adults in custody with dementia, the latter stages seek to: assess the reliability and validity of two dementia screening tools in correctional settings; and move those with a dementia diagnosis out of prisons and into secure settings in their community where they can receive more focused treatment.

Understanding Dementia

Dr. Andrew Kirk, MD, FRCPC presented at our 2023 Understanding Dementia Community Presentation, which also marked the launch of our new Dementia Friendly Communities partnership with Conexus Credit Union. Dr. Kirk shared real-life examples of the warning signs of dementia and comprehensive information around the different types of dementia and the importance of getting a timely diagnosis.



Our event follow-up survey indicated that 93% of respondents have a better understanding of dementia following Dr. Kirk's presentation.

Andrew Kirk MD, FRCPC is a Professor and the Head of Neurology at the University of Saskatchewan, where he's worked since 1991.

In 2003, he co-founded a Canadian Institutes of Health Research Rural and Remote Memory Clinic using telehealth technology, and, in 2012, he was awarded the Queen Elizabeth II Diamond Jubilee Medal for his work in neurology.

For six years he served as board member of the Alzheimer Society of Saskatchewan, and he is a Past-President of the Canadian Neurological Sciences Federation and Canadian Neurological Society.

Healthier Brains Community Presentation

In March, Dr. Paul Mick MD, FRCSC, MPH from the University of Saskatchewan delivered a presentation about the relation between sensory loss and the development of dementia during our annual Healthier Brains Community presentation. Dr. Mick highlighted the prevalence of hearing loss in people living with dementia, the importance of managing hearing and vision loss at every age, and strategies to improve communication with someone who is living with dementia and has hearing loss.

The presentation brought in 122 new people to the Society from 83 different Saskatchewan communities. In our Healthier Brains follow-up survey, 100% of respondents have a better understanding of the importance of screening for sensory loss and how sensory loss can affect executive functioning.



Dr. Paul Mick. Dr. Paul Mick is an ear, nose, and throat surgeon and the Surgical Director for the Neurotology and Cochlear Implant Programs with the Saskatchewan Health Authority; researcher and member of the Canadian Consortium of Neurodegeneration in Aging (CCNA); and, an Associate Professor of Medicine from the University of Saskatchewan.

Driving and Dementia

Driving cessation is inevitable in people with dementia and represents a major life transition. While there is some evidence-based information to support drivers with dementia, their caregivers, and health care professionals through the decision-making process and cessation transition, the information is not easily accessible.

From January 2020 through March 2023, the Alzheimer Society of Saskatchewan with support from SGI and in partnership with Team 16 from the Canadian Consortium on Neurodegeneration in Aging (CCNA) collaborated on the Driving and Dementia project.

The project began with an environmental scan and review of publicly available tools and resources that support and inform people with dementia, their care partners, and health care professionals about the driving cessation process.

The Alzheimer Society of Saskatchewan conducted consultations with people living with dementia and care partners to help CCNA Team 16 build a body of evidence around driving cessation and driving and dementia. 10 people living with dementia and a total of 251 care partners were engaged in our consultations. 44 of those care partners supported a family member who was driving, while 207 were supporting a family member who was no longer driving.

From the consultations, we learned that:

- 80% of care partners surveyed have not made any plans or decisions with their family about driving cessation.
- 79% of care partners expect that a family physician will be involved in the decision-making process for driving cessation and 59% believe that SGI's Driving Assessment Centre will assist with the process.
- Driving cessation can have a profound impact on the emotional and social well-being of a person living with dementia and their family and friends.

From our consultations and other research that the CCNA Team 16 conducted, they created the Driving and Dementia Roadmap – a free toolkit for people affected by dementia and for those who support and treat those living with the disease.

“This is one-of-a-kind Canadian resource that provides strategies to help individuals manage the emotional and practical aspects of the decision to stop driving.”

Dr. Mark Rapoport

Our Programs and Services staff continue to develop additional competencies around the Driving and Dementia Roadmap to help support individuals and families begin the driving cessation conversation and process. Every new diagnosis package that the Alzheimer Society of Saskatchewan sends to clients and constituents now includes a copy of the Roadmap.

We currently are updating our First Steps and Next Steps for Families Learning Series to include the Roadmap. Additionally, we have invited the SGI Medical Review Unit to speak during all offerings of our First and Next Steps Learning Series.

The Canadian Consortium on Neurodegeneration is a national network of more than 340 clinicians and researchers whose goal is accelerating progress in research on age-related neurodegenerative diseases, including Alzheimer's disease, Vascular dementia, Frontotemporal dementia, and Lewy body dementia. SGI's Medical Review Unit assesses and monitors drivers who have medical conditions that may affect their ability to safely operate a vehicle.

New technology for Care Partners

“I am grateful for the research funding from the Alzheimer Society Research Program. For research trainees, I think that the Alzheimer Society Research Program is a great opportunity for trainees to get their PhD research funded and be supported through their training to hopefully help others.”

– Louise Castillo

Louise Castillo is a funded researcher from the 2022 Alzheimer Society Research Program. Louise is a doctoral student in Clinical Psychology and researcher from the University of Regina’s Health Psychology Lab.

Her work is centred around pain management and assessment in individuals with dementia and improving the psychological outcomes of care partners of people living with dementia.

Louise’s research team’s study “Systematic Evaluation of Mobile Applications for Informal Caregivers of People Living with Dementia,” reviewed currently available apps for family caregivers of people living with dementia.

The study incorporated care partners with lived experience with dementia into their study to determine what would be practical and helpful in an app designed to address their mental health.

Along with a caregiver partner, Louise and her team are working with developers at the University of Regina to build an app that helps address the gaps that were identified in their study and includes features based on our interviews with participants.

“One of the biggest things I’ve learned with having care partners involved in our research is that care partners are the experts. They are the ones who really know what should be there in the first place to help address their needs. It’s important to include them in projects from the very beginning.”

The app Louise’s team is developing is called UR CAREGIVER app. Currently, the app is being tested



“As someone who’s training to be a psychologist, I think that mental health is such a big piece to care partners’ overall well-being. Apps can provide tools and strategies for care partners like medication management, improving social supports, juggling responsibilities, and monitoring your own well-being.”

– Louise Castillo

for feasibility by a small group of care partners to finalize the app and then a larger evaluation by care partners will be conducted. Additionally, Louise and her team will create a video-tutorial to help people use the app once it is released.



A community of philanthropy

The Alzheimer Society of Saskatchewan supports and invests in research to fulfill our vision of a “world without Alzheimer’s disease and other dementias.” We fund research with Alzheimer Societies across Canada through the Alzheimer Society Research Program, and in Saskatchewan in partnership with the Saskatchewan Health Research Foundation.

Photo: Dr. Brent Chappell - a radiologist from Saskatoon and Alzheimer Society supporter - shared his spoken word poetry at our 2022 Night to Remember Gala. Dr. Chappell’s poetry was dedicated to his father and addressed how dementia has affected his family. Dr. Chappell also shared his family’s story for the Alzheimer Society of Saskatchewan’s Fall Annual Giving Campaign, which commenced shortly after the Night to Remember Gala.

IG Wealth Management Walk for Alzheimer's



Garth Halkyard presenting our CEO, Joanne Bracken, with a donation from Aero Delivery.

Garth Halkyard works for Aero Delivery and, every month, Aero Delivery donates to a charity that is important to their employees. In August, we were fortunate to be picked as Garth's charity of choice. Thank you to Garth and the whole team at Aero Delivery for your support and generosity!

Fall Gala

Our annual Night to Remember Gala is the Alzheimer Society of Saskatchewan's largest and longest fundraising event, with 2022 being our 22nd year.

The Gala brings people with lived experience with dementia, community members, and businesses from across Saskatchewan to raise funds for essential programs and services and dementia research.



Justin Scott from the Tell family table during the auction portion of the Gala.



Jeff Carney, former President and CEO of IG Wealth Management and his family during Walk season.

Jeff Carney, former President and CEO of IG Wealth Management, was diagnosed with early onset Alzheimer's in 2020. "Why wouldn't I share my story? It gave me my freedom." - Jeff Carney, former President and CEO of IG Wealth Management and his family during Walk season.

In 2022, we eagerly transitioned back to hosting in-person Walks for our annual IG Wealth Management Walk for Alzheimer's - Canada's biggest fundraising event for Alzheimer's disease and other dementias. Together, with our Walk participants, volunteers, donors, and sponsors throughout the province, we raised over \$165,000!



(Left to Right) Dan Kohl, President of the Alzheimer Society of Saskatchewan's Board of Directors; Kevin Noel, COO for the Alzheimer Society of Canada; Joanne Bracken, CEO, Alzheimer Society; and, Dr. Brent Chappell at the 2022 Night to Remember Fall Gala.

Individual Donors

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Estate of Marlene Doreene Baumgartner

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University of Saskatchewan
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School of Rehabilitation Sciences
Virtus Group
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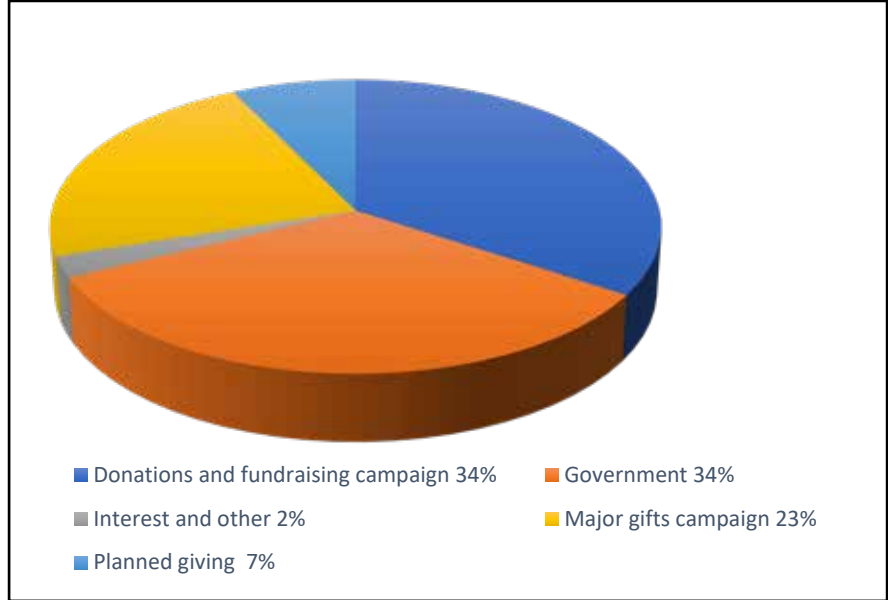
Financial

The Alzheimer Society of Saskatchewan is the only provincial charity dedicated to empowering all people to live well with dementia while funding research into prevention, cures and quality of life.

Thank you to our donors and supporters who believe in our vision and mission. Your dedication and support are critical to our success.

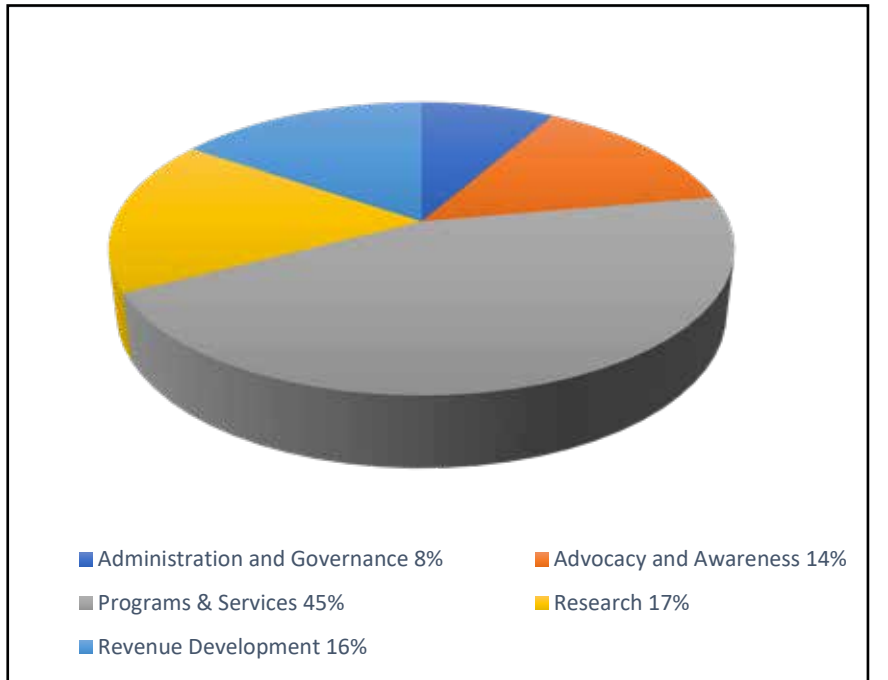
How we received our funds - \$3,462,483

- Donations and Fundraising – 34% (\$1,184,057)
- Government – 34% (\$1,161,404)
- Major Gifts – 23% (\$783,105)
- Planned Giving – 7% (\$252,795)
- Interest and other – 2% (\$81,122)



How we invested funds in our mission - \$3,340,237*

- Administration and Governance – 8% (\$276,141)
 - Advocacy and Awareness – 14% (\$463,955)
 - Programs and Services – 45% (\$1,509,233)
 - Research – 17% (\$576,079)
 - Revenue Development – 16% (\$514,829)
- *\$122,246 represents an increase in net assets



The Alzheimer Society of Saskatchewan audited financial statements are available at: alzheimer.sk.ca



When you choose the Alzheimer Society you join a community of supporters and experts committed to helping each of us thrive.

Our work is about creating a place for people to connect and share their experience and knowledge. We welcome you to join our community of support.

Dementia Helpline

Monday – Friday 8:30 am – 4:30 pm
1-877-949-4141 helpline@alzheimer.sk.ca

Cypress Resource Centre

Serving Swift Current and Southwest SK
Ph: 306-673-2685 cypress@alzheimer.sk.ca

Prairie North Resource Centre

Serving Battlefords and Northwest SK
Ph: 306-445-2206 prairienorth@alzheimer.sk.ca

Prince Albert Parkland Resource Centre

Serving Prince Albert and Northeast SK
Ph: 306-922-2296 paparkland@alzheimer.sk.ca

Regina Qu'Appelle Resource Centre

Serving Regina, Moosomin and surrounding areas
Ph 306-949-4141 regina@alzheimer.sk.ca

Saskatoon Resource Centre

Serving Saskatoon, Humboldt, and surrounding areas
Ph: 306-683-6322 saskatoon@alzheimer.sk.ca

Sun Country Resource Centre

Serving Estevan, Weyburn and Southeast SK
Ph: 306-634-4002 suncountry@alzheimer.sk.ca

Sunrise Resource Centre

Serving Yorkton and East Central SK
PH: 306-786-3600 sunrise@alzheimer.sk.ca



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