

In the LOOP

SUMMER 2025

*Société
Alzheimer
Society*

NOVA SCOTIA



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36th Annual Dementia Care Conference

Fostering
CURIOSITY
in Care

Tuesday, October 28, 2025
Cedar Event Centre - Halifax, NS
with Virtual Livestream Option

Early-bird pricing available until September 14

Visit alzheimer.ca/ns/conference to learn more and secure your spot for this inspiring event!

Message from John Britton, CEO

Summer is finally here! I love to read through our Summer issue of In the Loop each year, because it reflects on one of our busiest seasons of the year and it is getting us ready for a beautiful Nova Scotia sunny season!

We're still feeling the energy of this year's IG Wealth Management Walk for Alzheimer's, where we held TEN Walks across the province and countless more community-based and long-term care Walks! Despite a rainy day at most of our locations, people still showed up in huge numbers to support us and we couldn't appreciate it more. Read more on page 6.

Our annual Early Stage Forum was held in April where we bring people living with dementia and their care partners together to share, learn and support each other. It's so important to provide these opportunities for people to connect not only with each other, but with services available to help them. Read more on page 5.

I'm always thrilled to hear about the recipients of our Student Research Awards, but even more so this year – we've added a third award thanks to a generous donation designated to research from the Walsh family. For the first time ever, we will be providing \$15,000 in funding to the next generation of dementia experts and researchers. Read more about this year's recipients on pages 12-13.

As we wrap up a very busy Spring, and look forward to everything that Summer has in store for us, I hope you are able to take some time to rest and enjoy the sunshine. While we'll be busy planning for a full fall schedule, our dedicated staff team will certainly be making time to also prioritize wellness. Looking after ourselves is important for everyone!

Thank you as always for staying 'In the Loop' on what is happening at the Society and supporting us as we provide help for today and hope for tomorrow to the thousands of Nova Scotians affected by dementia.



A stylized, handwritten signature in blue ink, appearing to read 'John Britton'.

John Britton
CEO, Alzheimer Society of Nova Scotia



We would love to hear your feedback! Send us an email at alzheimer@asns.ca.

- SAVE THE DATE -

Community Week 2025

September 20-27, 2025

Community Week is a week-long series of events held in seven communities throughout the province.

Each community will host one event throughout the week that aims to provide education on dementia-related topics, Alzheimer Society programs and services and other community resources to support individuals on the dementia journey and their families.



Speakers from our 2024 Community Week event in Halifax. Pictured from left to right: Peter Fardy, Beth House, Andrew Howe, Sylvia Colley-Ewing, Cassady Yochoff and Katheleen MacDougall.

Stepping Forward with Dementia: Our Annual Early Stage Forum

Each year we are delighted to host our annual Early Stage Forum event for people living with dementia. This year's event, Stepping Forward with Dementia, was held in Dartmouth at the Fairbanks Interpretive Centre in Shubie Park and focused on strategies to live well with dementia.



We started off the day with some chair exercises led by our DELIGHT (Dementia Lifestyle Intervention for Getting Healthy Together) program instructor Sarah, followed by presentations from first person perspectives and small group discussions. We finished the day with a guided walk around Shubie Park led by Nova Scotia Walks.

We were grateful to have input on this event from the Advisory Committee of Lived Experience. The committee ensures that the voices of people living with dementia are included in all that we do at the Alzheimer Society of Nova Scotia. Thank you to this important group!

A heartfelt thank you to our speakers, Don, Diane, Chris and Alastair, for sharing their lived experiences and for everyone who attended. By bringing folks together, it allows everyone to share tips and strategies for living well with dementia, and to know that they're not alone on the dementia journey.



Alastair McLeod and Dr. Chris Soder, MD, sharing their lived experiences of what helps them continue to live well on their dementia journeys.

Thank You! 2025 IG Wealth Management Walk for Alzheimer's

THANK YOU to everyone who joined us and supported the 2025 IG Wealth Management Walk for Alzheimer's! We hosted 10 Walks across the province on the weekend of May 24 and 25, 2025.

We had 860 dedicated Walkers and 115 teams from across the province who always show up in rain or shine, coming together to raise funds, enjoy a fun-filled day and create awareness for the cause. We are always amazed by the incredible support.

Together, we have raised over \$260,000 and counting!

The Walk is our biggest fundraiser of the year. All of the funds raised directly support Nova Scotians affected by dementia through our programs and services. We couldn't do it without all of the amazing support from our communities.

Thank you for walking with us. We'll see you in May, 2026!

Thanks to all of our 2025 Walk Sponsors:

Silver:

Parkland

Bronze:

CBBC Career College

Media:

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Magic 94.9

101.5 The Hawk

AVR 97.7

CKBW Radio

989 XFM

Hot 101.9

New Country 103.5

CJLS Y95.5

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Nutrition:

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Halifax



Sheet Harbour



Shelburne



Trenton



Amherst



Havre Boucher



Truro



Sydney



Bridgewater

Supporting a Friend with Dementia: How to Be There When It Matters Most

By Shealene Barrett

Regional Coordinator of Education & Outreach, Cape Breton

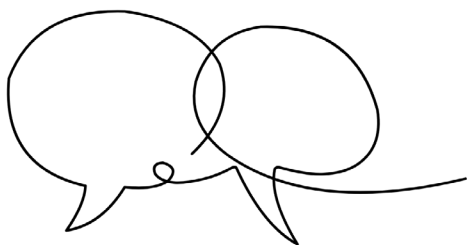
**Originally published in the Cape Breton Post*

When a friend is diagnosed with dementia, it is natural to feel uncertain about how to respond. You might wonder what to say, how to act, or worry about doing the wrong thing. It is hard to watch someone you care about experience changes in memory, behaviour, and daily life, but one of the most meaningful things you can do is choose to be there. Your ongoing presence and support can make a significant difference in their quality of life.

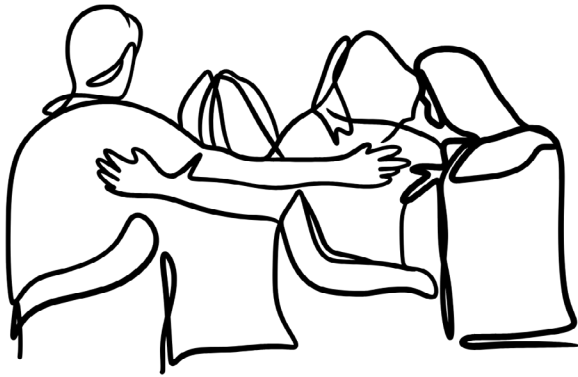
Dementia is often an unpredictable and deeply personal journey. No two experiences are exactly alike, and it often brings emotional highs and lows. For many living with dementia, especially in rural communities across Cape Breton, the experience can feel isolating.

It's important to not make assumptions about how the person living with dementia is feeling, but to ask them. Finding a way to validate frustrations and understand their reality goes a long way while making connections and maintaining your friendship.

Educating yourself about dementia is a meaningful first step. To help with this, the Alzheimer Society provides education sessions for many different groups in various communities across Cape Breton. By attending an education session, you can gain a better understanding of what your friend is experiencing and ask questions.



Communication might begin to change, but it can still be meaningful. Your friend may find it harder to follow conversations or express themselves. To support them, try simplifying your language, speaking slowly and clearly, focusing on one idea at a time. Using familiar names and places can help support conversations. If your friend repeats themselves or struggles to find the right words, try to respond without correcting or rushing them. Actions like this can go a long way in showing that you care and accept them as they are.



Making time to visit is an impactful way to stay connected. Regular visits can help reduce feelings of loneliness and remind your friend that they are valued and loved. Bring along things they enjoy such as a favourite snack or a photo album to help with that connection and bring joy.

We all have activities that we love. Extending an invitation and including them in plans helps to keep them socially connected. Plan your visit or outing for a time of day when they might be most comfortable and at their best.

As a friend of someone living with dementia, it is also important to take care of yourself. You may feel grief over the loss of the person you once knew and the loss of your relationship. Talking to others, joining a local support group, or even taking time to reflect can help you care for your own well-being, too.

Being a good friend doesn't mean having all the answers. It means showing up with kindness, understanding and a willingness to adapt. Your presence and friendship can offer comfort and help your friend feel connected, even as things change.

To find out more about programs, services and education sessions happening in Cape Breton, please call the Dementia Helpline at 1-800-611-6345.

**Thank you to our
Silver Walk Sponsor:**

Memory Care at Parkland

We offer a full continuum of independent and supportive lifestyle options. Memory Care is designed for those living with Alzheimer's disease or other forms of dementia. Our dedicated team gets to know each resident's history and interests to support their quality of life and social connections.

Book your tour today!
experienceparkland.com/tour

Parkland
LIVE YOUR BEST LIFE



*Memory Care available at:
Parkland at the Lakes, Parkland West Bedford and Parkland at the Common*

Dementia Friendly Adaptations at Pier 21

In 2022, our staff member Beth House and people with lived experience were invited to tour the Canadian Museum of Immigration at Pier 21 and offer dementia friendly recommendations as part of the museum's initiative to become more accessible. Now, three years later, Beth and our new Dementia Friendly Communities Lead, Samantha Morrison, were invited to return and see the adaptations the museum has made.

Carrie-Ann Smith, the museum's Vice President of Visitor Experience, guided Beth and Samantha through the museum, highlighting the new accessibility features they have implemented following their consultation with the Society and various other organizations. The tour began with an introduction to the museum's new navigation tool, "Nava Lens", which turns visitor's phones into a personal tour guide, providing audio and text information about exhibits, interpreting signs, and directing visitors through the space.



Moving through the museum, Samantha was thrilled to see how well marked areas of interest were, an important feature of dementia friendly spaces. Key features such as elevators, bathrooms, the museum library, and the exhibits themselves were easy to identify.

Outside of "The Canadian Immigration Story" exhibit, Carrie-Ann showed off a fantastic new addition to the museum – a stand with a sign reading "Making your visit more accessible" with a variety of accessibility tools. Visitors are invited to take what they need from the supplies on the stand; magnifying glasses of varying sizes, sensory back packs containing various fidget tools and other sensory devices, and lightweight, portable stools that can double as canes.

Within the exhibit itself, the museum's commitment to accessibility is evident. The space is well lit throughout, without creating areas of dark shadows or glare, there is plenty of space to navigate the exhibit, even on a busy day – and the exhibit is set up in a way that naturally guides people through it.

As you make your way through, you'll encounter a variety of seating, giving visitors an opportunity to rest and take in what they are seeing. Flooring, which can cause disorientation in people living with dementia if covered in busy patterns, was minimalistic throughout the museum.

Beth and Samantha were thrilled with the work the museum has undertaken to become more accessible, and their ongoing commitment to becoming more dementia friendly and overall accessibility. Carrie-Ann and the museum staff have met the often difficult task of balancing various accommodation needs and their hard work seems to be paying off, creating a more inclusive environment for all.

Through their collective efforts, the advisory committees continue to lead the way in advocating for a more dementia friendly future, one where the voices of lived experience are not only heard, but are central to shaping the policies and practices that affect the lives of people living with dementia. These committees are shifting the narrative of what it means to live with dementia. They are fostering a more inclusive, supportive, and understanding society, while also driving significant policy changes that benefit those living with dementia and their families.

To learn more about dementia friendly communities visit alzheimer.ca/ns/dfc.



**Questions about dementia?
We are here to help.**

Our province-wide Dementia Helpline is a confidential service provided by our team of knowledgeable and caring staff.

**Dementia Helpline
1-800-611-6345**

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2025 Student Research Awards

The Alzheimer Society of Nova Scotia is committed to supporting research in dementia, as well as acknowledging the work of people who have chosen to research in this field. As a means of honouring this commitment, we are pleased to offer three awards to students and trainees pursuing dementia research in Nova Scotia.

We are honoured to announce a new award this year. As part of their estate, Fred and Mary Walsh made a generous contribution to the Society with the specific wish of funding dementia research. Their family helped to direct the funds to establish the Fred and Mary Walsh Student Research Award, which officially started accepting applicants in December 2024. This new award will help provide financial support to a PhD or post-doctoral level student or trainee focusing their studies on dementia.

Abe Leventhal Trainee Award Recipient



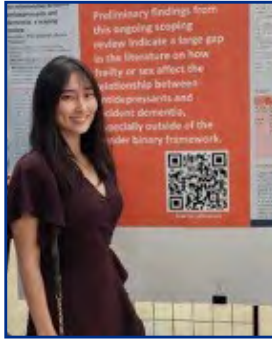
Sydney MacNinch

**MSc Combined Rehabilitation Research-Physiotherapy
Dalhousie University**

Thesis - Dementia Moves: Testing the Effect of a Rehabilitation Program for Long-Term Care Residents with Moderate to Severe Dementia on Activities of Daily Living, Falls and Adverse Events: A Pilot Study

Sydney MacNinch is currently in her first year at Dalhousie University completing her Masters of Science in Combined Rehabilitation Research-Physiotherapy, supervised by Dr. Caitlin McArthur. Her study focuses on providing a clinically applicable exercise program for long-term care residents living with dementia to improve their physical function and activities of daily living. Sydney's interests in providing physical rehabilitative care for individuals with dementia started while working in long-term care as a Physiotherapy Assistant. After completing her education, she hopes to practice as a Physiotherapist and continue to further rehabilitative research for older adults and those living with dementia.

Phyllis Horton Graduate Award Recipient



Lucy Eum

**MSc Medical Research & Internal Medicine Residency,
Dalhousie University**

Thesis - Exploring the Intersectionality of Sex, Frailty, Neuropathology, Antidepressant Use, and Alzheimer's Disease: A Scoping Review and Secondary Data Analysis

Lucy Eum is a third year internal medicine resident at Dalhousie University. Her interactions with older adults and their loved ones through the dementia journey shaped her interest in dementia and aging. She chose to participate in the Clinician Investigator Program in the midst of her residency for two years for professional development. As part of this program, she was supervised by Dr. Melissa K Andrew and Dr. Shanna Trenaman for her Master's program thesis on antidepressant use and dementia in older adults. She intends to apply to geriatrics for fellowship training this year.

Fred & Mary Walsh PhD/Postdoctoral Award Recipient



Opeyemi Adeyi

PhD in Nursing, Dalhousie University

Dissertation - Understanding Positive Caregiving Experiences Among Family Caregivers of People Living with Dementia in Nova Scotia

Opeyemi Adeyi is a PhD student in Nursing at Dalhousie University under the supervision of Dr. Lori Weeks and Dr. Elaine Moody. Her research focuses on understanding positive caregiving experiences among family caregivers of people living with dementia. As a primary caregiver to her father, who experienced a massive stroke and dementia at age 63, Opeyemi developed a deep appreciation for the role of family caregivers. Drawing from her personal experience and professional work in long-term care, she is committed to influencing dementia care practice and policy and promoting quality caregiving.

Will You Help Us Close the Gap?

Dear Friend,

The IG Wealth Management Walk for Alzheimer's has come to a close and what an inspiring weekend it was.

I'm so grateful to everyone who stepped up to support the Alzheimer Society of Nova Scotia. Whether you walked with us, donated, or cheered us on, thank you for standing with people living with dementia, their families, and care partners across the province.

This year, we set an ambitious goal, to raise \$300,000 to help deliver vital programs and support. And while we made incredible progress, we're not quite there yet.

That's why I'm reaching out here.

My name is Kathie Pemberton. I'm a financial planner at IG Wealth Management, a passionate advocate for those living with dementia, and a proud Alzheimer Society Community Champion.

If you haven't had the chance to make your donation yet, won't you please consider making a donation today to help us reach our \$300,000 goal and support the 2025 Walk for Alzheimer's?

Every dollar you give will help people across Nova Scotia access education, support, and community-based care when they need it most.

I walked this year for my grandmother, my brother-in-law, and our wealth management clients who've trusted me to help them plan for an uncertain future.

I walked for every Nova Scotian who still needs our help.

Even though the walk weekend has passed, there's still time to make a difference. Your donation today will show these families they are not alone.

Thank you for helping us close the gap – and for standing with everyone affected by dementia.

With heartfelt thanks,



Kathie Pemberton
Alzheimer Society of Nova Scotia Community Champion
IG Wealth Management Walk for Alzheimer's - Wolfville



Make a Donation

You can also make your secure donation at www.alzheimer.ca/ns/donate or by filling out the form below.

Name: _____

Full mailing address: _____

Yes! You can count on me to help ensure that caregivers, family members, and those living with dementia get the support they need.

I would like to support the Alzheimer Society of Nova Scotia with a **one time** gift of:

☐ \$20 ☐ \$50 ☐ \$100 ☐ \$ _____

OR

I would like to support the Alzheimer Society of Nova Scotia with a **monthly** gift of:

☐ \$10 ☐ \$20 ☐ \$50 ☐ \$ _____

You can stop your monthly gift at any time by contacting us by phone or email.

PAYMENT INFORMATION:

☐ I have enclosed a cheque payable to the Alzheimer Society of Nova Scotia

OR

☐ Please charge my donation to my: ☐ Visa ☐ MasterCard ☐ AMEX

Cardholder name: _____

Card number: _____

Expiry: ____/____ CVC: _____

Cardholder signature: _____

☐ I prefer to receive my official tax receipt by email to help reduce administrative costs.
My email address is: _____

Thank you! Please return to: **Alzheimer Society of Nova Scotia**
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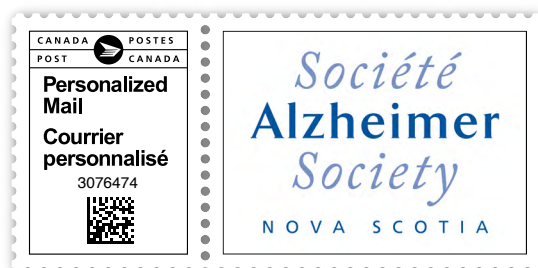


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