



January 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 17th annual Summit Meeting was held virtually on November 26th & 27th.**

There were over 150 registrants 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. Attendees joined from across Canada and internationally from Australia, Austria, Ireland, Netherlands, Ukraine, United States, and United Kingdom. Watch our website, under [Previous Summits tab](#), for an archive of Summit 2024 presentations to be posted soon.



Keynote Presenter Dr. Debra Morgan – lead of the RaDAR Team



Dr. Debra Morgan is a Professor and College of Medicine Chair in Rural Health Delivery at the Canadian Centre for Rural and Agricultural Health, University of Saskatchewan. She was a founding member of the specialist RaDAR Rural and Remote Memory Clinic 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, which are being delivered by primary care teams in nine communities to date. Debra retired at the end of 2024 and will continue to support RaDAR activities in an Emeritus role.

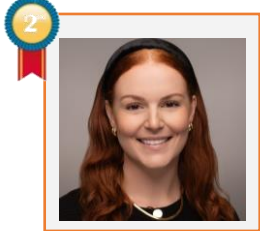
Bilokreli Family Trust Fund

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.

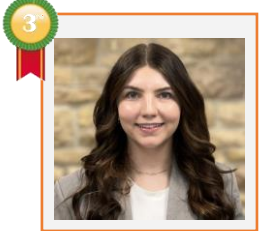
Summit 2024 Bilokreli Student poster prizes were awarded to:



1st Place: Erin Fedusiak



2nd Place: Heather Alford



3rd Place: Brianna Wickett

More from Summit 2024, including an archive of presentations shared, is available on our [RaDAR 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 Health Care (PHC) Memory Clinics



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, and 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. 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.



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 (2019-2024)** brought together over 350 researchers across 19 teams, including **CCNA Team 15 Rural led by Drs. O’Connell and Morgan**.

As part of Team 15’s research, the RaDAR team sustained and evaluated the impact of rural memory clinics established in south Saskatchewan, co-led by Drs. Morgan and Kosteniuk. RaDAR continues to work with rural primary health care teams to establish a clinic in their community. Several Phase II 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](#). In September 2024, data collection across the memory clinics began for a new project that is exploring the perspectives of patients and care partners on communication of diagnosis and recommendations, follow-up care, and informal support.

Rural and Remote Specialist Memory Clinic (RRMC)

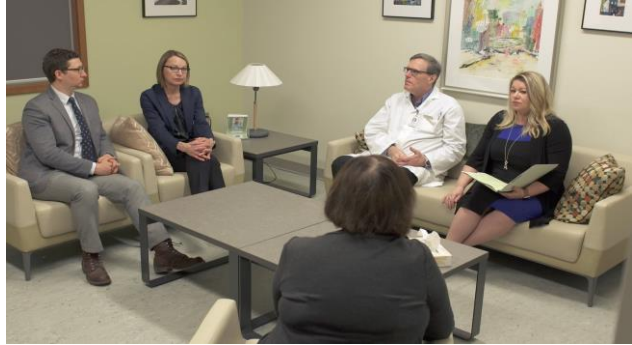


Clinical Director and Neuropsychologist.....Dr. Megan O'Connell
Neurologist.....Dr. Andrew Kirk
Clinic Nurse.....Darla Walz
Psychometrist.....Duane Minish
Physiotherapist.....Jennifer Fairbairn
Staff in Psychology.....August Kortzman (absent from photo)
Clinical Support.....Shelley Biller (absent from 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 916 patients have been seen in the clinic.

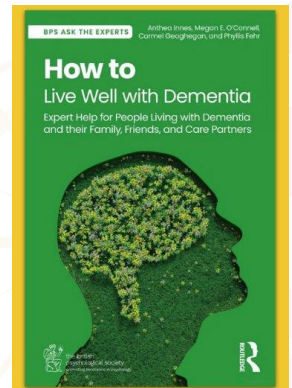
*Clinic team feedback meeting with patient in family consultation room.
Image credit: Honey Cut Productions*



Dr. Megan O'Connell, Rural and Remote Memory Clinic (RRMC) Neuropsychologist and Clinical Director is bringing numerous dementia supports to Saskatchewan. She is the primary investigator on a Saskatchewan Health Research Foundation grant in partnership with the Alzheimer Society of Saskatchewan that is training support group facilitators to use new tools in their work with care partners.

Dr. O'Connell is the Nominated Principal Investigator on a national grant to increase support for care partners of Indigenous people living with dementia and is collaborating on a number of other projects with researchers from across Canada.

Dr. O'Connell also has a new book released by Routledge on October 8, 2024, entitled *How to Live Well with Dementia: Expert Help for People Living with Dementia and their Family, Friends, and Care Partners*. This book was co-authored with Anthea Innes, Carmel Geoghegan, and Phyllis Fehr.



Dr. Megan O'Connell's students **Karl Grewal** and **Jake Ursenbach** both successfully defended dissertations in 2024 and are now working in clinical positions. **August Kortzman** will defend his dissertation on social support for care partners of people living with dementia in 2025, and **Meghan Flath** is working on her dissertation project on barriers and facilitators to pet ownership for older adults. 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.

Finally, Megan O'Connell is 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. The first rural implementation of this project was carried out in Blaine Lake in the Fall of 2024, and a second round of offerings will take place in Saskatoon in the Spring of 2025.

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

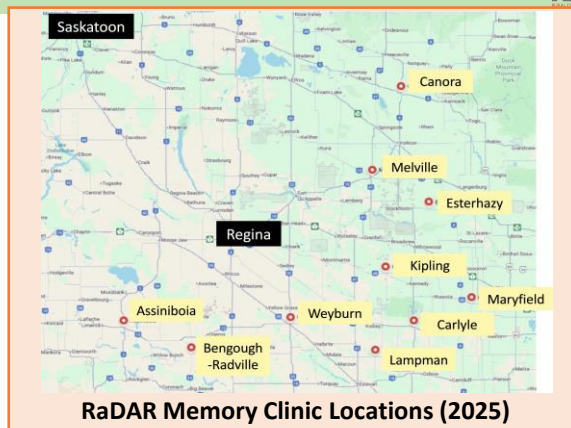
RaDAR's Rural Primary Health Care (PHC) Memory Clinics are an ongoing collaboration between Saskatchewan Health Authority primary health care teams and the [Rural Dementia Action Research \(RaDAR\) Team](#). The [2024 RaDAR Memory Clinic Report](#) provides team and research updates.

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.

Assiniboia, Melville, and Moose Jaw are the most recent teams to join the RaDAR program. The teams completed orientation and training in 2024 and early 2025 and are planning clinics in the coming months. Orientation and training are provided by Dr. Debra Morgan and Dr. Dallas Seitz, a geriatric psychiatrist at the University of Calgary and the developer of PC-DATA™ (Primary Care Dementia Assessment and Treatment Algorithm).

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



Esterhazy Memory Clinic team

Esterhazy Memory Clinic Team, in partnership with RaDAR and Dr. Bonnie Jeffery with SPHERU has created a video where the team takes us through a typical memory clinic visit. **The video is available at :** https://youtu.be/7R_M81Y9PIg



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

Let's hear from Chelsie on the ground!

- There were 33 memory clinics held in 9 communities between January and December 2024 where teams met with a total of 59 patients and families, 57 patients were new patients. **Chelsie has travelled 3,314 km in 2024.**
- In the summer and fall, the RaDAR Team held training sessions with the Assiniboia and Melville teams. Dr Debra Morgan presented on behalf of the RaDAR team to explain the history and procedures of the rural memory clinics. Dr Dallas Seitz provided PC-DATA education and answered questions for the team. The Melville team will shadow the Esterhazy Memory Clinics for some hands-on learning before holding their first clinic.
- We are very excited to be spreading to Moose Jaw beginning in 2025! The team had a training session in January and will be looking to start holding clinics in 2025.

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 Dr. Julie Kosteniuk at julie.kosteniuk@usask.ca.

2024 Update on RMCs Available at:

<https://tinyurl.com/42s5yrdj>



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

www.ruraldementiacare.usask.ca



Dr. Julie Kosteniuk is an Assistant Professor at the University of Saskatchewan in the Department of Medicine, Canadian Centre for Rural and Agricultural Health. Julie 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). Julie also leads projects involving administrative health data, 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 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. As part of a series of synthesis reviews supported by Julie and the RaDAR team, **Valerie Elliot** leads a scoping review examining innovations in interprofessional collaborative primary care for rural older adults living with age-related chronic disease.

Julie also supervises undergraduate and graduate students pursuing degrees in different colleges and schools. Health Sciences PhD student **Amanda Dupperon** (co-supervisor Dr. Cammer) is a Public Health and Preventive Medicine resident and trainee in the Clinician Investigator Program which provides advanced health research training to USask residents enrolled in a Royal College Residency Training program. Public Health PhD student **Erin Leeder** (co-supervisor Dr. Froehlich Chow) has a MSc in Nutrition and will co-design a nutrition intervention with rural older adults. With Dr. Allison Cammer, Julie also co-supervises two Nutrition undergraduate students, **Brianna Wickett** and **Erin Fedusiak**, whose studies are summarized below.



Brianna Wickett, Undergraduate Summer Student Registered Dietitian Involvement in Rural Primary Care Memory Clinics: A Qualitative Descriptive Study: Some of the RaDAR rural primary care memory clinics include a dietitian as part of the interdisciplinary team. However, the process of nutrition care in the clinics and enablers and barriers to the dietitian role within the clinics are not well understood. The objective of this study was to explore and understand the facilitators and barriers to Registered Dietitian involvement in primary care memory clinics and other community settings that provide nutrition care for people living with dementia. A qualitative descriptive design was used, and six focus groups with RaDAR memory clinic teams, primary health care managers and facilitators, and Registered Dietitians were conducted. Thematic analysis led to the development of four initial themes. A manuscript is currently being developed for publication and a [4-minute video poster](#) was presented at the annual RaDAR Summit in November, 2024. **Research team:** Brianna Wickett, Allison Cammer, Julie Kosteniuk, Erin Fedusiak, Debra Morgan, and Dana Klapak. **Funding:** This study was funded by an Interdisciplinary Summer Student Research Award from the University of Saskatchewan College of Medicine and College of Pharmacy and Nutrition (Co-Supervisors Cammer and Kosteniuk) and College of Medicine Start-up Funding to Julie Kosteniuk.



Erin Fedusiak, Undergraduate Summer Student Active Living Program Evaluation: An Active Living Program for older adults living in seniors’ housing apartments was developed and implemented in Spring 2023 by SHA staff. Implementation and acceptability of the program were evaluated using a qualitative descriptive design. We conducted interviews with staff and participants and a focus group with program managers/directors. Five key themes were developed using a 6-phase thematic analysis approach. Participants reported physical, mental health, and social benefits of the program. Implementation was supported by program participants actively shaping the program and staff empowerment to tailor the sessions to participant needs. Challenges related to location, staff capacity, and budget were noted that could result in fewer benefits for participants or a reduction in programming. A manuscript has been submitted for publication and [4-minute video poster](#) was presented at the annual RaDAR Summit in November, 2024. The research team included Erin Fedusiak, Julie Kosteniuk, Allison Cammer, Brianna Wickett, Debra Morgan, Chelsie Cameron, and Sheila Szakács. **Funding:** This study was funded by University of Saskatchewan College of Medicine Start-up Funding to Julie Kosteniuk.



Dr. Allison Cammer is an Associate Professor and Program Director – Dietetics in the College of Pharmacy and Nutrition at the University of Saskatchewan. As an investigator with the RaDAR team, her research program centers on nutrition and dementia. She supervises several students completing graduate research toward their MSc and PhD degrees. In December, **Heather Alford** defended her MSc thesis research, ‘Nutrition as Family’s Bridge to Dementia Care in Long-Term Care.’”

Amanda Dupperon is investigating family and care provider engagement in advanced care decision-making about nutrition and hydration with persons living with dementia. **Seshni Naidoo** is examining nutrition care within house-model

long-term care homes. **Ashlee Bueckert’s** project centers on barriers and supports to including country-harvested and traditional foods within rural long-term care homes.

A project led by Allison 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://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.

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

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

- Open to SK residents

Register Now!

Contact the coordinator at 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).

Heather Alford, MSc student, Nutrition, working with Dr. Allison Cammer was awarded a CIHR Institute of Aging - Summer Program in Aging Award, \$5,000, 2023 and a Poster Presentation Award – 2nd place, USask Health Sciences Student Research Expo, \$200, 2023.

Ashlee Buekert, MSc student, Nutrition, 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’.

Amanda Dupperon, PhD student, Health Sciences, with Dr. Allison Cammer and Dr. Julie Kosteniuk is exploring perspectives on the nutrition and hydration components of advance care planning for persons living with dementia.

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.

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.

August Kortzman, PhD student, Clinical Psychology with Dr. O’Connell, is working on developing a social network intervention that can be remotely delivered to rural caregivers of persons living with dementia and began a residency placement at the University of Manitoba in September 2022.

Erin Leeder, PhD student, Public Health, working with Dr. Amanda Froehlich Chow and Dr. Julie Kosteniuk, is exploring facilitators and barriers to adequate nutrition for community-dwelling rural older adults and co-designing a nutrition intervention for this group.

Seshni Naidoo, MSc student, Nutrition with Dr. Allison 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 20-22, 2022.

Congratulations: Successful Defence for RaDAR Affiliated Students & Trainees

Karl Grewal, PhD student, Clinical Psychology with Dr. O’Connell, on the successful defense of his PhD dissertation in the Department of Psychology and Health Studies! PhD dissertation: “Integrating Cognitive Rehabilitation and Technology for Individuals with Memory Concerns.”

Jake Ursenbach, PhD student, Clinical Psychology with Dr. O’Connell, on the successful defense of his PhD dissertation in the Department of Psychology and Health Studies! PhD dissertation: “Improving Cognitive Assessment in the Context of Rural Dementia Diagnosis.”

Recent RaDAR PUBLICATIONS and PRESENTATIONS

PUBLICATIONS

Sun, G., Kirk, A., Karunanayake, C., O'Connell, M. E., & Morgan, D. G. (2025). Quality of life in patients with subjective cognitive impairment referred to a rural and remote memory clinic. *Canadian Journal of Neurological Sciences / Journal Canadien Des Sciences Neurologiques*, 1–18. <https://doi.org/10.1017/cjn.2024.368>

Grewal, K. S., Grewal, E. S., Cammer, A., McWilliams, L. A., Spiteri, R. J., O'Connell, M. E. (2024). Case reports in the integration of technology with cognitive rehabilitation for individuals with memory concerns and their care partners. *Archives of Clinical Neuropsychology*, 1–29. <https://doi.org/10.1093/arclin/acae115>

Chertkow, H., Phillips, N., Rockwood, K., Anderson, N., Andrew, M. K., Bartha, R., Beaudoin, C., Bélanger, N., Bellec, P., Belleville, S., Bergman, H., Best, S., Bethell, J., Bherer, L., Black, S., Borrie, M., Camicioli, R., Carrier, J., ... Morgan, D., ... O'Connell, M. E., ... Wittich, W. (2024). Impact of a national dementia research consortium: The Canadian Consortium on Neurodegeneration in Aging (CCNA). *Journal of Alzheimer's disease : JAD*, 102(3), 535–561. <https://doi.org/10.1177/13872877241290990>

Rojas-Rozo L., Arsenault-Lapierre G., Dumaresq D., Trepanier T., Lea P., Barnett K., O'Connor D., Loughlin R., Miskucza K., Wighton M., Godard-Sebillotte C., Gruneir A., Beuscart JB., Bronskill S., Sourial N., Smith E., Bethell J., Vedel I., and The COVID-ROSA Research Team (includes Debra Morgan, Megan O'Connell, and Julie Kosteniuk). (2024). Unlocking engagement: Enhancing participation in research with vulnerable populations. *International Journal of Public Health*, 69, 1606705. <https://doi.org/10.3389/ijph.2024.1606705>

Grewal, K. S., Gowda-Sookochoff, R., Peacock, S., Cammer, A., McWilliams, L. A, Spiteri, R., Haase, K. R., Harrison, M., Holtslander, L., MacRae, R., Michael, J., Green, S., O'Connell, M. E. (2024). Perspectives on technology use in the context of caregiving for persons with dementia: Qualitative interview study. *JMIR Formative Research*, 8, e63041. <https://doi.org/10.2196/63041>

TECHNICAL REPORTS

Levinton, T. Elliot, V. Morgan, D., and Kosteniuk, J. (June 2024). RaDAR Newsletter, available online <https://cchsa-ccssma.usask.ca/ruraldementiacare/publications/newsletters/2024-summer-radar-news.pdf>

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>

Recent RaDAR PUBLICATIONS and PRESENTATIONS

PRESENTATIONS

Kosteniuk, J., Morgan, D., O'Connell, M.E., Cameron, C., Elliot, V., Karunanayake C. Care partners attending rural primary care memory clinics: Service needs and self-efficacy. A poster presentation at the Knowledge Network in Rural and Remote Dementia Care: 17th Annual RaDAR Rural Dementia Summit. Saskatoon, SK (virtual poster presentation), November 26-27, 2024.

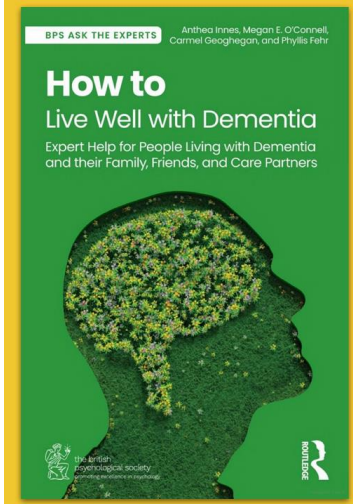
Fedusiak, E., Cammer, A., Wickett, B., Morgan, D., Cameron, C., Szakacs, S., Kosteniuk, J. Implementation and acceptability of an active living program for rural older adults. A poster presentation at the Knowledge Network in Rural and Remote Dementia Care: 17th Annual RaDAR Rural Dementia Summit. Saskatoon, SK (virtual poster presentation), November 26-27, 2024. *1st place Bilokreli Student Poster Prize Winner

Wickett, B., Kosteniuk, J., Fedusiak, E., Morgan, D., Klapac, D., Cammer, A. Exploring the role of registered dietitians in nutrition care for persons living with dementia in the community from the perspective of health care professionals. A poster presentation at the Knowledge Network in Rural and Remote Dementia Care: 17th Annual RaDAR Rural Dementia Summit. Saskatoon, SK (virtual poster presentation), November 26-27, 2024. *3rd place Bilokreli Student Poster Prize Winner

Morgan D., Bayly M., Kosteniuk J. The care navigator role in rural primary care memory clinics. A poster presentation at the GSA 2024 Annual Scientific Meeting. Seattle, Washington, Nov 13-16, 2024.

Morgan, D. The Rural Dementia Action Research (RaDAR) Program: 25 years of rural dementia research. Invited presentation in the President's Lecture Series, University of Saskatchewan. Nov 6, 2024

What's on our radar?



Potential of anti-amyloid therapies for patients with Alzheimer disease in Canada

Commentary

Andrew Frank MD FRCP, Chris Frank MD CCFF(CC)CCPC, Frank Molnar MSc MDCM FRCC

As the Canadian population ages, the prevalence of dementia due to Alzheimer disease is increasing, placing substantial stress on affected individuals, their loved ones, and society as a whole. Development of novel pharmacologic therapies for Alzheimer disease has been challenging, with no new treatment for Alzheimer disease approved in Canada since 2004.¹ In a phase 3 study published in 2022, participants receiving lecanemab—an anti-amyloid monoclonal antibody—demonstrated a 27% slowing of clinical disease progression over 18 months compared with those receiving placebo (based on cognitive and functional measures).² This represents approximately 4 to 5 months of delay in disease-related clinical progression over 1.5 years.³ Further, a phase 3 study of the anti-amyloid monoclonal antibody donanemab demonstrated a 35% slowing of clinical disease progression compared with placebo among participants with low to medium levels of tau pathology, representing an earlier stage of Alzheimer disease.⁴ While these differences were statistically significant, debate about the clinical significance of these findings has been ongoing. Lecanemab and donanemab were under review by Health Canada as of July 2024 and are not yet approved for use in Canada.

fluid (CSF) analysis via lumbar puncture. Access to amyloid-PET and CSF analysis is currently limited to specialized memory clinics in Canada, so interested patients will need referral to specialist care. Substantial progress has been made in the development of blood tests for amyloid, tau, and phosphorylated tau biomarkers, which may one day replace the use of amyloid-PET scans or CSF analysis for patients needing to qualify for anti-amyloid therapies.^{5,6} Both lecanemab and donanemab are administered as intravenous infusions given over approximately 1 hour per infusion. Lecanemab requires infusions every 2 weeks, while donanemab is infused once monthly.^{1,2} Lecanemab is also being developed as a weekly subcutaneous injection that could be administered at home. Duration of therapy is typically 18 months, though long-term extension studies are investigating longer treatment courses. Long-term effects of anti-amyloid therapies are not yet known. Anti-amyloid antibody therapy is associated with risks—such as amyloid-related imaging abnormalities (ARIA), which may represent cerebral edema or cerebral hemorrhage—in up to 37% of treated individuals.^{5,6} Most instances of ARIA are asymptomatic, though 3% to 6% may be symptomatic, causing headache, dizziness, confusion, visual disturbance, or focal neurologic manifestations. Symptomatic ARIA usually resolve following cessation of anti-amyloid antibody treatment, though rarely may require intravenous or oral corticosteroid therapy and may not fully resolve.⁴ Baseline and multiple routine follow-up magnetic resonance imaging

How to Live Well with Dementia (By Anthea Innes, Megan E. O'Connell, Carmel Geoghegan, Phyllis Fehr): https://www.routledge.com/How-to-Live-Well-with-Dementia-Expert-Help-for-People-Living-with-Dementia-and-their-Family-Friends-and-Care-Partners/Innes-OConnell-Geoghegan-Fehr/p/book/9781032599977?srsltid=AfmBOopNVWksHzmtbVq-LDSN_K15oIMdNOCCLExgn1_ritVb04LA9mW

Potential of anti-amyloid therapies for patients with Alzheimer disease in Canada (Andrew Frank, Chris Frank, Frank Molnar): <https://www.cfp.ca/content/cfp/70/9/537.full.pdf>

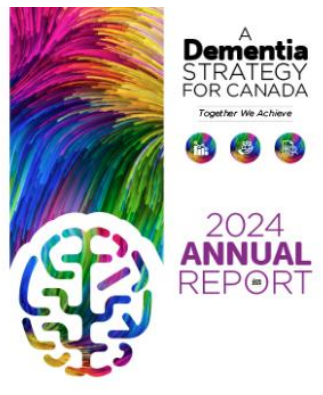


A Step Toward Understanding Health Care Trajectories of People Living With Dementia

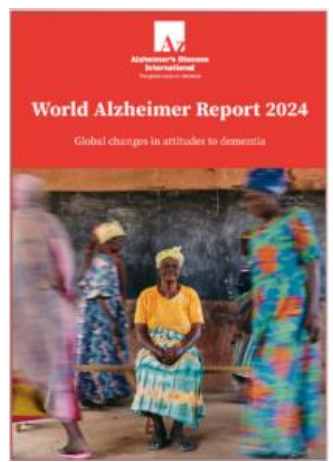


Spotlight on Research, February 13, 7:00 - 8:00 pm hosted by the Alzheimer Society of Saskatchewan: <https://alzheimer.ca/sk/en/whats-happening/events/spotlight-research>

A Step Toward Understanding Health Care Trajectories of People Living with Dementia: <https://www.cih.ca/en/understanding-health-care-trajectories-of-people-living-with-dementia>



Follow us on



World Alzheimer Report 2024: <https://www.alzint.org/resource/world-alzheimer-report-2024/>

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

A Dementia Strategy for Canada: <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/dementia-strategy-annual-report-parliament-2024.html>

Participant recruitment is underway for:

JOIN OUR RESEARCH TEAM!

Are you a caregiver for a loved one with dementia?

Are you interested in joining a research team as a patient & family partner?



Roles include:

- Providing feedback on the research questions, research proposal, and interview guides
- Assisting with participant recruitment strategies, interpreting research findings, and knowledge translation

Compensation through Saskatchewan Centre for Patient-Oriented Research (SCPOR)

Please contact Amanda Dupperon if you're interested in learning more!
amr815@usask.ca

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

This study has been approved by the University of Saskatchewan Behavioural Research Ethics Board (ID 4282)



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

Open to SK residents

Register Now!

Contact the coordinator at
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).

CO-DEVELOPING A PATHWAY TO REDUCE POSTOPERATIVE DELIRIUM IN OLDER PATIENTS

Department of Anesthesiology
University of Saskatchewan

We are looking for volunteers to participate in a study to co-develop a multidisciplinary and patient-centered pathway for older patients at risk of postoperative delirium.


As a participant in this study, you would be asked to take part in a facilitated workshop lasting 2-3 hours.

Participation is voluntary. An honorarium will be provided for your time.

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

Maria Cruz
Department of Anesthesiology
at
306-966-8305 or
Email: Maria.Cruz@usask.ca

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



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



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>

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>

Alzheimer Society of Saskatchewan Programs

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.

Support Groups Continued...

Our Alzheimer Society of Saskatchewan (ASOS) volunteer Caregiver Support Group Facilitators and Programs and Services team and have been invited by Dr. Megan O'Connell and her research team to participate in a voluntary two-day Level A Basic Interpersonal Psychotherapy (IPT) Training in Saskatoon on June 24 and 25, 2024 (in-person or by Zoom) as part of a research project

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.

Minds in Motion[®]

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

Please check back later this summer for registration information for our 3 fall sessions: Saskatoon, Regina and Virtual.

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

Learning Opportunities for People with Dementia and Families

Our 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](#).

Learning Opportunities for People with Dementia and Families Continued...

Keep checking our [Programs and Events page](#) for updates regarding fall 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 and people with lived experience 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.

Bookmark this web page- [Programs and Events page](#) – and check back later this summer for fall events. Past Evening of Education recordings can be found [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 informational 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

Healthier Brains Presentation

Dr. Holly Bardutz will be presenting for our 2025 Healthy Brains Presentation on March 20th, 2025, at 7pm.

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 has designed and copyrighted an eight-week Brain Health and Fitness Course based on the latest research about the brain. She has recently integrated these classes into her research program. The style of her teaching and information she provides in these classes is aligned with our risk reduction efforts and beneficial for our attendees.

Promotional content is still being created for this event, but you can watch our upcoming social media pages and newsletters for updates. You can register for this event here:

<https://app.etapestry.com/onlineforms/AlzheimersSaskatchewan/HBCP.html>

For more information on our actions on reducing the risk of dementia and to download our Brain Health Guide, you can visit

<https://admin.alzheimer.ca/sk/en/take-action/public-awareness/reducing-your-risk-dementia> or email Erica Zarazun at ezarazun@alzheimer.sk.ca

Age Well Public Campaign

As part of an ESDC grant from their Age Well at Home initiative, we are undertaking a three-month public awareness campaign centred in two of our rural resource centre areas; Prince Albert and Weyburn. The campaign focuses on our dementia helpline encouraging people to contact us. The campaign includes, billboards, radio and print ads. The campaign will be running from January to the middle of March.

Dementia Friendly Communities

We are launching our **Dementia Friendly Communities** presentation on February 26th, 2025, at 12pm. For more information and to register for this presentation you can visit: <https://alzheimer.ca/sk/en/whats-happening/events/dementia-friendly-community-presentation>

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.

Volunteer Training for ABCs in Rosetown

With collaboration and recommendation from the Programs and Services Program Manager, our Public Awareness Coordinator met with Carmen Ledding from Rosetown, Saskatchewan regarding training for facilitating our ABCs of Dementia presentation to her community. Carmen is a volunteer for us (co-facilitator of the Young Carers Support Group) and she works for the Canadian Mental Health Association (CMHA) in Rosetown. Carmen has requested multiple times in the past to have an ABCs hosted in Rosetown, but due to our capacity and not having a resource centre in the area, we had been unable to organize this.

Carmen hosted an ABCs on December 11th, 2024 at the Rosetown Senior Citizens Activity Centre. We hope with Carmen's support, more educational events can be hosted for the Rosetown community.

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)
- Spotlight on Research webinar (February 13, 2025)
- Dementia Friendly Community Presentation (February 26, 2025)
- Healthier Brains Community Presentation (March 20, 2025)
- IG Wealth Management Walk for Alzheimer's (May 24, 2025)

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



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