



Nevermore **Alicia's Story**

"The toughest part is having to let go"

-Judy, daughter & care partner

January 2021 Newsletter

In honour of Alzheimer's Awareness Month, we are highlighting a 4-part short film series that follows Alicia, a beautiful, vibrant mother and grandmother who lives with Alzheimer's, and her family, as they confront this disease head-on and share their story, struggle, and moments of connection.

"I hope by sharing our story, it shows others who are going through similar situations that they are not alone," says Judy, Alicia's daughter and caregiver. "Sharing and connecting with others is so important. It changes everything."

Over 46,000 Albertans are living with dementia; almost 1% of the total population. By 2043, if nothing changes, it is expected this will increase to 225,000 Albertans, almost 3.5% of the population. That is why building connections that matter is at the heart and soul of what we do at the Alzheimer Society of Alberta and Northwest Territories.

[Read More](#)

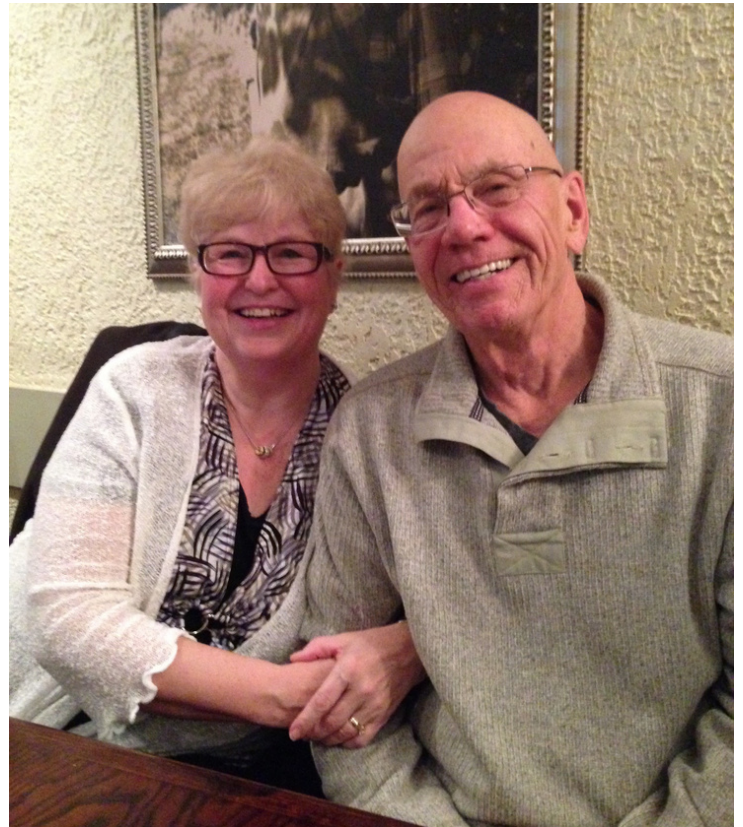
Donor Spotlight

Debby's Story

March is Monthly Giving Month! Meet Debby, a monthly donor and current client of the Alzheimer Society.

"Without the support of the Alzheimer Society, I honestly do not know where Hugh and I would be. I have learned so much about Alzheimer's disease, how to best take care of Hugh and myself, and how to prepare myself for the road ahead.

So much effort and care go into the services the Alzheimer Society provides. Without donations, these supports would not exist for thousands of families – including mine. That's why I feel it is important to donate what I can for as long as possible."



[Read Debby's Story](#)

Thank You 100 Women Who Care Red Deer

The Alzheimer Society of Alberta and Northwest Territories would like to extend our sincere gratitude to the 100 Women Who Care Red Deer group who gifted \$3390.00 to the Society during their most recent virtual meeting!

Congrats to our 50/50 Holiday Cash Raffle Winner

Congratulations to Gordon Pellerin, the winner of our recent Holiday Cash Raffle and recipient of \$10,000! Stay tuned for more raffles throughout 2021.

Minds in Motion - Now Offered Virtually!

We are very excited to be piloting a virtual format of the popular program, Minds in Motion.

Minds in Motion is a program designed for people with early to mid-stage Alzheimer's disease or other type of dementia to enjoy with a friend, family member or care partner. The program combines physical activity and mental stimulation in a social environment.

[Learn more and register](#)

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.

Feeling's of Needs and Expressions - Jeanine Chemello

Wednesday, January 20 @ 7pm

Learn more with geriatric psych nurse Jeannine Chemello about the types of behaviours people living with dementia sometimes experience. Get a better understanding of the behavioural and psychological symptoms of dementia and learn how to respond with a problem-solving approach.

[Register](#)

Constructing Family Biographies When Living with Dementia - Dr. Pamela Roach

Wednesday, February 17 @ 7pm

Join us to talk about the work Dr. Roach has done with families on constructing biographies and how people may be able to do it themselves – especially during COVID-19.

[Register](#)

The Link Between High Blood Pressure and Dementia: What We Can Do About It - Dr. Richard Lewanczuk

Wednesday, March 17 @ 7pm

The second most common form of dementia is "vascular dementia". This form of dementia is linked to problems with blood flow to parts of the brain. The leading risk factor for this type of dementia is high blood pressure (hypertension).

[Register](#)

Library Memory Kits

Looking for a way to reminisce and connect with your loved ones? Reserve your memory activity kit at select libraries across Alberta! Each kit contains a guide, DVD, and CD organized around a central theme that is meant to inspire meaningful conversations with individuals who are living with Alzheimer's disease or other types of dementia.

Grande Prairie Residents: to reserve your kit contact the Grande Prairie Public Library at 780-357-7455.

Lethbridge and Southwestern Alberta Residents: reserve your kit online through the Chinook Arch Regional Library System [here](#).

Dementia Research Studies

Call for people living with dementia

A randomised cross trial of briefs with tapes versus pull ups for the containment of urinary incontinence in community dwelling older people living with mild to moderate dementia (CUPID).

Dr. Adrian Wagg's research team at the University of Alberta is recruiting participants for a research study to understand self-management of urinary incontinence. The study will help better inform people living with dementia and their care partners about the benefits and disadvantages of self-management of urinary incontinence with containment products.

To learn more about this study or sign up to participate, contact Dr. Wagg's research office at 780-492-6855 (24-hour confidential voicemail).

Call for people living with dementia and care partners

Can automated cars help people with dementia drive longer?

This research team is currently conducting an interview-style study related to dementia and driving that is being conducted using video conferencing. Specifically, we are looking for individuals living with dementia or their caregivers who may be interested in talking to us about their opinions of Automated Vehicles.

To learn more about this study or sign up to participate, visit <https://www.mive.ca/drive-aid>.

Serious Games for Engagement and Positive Emotions during the COVID-19 pandemic.

This study is seeking participants aged 65 and above across Canada who have their own device (Android tablet or computer) and an internet connection and who want to play computer games that have been developed by the research team. The study is looking to assess if these computer games help older adults feel they are involved in enjoyable, meaningful activities.

To learn more about this study or sign up to participate, visit <https://vibrantminds.org/vibrantminds2/start>

For more information on dementia research in your area, visit our website or call 1-866-950-5465.

We're here to help! If you or someone you know is in need of support, contact your local Alzheimer Society office today.

Find an
upcoming
support group
in your area

Alzheimer Society of Alberta and Northwest Territories

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Follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

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.