

February 2024
Newsletter

RaDAR

RURAL DEMENTIA ACTION RESEARCH



RaDAR Team Nov 2023
Not all team members present
Photo credit - D.Marshall



Dr. Debra Morgan, CCHSA Professor and Chair in Rural Health Delivery, has been leading the interdisciplinary RaDAR team since 2003.

The team's goal is to improve dementia care in rural/remote settings.

The RaDAR research program has two main streams, [the specialist Rural and Remote Memory Clinic \(RRMC\)](#), and [the rural primary healthcare memory clinics](#), and is guided by the Knowledge Network in Rural and Remote

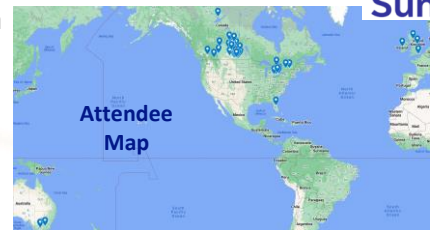
Dementia Care. The Network consists of people living with dementia and family members, front-line health care providers and managers, and other stakeholders including health region representatives, international researchers, and individuals from governmental and community-based organizations.

The Network meets annually at the Rural Dementia Care Summit, the RaDAR team's key knowledge exchange event, where members provide input into new and ongoing research projects.

The 16th annual Summit meeting was held virtually on November 21st & 22nd with over 180 registrants

**2023
Online
Summit**

for the two-day online event that included an evening poster session and both live and pre-recorded presentations on a variety of topics with a diverse group of presenters from across the globe.



Keynote Presenters joined Summit from Ireland



Carmel Geoghegan

Carmel Geoghegan, founder of [Dementia Ireland](#), is an advocate and supporter of campaigns that keep the spotlight on Dementia and End of Life Care. Her priority is the development of practice and policies that respect people living with a dementia diagnosis. Carmel's advocacy work stems from becoming primary carer for her late Mum Angela in January 2011 until 2014.



Helen Rochford-Brennan

Helen Rochford-Brennan is a Global Dementia Ambassador who has made significant contributions to the field of dementia advocacy and research. She has been actively involved in numerous organizations and initiatives dedicated to raising awareness of dementia and promoting the rights of people living with Alzheimer's disease and other forms of dementia.

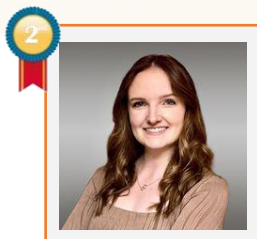
Bilokreli Family Trust Fund

The RaDAR team is the recipient of funding to support Summit and the team's activities, generously provided by the Bilokreli family. The family has an interest in supporting rural dementia research in the province, and we are pleased to offer student poster prizes in their name to student trainees working in the field.

Summit 2023 Bilokreli Student poster prizes were awarded to:



1st Place: Hana Dakkak



2nd Place: Julie Beitel



3rd Place: Hassan Yassin

More from Summit 2023, including an archive of presentations shared, is available on our website under the tab **'Previous Summits'**.

Thank you to the Bilokreli Family for their support

The RaDAR research program – two main streams:

The specialist Rural and Remote Memory Clinic (RRMC), and the Rural primary care Memory Clinics (RMCs)



Dr. Debra Morgan holds a multi-year Canadian Institutes of Health Research (CIHR) Foundation Grant (2016-2026) for the research program “Design and evaluation of integrated primary health care practice for dementia in rural and remote settings”. Co-investigators include Drs. Julie Kosteniuk, Megan O’Connell, Andrew Kirk, and Norma Stewart, and other Canadian and international experts.

The core of the Foundation program is to design, implement and sustain rural primary health care (PHC) memory clinics that offer initial evaluation and management of individuals with suspected dementia, and scale-up the clinics to additional communities. Monthly 1-day memory clinics have been established in the southeast Saskatchewan communities of Kipling, Weyburn, Bengough, Radville, Carlyle, Maryfield, Esterhazy, and Lampman. Members across the 7 teams include physicians, nurse practitioners, home care nurses, social workers, occupational therapists, physical therapists, dietitians, pharmacists, and Alzheimer Society First Link coordinators.



The Canadian Consortium on Neurodegeneration in Aging (CCNA) was established by the Canadian Institutes of Health Research in April 2014 to address the growing prevalence of Alzheimer Disease and other dementias in Canada. **CCNA Phase II** brings together over

350 researchers across 19 teams, including **CCNA Team 15 Rural led by Drs. O’Connell and Morgan**. CCNA hosts an annual Partners Forum and Science Day (PFSD) which is attended by all 19 CCNA teams. **As part of Team 15’s research, the RaDAR team continues to sustain and evaluate the impact of seven rural memory clinics established in southeast Saskatchewan in CCNA Phase 1, co-led by Drs. Morgan and Kosteniuk.**

Rural and Remote Specialist Memory Clinic (RRMC)



- Administrative Director...Dr. Debra Morgan*
- Neurologist.....Dr. Andrew Kirk*
- Clinical Director.....Dr. Megan O’Connell*
- Clinic Nurse Darla Walz*
- Psychometrist..... Duane Minish*
- Physiotherapist..... Julie Jensen*
- Physiotherapist..... Jennifer Fairbairn*
- Staff in Psychology.....August Kortzman (absent from photo)*
- Clinical Support.....Shelley Biller (absent from photo)*

RRMC team members November 2023
- image credit Debra Marshall

The RaDAR team implemented the specialist Rural and Remote Memory Clinic (RRMC) in 2004, to provide diagnosis and management of atypical and complex cases of suspected dementia. The one-stop interdisciplinary clinic streamlines the assessment process by coordinating a complete team assessment and feedback on one day, and uses Telehealth videoconferencing for follow-up appointments. The specialist RRMC was started as a research project and now receives funding from the Saskatchewan Ministry of Health to provide clinical services to Saskatchewan residents.

Since our return to in-person appointments, we continue to use lessons learned during COVID. For example, when appropriate, patients are offered the option for follow-up appointment to be done via web-conferencing to lessen travel burden.

*Clinic team feedback meeting with patient in family consultation room.
Image credit: Honey Cut Productions*



Dr. Megan O'Connell

Dr. Megan O'Connell leads the evaluation of the Virtual Rural and Remote Memory Clinic intervention (vRRMC) and notes that the vRRMC was a pandemic necessity, but our evaluation helped us understand the need for a similar model post-pandemic. **We have also seen a noticeable increase in the need for our memory clinic and have submitted a request to Saskatchewan Health for an expansion.**

Dr. O'Connell continues to present on and train people in the Canadian Indigenous Cognitive Assessment (CICA), and presented with Dr. Jennifer Walker on the CICA for the department and the clinical psych community on Jan 8. Dr. O'Connell and August Kortzman (Senior Graduate student and staff in psychology) have been training members of Dr. Arlene Kent-Wilkinson's research team to deliver the CICA at RPC. Drs. O'Connell and Walker held a CICA training on Jan 29 for the upcoming Indigenous Dementia Conference in Ontario.

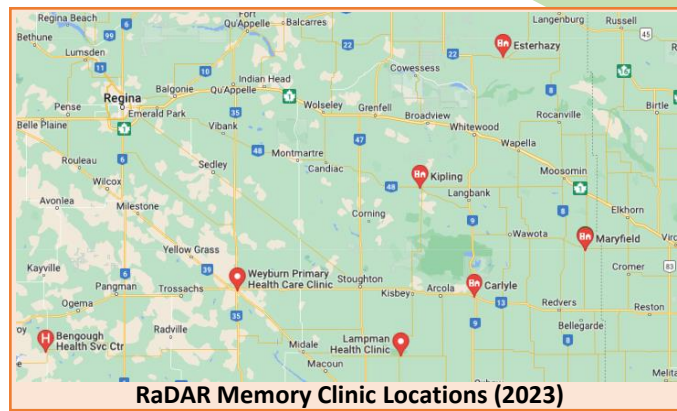
Two of Dr. O'Connell's students, August Kortzman and Karl Grewal, are currently conducting care partner interventions for their respective dissertations. August is introducing a short-term focused course of Interpersonal Psychotherapy to increase perceived care partner social support, and Karl is using off-the-shelf technology to augment perceived care partner efficacy in the home.

Finally, Dr. O'Connell is collaborating with numerous partners across Canada. She is the Saskatchewan primary investigator on the implementation of the Canadian edition of the Computer Interactive Reminiscence and Conversation Aid (CIRCA-CA), led nationally by Dr. Arlene Astell at University Health Network in Toronto. She is also bringing a multi-domain post-diagnostic support intervention to Saskatchewan – the Dementia Lifestyle Interventions for Growing Healthy Together, led by Laura Middleton at the University of Waterloo.

Learn more about specialist services provided virtually to people and health care providers in our province at www.remotememoryclinic.ca

RaDAR primary care memory clinics are an ongoing collaboration between Saskatchewan Health Authority primary health care teams and the [Rural Dementia Action Research \(RaDAR\)](#) Team. The [2023 RaDAR Memory Clinic Report](#) provides team and research updates. Held in rural southeast Saskatchewan communities, local one-day memory clinics are intended to reduce travel and wait times for specialist appointments, providing coordinated care and support for patients and families.

Memory clinics are held every 1-2 months or as needed by each primary health care team as part of their regular services in the communities of Kipling, Weyburn, Rural West (Bengough and Radville), Carlyle, Maryfield, Esterhazy, and Lampman. Specialist support for health professionals and remotely-delivered interventions for patients and families are offered through the specialist [Rural and Remote Memory Clinic](#) at the University of Saskatchewan, which is part of the RaDAR program and provides ongoing clinical and research services. Lampman and Esterhazy primary health care teams are the latest to join the RaDAR program. The teams held their first memory clinics completing orientation and PC-DATATM training with Dr. Dallas Seitz, a geriatric psychiatrist at the University of Calgary and the developer of PC-DATATM (Primary Care Dementia Assessment and Treatment Algorithm). Funding to support involvement of the Esterhazy team is provided by a grant to Dr. Debra Morgan from the [Dementia Supports in Rural Saskatchewan](#) study (Project Lead Dr. Bonnie Jeffery). The study supports initiatives in Yorkton and surrounding communities focused on increasing social inclusion of people living with dementia. The RaDAR team continues to collaborate with health professionals and the Saskatchewan Health Authority to establish additional memory clinic sites in the province.



RaDAR Memory Clinic Locations (2023)



Esterhazy Memory Clinic team

Esterhazy Memory Clinic Team, in partnership with RaDAR and Dr. Bonnie Jeffery and SPHERU, met with Honey Cut studios in Oct 2023 and created a video where the team takes us through a typical memory clinic visit. **The video is now available at :** https://youtu.be/7R_M81Y9Plg



What's been happening lately at the RaDAR rural memory clinics? Let's hear from Chelsie on the ground!

- There were 2 memory clinics both held in Esterhazy between November 28 and January 24 where teams met with a total of 4 patients and families, all patients were new patients.
- The Esterhazy team has been holding clinics regularly once a month since they started their first clinic. They have been seeing patients from their community but also reaching out to patients who live in the surrounding area.

Chelsie Cameron, RaDAR Rural PHC Memory Clinic Coordinator

We are continuing to spread the rural primary care memory clinics.

If you or someone you know might be interested and want to learn more, please contact Debra Morgan at debra.morgan@usask.ca.

2023 Update on RMCs Available at: <http://tinyurl.com/3v25m7rz>

Learn more about the clinics under the Rural PHC Memory Clinics tab on the RaDAR website www.ruraldementiacare.usask.ca



Dr. Allison Cammer

Dr. Cammer is a registered dietitian and Assistant Professor in the College of Pharmacy and Nutrition at the University of Saskatchewan, and is an investigator with the RaDAR team whose research program centers on nutrition and dementia.

One project currently underway is The Cognitive Kitchen. This evidence-based program was codesigned by RaDAR team members and patient-family partners. It is being offered both virtually and in-person for adults 55+ and care partners of people living with dementia. Each session in the six-part series includes a hands-on preparation

component and discussion on strategies to support dementia risk reduction and living well with dementia. Ingredients are provided for in-person sessions and ingredient reimbursement of up to \$50 per session is available for virtual programs. Participants must be living in Saskatchewan and priority is given to those living in rural areas.

Virtual sessions will continue to be offered from January-July 2024. In-person sessions will resume in the spring of 2024 and will be held in communities within a 150 km radius of Yorkton, SK. Programs are being scheduled based on participant interest and availability, so register now to be the first to know when one is available to suit your preferences!

To register, please complete the intake survey to confirm your eligibility and scheduling preferences: <https://www.surveymonkey.ca/r/cognitivekitchenintake>. **To learn more**, visit: <https://cchsa-ccssma.usask.ca/ruraldementiacare/research-and-projects/resource-art/2023-cog-kit-program.php> or contact the program coordinator at julie.beitel@usask.ca or (306) 966-5303. **Recruitment poster below (and on page 9)!**

The Cognitive Kitchen is funded in part by the Government of Canada's New Horizons for Seniors Program.

COGNITIVE KITCHEN

No cost to participate!



- **A 6-session virtual social cooking class ft. discussions on strategies to support dementia risk reduction and living well with dementia**
- **Two streams available:**
 - One for adults 55+
 - One for care partners of people living with dementia
 - We welcome people living with dementia to attend the program most suitable for them
- **Open to SK residents**
 - Priority given to participants living in rural SK



To Sign Up: Scan the QR code or enter the link below to complete the intake survey to express your interest

www.surveymonkey.ca/r/cognitivekitchenintake

OR

Contact the Cognitive Kitchen Coordinator at julie.beitel@usask.ca or (306) 966-5303

The optional research component of this program has received ethical approval from the University of Saskatchewan Behavioural Research Ethics Board (Beh #4108).







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





Julie Beitel, MSc nutrition student working with Dr. Allison Cammer was awarded a CIHR MSc scholarship (2022 - 2023) for her work examining the role of participant socialization within The Cognitive Kitchen: Virtual Culinary Intervention for Dementia Prevention. Julie defended her thesis on this work in December 2023.

Ashlee Buekert, MSc nutrition student working with Dr. Allison Cammer was awarded a SSHRC MSc Scholarship (2022-2023) for her project 'Steps towards addressing food sovereignty for Indigenous older adults (IOA): using an Indigenous framework to discover barriers and supports to including country harvested foods in long-term care'.

Virginia Deobald, Masters student, Nursing, with Dr. Shelley Peacock. Virginia's thesis is focused on non-pharmacological interventions for persons living with dementia while in long-term care facilities from the nurse perspective.

Meghan Flath, PhD student, Clinical Psychology with Dr. O'Connell, is exploring the impact of pet ownership and social isolation on cognition changes in older adults and presented this research at the Canadian Association on Gerontology Conference in 2023. She is also working on research aimed at identifying potential barriers and facilitators to older adult pet ownership.

Ben Gould, PhD student, Clinical Psychology with Dr. O'Connell is exploring Mi'kmaq community Mental Wellness needs, identifying and discovering appropriate approaches to improving aging and quality of Life.

Karl Grewal, PhD student, Clinical Psychology with Dr. O'Connell is working on integrating sensor technology to measure daily function as an outcome measure for cognitive rehabilitation for persons living with dementia.

August Kortzman, PhD student, Clinical Psychology with Dr. O'Connell, is currently working finishing his PhD, and recently completed a one-year clinical health psychology internship through the University of Manitoba. His current research focuses on an intervention aiming to improve the informal social support network of care partners of persons with lived experience of dementia.

Seshni Naidoo, MSc student in Nutrition with Dr. Cammer is examining the nutrition related support required in urban and rural house-model long-term care homes. Seshni presented her research at the Canadian Association on Gerontology 41st Annual Educational & Scientific Meeting in Regina, SK (October 2022).

Jake Ursenbach, PhD student, Clinical Psychology with Dr. O'Connell, is working on differences in rural and urban dwellers in cognitive function, which has implications for assessment and dementia diagnosis for rural patients.

Underlined or * = Supervisee

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Bacsu, J. D., Kortzman, A., Fraser, S., Chasteen, A., McDonald, J., & O'Connell, M. E. (2023). Understanding intersectional ageism and stigma of dementia: A systematic scoping review protocol. *JMIR Research Protocols*, 12, e46093, <https://doi.org/10.2196/46093>

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Grewal, K. S., Gowda-Sookochoff, R., Kirk, A., Morgan, D., & O'Connell, M. E. (online ahead of print). Base rates of low neuropsychological test scores in older adults with subjective cognitive impairment: Findings from a tertiary memory clinic. *Applied Neuropsychology: Adult*. <https://doi.org/10.1080/23279095.2023.2208699>

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Joundi, R., O'Connell, M. E., Patten, S., & Smith, E. (2023). Mediation of Post-Stroke Function by Cognition in the Canadian Longitudinal Study on Aging. *Canadian Journal of Neurological Sciences*, 1-9. <https://doi.org/10.1017/cjn.2023.6>

Kosteniuk J., Morgan D, Acan Osman, B., Islam, N., O'Connell M.E., Kirk, A., Quail, J., Osman, M. (2023). Utilization of health services before and after diagnosis in a specialist rural and remote memory clinic. *Canadian Geriatrics Journal*, 26(3): 350-363. [doi:10.5770/cgi.26.653](https://doi.org/10.5770/cgi.26.653)

Kosteniuk, J., Morgan, D., Elliot, V., Bayly, M., Froehlich Chow, A., Boden, C., & O'Connell, M. E. (2023). Factors identified as barriers or facilitators to EMR/EHR based interprofessional primary care: a scoping review. *Journal of Interprofessional Care*, 1–12. Advance online publication. <https://doi.org/10.1080/13561820.2023.2204890>

Mogic, L., Rutter, E.C., Tyas, S. L., Maxwell, C. J., O'Connell, M. E., & Oremus, M. (2023). Functional social support and cognitive function in middle- and older-aged adults: a systematic review of cross-sectional and cohort studies. *Systematic Reviews*, 12(86). <https://doi.org/10.1186/s13643-023-02251-z>

O'Connell, M. E., Kadlec, H., Griffith, L. E., Wolfson, C., Maimon, G., Taler, V., Kirkland, S., & Raina, P. (2023). Cognitive impairment indicator for the neuropsychological test batteries in the Canadian Longitudinal Study on Aging: Definition and evidence for validity. *Alzheimer's Research & Therapy*, 15. <https://doi.org/10.1186/s13195-023-01317-3>

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BOOKS

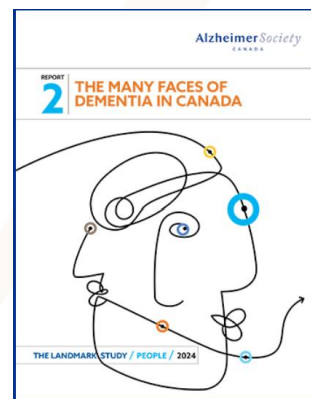
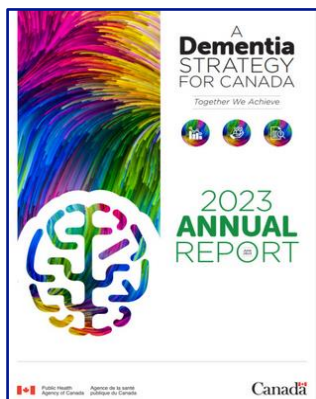
Jeffery, B., Bacsu, J. D., Abonyi, S., Johnson, S., & Martz, D. (2023). Rural seniors. In: F. Maggino (ed.), *Encyclopedia of Quality of Life and Well-Being Research*, pp.1-6. Switzerland AG: Springer Nature. [doi:10.1007/978-3-319-69909-7_3564-2](https://doi.org/10.1007/978-3-319-69909-7_3564-2)

TECHNICAL REPORTS

Kosteniuk, J., Morgan, D., Elliot, V. . *Rural Memory Clinics: 2023 Update*. (2023). [report]. Printed at the University of Saskatchewan, Saskatoon, SK, Canada. (13 pages) . Available at: <https://cchsa-ccssma.usask.ca/ruraldementiacare/publications/2023-radar-memory-clinics-report.pdf>

A complete list of publications can be accessed on the RaDAR website at: <https://cchsa-ccssma.usask.ca/ruraldementiacare/RaDAR%20Publications.php>

What's on our radar?



Follow us on



@RaDAR_Usask

How to get involved in research ...

Participant recruitment is underway for:

Steering Committee – Team Members Needed

Do you live in rural Saskatchewan and have experience with dementia or cognitive issues?



Dr. Megan O'Connell is assembling a steering committee of people who live in rural Saskatchewan, to facilitate and guide research on dementia and caregiving in rural Saskatchewan.

WE WANT YOUR INPUT!

Participants will:

- attend virtual meetings
- provide input on projects
- be team members on grants

Contact us to ask questions or get involved:

Shoshana Green, Research Coordinator
shoshana.green@usask.ca
306-966-2394



Computer Interactive Reminiscence and Conversation Aid CIRCA – SK

Do you remember Saskatchewan in the 70s? 60s? 50s?



We are collecting material for a multi-media tool for promoting conversation with people living with dementia.

Your involvement would include viewing the material and making suggestions on contents.

We will:

- meet in-person for one 60-90 minute session
- provide an honorarium in the form of a gift card
- provide parking and refreshments
- meet by videoconference if in-person is not feasible

Contact us to ask questions or get involved:

Shoshana Green, Research Coordinator
shoshana.green@usask.ca
306-966-2394

Project approved by
University of
Saskatchewan
Behavioural Research
Ethics Board



COGNITIVE KITCHEN

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OR

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The optional research component of this program has received ethical approval from the University of Saskatchewan Behavioural Research Ethics Board (Beh #4.108).



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



DEPARTMENT OF ANESTHESIOLOGY UNIVERSITY OF SASKATCHEWAN

PARTICIPANTS NEEDED FOR RESEARCH IN POSTOPERATIVE DELIRIUM

We are looking for patients (aged 65+), their family members, and healthcare providers to share their experience with postoperative delirium.



As a participant in this study, you would be asked to take part in one interview (virtual or by email) about your experiences with postoperative delirium (delirium after surgery). We will also ask questions such as age, gender, languages spoken, and varied abilities. Participation is expected to take less than 1-hour of your time.

Participation is voluntary. Your decision to participate will not affect any benefit of medical care or employment to which you are entitled or currently receiving.

For more information about this study, or to volunteer for this study, please contact:

Maria Cruz
Department of Anesthesiology
maria.cruz@usask.ca
306-966-8305 or



Scan to email Maria about this study!

This study has been approved by the University of Saskatchewan Behavioural Research Ethics Board

Also see page 15 for another opportunity to participate in research!

PROGRAMS & SERVICES

The Alzheimer Society of Saskatchewan's programs and services help people with dementia, their care partners, families, and friends by providing information, support, education and referral to other community services. Alzheimer Society Programs and Services staff support people with dementia and families across Saskatchewan who are faced with the everyday challenges of living with dementia.

What can clients expect from Alzheimer Society of Saskatchewan?

- Individualized connection and service
- Individual information and support – available for both the person with dementia and caregiver
- Learning Opportunities
- Support Groups
- Minds in Motion®
- Connection to other organizations

First Link® Referrals

First Link® is a program of the Alzheimer Society that connects people with dementia and their families to information, support services and education as early as possible and throughout the progression of the disease.

How do I make a referral?

- People with dementia and/or their caregivers, family members or support persons can call us at **1-800-263-3367** to be referred to the First Link® program.
- Physicians, other health professionals and community organizations can refer individuals and families affected by dementia by completing a First Link® Agency Referral Form.

To learn more about the First Link® program, referral process, and to download a referral form, click [here](#).

Client Services Team Managers Melody Neufeld and Kaylee Elford share information in the following video about Alzheimer Society First Link®, our Programs and Services and how to make a referral. Watch it here:


<https://www.youtube.com/watch?v=UknzoQuuuxE&t=3s>

First Link Highlight Report

On behalf of people living with dementia and their families across Saskatchewan, we are proud to provide you with a copy of our 2022-2023 [First Link Highlight Report](#). This was a successful year for the Alzheimer Society, and more importantly for people living with dementia across Saskatchewan, as we provided programs and services to nearly **2700 clients from 300 different communities** across Saskatchewan. The report provides an overview of our successes and ways we made a difference to those living with dementia. Thank you to our referral partners for connecting your patients and clients to us. Some highlights of the past year:

- Between 2022 and 2023, we experienced a 35% increase in the number of new clients
- 54% more referrals were received by healthcare professionals who diagnose and treat
- 88% of our clients are satisfied with the information, education, and support they receive
- 94% of our clients would recommend Alzheimer Society Programs and Services to family and friends

Dementia Helpline

When it comes to questions about dementia,
 **call our Dementia Helpline at 1-877-949-4141** or
email us at helpline@alzheimer.sk.ca

Our Dementia Helpline is available Monday to Friday, 8:30am - 4:30pm.

**Watch this 3 minute video to meet our
Dementia Helpline Coordinator, Shaelyn Serron,**
and hear more about her position and how she supports the people of
Saskatchewan: <https://www.youtube.com/watch?v=UWoH3Wvttx4>

Support Groups

The Alzheimer Society offers support groups for people with dementia and caregivers that can improve quality of life and the ability to cope with the challenges of the disease. Alzheimer Society support groups offer a chance to:

- Exchange information and friendship with others living with and affected by dementia
- Access the most current information
- Learn and share practical tips for coping with change
- Decrease feelings of loneliness and isolation
- Express feelings and be reassured that these feelings are normal
- Find a sense of hope

Saskatchewan dementia support groups are offered in a variety of formats: in-person, virtual (by Zoom), hybrid (can attend in-person or virtually by Zoom) and telephone. **Visit our [Support Groups page](#) for groups and registration information.**

Minds in Motion®

Minds in Motion® (MiM) is a weekly fitness and social program for those with early-stage dementia and a friend, family member or caregiver. Enjoy physical activity conducted by a certified fitness instructor, followed by activities & social time in a relaxed atmosphere. Develop new friendships with others living similar experiences.

The winter 10-week sessions are starting the end of January/early February -- in-person in Saskatoon and Regina, as well as a virtual session.

Watch for upcoming information for spring Minds in Motion dates and registration information on our [Programs and Events page](#). Saskatoon and Regina session information is also located in their city's leisure guides.

To view a video explaining the Minds in Motion® program, click [here](#). If you have questions about the program, email mindsinmotion@alzheimer.sk.ca

In 2022, a research study was undertaken with the Minds in Motion® program by Dr. Cathy Arnold, Professor, School of Rehabilitation Science (Usask) and her research team. The research study was funded by College of Medicine CoMRAD Grant, University of Saskatchewan. We spoke with two of the researchers involved to discuss the results of the study. **Learn more on the blog post [here](#).**

[More information](#) in this report. →



Learning Opportunities for People with Dementia and Families

The Learning Series helps people with dementia, their families, and friends to live as well as possible with the disease. The courses offered build upon each other to provide participants with a comprehensive overview of dementia, coping strategies, available resources and support. Participants can learn and share with others who are affected by dementia. Courses are free to attend. For more information, click [here](#).

Keep checking our [Programs and Events page](#) for updates regarding winter and spring programming and offerings! We will continue to provide virtual learning opportunities (by Zoom) as well as offer in-person sessions in Saskatoon and Regina.

To register for learning series courses
Contact 1-877-949-4141 or helpline@alzheimer.sk.ca

Evenings of Education

Evenings of Education are presented virtually by content experts on stand-alone topics, approximately four times a year. The target audience is people living with dementia and their caregivers, although health care professionals are also welcome. Evenings of Education are free to attend.

Our next Evening of Education is on Jan. 31 at 7 pm, “Mental Health & Support for Caregivers along the Dementia Journey” with presenters Michelle Buglas, Counsellor, Anderson Dupuis Wellness and caregivers- Patti Schaan and Tim Haubrich. Topics to be covered will be mental health challenges along dementia journey, supports, coping strategies, and programs available. For more information and to register, click [here](#).



Browse the [Alzheimer Society National Resource Library](#) to find a broad range of other helpful and informational documents, videos and links related to dementia.

Resources

Take a look at our presentation and webinar recordings located on our [Alzheimer Society of Saskatchewan YouTube channel!](#)

Browse the [Our Resources web page](#) for a list of local resources available to you and your family from the Alzheimer Society of Saskatchewan.

Join us as we put a 'Spotlight' on Research

The Alzheimer Society of Saskatchewan believes research is vital in **advancing opportunities**, to fit together the many tiny puzzle pieces that will, slowly but surely, produce transformative change for everyone, to enrich the best possible life for people living with dementia.

Research changes everything.

We invite you to learn more about current dementia research projects in Saskatchewan!

[Spotlight on Research presentation](#)

[Thursday, February 15, 2024](#)

[7 - 9 pm](#)

[Online via Zoom](#)

[Please click here to register](#)

Or call Rebecca Snider at 1-800-263-3367.

Featuring presentations by:

- Dr. Darrell Mousseau, Professor in the department of Psychiatry and the Director of the Cell Signalling Laboratory at the University of Saskatchewan
- Dr. Allison Cammer, College of Nutrition and Pharmacy, University of Saskatchewan
- Louise Castillo, PhD Student in Clinical Psychology, University of Regina
- Dr. Arlene Kent-Wilkinson RN. PhD Professor, College of Nursing, University of Saskatchewan
- Dr. Krista Lagimodiere, MD, FRCPC is a Geriatrician in Saskatoon and Assistant Professor in the Division of Geriatric Medicine, Department of Medicine at the University of Saskatchewan
- Dr. Bryce Stoliker, PhD Criminology and is a Research Officer at the Centre for Forensic Behavioural Science and Justice Studies at the University of Saskatchewan
- Dr. Christie Tetreault, MSc, PhD (Psychology) is a post-doctoral fellow at CFBSJS at the University of Saskatchewan

Note: All participants must register to receive the Zoom invitation for this webinar. This session will be recorded.

For additional information, please contact Rebecca Snider by email or phone at rsnider@alzheimer.sk.ca or 1-800-263-3367.

Research Opportunity

Are you living with dementia, a family member, or a dementia/palliative care professional?

The University of Waterloo and KITE Research Institute, Toronto Rehabilitation Institute – UHN are looking for people to participate in a research study to develop a documentary film about compassionate end-of-life care for people living with dementia. **The project is being funded by the Alzheimer Society of Canada.**

Participation includes:

1. Discussing in a research conversation group of 5-7 people what compassionate relationship-centred end-of-life care could look like.
2. Completing a short demographic questionnaire

To participate in this project, people living with dementia and family members must:

- be living in Canada
- be a Canadian citizen or permanent resident
- have a diagnosis of dementia OR be a family member of a person living with dementia
- be able to speak English

Professionals must:

- currently work in Canada with people living with dementia and their families at the end of life OR have direct experience working in hospice or palliative care
- be able to speak English

Participants will receive a small honorarium after participating in the research conversation as a thank you for their time.

For questions about the study CONTACT: Romeo Colobong, romeo.colobong@uhn.ca

**For additional information about
Alzheimer Society Programs and Services:**

Visit our website: www.alzheimer.ca/sk

Facebook page: <https://www.facebook.com/AlzheimerSK/>

Contact your local Alzheimer Society Resource Centre:

<https://alzheimer.ca/en/sk/ContactUs>

Dementia Helpline: 1-877-949-4141

PUBLIC AWARENESS & COMMUNICATIONS LEARNING OPPORTUNITIES:

Understanding Dementia 2024

The Alzheimer Society of Saskatchewan hosted its annual Understanding Dementia Presentation on Jan 17th, 2024. The **featured presenter was Dr. Megan Surkan**, she currently works as a geriatrician in Saskatoon and is an Assistant Professor of Geriatric Medicine at the University of Saskatchewan.

Attendees learned about dementia, the warning signs, risk factors, and how to get support from the Alzheimer Society with diagnoses.

Learning more about dementia and being able to identify the early warning signs is a proactive approach to lessening the barriers faced when experiencing dementia. These barriers include facing stigma and isolation due to a diagnosis and the misunderstandings around dementia.

Raising awareness of dementia and the benefits of a specific and timely diagnosis will help individuals better understand their condition and be able to plan and prepare for the types of changes that can be expected with the pattern of progression for their type of dementia while they still have the autonomy to make their own decisions.

You can view the recording here: <https://youtu.be/QvEG6b0relg>

Community Conversation with Dr. Allison Cammer and Julie Beitel

On November 29th, we hosted a Community Conversation to discuss reducing the risks of dementia through nutrition and socialization.

Our panel of experts for this Conversation were Dr. Allison Cammer and Julie Beitel, who are registered dietitians and facilitators of the Cognitive Kitchen Program based in rural Saskatchewan. Allison Cammer is also an Assistant Professor in the College of Pharmacy and Nutrition at the University of Saskatchewan and has served on the Alzheimer Society Board of Directors since May 2020 as the Chair of our Nominating Committee.

We discussed nutrition and socialization because these are modifiable risks that we can change through lifestyle choices. In fact, 40% of dementias are preventable through our actions. During the conversation, Allison and Julie explained a variety of different topics including the impact that social gatherings have on our health, recommended dietary patterns, the relationship between dementia and diabetes, the importance of eating together for people living with dementia, and how changes as we age affect eating habits.

For more information and to view the Conversation please visit:

<https://alzheimer.ca/sk/en/whats-happening/news/community-conversation-risk-reduction>

Landmark Study Part 2 release - The Many Faces of Dementia in Canada

The second Landmark Report, was released on January 22nd, 2024, focuses on increasing the awareness of the diversity of who develops dementia in Canada, improving the knowledge of dementia, advocating for better dementia care, and creating action in the aims of pushing for change in dementia stigma and research. **This report highlights** the increasing numbers of Indigenous people developing dementia, the variation in dementia risk and dementia care across racialized communities in Canada, the differences in dementia due to sex and gender, and the distinct challenges for young onset dementia.

Research shows that there are substantial differences in risk of development, prevalence, clinical presentation, and health outcomes across various communities in Canada, including variation across ethnicity and race, sex and gender, and age. Understanding these differences is an essential step in providing optimal care and support for those who are affected by dementia – both people living with dementia and their care partners.

You can view the reports here: www.alzheimer.ca/ManyFaces

To spread awareness of these findings, we are organizing a Community Conversation featuring Dr. Joshua Armstrong, who is a Research Scientist at the Alzheimer Society of Canada and head researcher on the Landmark Study, and Joanne Bracken, the CEO of the Alzheimer Society of Saskatchewan. This is set **to be held in February 2024**, but the date is still to be determined. **Please watch our website and social media account for updates.**

Dementia Friendly Canada Update

The second phase of the Dementia Friendly Canada project has started and will be managed by The Alzheimer Society of Canada. Our Public Awareness Coordinator sits on the federation-wide working group for this project.

Phase two of the project will focus on increasing awareness and accessibility needs of the dementia experience, building resources for the finance sector, increasing the overall well-being of people living with dementia, expanding the national reach of project, and increasing internal capacity within the federation.

Funding for this second phase is provided by the Public Health Agency of Canada and runs until May 31, 2025.

For more information and to view the resources created during Phase one, please visit: <https://alzheimer.ca/en/take-action/become-dementia-friendly/dementia-friendly-canada>

ASOS-wide Learning Opportunities:

Please watch the Alzheimer Society of Saskatchewan's website –

<https://alzheimer.ca/sk/en/whats-happening/programs-events> – or follow us

on Facebook for details on other upcoming learning opportunities and events,

including our:

- Evenings of Education (various dates)
- Virtual Risk Reduction Presentation (February 8, 2024)
- Spotlight on Research webinar (February 15, 2024)
- Healthier Brains Community Presentation (March 2024)
- IG Wealth Management Walk for Alzheimer's (May 2024)



Would you or someone you know like to receive the RaDAR Newsletter? Please let us know by emailing v.elliott@usask.ca so we can update our list!