

## April 2021 Newsletter



Register  
today!

### Walk Your Way at the 2021 IG Walk for Alzheimer's

Now more than ever, social connection - even from a distance - is critically important for people living with dementia and their care partners. We may not be able to come together for an in-person event, but that does not mean we cannot connect online and raise much needed funds and awareness for Alzheimer's disease and other dementias!

Join us during the month of May and Walk your Way to support families in your community living with dementia.

There are currently over 46,000 Albertans and Northwest Territorians living with dementia, and that number is expected to double over the next 10 years. The need for proper support, advocacy, and education is greater than ever, which is why we are aiming to raise \$300,000 to increase our capacity to support those touched by dementia in communities right across Alberta and the Northwest Territories. By fundraising for the Walk, you are providing vital programs and services that help families face dementia and live life to its fullest.

*“The IG Wealth Management Walk for Alzheimer’s is a fun and meaningful way to support caregivers and people living with Alzheimer’s disease. My mom has dementia and participating in the Walk makes me feel like I am really making a difference.” – Anonymous*

## What's in Store for 2021?

- Creative Walk ideas to get everyone moving in a safe and fun way using the [Walk Your Way handbook](#),
- a virtual closing ceremony on Sunday, May 30 (time TBD)
- prizes for the top fundraisers, and
- opportunities to connect and share your stories across Alberta and the Northwest Territories!

Everyone will be touched by dementia, whether a relative, a friend, a member of your community - or yourself. No one should have to face this disease alone. Make a difference and fundraise for the IG Wealth Management Walk for Alzheimer's today.

[Register for the Walk](#)

[Sponsor a walker](#)



### Fundraiser Spotlight

Thank you to Gail and her sisters, Wendy and Nola, who created high tea kits that people could enjoy safely in their homes! The Forget-Me-Not Tea raised over \$6,000 for people affected by dementia and created space for connection during an isolating time.

[Read More](#)

## Disability Tax Credit

Tax season is upon us! Don't forget to apply for the disability tax credit on your 2020 tax return. The disability tax credit (DTC) is a non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay.

For more information, call your [regional office](#).

## Upcoming Webinars

The ASANT Café is your online source for dementia education and support. Connect, share and learn with care partners, individuals living with dementia, family and friends.

### Successful & Meaningful Visits with Individuals Living with Dementia April 21 @ 7 pm

What does “Quality of Life” mean to you? Join Laura Murray from Alberta Health Services for a discussion on how to use the five senses to help identify meaningful activities to do during visits with your loved ones.

[Register](#)

### Watching and Listening - Finding Enjoyable Ways to Spend Time Together May 19 @ 1:30 pm

What can we find in our homes that will lift our spirits and bring back positive memories? In this presentation, Sally Knocker will share a range of practical ideas particularly those tapping into the two sense of sight and sound.

[Register](#)

### Adopt Routines for Better Brain Health May 25 @ 2 pm

Having a daily routine can reduce stress, especially during the COVID-19 pandemic. Learn how Zoelnsights can help you create and maintain healthy routines when it comes to medication compliance and activity tracking.

[Register](#)

### Bring the Story Home

Looking to spruce up your home? For a limited time, when you purchase a dining room table from Urban Timber, \$500 will be donated to the Society in your name!

[Learn More](#)



## Dementia Research Studies

### How has COVID-19 affected Alberta family caregivers?

Dr. Jasneet Parmar and her research team from the University of Alberta and University of Calgary are conducting a research study to determine how the current COVID-19 pandemic has impacted family caregivers in Alberta.

[Complete the survey here.](#)

## **Western University Caregiving Survey**

Western University is looking for volunteers to take part in a study of family and friend caregiver's use of digital technology to care for someone with Alzheimer's disease or dementia related diseases.

[Complete the survey here.](#)

## **Supporting Family Caregivers of Persons Living with Dementia**

If you are a family caregiver of an older person living with dementia in a long term care facility, we want to help. The University of Alberta is conducting a study to find out the best way to support family caregivers as they experience significant changes.

As a participant, you will be randomly selected into one of two ways of supporting caregivers and be asked to answer questions by phone at three different time points. You will be compensated with a \$20 coffee gift card for your time.

To learn more or participate, call Hannah O'Rourke toll-free at 1-877-692-5909 or email [care.support@ualberta.ca](mailto:care.support@ualberta.ca).

**For more information on dementia research in your area, visit our [website](#) or call 1-866-950-5465.**

## **MAY IS LEAVE A LEGACY MONTH.**

A gift in your will provides  
help for today & hope for  
tomorrow.

**For more information on planned  
giving, contact Holli at 1-866-950-5465.**







April 18-24 is National Volunteer's Week. The Alzheimer Society would like to thank all of our wonderful volunteers who dedicate their time to helping families affected by Alzheimer's disease and other dementias. We appreciate you sticking with us as we navigate COVID-19, and we look forward to the day when we can resume more in-person opportunities!



Florian Zeller's film, *The Father*, follows a person's journey with dementia openly revealing his challenges, emotions, disorientation and resilience throughout the progression and acceptance of his condition.

Learn more about the film and watch an exclusive conversation between Zeller and the Alzheimer Society [here](#).

[Find an upcoming support group in your area.](#)

### **Alzheimer Society of Alberta and Northwest Territories**

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**Please note:** The offices of the Alzheimer Society of Alberta and Northwest Territories are closed to the public and all staff are working remotely to provide support to individuals living with dementia and their care partners during the COVID-19 Pandemic.