



Community Changes Everything

Annual Report 2021-2022

Alzheimer Society
SASKATCHEWAN
Learn More Live Well

On the cover

The Gord Mertler Family

Gord Mertler and his family have been engaged supporters of the Alzheimer Society of Saskatchewan for several years and have been especially invested and involved over the previous five years.

Through participation in our programs, Gord and his family have demonstrated their enthusiasm for the work we do through a \$50,000 matching gift to our 2021 Annual Giving campaign.

Along with their financial commitment, Gord shared his personal family story and connection to dementia. The campaign and Mertler story promotion helped bring in over \$167,000 – surpassing our goal of \$126,000.



From the story Gord shared with us this year:

“On the drive home from the hospital a week later, I drove him past Mosaic Stadium. Despite being a 25-year season ticket holder with the Riders, my father didn’t recognize the stadium. He didn’t recognize Dewdney Avenue either - a street he had driven thousands of times over many decades of his life.

I reached out to the Alzheimer Society of Saskatchewan for information and support as we navigated this challenging time. They invited my mother and I to meet with them, and they opened our eyes to the whole new world of dementia.”

- Gord Mertler, Alzheimer Society Supporter

Alzheimer Society
S A S K A T C H E W A N
Learn More Live Well



Vision

A World without Alzheimer's disease and other dementias.

Mission

The Alzheimer Society of Saskatchewan empowers all people to live well with dementia while funding research into prevention, cures and quality of life.

Board of Directors 2021 – 2022

Charlene Callander – President

Dan Kohl – Vice-President and Chair of the Finance and Audit Committee

Allison Cammer – Chair of the Nominating Committee

Pamela Herbert-Maindonald – Chair of the Governance Committee

Tracy Danylyshen-Laycock – Secretary

Bill Cooper

Owen Kot

Jenny Lewis

Tracy Lysyk

Jacqueline Messer-Lepage

Lisa Haubrich

Randi Ross



Leadership Changes Everything

“What has not changed is our commitment to supporting people with dementia to live their best lives possible, and our dedication to funding research for prevention, cures, and a better quality of life.”

Charlene Callander President of the Board of Directors with CEO Joanne Bracken

At the start of 2022, we were very optimistic that the pandemic was behind us and that we would be getting back to our “new normal.”

As you know, there was nothing normal about this year. Our new reality is hybrid work environments and the continuation of virtual meetings, events, and programs.

What has not changed is our commitment to supporting people with dementia to live their best lives possible, and our dedication to funding research for prevention, cures, and a better quality of life.

The Alzheimer Society had another successful year not only from a financial perspective, but also in achieving our key strategic priorities. Some of our key accomplishments from our 2021-2022 year include:

- Providing support to 2400 individuals from 300 communities across Saskatchewan – 4% of these individuals required enhanced services from our First Link Care Navigation Program due to the complex nature of dementia;
- Continuing to provide virtual services and supports and transitioning back to some in-person programs;
- 92% of our clients indicating that they would recommend the Alzheimer Society to their family and friends;
- Working with communities across Saskatchewan to build Dementia Friendly Communities, with a great response from libraries and museums.
- Collaborating with Dementia Friendly Canada to build on-line modules aimed at increasing dementia knowledge and understanding in Canada’s workforce;
- Developing a Diversity, Equity, and Inclusion Committee and subsequent education and training plan for board and staff members, based on the Board Position Statement on Diversity, Equity and Inclusion.



Charlene Callander
President of the Board of Directors

- Embarking on a new, five-year partnership with the Saskatchewan Health Research Foundation to fund \$1 million in research focused on finding treatments, prevention, and cures, and improving the quality of life for people currently living with dementia.
- Funding over \$339,000 in support of research and raising over \$1.3 million in funds and pledges to support future research projects.

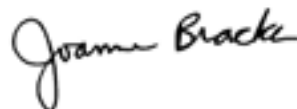
Research changes everything for people living with dementia.

A breakthrough in research has the potential to change the day-to-day lives for people living with dementia. The Alzheimer Society Board recognizes the potential impact for research and has set a goal to raise an additional \$5 million to support research. We have retained the services of DCG Philanthropic and recruited a group of volunteers to lead our Major Gift Campaign Cabinet. Most importantly, we are meeting with like-minded donors and supporters who also have a vision of “a world without Alzheimer’s disease and other dementias.”

A heartfelt thank you goes out to all our donors. Whether you participated in the IG Wealth Management Walk for Alzheimer’s, attended our Night to Remember Gala, held events for fundraisers, supported our annual giving campaigns, or simply donated - it made a difference.

We extend our gratitude to our volunteers, donors, and supporters who have donated to our Best Life Campaign, as well. Everything we do and achieve is because of your generosity and passion to support our mission and vision.

We look forward to your continued support to help people with dementia live their best possible life.



Joanne Bracken
Chief Executive Officer



Community Changes Everything

"I am grateful for how the Alzheimer Society made me aware just how broad and varied dementia can be, but also how easy it is to continue helping people affected by dementia with a bit of understanding and a few extra tools to deploy."

- Library Attendant, Yorkton Public Library

Dementia Friendly Communities

Having a community to go to that understands and can support you can change everything for a person living with dementia.

We work with businesses, organizations, and social clubs to help them learn more about dementia and how to create more accessible and welcoming environments for people living with the disease and their care partners.

One of the ways we support local organizations to become more dementia friendly is through our Dementia Friendly Toolkits that are tailored towards specific business sectors. This year, we created a Pharmacy, Arts Venue, and Museums edition of the toolkit, and shared it, along with our existing toolkits for libraries and faith groups, with numerous partners and stakeholders.

Regina Public Library

Regina Public Library Main Branch undertook a space audit and is considering integrating aspects of dementia friendly practices into its staff onboarding and branch signage.

“You don’t have to build Rome right away, you just have to start.”

- Michelle Gale, Board member – La Ronge Library

La Ronge Library

A member of the La Ronge community volunteered at the library to help identify some potential dementia friendly improvements to the physical/indoor environment. The volunteer downloaded our Dementia Friendly Toolkit – Library Edition and walked through the library using the Indoor Environments Checklist from the toolkit. The

volunteer then completed another walk through with the Library Administrator and a Board Chairperson. La Ronge Library staff all now wear nametags or have lanyards which help identify them as staff members, which can be helpful for someone with memory loss, who may not recognize who to ask for assistance, or who has difficulty remembering names.

Museums Association of Sask

The Museums Association of Saskatchewan invited us to present at their Community Chat on January 19th to help their members learn more about how museums can increase support, inclusion, and accessibility for people living with dementia and their care partners.

The event was well received - approximately 20 representatives from the Association from communities across the province attended and received our dementia friendly resource package for museums and arts venues.

“The dementia friendly initiatives presentation was an impactful presentation for Museums Association of Saskatchewan and our members. Along with their insight to help build knowledge and create change, the Alzheimer Society of Saskatchewan also shared great resources and toolkits. These are simple practices to acknowledge, communicate, and engage with our community in a more meaningful way.”

- Amber Hanover, Community Engagement Lead – Museums Association of Saskatchewan

With 60% of people living with dementia still residing in their home communities it is critical that venues, like their local museum, remain a welcoming and engaging space for them and their care partners.

We welcome other businesses and organizations who would like to learn more about becoming more dementia friendly to connect with us.

Dementia Friends

A Dementia Friend learns more about dementia and what they can do to help make our province a more accessible and inclusive place for those affected by it.

Anyone can become a Dementia Friend. Through our monthly Dementia Friends e-newsletter, we share practical tips, information, and strategies with Dementia Friends, providing a convenient way to learn more on an ongoing basis.

By learning more and using this knowledge in their everyday interactions, Dementia Friends help reduce stigma and make our communities more supportive, accessible and inclusive for people affected by dementia.

Thanks to our dementia friendly initiatives over the past year, we saw an increase in Dementia Friend registrations. We now have more than 1100 Dementia Friends throughout the province.

Meaningful Engagement of People Living with Dementia and Their Care Partners

One of the Alzheimer Society's guiding principles is to respect and incorporate the voices of people living with dementia and their care partners into our goals and initiatives.

In May and June, we invited eight Minds in Motion® participants to provide feedback during the initial pilot phase of the Dementia-Friendly Canada project's online learning modules. The online learning modules are key deliverables of the project, which will be used to scale up Dementia Friendly Communities' efforts by helping working professionals in a variety of sectors to

build awareness of dementia and increase their understanding of dementia friendly considerations for the workplace.

We asked people who live with dementia from our Early Stage Support Group and Young Onset Caregiver Support Group to review draft versions of updated Independence and Companion Cards. Members from our Early Stage Support Group also provided feedback on our newly developed Multi-step Safety Plan for Reducing Risk of Getting Lost: A Guide for People with Dementia.

Several clients shared their lived experiences in the form of a narrative story. Their stories drew high engagement numbers from our social media followers.

Many people commented on how they connected with the experiences and emotions in each person's story and exchanged words of encouragement and support with each other.

"Our field is not highly visible or popular, but community partnerships give us the kind of access we would not otherwise have. I can find out about other opportunities to connect our clients to things like technology supports or resources in other languages.

"Our partners will pass our resources along to other stakeholders and organizations and a lot of direct referrals have resulted from them. Our partnerships are really quite reciprocal – it's like its own little community within itself."

- Laura Erickson-Lumb, First Link® Coordinator – Alzheimer Society of Saskatchewan

With 60% of people with dementia living in their own communities, community changes everything

“Yorkton Public Library is truly grateful to have had the opportunity to learn about what it means to be a dementia friendly organization. Learning more about what it means to be dementia friendly has broadened our perspective so that we can improve our facility and our service in hopes of being more accessible to those patrons who face the challenges of dementia. We want them, as well as their care partners, to know that our library is a safe and welcoming place.”

- Amber Harvey, Branch Manager – Yorkton Public Library



Jackie Hofstrand, Dementia Community Coordinator, with Amber Harvey

Dementia Supports in Rural Saskatchewan Project

This marks our second year as a collaborating organization in *Dementia Supports in Rural Saskatchewan* – a multi-year federally funded project aimed at increasing the social inclusion of older adults with dementia and their care partners in Yorkton, Melville, and the surrounding rural communities.

The project is led by Saskatchewan Population Health and Evaluation Research Unit and follows a collective impact approach with representatives from a variety of industries, including health, recreation and facilities management, libraries, and art galleries.

We support the project through our public awareness initiatives, including our ABC's of Dementia –

Warning Signs and Dementia Friendly Communities presentations, and by offering dementia friendly education, support, and resources to businesses, organizations, and social groups in the project area. We also promote project initiatives through informative blog posts, direct mail campaigns, and through our social media channels.

“When I began last May, I was not sure how the businesses and communities would take to the idea of becoming more dementia friendly but knew that I wanted to do the best I could to show them the need. I was so pleased to find out that so many see the need and are welcoming all the education and supports we, at the Alzheimer’s Society, can give.”

- Jackie Hofstrand, Dementia Community Coordinator, Alzheimer Society of Saskatchewan



Knowledge Changes Everything

Our staff participated in an engaging presentation with traditional knowledge keeper and storyteller, Lyndon Linklater, from the Office of the Treaty Commissioner on National Truth and Reconciliation Day to launch our Diversity Equity and Inclusion initiatives.

The Alzheimer Society is committed to becoming a more diverse, equitable, and inclusive organization. We believe that equity, diversity, and inclusion enrich the Alzheimer Society of Saskatchewan and strengthen our ability to achieve our mission and vision.

We acknowledge that some individuals and groups encounter barriers to equitable access to participate in the Alzheimer Society of Saskatchewan. These barriers limit our capacity as a leading charity that supports people living with dementia. Diversity, equity and inclusion is a strategic priority for the Alzheimer Society of Saskatchewan.

We want to ensure that groups and organizations reflecting the broad diversity of the province are encouraged to participate, including those with lived experience.

We are working with our Alzheimer Society Federation and external partners to:

- Collect common demographic information of clients
- Build a comprehensive picture our community and the unique characteristics of clients served
- Help identify health inequities and gaps in quality care

We have formed a Diversity Equity and Inclusion Committee to:

- Develop an education and training plan to enhance our workplace culture and capacity to become a more culturally sensitive and inclusive organization
- Identify challenges we face as an organization and team
- Determine strategies to increase partnerships and working relationships with culturally based organizations in Saskatchewan
- Establish evaluation criteria to measure success in our internal and external Diversity Equity and Inclusion efforts.

Dementia Friendly Canada Project

The Dementia-Friendly Canada project is a partnership between Alzheimer Societies across the country. One of the goals of the Dementia-Friendly Canada project is to train Canada's workforce to be more knowledgeable about dementia and its considerations.

A new online course - Building Dementia Friendly Communities has been developed for professionals working in the following three sectors:

- recreation and library
- restaurant and retail
- public transportation

In the fall, we deployed an extensive communications strategy to launch the Building Dementia Friendly Communities course to more than 80 partners and stakeholders from Saskatchewan, including people with lived experience.

The group trialled the course modules and submitted feedback that helped us evaluate how to best engage businesses and organizations around them.

Public Awareness

In collaboration with Insightrix®, we conducted a survey in the fall of 2021 to measure Saskatchewan residents' awareness of brain health and the 10 evidence-based warning signs of dementia.

The results indicate that nearly all individuals polled only associate one symptom - memory loss - with Alzheimer's disease and dementia. Awareness of preventative measures is also low.

In addition to offering our ABC's of Dementia – Warning Signs presentation, we intend to launch a prevention-themed campaign in the upcoming fiscal year to help address these gaps in knowledge.

Our efforts of increasing awareness about the dementia warning signs and the importance of an early diagnosis continued through our online presentations. Over the past year, we delivered nine province-wide ABC's of Dementia presentations to a total of 225 attendees.

"Excellent introductory information, clearly presented in a friendly non-threatening manner, and provision for further information, all in one hour. Well done!"

- *ABC's of Dementia participants/attendee*



Dr. Larry Chambers

Heads up for Healthier Brains Forum

On March 17th, as part of our Heads up for Healthier Brains Forum, we proudly welcomed a presentation from Dr. Larry Chambers, Research Director for the Niagara Regional Campus at the Michael G. DeGroote School of Medicine at McMaster University and former scientific advisor to the Alzheimer Society of Canada.

Dr. Chambers' presentation was based on evidence that demonstrates you can increase the ability of the brain and mind, whatever your age. Dr. Chambers' research also informed his recently co-authored book, "Increase Your Brainability and Reduce Your Risk of Dementia." Of the 588 people who registered for this event, approximately 188 were new to the Society.

Advocacy

Each year, dementia costs the Canadian economy and healthcare system more than \$10.4 billion. In Canada, people living with dementia and their caregivers have been the hardest hit by the COVID-19 pandemic. As we recover from the pandemic, the governments need to make people living with dementia a health system priority.

It is part of the Alzheimer Society's mission to alleviate the personal and social consequences of dementia. This mission is reflected in our campaigns that share the voices of people living with the disease and advocate for changes at national, provincial, and municipal levels.

Federal Election

The Alzheimer Society participated in advocacy efforts around the Federal Election in September. We asked over 13K stakeholders to engage in the campaign via an election email.

Provincial Accessibility

In spring 2021, following the release of the Government of Saskatchewan's "What We Heard Report," we made a formal request to the Government of Saskatchewan to become an official stakeholder in the province's review and renewal of its Accessibility legislation.

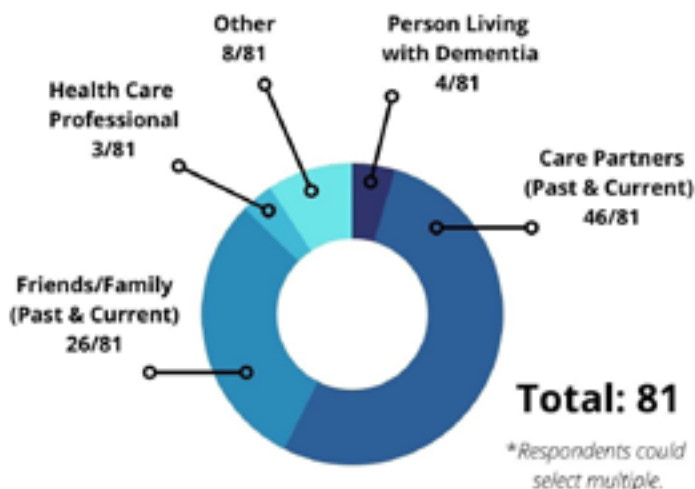
Saskatoon Public Library Accessibility Advisory Committee

Public Awareness Coordinator participated in the new Central Library project meeting in June. The meeting reviewed the results of the Government of Saskatchewan's "What we Heard" report from the initial consultation efforts and addressed feedback about the initial building concept design and facility plan. The Public Awareness Coordinator shared insights about dementia friendly indoor and outdoor considerations, referencing information included in our Dementia Friendly Toolkit- Library Edition.

A snapshot the results from our Accessibility and Dementia survey.

Throughout October 2021, we asked our constituents to help us learn more about the experience of dementia as it relates to the six key areas the Government of Saskatchewan has identified for it's Accessibility Legislation.

81 survey responses were received from individuals living with dementia, current and past care partners, friends/family members of someone who has (or had) dementia, as well as health care professionals.



Here are some of things they shared with us

Information and communications was identified by 65% of respondents as the key area they felt was the most important with relevance to dementia & accessibility.

“It may be helpful to have staff who interact with people with dementia learn more about the disease, especially communication tips and strategies. Some people with dementia may find it easier to call a general inquiry public service phone line and talk to a person versus trying to navigate phone menus with multiple options.”

Design of Public Spaces was identified as the second most important key area with regard to experiences of dementia.

“We have had difficulty trying to use independent change rooms at the Aquatic Centre. There is one family dressing room available to us at each of the city facilities, but this is not enough due to the number of young families also needing them.”

Respondents indicated barriers or challenges regarding information and communications are a daily occurrence for 11/79 respondents (14%) and a frequent occurrence (several times a week) for 26/79 respondents (33%).

Related to employment, comments touched on supports available for individuals with dementia in the workplace and the experience of individuals with young onset who may still be working at the time of diagnosis:

“My husband was at his best when he was working. When no longer allowed to go to his workplace he lost his sense of purpose and was more confined and his experiences for stimulation decreased. We need to allow people to continue with their familiar routines as long as is feasible with the necessary supports”

“More acceptance of service animals in workplaces.”

“Awareness of early-onset dementia. It's not just affecting the senior population. The face of dementia is changing and the supports and solutions need to adapt to the younger populations facing these obstacles.”



Research Changes Everything

Dr. Allison Cammer is the Assistant Professor in the College of Pharmacy and Nutrition at the University of Saskatchewan. This year, the Alzheimer Society of Saskatchewan and Saskatchewan Health Research Foundation funded Dr. Allison Cammer to implement an innovative evidence-based program to enhance mealtimes in long-term care homes.

Hope for Tomorrow

Research provides hope for people living with dementia and it has huge potential to change everything for families affected by dementia. Hope for a medical breakthrough to eliminate or diminish the multiple challenges of Alzheimer's Disease and other forms of dementia is the inspiration behind our Board setting a strategic priority to dramatically increase the amount of funds we raise in support of research. We are committed to raising an additional \$5 million by 2025 to support research that will help people with dementia to live their best life possible.

This year the Alzheimer Society of Saskatchewan supported research in the following ways:

- In 2021-2022 donor support allowed us to fund over \$339,000 in research in partnership with the Alzheimer Society Research Program (ASRP) and the Saskatchewan Health Research Foundation (SHRF).
- Hosted a virtual Spotlight on Research featuring Dr. Serge Gauthier, Director of the Alzheimer Disease Research Unit at McGill University. Dr. Gauthier's presentation explored the impact of research on the treatment of Alzheimer's disease.
- Assisted 11 researchers to recruit participants for their research studies.
- Wrote 12 letters of support to assist research professionals to apply for grants and awards.

Our research efforts are unlocking solutions that will lead to ways of preventing dementia, better treatments, improving quality of life and eventually cures.

Together with our partners across Canada the Alzheimer Society funded more than \$3M for new grants and awards that funded 25 innovative research projects across Canada despite the continued uncertainty caused by the COVID-19 pandemic.

Dr. Bekar received a Proof of Concept Grant through the 2021 Alzheimer Society Research Program competition.

Dr. Lane Bekar is looking at the connections between genetics, late-onset dementia, and a high sugar diet to see if it increases the risk of dementia. The results of this study will provide new insights into the link between genetics, diet and dementia that can then be investigated further in human studies.

"Thank you for all your help. The more research that is funded, the quicker we learn and discover



Dr. Lane Bekar, University of Saskatchewan

approaches to reduce the impact of Alzheimer's disease on society. [The Alzheimer Society Research Program] focuses on research that has the potential to directly impact development of therapeutic approaches to combating AD prevalence."

"We anticipate that a high-sugar diet will increase the severity of Alzheimer's in ApoE4 carrier mice compared to non-carriers."

*-Dr. Lane Bekar, Research
from the University of Saskatchewan*

Alzheimer Society Research Program

The Alzheimer Society Research Program is one of Canada’s most innovative hubs for dementia research. The program funds competitions for dementia research projects, helping the best and brightest minds in the field ignite their work from ideas to impact.

As an Alzheimer Society Federation partner, we work with the Alzheimer Society Research Program to engage researchers, people with lived experience, donors, and other key stakeholders to fund, support, and apply for/participate in research.

The Alzheimer Society Research Program has changed the way it invests in research by:

- Encouraging researchers to explore radical new ways to advance our knowledge of dementia
- Increasing the funding for studies aimed at improving the quality of life for people living with dementia, their families and caregivers

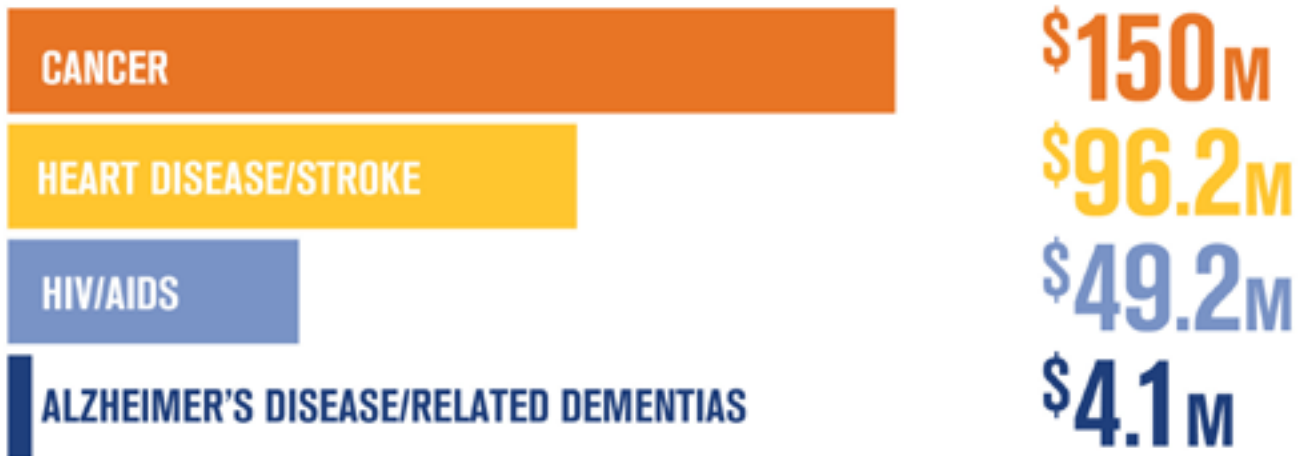
Right now, over 500,000 Canadians are living with dementia, enduring a poor quality of life that will deteriorate over many years and result in an early death. And their families are faced with the immense mental, physical, and financial stresses associated with caregiving as they try and support their loved one

This is why investing in dementia research is so important. A better understanding of dementia will unlock innovative solutions that lead to ways of preventing the disease, better treatments, and eventually cures. It will also help people with the disease now live their best and longest life possible.

Alzheimer Society Research Program research investments



FUNDING IN CANADA*



*Canadian Institutes of Health Research 2014/15

Research in Saskatchewan

Saskatchewan Health Research Foundation Partnership and Grants

The Alzheimer Society of Saskatchewan and Saskatchewan Health Research Foundation signed a new five-year agreement to co-fund \$1million in research grants with the goal of funding research into shared priorities of finding treatments, causes and cures, and improving the quality of life for people living with dementia in Saskatchewan.

The jointly funded Dementia Solutions Program will fund grants up to \$200,000 each year, over the next five years, with a focus on diagnosis, prevention, culturally sensitive care, palliative care, long-term care, and social inclusion of people living with dementia.

Dr. Allison Cammer is the Assistant Professor in the College of Pharmacy and Nutrition at the University of Saskatchewan, and she is also the Chair of the Nominating Committee on the Alzheimer Society of Saskatchewan’s Board of Directors.

This year, the Alzheimer Society of Saskatchewan and Saskatchewan Health Research Foundation funded Dr. Allison Cammer with an investment of \$50,000 for a team working to implement an innovative evidence-based program to enhance mealtimes in long-term care homes.

“Mealtimes are a central highlight of the day for residents and staff in long-term care. In addition to being a point of care for nourishment, mealtimes are often the only opportunity for social interaction, connection, and meaningful relationships in long term care.

“Mealtimes can be confusing for residents living with dementia and care providers frequently divert to task-focused practices to get residents with dementia to eat.

“The CHOICE+ program aims to facilitate relationship-centered care practices to support residents living with dementia during mealtimes, leading to better nutrition and enhanced quality of life.”

- Dr. Allison Cammer



We experienced a 58% increase in referrals from those who diagnose and treat dementia (physicians, specialists, and nurse practitioners) outside of the memory clinic models.

92% of clients would recommend our Alzheimer Society's programs and services.



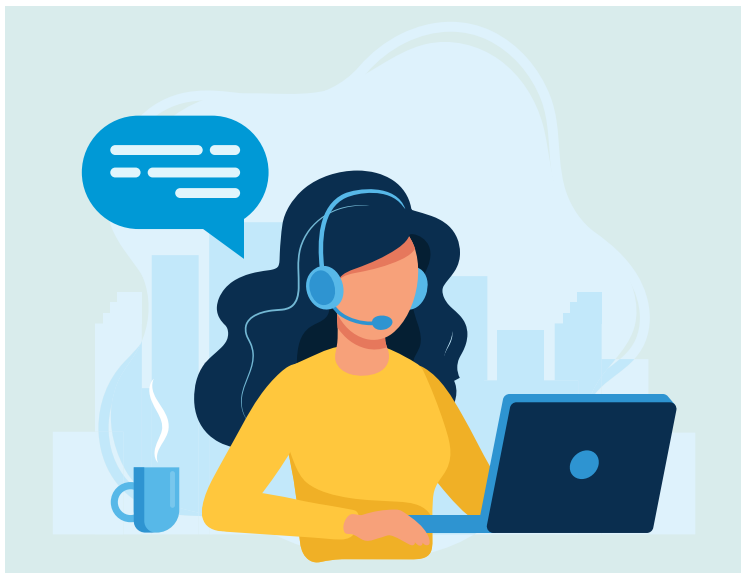
75% of clients report they have better strategies for coping with dementia and managing symptoms related to dementia.





83% of clients reported increased confidence in ability to support the person with dementia.

93% of clients agreed or strongly agreed the staff member was knowledgeable about the disease and/or questions the person had.



“I was extremely grateful that the staff member took the time to speak with me and provide resources. It was very helpful and comforting. I was about to give up and felt on my own, but now I feel connected again. Thank you.”

Terri Hetterly shares her story of dementia

A Community of Support



Our journey began several years ago when George's dad was diagnosed with frontal temporal dementia (FTD) shortly before he died. We had watched him doing things that frustrated the family without understanding why he was doing them. It was very unpleasant for everyone. Then we learned George's chances of developing this type of dementia were 50/50. I vowed that if he did get it, I would do everything in my power to prevent him from going through the fear and frustration his dad did.

I began noticing George slowly beginning to display similar behaviors and actions to his father's around 2013 when he was 63 years of age. After reading about FTD, talking to professionals about it, and living through George's journey, I realize it started much sooner. In George's 40s, he slowly began to lose interest in things he previously enjoyed like skiing, car racing, and socializing, and he became frustrated more easily and displayed less and less empathy.

By 2014, I was definitely seeing more changes.

They were mainly related to problem solving, planning, organization, and decision making. I tried to talk to George about what I was seeing but he would only get angry because he was unaware of any changes. I later learned people with FTD are

incapable of having self-awareness of their disability due to a psychological impairment to the frontal temporal area of their brain. This condition is called Anosognosia.

In 2015, since we both were retired and owned a fifth wheel travel trailer, we decided to travel to the Maritimes, down the Appalachian Chain to Florida, over to Louisiana, and home. Memories of this seven-month trip helped us through the years to come. I was also able to use the upcoming trip as an opportunity to get our wills, power of attorney, and health directives in place – a very important step in planning a meaningful future for George.

On this trip, George was quite content to do the driving and sightseeing and leave all the planning and decision making up to me. I learned to take things one day at a time and be well organized so I could guide him when something unexpected would come up. I became a master at navigational skills!

In the 7th month of our trip, it was evident we needed to return home.

George's judgement about distance, directions, and parking spaces was declining. He would start to get nervous if I didn't stay calm and keep repeating what to expect ahead when he was driving. This was

so hard to watch because he used to race cars, had a 1A license, and was an excellent driver.

Thus, began the first and hardest part of our journey.

I refer to it as the hardest stage is because it was a time of trying to digest the diagnosis, determine what team had to be set up to support us through this journey, and devise coping mechanisms while trying to understand what was happening day-to-day. The goal I set at this time was to keep George as comfortable and content as possible, while allowing him to lead as normal a life as possible for as long as possible.

I had to really watch how I phrased things and stay a step ahead so I could prevent him from getting into situations that frustrated or threatened him. I would have the neurologist or psychiatrist introduce the difficult topics to George so he could consider them the bad guys and continue to trust me and look to me for support when he needed it. Physically, he was starting to show balance problems and began to fall when changing direction or bending over. He also began having problems controlling his eye muscles, especially the up and down movement. For the first 2 years, I was his only caregiver as he was not willing to take supervision or direction from anyone else. As more brain cells began to deteriorate, he became easier to deal with.

He entered the end of life stage in June of 2021. Even though there was a rapid and marked deterioration in his condition, he always knew who everyone was and felt he was only getting a bit forgetful and clumsy. After 71 years of life, 37 years of marriage, 35 years as a parent, and 14 years as a grandfather, he calmly left us on September 10, 2021.

Throughout this time, George and I were on parallel journeys.

His journey was not emotional for him because of his unawareness of having a disability and the support he received. Mine, as his primary caregiver, was a long, lonely journey of losses and new responsibilities. George slowly lost all the things he

was able to provide me throughout our marriage – skills he had that I didn't, like technology; home and vehicle maintenance; and, sharing enjoyable pursuits, such as travelling and socializing.

I had to slowly grieve his fading partnership, emotional support, decision making assistance, and conversation that I had come to depend on for so many years.

I have always found I can cope better with any challenges in my life by educating myself about it. I contacted the Alzheimer Society of Saskatchewan after hearing from an acquaintance that she found them very informative and supportive. I immediately felt comfortable and as if I had found someone who understood and genuinely wanted to help.

The Alzheimer Society's "Just-phoning-to-check-how-you-are-doing," phone calls reminded me there was always someone available to talk to. Their workshops provided me information about dementia and coping tips such as: connect – don't correct; blame the disease not them or ourselves; and, use humor to help both of you deal with difficult situations.

I learned that we, as supporters, have to adjust our behavior and expectations because the person living with dementia is not able to. Other key takeaways I learned from the Alzheimer Society were: to grieve each loss as it happens so it isn't so overwhelming at the end, and to make sure to take time for and care for yourself as a caregiver.

Being a caregiver provided me with an opportunity to gain insight about myself and hone my skills or develop new ones. I learned to be more patient and less controlling, to ask for help, and to not take things so seriously. My journey taught me that I can learn to take on any task if I take it one step at a time and educate myself about it – yes, even technology! I look forward with anticipation to using these insights and skills in the next phase of my life.

I will never regret sharing this journey with George, our family, and friends.



Support Changes Everything

“We moved to a to a new city six months prior to the pandemic and felt socially isolated. Our Alzheimer Society connections have helped us feel connected to a community. Even if it is a virtual community, it is a great support with people who understand what we’re going through.”

- Alzheimer Society Client

Programs and Services

The Alzheimer Society focuses on creating and building communities rich in information, experience, and services – we create connections that people can turn to and tap into when needed. We have defined ourselves as a place to go to, not as a last resort, but as a first step.

With the continued suspension of in-person programs due to COVID-19, our Programs and Service staff offered the majority of our programs and supports virtually. Throughout the past year, our staff created strategies to increase attendance and reach of our virtual program delivery, and engaged volunteers in the co-facilitation of virtual support groups. We also completed our annual review of all curriculums, updating content and tailoring presentations more towards virtual delivery methods.

Supporting Clients with Complex Needs

Our First Link® Care Navigation program integrates supports around the person with dementia and their care partners. We help clients and their families sustain self-management goals and strengthen the linkages between care providers across sectors, along a continuum of care for clients with complex care needs.

To determine the level of risk for clients and families living with dementia and the complexity of their cases, a Risk Indicator Tool was developed by our Client Services Team Managers in partnership and consultation with the Alzheimer Society of Ontario.

Our Client Services Team Managers and First Link® Coordinators work with clients and families who may have situational breakdown because of these particular risk indicators to determine for whom there may be a risk, how high the risk for breakdown is, and the different type(s) of support and resources each person may need.

Client Services Team Managers can now make referrals to other health professionals and community agencies for clients who may not be able to refer themselves for a variety of reasons. This

development help ensures more consistency in care, increased knowledge of system navigation, and our ability to communicate information that a person's other supports need to know. Although our staff's first goal is to empower clients to take on tasks, there are some clients - often ones who have increased risk - who benefit from Programs and Services staff assistance in this process.

Supporting Clients to Get a Diagnosis

Specialty and community-based diagnostic clinics offer a holistic and interdisciplinary approach to a dementia diagnosis, with the goal of providing a diagnosis in a day. The Alzheimer Society of Saskatchewan has supported some of the research and work that went into developing many of these diagnosis clinics and their frameworks. We have developed partnerships and working relationships with the following clinics to help individuals with more complex needs to get a diagnosis:

- Rural & Remote Memory Clinics – Specialty diagnostic clinics that prioritize rural residents that live 100km or more outside of Saskatoon or Regina. Led by the Rural Dementia Action Research (RaDAR) team at the University of Saskatchewan
- Geriatric Evaluation and Management (GEM) Outpatient Clinics – Specialty diagnostic clinics that takes place over a half day at the Saskatoon City Hospital.
- Geriatric Services in Regina – Specialty diagnostic clinics serving those who reside in southern Saskatchewan, can travel to Regina, or access TeleHealth.
- Rural Primary Health Care Clinics – Community-based clinics led by local primary health care teams. Our Programs and Services staff are integrated into each clinic.

MINT Memory Clinics

MINT (Multi-specialty INterprofessional Team) Memory Clinics – Originating in Ontario, the MINT model has been adapted and expanded to rural cities in Saskatchewan. These clinics are also community-based, led by local primary health care teams,

and each clinic includes one of our Programs and Services staff for added support and follow-up. MINT Memory Clinics have been shown to greatly reduce need for direct specialist referrals from 100% to 10% and reduce health system costs over all from time of diagnosis to death by 38%, an estimated \$26,000 less per patient per year.

Diagnostic clinics are becoming more prevalent in rural Saskatchewan, many of which are in areas that the Alzheimer Society also serves. The increase in these types of clinics across Saskatchewan will help enable individuals and families to access services in one location and receive a diagnosis closer to home.

Individuals must have a physician's referral for any of these clinics. Our Programs and Services staff have many tools and resources to help individuals and families prepare for their doctor's visit.

Strengthening linkages between the Alzheimer Society of Saskatchewan and primary care and community supports and services

The Alzheimer Society follows up with the health care professionals who have referred their patients to us. These follow ups increase the confidence of health care professionals in their referrals by assuring them that their patients are connected with our services and programs. These communications also increase the understanding of our programs and services among health care professionals.

By being transparent about our involvement with each client, we hope to continue to increase the knowledge of our varied ability to provide support for persons with dementia and their families.

Our Saskatoon Resource Centre established a new relationship with the Community Health Clinic at Market Mall.

On a weekly basis, the Alzheimer Society is utilizing confidential soft spaces within the clinic to provide in-person meetings for people with dementia and/or families. Having access to this space has been

significant for our clients, as many seem to engage more by having in-person cues and support.

The number of referrals we have received from those who diagnose and treat dementia increased by 58% over the past year.

Driving and Dementia project.

Driving cessation is a concern and sensitive issue for many of our clients and families. In collaboration with SGI, we conducted a Care Partner survey as part of our Driving and Dementia project. Our staff will use the results of the survey, along with the Driving and Dementia: People with Dementia Consultation Results report, to improve support to people living with dementia and their families through the driving cessation transition.

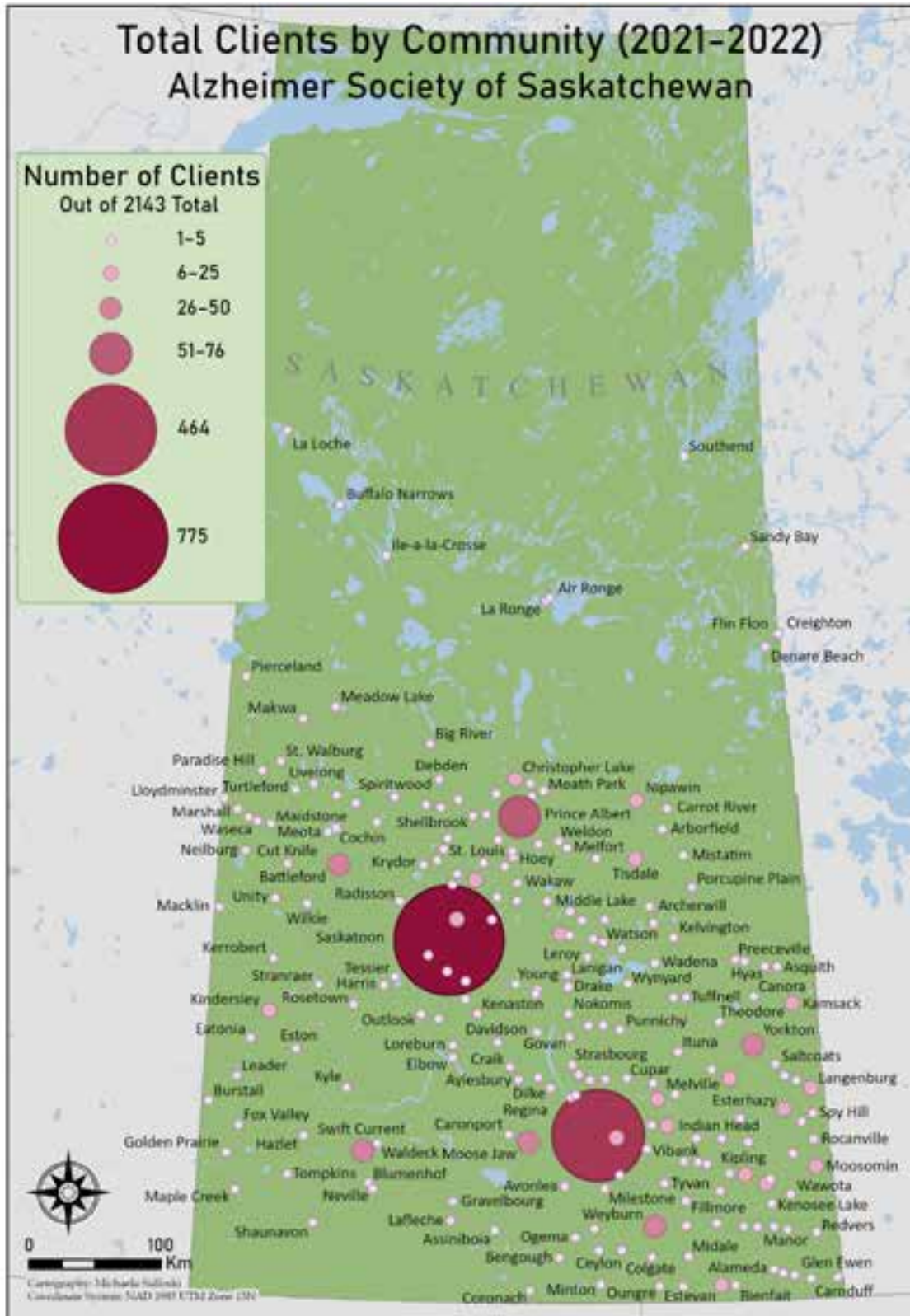
Saskatchewan Missing Persons Partnership

If a person living with dementia becomes lost, there is a 50% chance that they will be found injured or dead from hypothermia, dehydration, or drowning if they are not located within 24 hours. Additionally, nearly 60% of missing person cases involving people with dementia occur in community settings.

To help raise awareness to the increased risk of wandering in people living with dementia, we are a part of the Saskatchewan Missing Persons Partnership and its respective sub-committees.

Through the partnership, we work with many different groups within the human services sector, including local police and the RCMP, various departments and levels of Government, Indigenous and community groups, and Dr. Noelannah Neubauer and her research team from the Faculty of Health at the University of Waterloo.

The Alzheimer Society provided programs and services to over 2,400 clients in 300 communities across Saskatchewan.



Philanthropic Support

Our caring and compassionate volunteers generously dedicated 1946 hours to the Alzheimer Society of Saskatchewan over this past year. We celebrate all of the contributions they have made to our support groups, fundraising events, Board of Directors, and organization. Thank you for sharing your time and talents with the Alzheimer Society of Saskatchewan!

Third Party Events

On August 28, 2021, Big Rock Trucking, in conjunction with L&G Crushing Corp. and Last Mountain Concrete Products, held a staff/customer appreciation barbeque to support the Alzheimer's Society of Saskatchewan. Through direct donations,



a silent auction, live auction, and raffle items, they were able to raise \$20,000.

“The reason we choose the Alzheimer Society of Saskatchewan was because four years ago, a very close friend was diagnosed with early onset Alzheimer’s at the age of 57. Through this unfortunate situation, we became aware of the wonderful work that the Alzheimer’s Society does in providing families and friends of those with Alzheimer’s and dementia with valuable information, education, and resources. It also made us aware of just how many people are affected by this disease.”

- Big Rock Trucking

“Alzheimer’s is close to my heart. My grandmother was diagnosed with it and passed away in 2019. Even though the disease stole her memory, she had the same loving heart, and would walk with me for hours when I came to visit. It is very difficult to watch someone you care about live with this disease and not be able to help them.

In 2019, I decided to start a 5K and 10K walk/run event in Moose Jaw to raise money for Alzheimer’s research. I have been keeping this event an annual fundraiser and hope to see the number of participants grow over the years. In 2020, we were still able to have an outdoor event, ensuring everyone was socially distanced for the duration of their walk/run, and used online fundraising to promote less cash handling. So far, the event has been growing and successful. In the past 2 years, we have raised nearly \$20,000.”

- Sarah Clarke, Alzheimer Society Volunteer and Supporter

Sarah has single-handedly organized and led the annual Moosejaw Walk/Run for Alzheimer’s for the past three years by engaging corporate sponsors, managing multiple volunteers, and growing the



“I think that the Alzheimer Society has proven they do very beneficial and helpful work for people and caregivers – both professional and personal – whether that be in the areas of education, support, advocacy, or research. My husband and I can trust them to be good stewards of the money we donate.”

- Alzheimer Society of Saskatchewan Donor

walk/run participation each year, even throughout a pandemic.

A Night to Remember Gala

We were able to host our annual fall gala in-person at the Casino Regina Show Lounge this year. Attendance was limited to 200 guests to allow for more physical distancing and enhanced safety protocols for our guests.

The Andino Suns kept everyone entertained throughout the evening with their fiery instrumentation and dynamic vocals. Lucie Clark, a passionate Alzheimer Society supporter, shared her personal story about how dementia affected her and her family’s lives with a very touching speech. And, our live auction exceeded all of our financial expectations.

Thanks to all the support we received, our Gala raised over \$103,000.



IG Wealth Management Walk for Alzheimer’s

Our IG Wealth Management Walk for Alzheimer’s was held virtually across the province this year. Participants were encouraged to fundraise and get active in their own safe and creative ways and then attend a live broadcast on May 31st.

We had fewer registrations, but everyone worked twice as hard to raise \$100,000. Each walker raised, on average, \$50 more than in 2020.



Board Awards

Whether acting as board members, helping out around our offices, raising their voice by sharing their personal experience, lending a hand at fundraising events, or facilitating a support group, our volunteers are vital to ensuring we can help those affected by dementia.

Every year, we recognize individuals who demonstrate exceptional commitment to the Alzheimer Society in a volunteer capacity. The following recipients are all leaders in helping us achieve our mission.

Philanthropic Leadership – Gord Mertler



*Gord Mertler
with Board Member, Owen Kot.*

The Philanthropic Leadership Award is presented to an individual or family with a proven record of exceptional generosity who has demonstrated outstanding charitable responsibility, and whose generosity encourages others to take philanthropic leadership roles in the Alzheimer Society.

Gord's generous donations and attendance at our fundraising events, partnered with his heartfelt enthusiasm of our programs and services, has provided the space for new and existing donors to come forward in support and share their experiences. As a dedicated advocate and partner of the Alzheimer Society of Saskatchewan, Gord Mertler is an amazing community philanthropist.

2022 Volunteerism Award Garth and Rhondda Halkyard



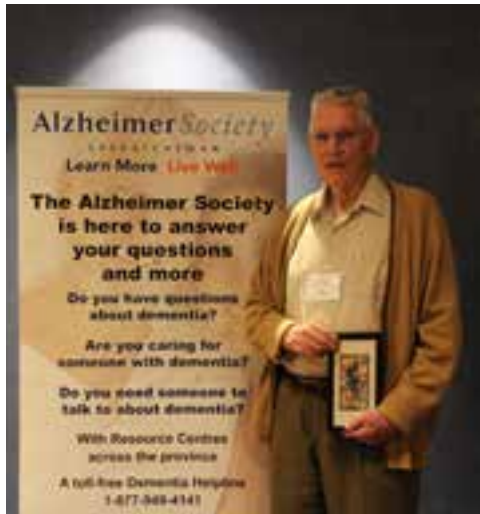
*Garth and Rhondda Halkyard pictured with their
Forget-me-not Volunteerism Award*

Garth and Rhondda Halkyard have been volunteering with the Alzheimer Society of Saskatchewan since 2014. They actively participate in annual fundraising events including our Night to Remember Gala and IG Wealth Management Walk for Alzheimer's.

Garth has done a wide variety of volunteering including the setup and teardown of events and photography services. Rhondda started as an event volunteer but has taken a more active role, serving on the Regina walk planning committee for five years.

Both Garth and Rhondda have also helped with annual mailout packages and with a variety of donor stewardship initiatives, such as handwritten thank you cards for first-time donors. They have been supporters we can depend on and bring an immense energy to the work they do.

The Corporate Leadership Award Ken Lee, KLM Ventures



Ken Lee pictured with his Leadership Award

Ken Lee has been a dedicated supporter of the Alzheimer Society of Saskatchewan and dementia research. His wife, Marlene, had dementia and passed away in 2016.

Since then, he has contributed over \$400,000 to dementia research. An educated and thoughtful individual, Ken always has questions to ask and is determined to fund research to get the answers needed.

In October of last year, Ken had the opportunity to visit the lab of Dr. Darrell Mousseau, the former Saskatchewan Research Chair in Alzheimer's Disease and Related Dementias.

This lab visit peaked Ken's interest in biomedical research and the hope it brings for a different future for people living with dementia.

Recently, Ken has pledged an additional \$600,000 over the next five years to fund proof of concept grants through the Alzheimer Society Research Program.

Honourary Lifetime Award - Ruth Lea 2022



Ruth Lea with Dan Kohl our incoming Board Chair

Ruth Lea was first elected to the Board of Directors in 2005. Ruth served three terms on the board, dedicating six years to providing vision and leadership to the work of the Society.

During her tenure with the Society, Ruth also chaired and served on the Finance and Audit Committee. In total, Ruth has dedicated eight years in governance on our Board.

In addition to serving on the Board, Ruth regularly volunteers for the IG Wealth Management Walk for Alzheimer's, the Gala, and she assists with public forums and other educational events.

Ruth is a Dementia Friend, monthly donor, and she is very committed to helping the Society improve the lives of people living with dementia across Saskatchewan.

Like so many others, she has family members and friends affected by dementia and has committed to giving back by volunteering and financially supporting the work of the Alzheimer Society of Saskatchewan.

Financial Reporting

The Alzheimer Society of Saskatchewan is the only provincial charity dedicated to empowering all people to live well with dementia while funding research into prevention, cures and quality of life. Thank you to our donors and supporters who believe in our vision and mission. Your dedication and support are critical to our success.

Despite the on-going challenges with the pandemic the Alzheimer Society of Saskatchewan remains financially sound with adequate reserves to meet our commitments and pursue our mission.



The Alzheimer Society of Saskatchewan is 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.

How we received our funds - \$3,456,470

- Donations and Fundraising – 36% (\$1,283,000) - including revenue from donations, fundraising and projects, national revenue sharing, sponsorships and grants
- Government – 33% (\$1,130,282)
- Government pandemic response grants – 11% (\$367,406)
- Interest and other – 2% (\$63,891)
- Major gift campaign – 10% (\$331,848)
- Planned giving – 8% (\$280,043)

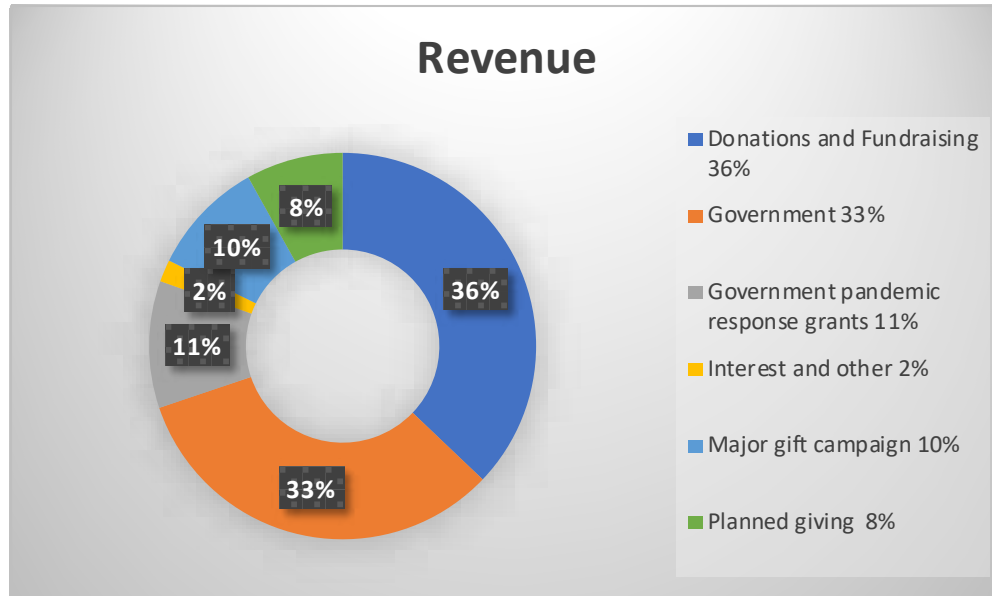
How we invested funds in our mission - \$3,255,985*

- Administration and Governance – 7% (\$233,682)
- Advocacy and Awareness – 14% (\$467,103)
- Programs and Services (includes federation assessment fees) – 45% (\$1,450,678)
- Research – 14% (\$455,146)
- Revenue Development – 20% (\$649,376)

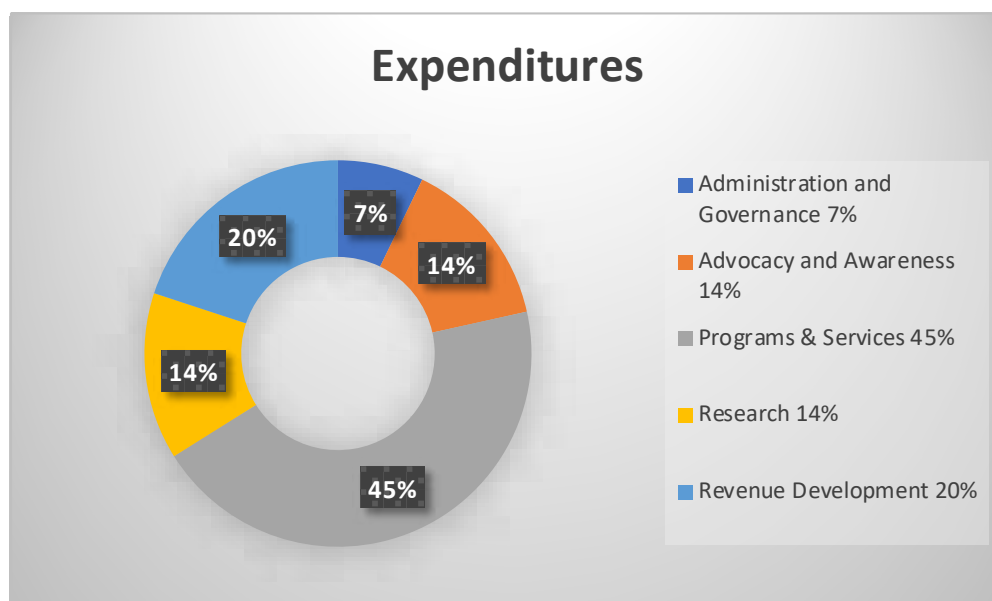
*\$200,485 represents an increase in net assets

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

How we raised our funds - \$3,456,470



How we invested our funds to support the vision and mission - \$3,255,985



Community and Corporate Donors

Transformational Giving (\$1,000,000+)

Government of Saskatchewan

Memory Makers (\$100,000 - \$500,000)

Government of Canada
Saskatchewan Population Health and Evaluation
Research Unit (SPHERU)

Visionaries (\$50,000 - \$99,999)

Fries Tallman Lumber Ltd.
IG Wealth Management
University of Saskatchewan, Dept. of Psychology

Champions (\$10,000-\$49,999)

Beverly and Garth Moore Foundation
Big Rock Trucking
City of Saskatoon - Saskatchewan Lotteries
Community Grant
L&L Gravel and Ranching Co. Ltd.
Our Lady of the Prairies Foundation
Saskatchewan Community Initiatives Fund
South Saskatchewan Community Foundation
Donald and Claire Kramer Trust Fund
Helen and Gerard Shearer Foundation Fund
G. Murray and Edna Forbes Foundation
SGI

Leaders (\$5000-\$9999)

Biogen Canada
Brandt Industries
Crane Fund for Widows and Children
SaskTel TelCare Employees Charitable Trust
University of Waterloo, Faculty of Health

Partners (\$1000-\$4999)

Avison Young
627580 Saskatchewan Ltd.
Alliance Energy Ltd.
Arnason Bourassa Family Foundation
Arnold and Edna Single Family Foundation
Baycrest
Bayshore Foundation

Bluesky Financial Planning
Brightwater Senior Living of Capital Crossing
CG Wealth Management
CIBC
Home Instead Senior Care
CN Employees' And Pensioners' Community Fund
College Park II Retirement Residence
Darren Adams Accounting Services
DCG Philanthropic Services Inc
Double K Excavating Ltd
Employment Social Development Canada.
Ens Auto
Episcopal Corporation of Saskatoon
Holy Spirit Parish
Floors By Design
Fraternal Order of Eagles
Gordie Howe Fund for Alzheimer's Research
Harry Allen Life Member Club SaskTel Pioneers
Harry Allen Life Member Club T.P.A.
Hill Avenue Drugs Ltd.
Harvey Johnson
K+S Potash Canada GP
Karl Jett Holdings Ltd.
Kesslering Forsythe Family Fund
Kipling and District Donors Choice Appeal
Knight Archer Insurance
MEGA Group Inc.
Morsky Construction
Outlook Donors Choice
Pennant Farming Co. Ltd
Nutrien
Private Giving Foundation
R&K Robertson Foundation
RBC Dominion Securities
RBC Foundation
RBC Royal Bank
Regina Central Lions Club
Saskatchewan Health Research Foundation
SaskPower
SaskTel Pioneers Prairie Council
Site Management Services (Regina) Inc.
Sound Impressions Hearing Centre
Taylor Lexus Toyota
TelCare Saskatchewan
United Way of Regina

University of Saskatchewan
Wheaton Chevrolet

Friends (\$500-\$999)

Biggar and District Donors Choice
Craik and District Donors Choice
Cut Knife Donors Choice
Days Inn
Discovery Coop
Eatonia Donors Choice
Estate of Ethel Hickey
Gainsborough Donors Choice
Harvard Western Insurance
Hillis and Jo Ann Thompson Family Foundation
I M Wireless Communications Ltd.
Lola Stroud Charitable Fund
Manulife
Melville and District Donors Choice
Prince Albert Drug Co. Ltd. Medical Pharmacy
Realty Executives Gateway Realty
Riverbend Crossing Retirement Community Inc
Saskatchewan Blue Cross
Saskatchewan Liquor and Gaming Authority
Saskatoon Bridge Club
SaskCentral
Scottish Heritage Society
Strasbourg and District Combined Appeal
TelCare Estevan
TelCare Prince Albert
TelCare Yorkton
United Commercial Travellers Council #266
United Way of Greater Toronto

Champions (\$10,000-\$49,999)

Myrna Berwick
Estate of Lynn McLean
Dianne Fowler
Ken Lee
Sherry Wailing
Basil and Cheryl Waslen

Leaders (\$5000-\$9999)

Alan and Patricia Barrett
Jack and Gaylene Drew
Melva Hnidy
Betty Anne Latrace-Henderson
Joyce Latrace-Lundquist
Dayle and Adell Pfeifer
Sharon Robert
Laura Sackville
Evelyn Sawchuk
Kevin Stricker
Scarlett Wheaton

Partners (\$1000-\$4999)

Irene Beck
Sandra Bergen
Usher Berger
William Black
Mark and Joanne Bracken
Sheila Broadfoot
Charlene Callander
Brent and Susan Chappell
Orid and Raeanne Denomie
William Dust
Deb Fiessel
Mike Frombach
Madeleine Haubrich
Evelyn Hopkins
Doug Hunter
Graeme and Susan Hunter
Richard Kilburn
Brent Kloczko
Dan Kohl
Glen Koshman
Leonard and Helen Kutz
William P. Lampman
Malcolm Leggett

Individual Donors

Memory Makers (\$100,000 - \$500,000)

Estate of Ida Shipp
Gordon and Jill Rawlinson

Visionaries (\$50,000 - \$99,999)

Estate of Lawrence Koehmstedt
Estate of Leonard Denis Brown
Gord Mertler
James and Lisa Yuel

Marilyn Leggett
Helen Lui
Irene Martins
Barbara McBride
Rod McDonald
June Morgan
Leah Nelson Guay
Sandra Porsnuk
Otto Psenica
Joe and Bev Remai
Herman and Myrna Rolfes
Connie and Jaycen Snider
Terry Springer
TelCare Saskatoon
Beryl Tell
Darrin Thompson
Joan Thompson
Winona Trudelle
Howard and June Vigrass
Sheena Walls-Ingram
L. Wrishko

Friends (\$500-\$999)

Darren Adams
Mary Baerg
Richard and Rita Baker
Norma Barber
Jeff and Gale Barnes
Rob Barrett
Suzanne Benning and Steven Harty
Joye Binnie
Wendy Bishop
Karen Brehm
Mike Brown
Sheila Campbell
Emile Carles
Darren and Heather Churchwell
Elizabeth Clelland
Brian and Darlene Cocks
Dona Connor
Kimberley Coutts
Kathleen Defoe

David Dodds
Cecily Doshen
Lawrence Doshen
Winanne Downey
Twila Drimmie
Dianne Elkington
Shannon England
Gary Bainbridge
Dennis and Ines Fabris
Odile Fahl
Bonnie Farr
Danette Flegel
Isabella Frank
Hans and Merle Gaastra
Rod Gardner
Irwin Gellner
Karen Gienow
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Laurie Hammond
Janice Hardy
Paul Hartman and Martha McIntyre
Dean Heidt
Bruce Hesselink
Ron Hilton
Patricia Holst
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Cal and Marion Isaacson
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Doug Johnson
Larry and Karen Johnstone
Ken Kachur
David and Carolyn Keegan
Bruce Kesslering
Jay-Ann King-Clyde
Joe Kirko
Dennis and Vyenda Korte
Ron Kruzeniski
Ross Leachman
Ralph Machin
Ronald MacKay

Bruce McCarthy
Luke McConnell
Grant McGrath
Carol Meachem
Craig and Teresa Menzies
Joanne Michael
Lyle and Carol Minogue
Carol Murphy
Myles and Karilyn Nelson
Martha Peacock
Agnes Peever
Judy Pender
Irene Piché
Brian and Patricia Proudlove
Sandra Rath
Chad Reich
Clay Reich
Iris Riese
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Wayne Rotheisler
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Matt Semple
Gerald Shauf
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Barb Ulmer
Jeffrey Vicq
Muriel Von Odor
John and Jennifer Wallace
Mary Anne Walter
Francis and Mavis Weber
Dave Wellings
Abby Wickson
Murray and Valerie Wood
Ed Zintel

A Community of Support

Alzheimer Society
SASKATCHEWAN
Learn More Live Well



When you choose the Alzheimer Society you join a community of supporters and experts committed to helping each of us thrive.

Our role as a Society is creating and fostering a community of caring, support and knowledge in the management of dementia in the lives of those living with the disease.

Dementia Helpline

Monday – Friday 8:30 am – 4:30 pm
1-877-949-4141 helpline@alzheimer.sk.ca

Cypress Resource Centre

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

Prairie North Resource Centre

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

Prince Albert Parkland Resource Centre

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

Our community of support is rich in information, experience, and services – we create resources that people can turn to and tap into when needed.

Our work is about creating a place for people to connect and share their experience and knowledge. We welcome you to join our community of support.

Regina Qu'Appelle Resource Centre

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

Saskatoon Resource Centre

Serving Saskatoon, Humboldt, and surrounding areas
Ph: 306-683-6322 saskatoon@alzheimer.sk.ca

Sun Country Resource Centre

Serving Estevan, Weyburn and Southeast SK
Ph: 306-634-4002 suncountry@alzheimer.sk.ca

Sunrise Resource Centre

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