



# Summer 2025 Newsletter



## RaDAR

RURAL DEMENTIA ACTION RESEARCH



Not all team members present Photo credit - D.Marshall

**Dr. Debra Morgan**, CCRAH Professor and Chair in Rural Health Delivery, has led 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 Health Care \(PHC\) 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 and learn about new dementia care research taking place in Saskatchewan and internationally. Duane Minish directs Summit organization and coordination each year.

The goal of the **RaDAR team** is to improve dementia care in rural/remote settings. **RaDAR Co-Leads** are **Drs. Julie Kosteniuk, Megan O'Connell and Allison Cammer**.

**Dr. Debra Morgan**, CCRAH Professor and College of Medicine Chair in Rural Health Delivery, led the interdisciplinary RaDAR team from 2003 to 2024. Dr. Morgan was a founding member of the specialist Rural and Remote Memory Clinic (RRMC) established in 2004 as a 5-year research demonstration project and subsequently funded by the Ministry of Health. For the last decade she has been focused on collaborating with rural primary healthcare teams to develop, implement, sustain, and spread rural memory clinics. Dr. Morgan retired at the end of 2024 and will continue to support RaDAR activities in an Emeritus role.



### Mark your Calendar and Save the Date!

Thursday, November 20, 2025  
will be the next online Rural  
Dementia Care Summit.

This will be the 18<sup>th</sup> annual Summit meeting held by the RaDAR team. Updates on Summit planning for 2025, and information from past Summit events are available on the [RaDAR website](#) under the Summit tab.

If you would like to find out more from our past **Summit 2024**, including an archive of presentations shared, this is available on our [RaDAR website](#) under the tab '**Previous Summits**'.

# Summit 2025 Online



CIHR IRSC

Canadian Institutes of Health Research / Instituts de recherche en santé du Canada

**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, Norma Stewart, and other Canadian and international experts.

**The core of the Foundation program** is to design, implement and sustain Rural PHC Memory Clinics that offer initial evaluation and management of individuals with suspected dementia, and scale-up the clinics to additional communities. One-day memory clinics have been established in 10 south Saskatchewan communities and are offered by local primary health care teams within the Saskatchewan Health Authority. Members across the teams include physicians, nurse practitioners, home care nurses/assessors, social workers, occupational therapists, physical therapists, dietitians, pharmacists, and Alzheimer Society First Link coordinators.

Learn more about the clinics under the Rural PHC Memory Clinics tab on our team website [www.ruraldementiacare.usask.ca](http://www.ruraldementiacare.usask.ca) and view a short video of the Esterhazy memory clinic. Several research projects linked to the rural memory clinics have been completed and project descriptions can be found on the RaDAR website under the [“Rural PHC Memory Clinics” tab](#).

## The specialist Rural and Remote Memory Clinic (RRMC)



*Clinical Director and Neuropsychologist.....Dr. Megan O'Connell*  
*Neurologist.....Dr. Andrew Kirk*  
*Clinic Nurse.....Darla Walz*  
*Psychometrist.....Duane Minish*  
*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)** at the University of Saskatchewan 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 on one day and uses Telehealth videoconferencing for follow-up appointments. The specialist RRMC started as a research project and was subsequently funded by the Saskatchewan Ministry of Health to provide clinical services to Saskatchewan residents. Since 2004 over 942 patients have been seen in the clinic.



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

**Learn more about specialist services provided virtually to people and health care providers in our province at [www.remotememoryclinic.ca](http://www.remotememoryclinic.ca)**



**Dr. Megan O'Connell**, RaDAR Co-Lead, Rural and Remote Memory Clinic (RRMC) Neuropsychologist and Clinical Director, is collaborating with numerous partners across Canada. She is the co-principal investigator, with Dr. Jennifer Walker of McMaster University on a CIHR-funded project to increase support for Indigenous care partners of persons living with dementia. The project has been given an Anishinaabe name by our community partners: Bemekmegick Onendahmawin, which means “support for those who are looking after ones with memory loss.”

She has recently received funding from SHRF for a pilot project examining barriers and facilitators of virtual support groups for Indigenous care partners in Saskatchewan, with the Alzheimer Society of Saskatchewan (ASOS). Also, with ASOS, Dr. O'Connell is bringing components of Interpersonal Therapy to care partner support groups, and a website and podcast series are currently in development.

**Dr. O'Connell is a co-investigator on a recently funded NFRF Transformation Grant for \$24,000,000 CAD, led by Dr. Jennifer Walker of McMaster University.** This is a six-year Indigenous-led project to transform brain health and develop a bundle of dementia assessment tools tailored specifically to Indigenous communities.

**Dr. O'Connell** currently has a number of graduate students working on dissertations. **Benjamin Gould** is completing work on exploring user needs for technology to support aging well in First Nations communities in PEI. **Meghan Flath** has completed data collection for her study on barriers and facilitators to pet ownership for older adults and will begin data analysis. She is surveying veterinarians and family members of older adults on their experiences with older adults and pet ownership in order to examine ways to address the identified barriers and promote the facilitators to older adult pet ownership.

**Karl Grewal, Jake Ursenbach, and August Kortzman** have all successfully defended their dissertations in the last 12 months. Dr. Grewal's dissertation developed a more detailed understanding of how technology could support individuals living with memory concerns and their families. He published two first-authored articles from this work in late 2024 in [JMIR Formative Research](#) and [Archives of Clinical Neuropsychology](#), respectively.

Dr. Ursenbach's thesis, “Improving Cognitive Assessment in the Context of Rural Dementia Diagnosis,” comprises three studies addressing the gap in the validity of assessment with rural-dwelling populations by investigating measurement equivalence of cognitive assessment instruments and the validity of computerized cognitive tests in rural and urban populations. Both Drs. Grewal and Ursenbach are now in clinical neuropsychology practices.

Dr. Kortzman has just defended his thesis, “Informal Social Support in Caregivers of Persons with Dementia: A Systematic Review of Effectiveness of Informal Social Support Interventions and a Trial Intervention,” this past April. He is continuing his work in the RRMC.



# Rural Primary Health Care (PHC) Memory Clinics

RaDAR's Rural Primary Health Care (PHC) Memory Clinics are an ongoing collaboration between Saskatchewan Health Authority primary health care teams and the [Rural Dementia Action Research \(RaDAR\) Team](#). The [2024 RaDAR Memory Clinic Report](#) provides team and research updates.

Held in rural south 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. 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.

The RaDAR team continues to collaborate with health professionals and the Saskatchewan Health Authority to establish additional memory clinic sites in the province.



**Canora Memory Clinic team:**

Pictured from left to right are team members Carolee Zorn (Alzheimer Society First Link Coordinator), Andrea Wionzek (Home Care RN), Charlene Secundiak (Home Care Assessor), Kendra Kerr (Occupational Therapist), and Dan Wlock (Nurse Practitioner)



**What's been happening lately at the RaDAR rural memory clinics?**

**Let's hear from Chelsie on the ground!**

- There were 23 memory clinics held in 7 communities between January and June 2025 where teams met with a total of 40 patients and families, 40 patients were new patients.
- Chelsie has travelled **8,187 km** in 2025 thus far.
- We are very excited to be spreading to Moose Jaw! The team held their first clinic in June and plans to hold one every month supporting Moose Jaw patients and the surrounding areas!

**Chelsie Cameron, RaDAR Rural PHC Memory Clinic Coordinator**



**RaDAR Memory Clinic Locations (2025)**

**Travel by RaDAR Team**  
for memory clinic development

- **22,645 km** from 2013-2019

**Travel by Chelsie C**  
for data collection and clinic support

- **22,503 km** from 2019-2025
- **8,187 km** in 2025

**Learn more about the clinics under the Rural PHC Memory Clinics tab on the RaDAR website**

[www.ruraldementiacare.usask.ca](http://www.ruraldementiacare.usask.ca)

**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 Dr. Julie Kosteniuk at [julie.kosteniuk@usask.ca](mailto:julie.kosteniuk@usask.ca).**



**Dr. Julie Kosteniuk, RaDAR Co-Lead**, is an Assistant Professor in the Department of Medicine and faculty at CCRAH. She leads the study “Exploring opportunities to increase rural primary care readiness for dementia care” funded by a Saskatchewan Health Research Foundation Establishment Grant (2024-2027). The study involves a provincial survey examining collaborations and resources for dementia care in primary care. The study also includes an investigation of rural-urban differences in dementia diagnosis rates, and evaluation of a rural hybrid memory clinic model. This research will inform recommendations for practices, policies, and services to support quality care for people living with dementia in rural communities.

Dr. Kosteniuk also leads projects involving administrative health data. With Dr. Jacqueline Quail, she is investigating health service use and mortality by sex and rural-urban residence among people with diagnosed dementia as well as risk factors for adverse health outcomes. In collaboration with Beliz Açan Osman, senior researcher at the Saskatchewan Health Quality Council, she is comparing the use of health services by sex and diagnosis among patients seen in the specialist Rural and Remote Memory Clinic, extending an earlier published study by the team. Dr. Kosteniuk supervises undergraduate and graduate students pursuing degrees in different colleges and schools including Nutrition BSc students Baylee Cresswell and Thera Kusch (co-supervisor Dr. Cammer), Public Health PhD student Erin Leeder (co-supervisor Dr. Froehlich Chow), and Health Sciences PhD student Amanda Dupperon (co-supervisor Dr. Cammer).

## RaDAR Research News

The RaDAR team hosted a dementia education webinar January 30, 2025, “Optimizing Hearing to Maintain Communication (and Possibly Cognition) Among People with Cognitive Impairment”. The webinar was presented by Dr. Paul Mick, MD, Neurotologist; Natalie Morog, Audiologist; and Michael Sulatisky, a patient with hearing loss. The session recording is [available](#) on the RaDAR “Resources for Providers” page.

### Optimizing Hearing to Maintain Communication (and Possibly Cognition) Among People with Cognitive Impairment

Paul Mick, M.Ph, M.D.  
Natalie Morog, M.Sc  
Michael Sulatisky, P.Eng

RaDAR Education Session  
January 30, 2025



## Saskatchewan Survey about Dementia Care

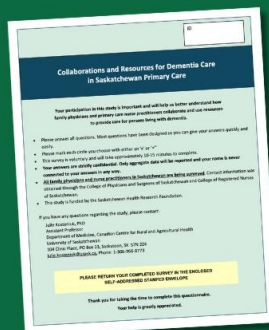
The RaDAR team is excited to be starting a new province-wide survey of family physicians and nurse practitioners about collaborations and resources around dementia care. Other topics include:

- diagnosis and management tools
- practices and attitudes
- virtual care

Reach out to RaDAR if you have not received your survey at [rural.dementia@usask.ca](mailto:rural.dementia@usask.ca)



This study is made possible by a SHRF Establishment Grant.



A provincial survey of family physicians and nurse practitioners was launched in early March and data collection has now closed.

The survey focuses on dementia in primary care including collaborations and resources, diagnosis and management tools, practices and attitudes, and virtual care.



**Dr. Allison Cammer, RaDAR Co-Lead**, is an Associate Professor and Director of Dietetics in the College of Pharmacy and Nutrition at the University of Saskatchewan. She is a Registered Dietitian and an investigator with the RaDAR team – her research focuses on nutrition and dementia.

One project led by Dr. Cammer that is currently underway is **The Cognitive Kitchen**. This evidence-based program was codesigned by RaDAR team members and patient-family partners.

**The Cognitive Kitchen** is offered virtually by Registered Dietitian facilitator, **Julie Beitel**, and is open 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. Participants must be living in Saskatchewan. Programs registration is open now.

**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://cchsacssma.usask.ca/ruraldementiacare/research-and-projects/resource-art/2023-cog-kit-program.php>

or contact the program coordinator at [julie.beitel@usask.ca](mailto:julie.beitel@usask.ca) or (306) 966-5303. .

*The Cognitive Kitchen is funded in part by the Saskatchewan Health Research Foundation and Canadian Foundation for Dietetic Research.*

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

# THE COGNITIVE KITCHEN

A 6-session social cooking class featuring discussions on strategies to support dementia risk reduction and living well with dementia

Upcoming classes via Zoom in January 2025!



**Are you 55+ or a care partner of someone living with dementia?**

Consider this fun social opportunity to support your health!

• Open to SK residents

**Register Now!**

Contact the coordinator at  
**[julie.beitel@usask.ca](mailto:julie.beitel@usask.ca)**  
OR  
**(306) 966-5303**

 **UNIVERSITY OF SASKATCHEWAN**

Research participation is an optional component of the Cognitive Kitchen. The research activities have been approved by the University of Saskatchewan Behavioural Research Ethics Board (Beh #4108).



**Ashlee Buekert**, MSc student, Nutrition, working with Dr. Allison Cammer was awarded a SSHRC MSc Scholarship 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'.

**Baylee Cresswell** is an undergraduate student in Nutrition and recipient of a USask Interdisciplinary Summer Student Award for the project titled, "How do patients and care partners experience nutrition care provided by registered dietitians in rural primary care memory clinics?" Baylee is working with the Rural Dementia Action Research (RaDAR) team under the supervision of Drs. Allison Cammer and Julie Kosteniuk.

**Amanda Dupperon**, PhD student, Health Sciences, co-supervised by Drs. Allison Cammer and Julie Kosteniuk is exploring perspectives on nutrition and hydration components of advance care planning for persons living with dementia in rural and remote areas.

**Patrick Fahim**, PhD student, Clinical Psychology with Dr. O'Connell, is interested in cognition as it relates to neuroimaging, but his interests are broad, and he is currently researching needs of Arabic speaking care partners of persons living with dementia. Patrick was recently awarded MA SSHRC (\$27,500 for 2025-6).

**Meghan Flath**, PhD student, Clinical Psychology with Dr. O'Connell, is working on a pet augmented social inclusion intervention for persons with cognitive impairment and dementia.

**Elliot Grande-Sherbert**, a USask medical student, is working on a Dean's Summer Research Project with Dr. Andrew Kirk where he will be reviewing RRMC data to explore if polypharmacy affects prognosis in persons referred to a rural and remote memory clinic.

**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.

**Emily Gulka**, PhD student, Clinical Psychology, co-supervised by Dr. O'Connell and Raymond Spiteri, is researching experiences with post-partum depression, and one study scrapes social media for stories of personal experiences and stigma. Emily held a MA SSHRC (\$27,500 for 2024-5).

**Thera Kusch** is an undergraduate student in Nutrition working as a summer student with the Rural Dementia Action Research (RaDAR) team supervised by Drs. Julie Kosteniuk and Allison Cammer. Thera's project will explore the role and scope of registered dietitians in the RaDAR memory clinics, and how they support nutrition care for patients seen in the memory clinics.

**Erin Leeder**, PhD student, Public Health, with Dr. Amanda Froehlich Chow and Dr. Julie Kosteniuk, is exploring food literacy among community-dwelling rural older adults and co-designing a food literacy initiative for this group.

**Abby Lehmann**, MSc student, Nutrition, co-supervised by Drs. Allison Cammer and Soo Kim is investigating the experience of weight stigma among breast cancer survivors.

**Jordan Wellsch**, PhD student, Clinical Psychology, co-supervised by Drs. O'Connell and Jan Gelech, is researching communication tools and strategies to minimize conflict with adult children co-reside with their parents. Jordan held a MA SSHRC (\$27,500 for 2024-5).

### **Congratulations: Successful Defence for RaDAR Affiliated Students & Trainees**

**Heather Alford**, MSc Nutrition, supervised by Dr. Allison Cammer. On December 13, 2024 Heather successfully defended her thesis, "Nutrition as Family's Bridge to Dementia Care in Long-Term Care: A Grounded Theory Study". Heather received a University of Saskatchewan Graduate Master's Thesis Award in the Life Sciences category, valued at \$500. These awards are made in recognition of outstanding research achievement.

**August Kortzman**, PhD student, Clinical Psychology with Dr. O'Connell, successfully defended his PhD dissertations in the Department of Psychology and Health Studies. PhD dissertation: "Informal Social Support in Caregivers of Persons with Dementia: A Systematic Review of Effectiveness of Informal Social Support Interventions and a Trial Intervention."

**Seshni Naidoo**, successfully defended her MSc - Nutrition in the College of Pharmacy and Nutrition at USask in May 2025. Her thesis: "Nutrition Care in "House Model" Long-Term Care: A Collective Case Study" was supervised by Dr. Allison Cammer.



# Recent RaDAR PUBLICATIONS and PRESENTATIONS

## **PUBLICATIONS**

Cetin-Sahin, D., Godard-Sebillotte, C., Bronskill, S. E., Seitz, D., Morgan, D. G., MacLagan, L. C., Sourial, N., Quail, J., Gruneir, A., Wilchesky, M., Rochette, L., Kubuta Massamba, V., Youngson, E. E., Diong, C., Smith, E. E., Arsenault-Lapierre, G., Le Berre, M., Maxwell, C. J. ., Kosteniuk, J., Bosson-Rieutort, D., Wang, T., Miskucza, K., Vedel, I., & The COVID-ROSA Research Team. (2025). The COVID-19 pandemic and dementia: A multijurisdictional meta-analysis of the impact of the first two pandemic waves on acute healthcare utilization and mortality in Canada. *Canadian Geriatrics Journal*. March;28(1):16-30.

<https://doi.org/10.5770/cgj.28.776>

Fedusiak, E., Cammer, A., Wickett, B., Morgan, D., Cameron, C., Szakács, Kosteniuk J. (2025). Implementation and acceptability of a rural active living initiative. *Activities, Adaptation & Aging*. Published online ahead of print April 14, 2025. <https://doi.org/10.1080/01924788.2025.2492995>

Jones, A., Ali, M. U., Mayhew, A., Aryal, K., Correia, R. H., Dash, D., Manis, D. R., Rehman, A., O'Connell, M. E., Taler, V., Costa, A. P., Hogan, D. B., Wolfson, C., Raina, P., & Griffith, L. (2025). Environmental risk factors for all-cause dementia, Alzheimer's disease dementia, vascular dementia, and mild cognitive impairment: An umbrella review and meta-analysis. *Environmental Research*, 270, 1-7.

<https://doi.org/10.1016/j.envres.2025.121007>

## **TECHNICAL REPORTS**

Kosteniuk J, Morgan D, Elliot V. Rural Memory Clinics: 2024 Update. (2024). [report]. Printed at the University of Saskatchewan, Saskatoon, SK, Canada. (14 pages). Available at: <https://tinyurl.com/42s5yrdj>

Levinton, T., Morgan, D., and Kosteniuk, J. (January 2025). RaDAR Newsletter: January 2025. Available at: <https://cchsa-ccssma.usask.ca/ruraldementiacare/publications/newsletters/2025-winter-radar-newsletter.pdf>

## **PRESENTATIONS**

Fedusiak, E., Cammer, A., Wickett, B., Morgan, D., Cameron, C., Szakacs, S., Kosteniuk, J. Implementation and acceptability: An evaluation of an active living initiative. An oral presentation at the *Canadian Centre for Rural and Agricultural Health Research Seminar*, University of Saskatchewan, Saskatoon, April 29, 2025.

O'Rourke, H. M., Hoben, M., Peacock, S., Swindle, J., Bethell, J., Boscart, V., Chamberlain, S., Cranley, L., Dal Pizzol, F. L. F., Ghosh, S., Hopper, T., McGilton, K., & O'Connell, M. E. Connecting Today: How a facilitated remote visiting program may address loneliness of people living with dementia in care homes [Oral presentation]. Canadian Gerontological Nursing Association (CGNA): 23rd Biennial CGNA Conference. Winnipeg, Manitoba, May 29-31, 2025.

Wickett, B., Kosteniuk, J., Fedusiak, E., Morgan, D., Klapac, D., Cammer, A. What about nutrition? An exploration of registered dietitians in community dementia care. An oral presentation at the *Canadian Centre for Rural and Agricultural Health Research Seminar*, University of Saskatchewan, Saskatoon, April 29, 2025.

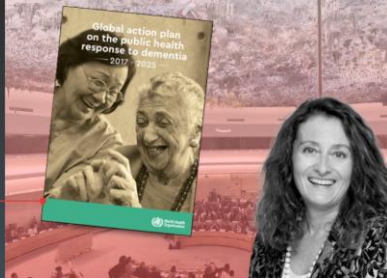
**A complete list of publications can be accessed on the RaDAR website at:**  
[www.ruraldementiacare.usask.ca](http://www.ruraldementiacare.usask.ca) under the publications tab



CCNA Resources for the Public: [Link](#)

## The 78th World Health Assembly agrees to extend the Global Action Plan on the Public Health Response to Dementia

The 78th World Health Assembly has been a whirlwind week for ADI as, after 18 months of advocacy, the World Health Assembly has agreed to extend the Global Action Plan on the Public Health Response to Dementia by 6 years, to 2031.

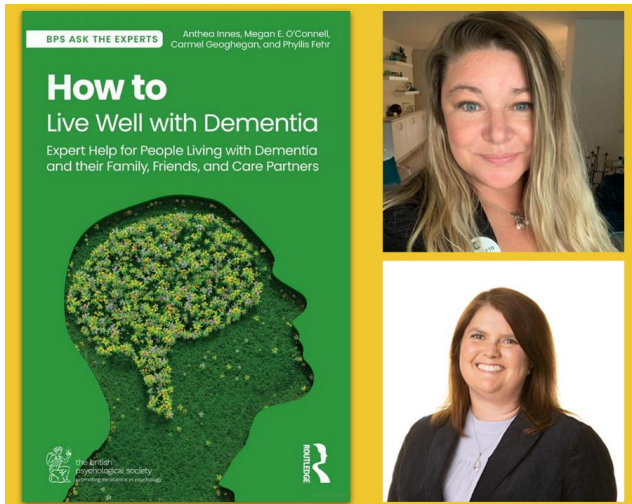


The 78th World Health Assembly agrees to extend the Global Action Plan on the Public Health Response to Dementia: [Link](#)



Calgary Parks Foundation broke ground Thursday on plans to build Canada's first dementia inclusive park, the Martin Family Legacy Garden, in the Dover community. The project is expected to be completed by summer 2026. Artist's renderings courtesy Parks Foundation/via Postmedia Calgary

Calgary breaks ground on first-ever park for seniors with dementia in Canada: [Link](#)



How to Live Well with Dementia (By Anthea Innes, Megan E. O'Connell, Carmel Geoghegan, Phyllis Fehr): [Link](#)

Review > J Prev Alzheimers Dis. 2025 Mar;12(3):100068. doi: 10.1016/j.jtpad.2025.100068. Epub 2025 Jan 31.

## Use of lecanemab and donanemab in the Canadian healthcare system: Evidence, challenges, and areas for future research

Eric E Smith <sup>1</sup>, Natalie A Phillips <sup>2</sup>, Howard H Feldman <sup>3</sup>, Michael Borrie <sup>4</sup>, Aravind Ganesh <sup>5</sup>, Alexandre Hervé-Bhargava <sup>6</sup>, Philippe Desmarais <sup>7</sup>, Andrew Frank <sup>8</sup>, Amanpreet Badhwar <sup>9</sup>, Laura Barlow <sup>10</sup>, Robert Bartha <sup>11</sup>, Sarah Best <sup>12</sup>, Jennifer Bethell <sup>13</sup>, Jaspreet Bhangu <sup>14</sup>, Sandra E Black <sup>15</sup>, Christian Bock <sup>16</sup>, Susan E Bronskill <sup>17</sup>, Amer M Burhan <sup>18</sup>, Frederic Calon <sup>19</sup>, Richard Camicioli <sup>20</sup>, Barry Campbell <sup>21</sup>, D Louis Collins <sup>22</sup>, Mahsa Dadar <sup>23</sup>, Mari L DeMarco <sup>24</sup>, Simon Ducharme <sup>25</sup>, Simon Duchesne <sup>26</sup>, Gillian Einstein <sup>27</sup>, John D Fisk <sup>28</sup>, Jodie R Gawryluk <sup>29</sup>, Linda Grossman <sup>30</sup>, Zahinoor Ismail <sup>31</sup>, Inbal Itzhak <sup>32</sup>, Manish Joshi <sup>33</sup>, Arthur Harrison <sup>34</sup>, Edeltraut Kröger <sup>35</sup>, Sanjeev Kumar <sup>36</sup>, Robert Laforce <sup>37</sup>, Krista L Lancot <sup>38</sup>, Meghan Lau <sup>39</sup>, Linda Lee <sup>40</sup>, Mario Masellis <sup>41</sup>, Fadi Massoud <sup>42</sup>, Sara B Mitchell <sup>43</sup>, Manuel Montero-Odasso <sup>44</sup>, Karen Myers Barnett <sup>45</sup>, Haakon B Nygaard <sup>46</sup>, Stephen H Pasternak <sup>47</sup>, Jody Peters <sup>48</sup>, M Natasha Rajah <sup>49</sup>, Julie M Robillard <sup>50</sup>, Ken Rockwood <sup>51</sup>, Pedro Rosa-Neto <sup>52</sup>, Dallas P Seitz <sup>53</sup>, Jean-Paul Soucy <sup>54</sup>, Shanna C Trenaman <sup>55</sup>, Cheryl L Wellington <sup>56</sup>, Aicha Zadem <sup>57</sup>, Howard Chertkow <sup>58</sup>; Canadian Consortium on Neurodegeneration in Aging Investigators

Affiliations + expand

PMID: 39893139 DOI: 10.1016/j.jtpad.2025.100068

Free article

Use of lecanemab and donanemab in the Canadian healthcare system: Evidence, challenges, and areas for future research: [Link](#)

Would you or someone you know like to receive the RaDAR Newsletter?  
Please let us know by emailing [julie.kosteniuk@usask.ca](mailto:julie.kosteniuk@usask.ca) so we can update our list!

Follow us on







On May 24th, the RaDAR team joined colleagues from the Canadian Centre for Rural and Agricultural Health (CCRAH) for the annual Walk for Alzheimer's.

The Walk raised more than \$6.8 million dollars across Canada.



## How to get involved in research . . .

**Participant recruitment is underway for:**

### DEPARTMENT OF ANESTHESIOLOGY UNIVERSITY OF SASKATCHEWAN

#### PARTICIPANTS NEEDED FOR RESEARCH INTO:

**Addressing the shortage of anesthesia physicians  
in Saskatchewan**

We are looking for patients, healthcare providers, and  
administrative decision-makers



As a participant in this study, you would be asked to complete an anonymous online survey to help explore and identify solutions to the anesthesia health human resource shortage. We will also ask demographic questions to better understand who has participated. Participation is expected to take less than 5 minutes of your time.

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

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

Muheeb Khan, Research Assistant  
Provincial Department of Anesthesiology

[Muk870@mail.usask.ca](mailto:Muk870@mail.usask.ca)

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

### Do you have a loved one in a long-term care home?

We want to hear about your experience with end of life nutrition care.

Family caregivers with loved ones in long-term care (currently or in the past) in Saskatchewan are invited to share their experiences regarding end of life nutrition care (e.g., eating, drinking, hydration).

Take part in a 45-60 minute virtual  
focus group discussion

**WE WANT TO HEAR YOUR  
PERSPECTIVE**



**PLEASE CONTACT**

Heather Alford  
[heather.alford@usask.ca](mailto:heather.alford@usask.ca)

This study has been approved by the University of Saskatchewan Behavioural Research Ethics Board (ID 4262)

### THE COGNITIVE KITCHEN

**Are you 55+ or a care  
partner of someone  
living with dementia?**

Consider this fun social opportunity  
to support your health!

A 6-session social cooking  
class featuring discussions on  
strategies to support  
dementia risk reduction and  
living well with  
dementia

**Register  
Now!**

• Open to SK residents

Contact the coordinator at  
[julie.beitel@usask.ca](mailto:julie.beitel@usask.ca)

OR

(306) 966-5303

Upcoming  
classes via  
Zoom in  
January  
2025!



 UNIVERSITY OF  
SASKATCHEWAN

Research participation is an optional  
component of the Cognitive Kitchen. The  
research activities have been approved by  
the University of Saskatchewan  
Behavioural Research Ethics Board  
(Beh #4108).



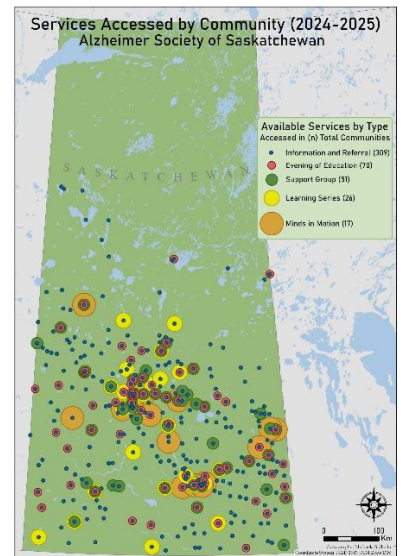
## PROGRAMS & SERVICES

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. **In 2024/2025 Alzheimer Society experienced a 12% increase in clients served.**

### What can clients expect from Alzheimer Society of Saskatchewan?

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

**Close to 5,000 hours spent providing individualized support to our clients**



### 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. **91% of direct referrals come from those who diagnose and treat dementia**

### 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](#).

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

Client Services Managers Melody Neufeld and Kaylee Elford **explain First Link®, Alzheimer Society programs, services, and how to make a referral** in this video: [Watch here](#).

## Disclosing and Communicating a Diagnosis of Dementia: An e-learning program for health-care providers

This course supports health-care providers in putting the [National Dementia Guidelines for Disclosing and Communicating a Diagnosis of Dementia](#) into practice.

The primary audience for this course is family physicians. However, other health care providers and allied health professionals who disclose and communicate dementia diagnoses may also find this content helpful. This includes, but is not limited to, neurologists, geriatricians, geriatric psychiatrists, nurse practitioners and social workers.

It can be used to **support providers throughout the communication and disclosure process**, including decision-making and engaging holistic approaches. This learning program takes approximately two hours to complete.

**For more information** about e-learning program and how to register, click [here](#).

## Dementia Helpline



AlzheimerSociety

SASKATCHEWAN

Learn More Live Well

Questions about dementia  
or caregiving?

**Dementia Helpline 1-877-949-4141**

[helpline@alzheimer.sk.ca](mailto:helpline@alzheimer.sk.ca)

[www.alzheimer.ca/sk](http://www.alzheimer.ca/sk)

**Meet Dementia Helpline Coordinator Shaelyn Serron** in this 3-minute video, where she shares how she supports people across Saskatchewan: [Watch here](#).

## Alzheimer Society of Saskatchewan Programs

### Support Groups

The Alzheimer Society offers support groups for people with dementia and their caregivers to enhance quality of life and coping skills. These groups provide:

- Connection and shared experiences
- Up-to-date information
- Practical coping tips
- Reduced isolation
- Emotional support and reassurance
- A sense of hope

Support groups in Saskatchewan are available in-person, virtually (Zoom), or by phone. Visit our [Support Groups page](#) for details and registration.

**Implementation of Interpersonal Therapy to Increase Capacity of Alzheimer Society of SK Care Partner Support Group Facilitators: the CCAPS Project.** The SHRF research grant is to provide ASOS volunteer Caregiver Support Group Facilitators and Programs and Services staff with continuing education training in IPT. The training will provide volunteers and staff with tools to help caregiver support group participants reconnect, improve communication, and regain feelings of support from their interpersonal relationships. The next phase of the project, providing training in how to incorporate IPT into support groups, will begin in the Fall.

### Minds in Motion®

Minds in Motion® (MiM) is a fitness and social program for people with early-stage dementia and a care partner. It includes guided exercise from a certified fitness trainer, fun activities, and social time in a supportive setting—offering connection with others on a similar journey.

**For more information** and to view a video explaining MiM, click [here](#). If you have questions about the program, email [mindsinmotion@alzheimer.sk.ca](mailto:mindsinmotion@alzheimer.sk.ca)



## Learning Opportunities for People with Dementia and Families

Our free Learning Series offers people with dementia, their families, and friends a comprehensive overview of the disease, coping strategies, and available resources. Participants can learn and connect with others affected by dementia. [[Learn more here.](#)]

To register for the learning series courses  
Contact 1-877-949-4141 or [helpline@alzheimer.sk.ca](mailto:helpline@alzheimer.sk.ca)

## Evenings of Education

**Evenings of Education are free virtual sessions** held about three times a year, featuring experts and those with lived experience on dementia-related topics. Open to people with dementia, caregivers, and health care professionals. Our latest topics include [Legal Issues for People Living with Dementia and their Care Partners](#), [Be Scam Smart: Tips and Tricks on how to Protect Yourself](#), and [Personal Care Tips for People Living with Dementia at Home](#).

Save our [Programs and Events page](#) and check back later this summer for upcoming fall events. You can also find other past recordings of Evenings of Education [here](#).

## Resources

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



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

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

## PUBLIC AWARENESS & COMMUNICATIONS

### Healthy Brain Presentation

The Alzheimer Society of Saskatchewan hosted the **2025 Healthy Brains Community Presentation** on March 20<sup>th</sup>. This presentation led by **Dr. Holly Bardutz**, focused on the relationship between stress and brain health. It highlighted the significant impact of stress on brain health and provided actionable solutions to mitigate its effects. Dr. Bardutz told us about building brain reserve through neurogenesis and neuroplasticity, individuals learned they can enhance cognitive resilience, reduce the risk of Alzheimer's, and improve overall well-being.

Holly Bardutz, PhD, is a brain research associate and linguistics instructor. Her main areas of research involve Brain Health and Wellness in various populations, including topics such as sleep and the brain, the Default Mode Network, and the relationship between the brain and the heart. Dr. Bardutz is currently working as Principal Investigator on her own research projects as well as collaborating with colleagues at the University of Regina, University of Saskatchewan, and the Saskatchewan Health Association.

Dr. Bardutz developed an approachable eight-week Brain Health and Fitness Course, drawing on the latest scientific research. She actively teaches this course and has woven its content into her ongoing research projects. In addition to her research, Dr. Bardutz is passionate about teaching linguistics, particularly to students pursuing careers in Speech Pathology and related fields. Her enthusiasm for the brain and language intersects in her courses, such as Neurolinguistics and First Language Acquisition, where she explores the fascinating overlap of these disciplines.

*You can find the recording here:* <https://www.youtube.com/watch?v=TF-JF5i5g2Q>

## Dementia Friendly Communities Presentation and Broadview Engagement

We launched the “Building Dementia Friendly Communities” presentation on February 26<sup>th</sup>, 2025. The presentation emphasizes the importance of creating dementia friendly communities to reduce stigma and provide meaningful support for people living with dementia and their care partners.

Key messages include:

- **Dementia in Saskatchewan:** Over 20,000 people are currently affected, with a projected growth of 142% in 30 years. Despite this prevalence, only 1 in 4 Canadians can name three signs of dementia.
- **Challenges:** Stigma is the most significant barrier to inclusion, impacting relationships, roles, and self-perception.
- **Dementia Friendly Communities:** Sharing tips for individuals and communities to make their social and physical environments more accessible and supportive, fostering meaningful engagement and empowering those living with dementia.
- **Action Steps:** Informing how people can support dementia friendly communities by fostering welcoming attitudes, practicing active listening, and implementing physical space adaptations.

On the follow-up survey, we asked: "This presentation taught me more about" and received the following response:

*"The work being done by Alzheimer Society in Saskatchewan. We can be proud to have this emphasis in our province. Good to know about national opportunities also."*

Following the Dementia Friendly Communities presentation, the Mayor of Broadview was in contact with one of our First Link Coordinators to discuss further education and actions they can take to support their community. The Dementia Friendly Communities Presentation was shown to Broadview City Council.

We are looking forward to hosting the next Dementia Friendly Communities presentation in September 2025 for World Alzheimer's Month

The recording can be found here: <https://youtu.be/iA7tfrjVuk8>



## Brain Health Pro

The research team from the Laboratory of Dr. Sylvie Belleville at the Centre de Recherche - Institut Universitaire de Gériatrie de Montréal (CRIUGM) in Montréal, Quebec, Canada invited us to be a site to hold focus groups on the implementation of Brain Health Pro. The purpose is collaborative efforts in implementing Brain Health PRO, a dementia risk reduction program.

The goal of this collaboration is to engage rural and disadvantaged communities around reducing the risk of cognitive decline.

Our organization was invited to join in the PHASE 1 of this project that aims to:

1) discuss facilitators and barriers related to implementing Brain Health PRO in local settings; and 2) co-develop strategies to address challenges in real-world implementation of the Brain Health PRO program.

We engaged our community partners who directly engage with individuals and the public in the areas of health prevention, wellness, and health information translation.

### Summary of our Public Awareness Impact of Last Fiscal Year (2024/2025)

In summary, our 25 Public Awareness events gained the attention of over 2800 people through event registrations. We reached over 300 communities and brought in at least 932 new constituents to the Society.

**The Alzheimer Society Saskatoon Office has moved to:  
101-1630 Quebec Avenue, Saskatoon, SK S7K 1V7**

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

Visit our website: [www.alzheimer.ca/sk](http://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**



RURAL DEMENTIA ACTION RESEARCH

**Would you or someone you know like to receive the  
RaDAR Newsletter? Please let us know  
by emailing [julie.kosteniuk@usask.ca](mailto:julie.kosteniuk@usask.ca) so we can update our list!**