



Annual Report

Last year was an incredible year of growth for us here at the Alzheimer Society of PEI as we expanded our team to serve more Islanders than ever before and implemented programs and services in Summerside, O’Leary, Montague, and surrounding areas. We’re pleased to present our 2021-2022 Annual Report.

Read the report now.

Special thanks to the many volunteers, donors, and local businesses that provided sponsorship; your support of local programs and services is deeply appreciated.





ANNUAL REPORT

2021-2022

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World Alzheimer's Day Symposium

Join us for World Alzheimer's Day, September 21, 2022, from 1:00pm to 3:30pm at the Haviland Club in Charlottetown.

Every year Alzheimer's Disease International releases the World Alzheimer Report sharing new emerging information in the field of Alzheimer's disease. This year the report will focus on the journey through the diagnosis, with a focus on post diagnosis care and best practices. The Landmark Study is also being released this September, and will share the expected prevalence of dementia within Canada and PEI. Come and learn highlights from the reports, hear the impact of receiving a diagnosis of dementia from a young caregiver's perspective and what supports are available.

Also featured is a special musical performance from Postie Conolly, who will dazzle us on the piano, playing some of our all-time favourite songs.

Register today



Brought to you by Wellness, Connect & Care

Social Activities

WORLD ALZHEIMER'S DAY SYMPOSIUM

September 21, 1:00pm-3:30pm, Charlottetown

Alzheimer Society PEI & NEW BRUNSWICK

Funded in part by the Government of Canada's New Horizons for Seniors Program | Canada

Programs & Services

Upcoming Social Activities

We offer free social events for seniors! Come out and enjoy a variety of activities from concerts and sing-alongs, to storytelling, games nights, and arts & crafts. All events are dementia friendly and there are new events every month! Registration is strongly recommended.

[Click here](#) to see the full September flyer!

Garden to Table Community Meal, Charlottetown | Sep 26, 11:00am-1:30pm

Harvest, cook and enjoy a sumptuous meal together at the PEI Farm Centre.

[Register here.](#)

The Apple Crisp, Crumble & Cobbler Conundrum, Montague | Sep 23, 2:00-3:30pm
Join Chef Sean as he demonstrates how to make this popular dessert with local PEI apples.
[Register here.](#)

Tea Social with Special Guests “Sarah & Annie”, O’Leary Community Complex Boardroom | Sep 9, 2:00-4:00pm
Sip some tea and have some laughs!
[Register here.](#)

Storytelling with Dan & Dori MacLean & Special Guests, Summerside | Sep 22, 2:00-4:00pm
Join us for an afternoon of storytelling in partnership with Culture Summerside.
[Register here.](#)



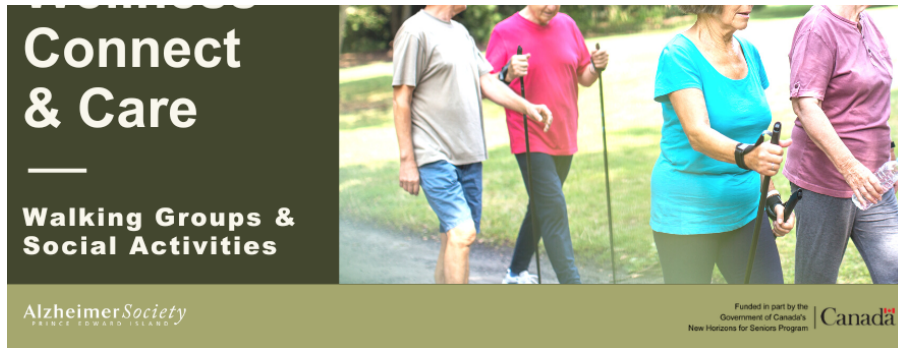
Walking Groups for Seniors

Our walking groups are open to all seniors and provide experiences of healthy active living, social connection, conversation, and learning. Walking groups are designed to enable the person living with dementia and a family caregiver to attend together.

Charlottetown walking groups occur twice a week including The Walkers that Talk group on Tuesdays and Town and Country Walks on Saturday Mornings.

To learn more and register, [click here.](#)





Island-wide Caregiver Support Groups

Our Caregiver Support Groups provide a safe and supportive environment where you can learn, laugh, and help each other through difficulties with mutual understanding.

Support Groups

**ISLAND-WIDE
CAREGIVER SUPPORT GROUPS**

O'LEARY SUMMERSIDE CHARLOTTETOWN MONTAGUE

Alzheimer Society
PRINCE EDWARD ISLAND

Pre-registration is required to attend. [Click here](#) to learn more.

Please contact the office at (902) 628-2257 or society@alzpei.ca.

Education: Upcoming Webinars & Workshops

Dementia Care Training

The Dementia Care Training program is offered by the Alzheimer Society of PEI for healthcare professionals to increase best practices in dementia care. Register for DCT 101 happening on September 27 & 28 in Summerside.

[Click here](#) to learn more and register for Dementia Care Training.



Volunteering

Walking Groups Leader

We're looking for walking group leaders in Montague, O'Leary, and Summerside. The walking groups aim to promote physical and brain health, mental health and wellbeing, and to reduce social isolation for those 55+, including persons living with dementia and their caregivers.

Interested in volunteering to lead a group? [Click here](#) for more information.

Social Activities Leader

We're looking for seniors who would like to volunteer to lead a social activity of their choice, virtually and/or in-person. These could be arts and crafts, music concerts and singalongs, personal sharing and relating games, and health and wellness education oriented like reducing stress/living well, caregiving tips, accessing resources in the community, and maintaining brain health.

If you're interested in leading an activity, please fill out a [volunteer application](#) or contact us!

Volunteer Companion Program

We are continuing to accept applications for volunteers for our Island-wide Volunteer Companion Program. If you are interested in participating in weekly friendly visits with a person living with dementia, we would love to meet you!

To apply, [click here](#) or contact ASPEI at society@alzpei.ca or 902-628-2257.

Fundraising

Jim Landry's Forget-Me-Not Bike Tour

Jim Landry took his bike on its 5th Forget Me Not Tour in memory of his mother who lost her battle to Alzheimer's disease in 2016. This solo bicycle ride is his way to raise awareness and money for a cause that is close to his heart. After kicking-off in Montague on September 5th, Jim travelled the equivalent of the Island crossing (300 km).

[Click here](#) to donate and help him reach his \$2000 goal!



Helpful Tips for Caregivers

9 Ways to Reduce the Mental Load of Caregiving





1. Talk about it

Discuss how you are feeling with your partner or a co-caregiver(s) in a gentle way at an appropriate time. Try to focus on letting them know ways they can help rather than criticizing them for the possible imbalance of shared responsibilities.

2. Delegate the load

Many caregivers are approached by family members and friends with offers to help; accept it! Have someone pick up your groceries or make necessary phone calls, or ask them to assist with chores they can do that can be easily worked around their own responsibilities and commitments. The less you need to manage, the lighter your mental load will be.

3. Declutter your home

Often our environment around us can impact how we feel, contributing to stress or peace. By clearing away unnecessary things in your space it will lead to a greater feeling of calm. This can take some time = slow and steady can win the declutter race.

4. Write a to-do list

By writing tasks down on paper it will release you of the effort needed to remember them. If these tasks are written in a location that other caregivers or family members can see, they can help check items off the list. Referring back to number 2, this can remind you what you need help with.

5. Make time for self care

This may look different depending on what you enjoy, the time you have available, and the support you have. It could be anything from taking 15 minutes each day to do something you enjoy, to leaving the house for a couple hours or overnight. The important thing is that time is set aside consistently and regularly for you to be able to recharge.

6. Planning meals and laundry

Meals do not have to be complicated, but setting aside a few minutes to think about meals that can be prepared for a few days at a time can alleviate stress. Avoiding a build up of laundry by developing a routine that works for you can also be helpful in reducing mental load.

7. Put your foot down

Sometimes, people will ignore your requests (or pleas) for help because they know you will continue to complete the task on your own. If you are not making any headway with delegating responsibilities, you may need to put a halt on some of your caregiver responsibilities and have others to pick up the slack after they see no one is doing it. Every caregiving situation is different, and this may be more difficult to do for some, but if there ARE other people present that can help but are not, this may be effective in getting the assistance you need.

8. Hire help

This could mean someone to help with respite care, yard work, housework... you name it. Ideally, hire someone you can delegate the work to that you are struggling with or find it the least enjoyable. If you find scrubbing floors the most daunting and a task you cannot seem to find the time to do, start with that.

9.Trade!

Consider trading responsibilities with someone who is also struggling to manage it all. If you enjoy grocery shopping you could offer to get someone's groceries while you're already at the store. Similarly, if you have someone who enjoys cutting grass and is able to cut yours, this could be a win-win set up.

Research

Landmark Study Volume 1

What does Canada's dementia future look like? The number of people living with dementia in Canada continues to grow. The Landmark Study, a new report conducted by researchers at the Alzheimer Society of Canada, reports that by 2050, nearly 2 million people in Canada will be living with dementia – almost triple the number of people living with dementia today.

The first volume of this report, 'Navigating the Path Forward for Dementia in Canada', projects the number of Canadians expected to be living with dementia over the next three decades, and outlines what governments and individuals can do now to reduce the numbers.

Click here to learn more about the rising numbers in Canada, and how you can help us take action now to respond. Together, we can change the path forward!

**By 2050,
1.7 million
people in Canada
will be living with dementia**

Alzheimer Society

Learn more at alzheimer.ca/Landmark-Study

Ageism Consultation

Do you feel like you have experienced ageism during the COVID-19 pandemic? Federal/Provincial/Territorial Ministers Responsible for Seniors Forum is offering a public consultation to collect different experiences of ageism toward older adults is underway until September 30th.

Share your story by [clicking here](#).

