# Celebrating the Past Focused on the Future



## Alzheimer Society

SASKATCHEWAN

Learn More Live Well

**2023 - 2024 Annual Report** 



Dan Kohl, President of the Alzheimer Society of Saskatchewan's Board of Directors pictured with our incoming CEO, Kaleta Strain.

## **President and CEO Message**

2023-2024 has been another great year for the Alzheimer Society of Saskatchewan. Our theme for this year is "Celebrating the Past, Focused on the Future."

Joanne Bracken, our CEO of 25 years retired on March 28th. Our Board underwent a CEO Search and hired Kaleta Strain as our new CEO. Both Joanne (left) and Kaleta (right) are pictured on the cover with the Alzheimer Society of Saskatchewan's 2024 Honourary Lifetime Member, Edna Parrot (center).

As we embraced transition, we truly lived our theme; we paused to celebrate all the accomplishments of the organization this past year, while also focusing on future efforts.

The incredible work done over the past year and the tremendous impact that our former CEO Joanne Bracken made in her tenure is inspiring.

We also remain focused on the future – what plans lie ahead of us, the challenges we may face, the incredible team we have to lead the way, and the tremendous importance that the work of the Alzheimer Society continues to have.

This past year, with the help of the Change Collective, the Alzheimer Society conducted stakeholder consultations to inform our strategic planning efforts. Themes we heard during this process include the strength of our support services, reputation, and partnerships; the need to focus more on awareness of dementia; and,

Since 2019, the Society has seen a 290% increase in referrals from health care professionals who diagnose and treat.

The majority of our clients agree that they have better strategies for coping with Alzheimer's disease and other types of dementia after accessing our programs and services.

the need to continue to advocate for policy and system change.

We asked for an additional \$1 million dollars from the Government of Saskatchewan this year to help us increase our capacity to serve the increasing numbers of clients. Unfortunately, we were not successful in receiving these funds. However, we have continued to receive over \$1.3 million from the Government annually. We are thankful for our government funding to help us provide vital support across Saskatchewan and we will continue to work to advocate for support and funding.

Our Board continues to recognize the impact that research has to change everything. A breakthrough in research is what will bring the most significant changes for people living with dementia, and their care partners. Our Board prioritized raising funds for research and has set a goal of raising an additional \$4 million dollars to advance research outcomes. To date, we have raised over \$2.4 million and we will be launching our public phase of this campaign this fall.

The second edition of the Landmark Study was also released earlier this year, complementing our strategic planning work. The report highlights the changing faces of dementia, how healthcare inequities are shaping the experiences of people living with dementia across Canada, and action items for Alzheimer Societies, health care systems, researchers, and governments. This is critical information to expand and enhance our efforts to help underserved groups and populations in our province.

The Alzheimer Society of Saskatchewan is successful because of the dedication of our volunteers and the generosity of our many donors. Without you and your support, our work simply would not be possible. Thank you for being the caring and compassionate supporters you are and all that you make possible.

We look forward to your continued support to help us meet the needs of the increasing number of people who rely on the Alzheimer Society of Saskatchewan for vital support and services.

Dan Kohl President, Board of Directors

Kaleta Strain
Chief Executive Officer



## 2023 - 2024 Board of Directors

Dan Kohl (Board President) - Principal, Management Consulting Services

**Bill Cooper (Vice-President) -** Director of Sustainability Governance and Stakeholder Relations, Nutrien

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

**Allison Cammer (Chair of the Nominating Committee) -** Assistant Professor and Director of Dietetics, College of Pharmacy and Nutrition, University of Saskatchewan

Owen Kot (Chair of the Finance and Audit Committee) - Designated Professional, Senior Accountant, MNP

**Tracy Lysyk (Chair of the Governance Committee) -** Director, Senior Enterprise Risk Analyst, Affinity Credit Union

Jo-Ann Battrum - Retired, Manager of Financial Planning

**Pamela Herbert-Maindonald -** Executive Director, Strategic and Corporate Services Branch, Ministry of Parks, Culture and Sport

Krista Lagimodiere - Geriatrician, Saskatchewan Health Authority

**Brian Martynook - Professional Director, Past CEO Chamber of Commerce** 

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

Femi Ogunrinde - Chartered Director

# Growing Our Community of Support



The Alzheimer Society of Saskatchewan empowers people to live well with dementia through the delivery of programs, services, advocacy, awareness, and research. We regularly engage communities to learn about their needs and collaborate to address them.

Pictured is our Dementia Helpline Coordinator, Shaelyn Serron, who attended the Nurse Practitioner's Conference in Regina to promote our First Link® Program and referral services to help support families and individuals with dementia they may treat.

# Enhancing Alzheimer Society programs and services to improve client experiences.



Members of Lampman's Memory Clinic Team left to right: Lori Tulloch (Alzheimer Society First Link Coordinator), Amanda Hagel (Home Care), Shelley Fichter (Office Manager), Lois Coffey (Nurse Practitioner), Jacqueline Lemieux Currie (Primary Health Care Facilitator), Brooke McDonald (Occupational Therapist), and Jenna Lesy (Physical Therapist).

## **Primary Health Care Memory Clinics**

Primary Health Care Memory Clinics are becoming a more common and person-centred option for rural Saskatchewan residents to access a dementia diagnosis. These clinics can help more people receive an assessment closer to home in a day, reducing travel time, costs, and other barriers rural residents may encounter.

An Alzheimer Society of Saskatchewan First Link Coordinator is integrated into every Primary Health Care Memory Clinic, whether it's during the clinic itself, or for follow-up after the clinic.

## **Hub Communities**

To help support the unique needs of rural residents, our First Link Coordinators are spending regularly scheduled, intentional time in numerous rural 'Hub' communities across the province, in addition to communities where our Resource Centres are located.

Hub communities presently include Humboldt, Shellbrook and Big River, Maple Creek, and Meadow Lake.

# Enriching our organizational capabilities to engage diverse communities and meet diverse needs across the province.

## **The Landmark Study**

This spring, the Alzheimer Society of Canada released, "The Many Faces of Dementia," the second Landmark Study Report.

"The Many Faces of Dementia" explores the diversity of who is experiencing dementia in Canada, variations in risk and care across ethnic and racialized populations, how sex and gender can impact a person's experience with dementia, and the increase of young onset dementia.

Understanding the unique needs and experiences of diverse communities is a key step in improving the quality of life for people with dementia and their care partners.

We have amended our client database to include new indicators to collect demographic information for each client including gender identity, race/ethnicity, language at birth for the person living with dementia, and sexual orientation.

92% of our staff report seeing positive examples of diversity, equity and inclusion at the Alzheimer Society of Saskatchewan.

We have also committed to the following priorities to help the Society become more diverse, equitable, and inclusive:

- Expanding service delivery to underserved groups and populations in the province.
- Enhancing programs and services to be culturally sensitive and to address diverse needs.
- Improving the client experience through deeper connections with the Alzheimer Society and strengthen connections to services in the community.
- Expanding marketing and communications to targeted groups and underserved communities.



# Advocating to targeted groups for improved client outcomes and improved dementia practices.



On April 17, 2023, the Alzheimer Society of Saskatchewan facilitated a Dementia Awareness Day and Reception at the Saskatchewan Legislature to advocate for better support for people living with dementia and their care partners in the province. Pictured left to right from the Alzheimer Society are: Peta Gay Watson-Jones, First Link Coordinator; Shaelyn Serron, Dementia Helpline Coordinator; and Becky Quist, Revenue Development Coordinator.

In 2022, over 10,000 care partners in Saskatchewan provided 12.9 million hours of unpaid care, which equates to \$160 million worth of care.

We surveyed our care partner clients about which services and supports would be the most helpful in their caregiving roles. The top three priorities they named are:

- Education opportunities about dementia
- Education and support for responsive behaviours
- Access to adult day support programs

"Care partners need to be supported financially and emotionally and provided training so they are equipped for their caregiving responsibilities."

Joanne Bracken, outgoing CEO,
 Alzheimer Society of Saskatchewan

91%

Of our clients agree our staff are knowledgeable about dementia





3000

Clients served from 336 communities

17%

Increase in referrals from health care professionals who diagnose and treat





**24** 

Support Groups facilitated across Saskatchewan

## **Learn More Live Well**



As part of our commitment to supporting people living with dementia in the community, we researched and developed dementia friendly signage and other way-finding considerations for our provincial office in Regina. We consulted with and engaged people with lived experience with dementia throughout the design process and installation.

Pictured left to right: Heather Dash, First Link Coordinator, Erica Zarazun, Public Awareness Coordinator, and Curt Koethler, Person Living with Dementia.

## **Raising Awareness to Prevention and Risk Reduction**



One of the many ways the Alzheimer Society of Saskatchewan empowers people to live well with dementia is through our public awareness initiatives, which include public presentations.

## **Increase Understanding of Dementia**



Our annual Understanding Dementia event was presented by Conexus Credit Union and featured Dr. Megan Surkan, Assistant Professor Geriatric Medicine, from the University of Saskatchewan.

### **Risk Reduction**

40% of dementias can be prevented through lifestyle choices. Earlier this year, we launched a presentation that explores simple actions people can take to reduce their risk of developing dementia. The presentation also contains information for people who have already been diagnosed with dementia.

Our Risk Reduction presentation is offered virtually in rotation with our **ABC's of Dementia** presentation.

Our presentations brought in 380 new people to the Society and received 8000 views on YouTube.

### **Increase Awareness of Brain Health**



Dr. Cindy Barha Assistant Professor in the Faculty of Kinesiology at the University of Calgary and Canada Research Chair (Tier II) in Neuroscience, Brain Health and Exercise.

Dr. Cindy Barha from the University of Calgary was the guest speaker during our Healthier Brains presentation in March. Dr. Barha spoke about the benefits of exercise on cognitive abilities throughout life, with a specific focus on the benefits of exercise for women.

"It's wonderful to share ideas about how small improvements can make a huge difference for people living with dementia."

- Community Conversation attendee

## **Community Conversations**

We all have a role to play in raising community awareness about the importance of reducing the stigma around dementia and making our communities more accessible for people living with dementia and their care partners.

The Alzheimer Society of Saskatchewan hosts Community Conversations to highlight dementia friendly collaboration that is taking place within our community of support. Each Community Conversation features a panel of experts from various fields and sectors across the province (e.g., Researchers, Librarians, Health Care Professionals). Panelists discuss relevant information and strategies they have utilized to become more dementia friendly and how those strategies can be adapted to other businesses, organizations, and communities.





Dr. Allison Cammer (left) and Julie Bietel, MSc Student (right) are registered dieticians and facilitators of the Cognitive Kitchen Program based in rural Saskatchewan.

Dr. Allison Cammer and Julie Bietel from the University of Saskatchewan were panelists during our November Community Conversation, which focused on reducing the risks of dementia through nutrition and socialization.



Recordings of our presentations can be found on our Youtube Channel @alzheimersask

## **Unlocking Research**



During our Spotlight on Research event, seven Saskatchewan researchers – whose projects the Alzheimer Society of Saskatchewan funded between 2033 and 2024 – shared information about their current studies.

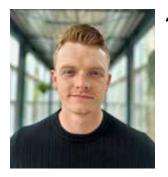
#### **Left to Right, Top to Bottom:**

Dr. Bryce Stoliker, Centre for Forensic Behavioural Science and Justice Studies, University of Saskatchewan; Dr. Krista Lagimodiere, Division of Geriatric Medicine, Department of Medicine, University of Saskatchewan; Christie Tetreault, Centre for Forensic Behavioural Science and Justice Studies, University of Saskatchewan; Dr. Arlene Kent-Wilkinson, College of Nursing, University of Saskatchewan; Louise Castillo, Clinical Psychology, University of Regina; Dr. Allison Cammer, College of Nutrition and Pharmacy, University of Saskatchewan; and, Dr. Darrell Mousseau, Department of Psychiatry and Director of the Cell Signalling Laboratory, University of Saskatchewan.

## **Maximizing Research Outcomes**

The Alzheimer Society of Saskatchewan funds dementia research through strategic partnerships with the Alzheimer Society Research Program and Saskatchewan Health Research Foundation. Between 2023 and 2024, Alzheimer Society of Saskatchewan invested \$340,940 towards unlocking dementia research.

## **Alzheimer Society Research Program**



"My goal is to take a collaborative approach to improving the accuracy of observational pain tools with the hope that it can reduce suffering and potentially save lives."

Andrew McLennan was granted one of the Alzheimer Society Research Program's 2024 Doctoral Awards, co-funded by Saskatchewan Health Research Foundation. Andrew and his research team from the University of Regina are working with local caregivers to evaluate several observational pain tools for older adults with dementia.



"We... can generate human brain organoids from a blood sample. In a preliminary test, we were able to detect markers of pathology that confirmed a diagnosis of late-onset Alzheimer's disease in a female [person]."

**Dr. Darrell Mousseau** was awarded one of the Alzheimer Society Research Program's 2024 Proof of Concept Grants, co-funded by Saskatchewan Health Research Foundation. Dr. Mousseau and his research team from the University of Saskatchewan are using patient-derived brain organoids – 'brains-in-a-dish' – to support a diagnosis of sporadic, late-onset Alzheimer's disease.

## Saskatchewan Health Research Foundation



Jennifer O'Brien and Peter Hedlin from the University of Saskatchewan were awarded the Solutions Program - Innovation Grant in the focus area of Alzheimer's Disease & Other Dementias.



Changiz Taghibiglou, Sara Mardanisamani, Andrew Kirk, and Kerry Bishop from the University of Saskatchewan were awarded the Solutions Program - Impact Grant in the focus area of Alzheimer's Disease & Other Dementias.



Learn more about groundbreaking dementia research taking place across Saskatchewan on our website.

## **Unlock Dementia Research Campaign**



Curt Koethler (center) pictured with his sons Grady (left) and Nash (right) at our Night to Remember Gala. Curt shared his family's experiences with Young onset dementia while advocating for more dementia research for better care, treatments, and a cure.

The Unlock Dementia Research Campaign continues to be a priority to raise \$4 million to support research that will help people in Saskatchewan who are living with dementia – and their care partners – to live their best life possible.

In September 2024, we will publicly launch our Unlock Dementia Research Campaign, featuring Curt Koethler, a person living with dementia. Curt graciously agreed to share his story to help raise awareness for the need for better dementia care, treatments, and a cure. The campaign will also feature stories from local donors who are passionate about supporting dementia research.

"My life is full, and I am still doing things that I enjoy thanks to the Alzheimer Society.

They are doing great work. Work that is made possible by research."

- Curt Koethler

Your support is key to unlocking important dementia research.

Donate today at: <u>unlockdementiaresearch.ca</u>

# Improving our Community's Experience



During our annual staff development meeting, a panel of people with lived experience with dementia gave insight on how to empower people with dementia to live well.

Pictured left to right are: Kelley Jo Burke (care partner), Eric Eggertson (person living with dementia), Jacquie Messer-Lepage (care partner and Board Member, Alzheimer Society of Saskatchewan), and Gaylene Drew (care partner). Dr. Megan O'Connell (not pictured), Department of Psychology and Health Studies and Associate Member of the Canadian Centre for Health and Safety in Agriculture, University of Saskatchewan, and Member of Rural and Remote Memory Clinic and Rural Dementia Action Research (RaDAR) teams, joined the panel virtually.

## **Engaging clients and supporters in meaningful ways**



Judy Leggott pictured with her team, "Walking for Legs" at the annual IG Wealth Management Walk for Alzheimer's at River Landing Park in Saskatoon.

For nearly a decade, Judy Leggott has significantly impacted the lives of those affected by dementia through her participation and fundraising in the IG Wealth Management Walk for Alzheimer's.

Judy's motivation is deeply personal. In 2015, her husband Glen was diagnosed with Young onset Alzheimer's disease at the age of 60. The diagnosis was shocking, but the support from the Alzheimer's Society provided them with crucial information and programs that helped them navigate this difficult time. Judy and Glen joined support groups, the Society's Minds in Motion® program, and found a community who understood their struggles.

Judy participates in the IG Wealth Management Walk for Alzheimer's to seek answers and support for others with similar experiences. Judy has helped her team raise an impressive \$12,250 and has led one of Saskatoon's top walk teams, "Walking for Legs" in 2022 and 2023.



Members of Judy's team participating on the day of walk in Saskatoon. Judy and her team members believe that all people with dementia, along with their families and caregivers, should receive the essential support and resources they need.

96% of our donors feel their donation to the Alzheimer Society of Saskatchewan makes an impact.

## Recognizing our 2023 - 2024 Board Award Winners



Dementia Friendly Community Champion Award - Merle Wiley (second from right)

Merle is a care partner who has made substantial contributions in her home community of Saltcoats to increase the accessibility for people living with dementia and to address stigma.



**Volunteerism Award - Erica Matthews (center)** 

Erica started as a support group facilitator with the Alzheimer Society in 2008. Now, she is a valued member of Weyburn's Primary Health Care Clinic and she has been appointed to the Government of Canada Ministerial Advisory Board on Dementia.



Philanthropic Leadership Award - Graeme Hunter (left)

Graeme Hunter has displayed exceptional generosity and charitable responsibility to the Alzheimer Society. He is the chair and driving force of our Major Gift Campaign Committee.



**Honourary Lifetime Award - Edna Parrott (center)** 

Edna Parrot is a retired registered nurse, research collaborator, dementia advocate, and former care partner. She has demonstrated a lifelong commitment to improving the lives of people living with dementia in rural Saskatchewan.

### Corporate Leadership Award - Wheaton KIA/Wheaton Chevrolet

Under the guidance of Herb Wheaton, Wheaton KIA and Wheaton Chevrolet have made a remarkable philanthropic impact. Their generous sponsorship of our "Night to Remember" Gala, coupled with Herb's active involvement in the Gala Committee, have significantly contributed to our mission. Herb has also pledged \$100,000 towards our Unlock Dementia Research Campaign.

## **Recognizing our Valued Donors**

The following list recognizes gifts of \$500 or more received between April 1, 2023 and March 31, 2024.

Every effort has been made to ensure that this list is accurate. If you have any questions or concerns please email our Revenue Development Assistant at ndonison@alzheimer.sk.ca.

## MEMORY MAKERS \$100.000-499.999

Jim and Lisa Yuel
Government of Saskatchewan
Herbert and Scarlett Wheaton
KLM Ventures Ltd.

## VISIONARIES \$50,000-99,999

Doug and Gloria Archer
Fries Tallman Lumber Ltd.
IG Wealth Management
Dave and Tami Piper
Saskatchewan Population
Health and Evaluation Research
Unit (SPHERU)

## **ESTATES**

The Society is deeply honoured to have received estate gifts from the following generous donors in the past fiscal year.

Estate of Loretta Antosh Estate of Jeanne Cherpin Estate of Ida Shipp

## **CHAMPIONS** \$10.000-49.999

Myrna Berwick
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South Saskatchewan Community Foundation

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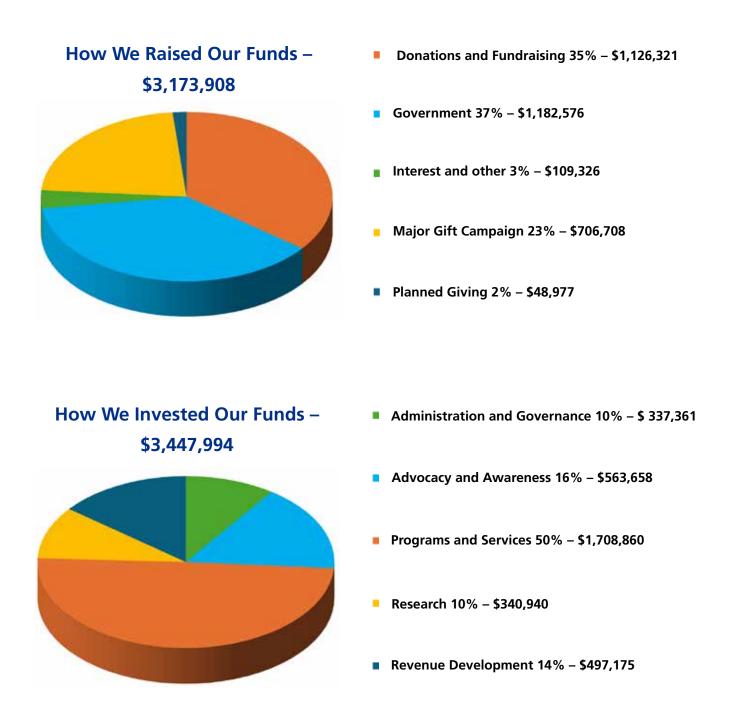
Anonymous (4)



We are accredited by Imagine Canada for outstanding transparency and accountability. The Standards Program Trustmark is a mark of Imagine Canada used under licence by the Alzheimer Society of Saskatchewan.

## **Financial Highlights**

The Alzheimer Society of Saskatchewan is the only provincial charity dedicated to empowering people to live well with dementia through the delivery of programs, services, advocacy, awareness and research.



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

# Alzheimer Society

SASKATCHEWAN

## Learn More Live Well

## **Connect with our Community of Support**

**Cypress Resource Centre** 

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

**Prairie North Resource Centre** 

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

**Prince Albert Parkland Resource Centre** 

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

Saskatoon Resource Centre

Serving Saskatoon, Humboldt, and area 306-683-6322 / saskatoon@alzheimer.sk.ca

**Sun Country Resource Centre** 

Serving Estevan, Weyburn and Southeast SK 306-634-4002 / <a href="mailto:suncountry@alzheimer.sk.ca">suncountry@alzheimer.sk.ca</a>

**Sunrise Resource Centre** 

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

Regina Qu'Appelle Resource Centre

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

**Dementia Helpline** 

Monday to Friday 8:30 am – 4:30 pm 1-877-949-4141

helpline@alzheimer.sk.ca



www.alzheimer.ca/sk

1-800-263-3367