



SUMMER 2026 NEWSLETTER



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.**

Rural Dementia Action Research (RaDAR) is an interdisciplinary research team focused on improving health care delivery for people living with dementia in rural areas.

The team includes core faculty, trainees, and staff at the University of Saskatchewan. We also collaborate closely with patient partners, health professionals, and the Alzheimer Society of Saskatchewan.

Our main initiatives aim to improve diagnosis and management of suspected dementia for rural and remote people living in Saskatchewan. We offer the [specialist Rural and Remote Memory Clinic \(RRMC\)](#) on the University of Saskatchewan campus, and we have collaborated with primary health care teams to implement [RaDAR Primary Health Care \(PHC\) Memory Clinics](#) in southern Saskatchewan communities.

Since 2008, we have held the [Annual Rural Dementia Care Summit](#) to raise awareness and share the latest research in rural dementia care. The Summit is now held virtually which allows us to open the event to researchers and knowledge users from across Canada and internationally. **Duane Minish** directs the Summit organization and coordination each year.

The 19th RaDAR Rural Dementia Care Summit

The annual online Rural Dementia Care Summit will take place on **Thursday, November 19th, 2026.**

Our keynote speaker this year will be Sarah Monks, a Community Health Services Nurse Lead, NHS England, Northeast and Yorkshire region. Sarah has national leadership experience in dementia care, specializing in developing equitable, community-based health models. She was awarded the prestigious title of Queen's Nurse by community nursing charity The Queen's Nursing Institute. Sarah has a Masters in Health and Social Care, a Masters in Advanced Intervention in Mental Health, and a Postgraduate Certificate in Education for Higher Education.

More information will be added to the [Summit 2026 page](#) as planning progresses.

If you have questions about Summit 2026, reach out to julie.kosteniuk@usask.ca



Mark your Calendar and Save the Date!
Thursday, November 19, 2026, will be the next online
Rural Dementia Care Summit.

Bilokreli Family Fund

The RaDAR team is the recipient of funding to support the 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. Since 2015, the Bilokreli Family Fund has enabled us to host the Summit without registration costs for participants. The funding also supports student poster prizes and a People's Choice poster prize. We are grateful for the support of the Bilokreli Family, which allows us to bring together those who want better care for rural people living with dementia and their families.

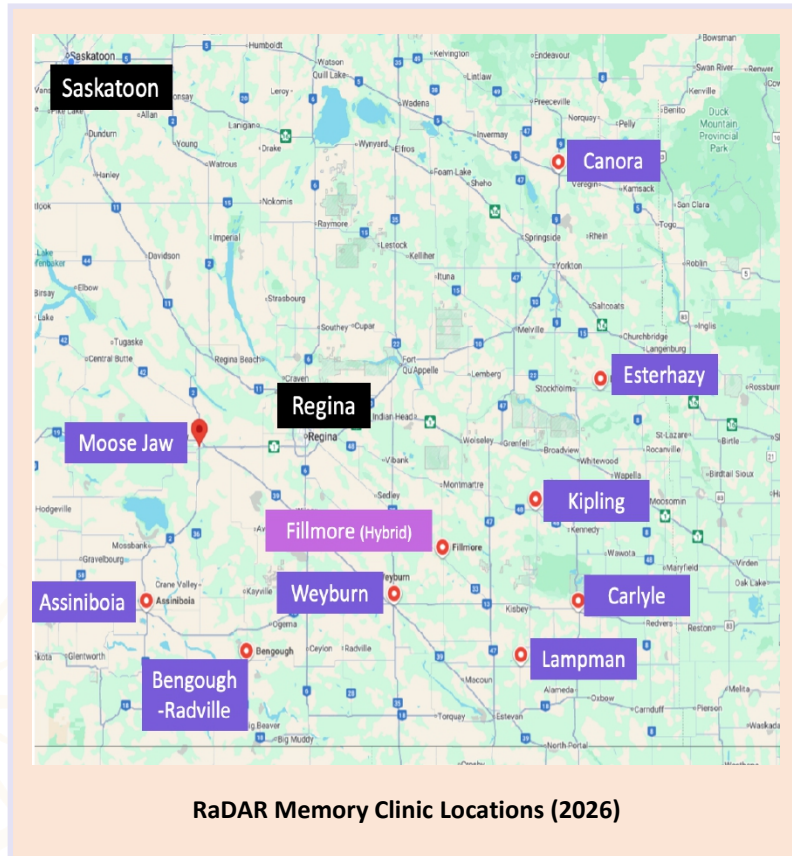
More from Summit 2025 and other past Summit events, including presentations, is available on our [RaDAR website](#) under the **'Summit'** tab.

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.

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](#) (RRMC) 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.

Learn more about the clinics under the Rural PHC Memory Clinics tab on our team website https://cchsa-ccssma.usask.ca/ruraldementiacare/PHC_Clinics.php and view a short video of the Esterhazy memory clinic.



***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.***

What's been happening lately at the primary care memory clinics?



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

**Kristin Ottenbreit, RaDAR
Primary Care Memory Clinic Outreach
and Research Coordinator**

- Hello All! I'm the new RaDAR Outreach and Research Coordinator for the Rural Memory Clinics. I'm so excited to be a part of the RaDAR Team and get to know our talented clinicians across the province. So far, I've met the Weyburn, Lampman, Assiniboia, and Canora Teams, and look forward to meeting everyone else in the coming months. We recently received new funding from the provincial Ministry of Health for my position to support and spread the clinics to additional rural communities.
- So far in 2026, the total number of patients reached across all memory clinics is 50 in 7 communities. Being at the halfway point now, we are on track once again to serve more patients this year than ever before!

Travel by Chelsie C & Kristin O
for clinic outreach
29,919 km from 2019 - 2025

&

3,590 km between January 1st
and June 30th, 2026

10 communities
joined to date

2 communities
joined in 2025

182 clinics
held to date

25 clinics
held between January
1st and June 30th, 2026

292 patients
seen to date

50 patients
seen between January 1st
and June 30th, 2026



Farewell and Best Wishes!

Our sincere thanks to Chelsie Cameron for her valuable contributions to the Rural PHC Memory Clinics over the past several years. We wish Chelsie continued success in this exciting new chapter of her career.

Learn more about the clinics under the Rural PHC Memory Clinics tab on the RaDAR website <https://cchsa-ccssma.usask.ca/ruraldementiacare/index.php>



RRMC team members November 2023 - image credit
Debra Marshall

Clinical Director and Neuropsychologist...**Dr. Megan O'Connell**
Neurologist.....**Dr. Andrew Kirk**
Emeritus Professor.....**Dr. Debra Morgan**
Post-diagnostic support.....**Darla Walz**
Clinic Nurse.....**Whitney Harder** (absent from photo)
Psychometrist.....**Duane Minish**
Physiotherapist.....**Jennifer Fairbairn**
Staff in Psychology...**Dr. August Kortzman** (absent from photo)
Clinical Support.....**Shelley Biller** (absent from photo)

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.



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

The specialist RRMCC 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 **987** patients have been seen in the clinic, along with their families and caregivers.

Exciting News

RaDAR Receives Increased Provincial Funding to Expand Dementia Care Services

The newly secured funding from the Saskatchewan Ministry of Health ensures the continued operation and major expansion of the specialist Rural and Remote Memory Clinic (RRMC). The continued support allows the specialist RRMCC to expand from one to three clinic days per week, tripling diagnostic capacity and significantly reducing current wait times, which exceed one year. The expansion also secures support of the network of Rural Primary Care Memory Clinics, currently provided by primary health care teams in several communities, with plans to expand to more areas. These clinics are part of primary health care operations within the Saskatchewan Health Authority and address the need for specialized care locally without travel to a major city.



Dr. Julie Kosteniuk, RaDAR Co-Lead, is an Assistant Professor in the Department of Medicine and faculty in the Canadian Centre for Rural and Agricultural Health. Her research focuses on rural dementia care, exploring novel primary care memory clinic models, community-based services for older adults, and health service use among rural populations. She leads a 4-year study to adapt and evaluate a home-based virtual memory clinic model, funded by a CIHR and Alzheimer Society of Canada New Investigator Grant. She also leads a 3-year study investigating rural primary care readiness to deliver high quality dementia care funded by a Saskatchewan Health Research Foundation Establishment Grant. This study involves 3 related projects focused on adapting a hybrid memory clinic model, investigating the association between rurality and dementia detection, and a survey of family physicians and nurse practitioners.

Dr. Kosteniuk leads and collaborates on projects involving health administrative data. She is a Co-PI on the Canadian Dementia Health System Performance (CADENCE) team led by Dr. Susan Bronskill (University of Toronto) and Dr. Dallas Seitz (University of Toronto). CADENCE is one of 16 teams across Canada under the Canadian Consortium on Neurodegeneration in Aging, funded by CIHR and other partners.

Dr. Kosteniuk supervises undergraduate and graduate students pursuing degrees in different colleges and schools, including Health Sciences PhD candidate Amanda Dupperon (co-supervisor Dr. Cammer), Clinical Psychology PhD student Logane Gnassi (co-supervisor Dr. Megan O'Connell), Public Health PhD candidate Erin Leeder (co-supervisor Dr. Froehlich Chow), and Nutrition BSc students Kali McDougall and Jepril Lindain (co-supervisor Dr. Cammer).

Learn more about the clinics under the Rural PHC Memory Clinics tab on our team website https://cchsa-ccssma.usask.ca/ruraldementiacare/PHC_Clinics.php and view a short video of the Esterhazy memory clinic.



Dr. Megan O'Connell, RaDAR Co-Lead, is the Rural and Remote Memory Clinic (RRMC) Neuropsychologist and Clinical Director, and a Professor in the Department of Psychology and Health Studies. She is currently leading multiple research projects, collaborating with numerous partners across Canada, and supervising several graduate students.

A clinical neuropsychologist by training, her work in both research and professional capacities focuses on complex dementia diagnosis and care partner support in rural populations. Dr. O'Connell's work emphasizes the development and evaluation of innovative approaches to care, including telehealth-based caregiver support, a remotely-delivered exercise intervention, and cognitive rehabilitation. Her current research explores neuropsychological measurement relevant to dementia, technology for remote dementia care, and cognitive aging.

Dr. O'Connell is a co-investigator and leads an Interdisciplinary Transformation Team on a \$24,000,000 CAD NFRF Transformation Grant co-led by Dr. Jennifer Walker (McMaster University) and Edith Mercieca (Maamwesying North Shore Community Health Services). This is a six-year Indigenous-led, community-based project to decolonize brain health assessment and develop a bundle of dementia assessment tools tailored specifically to Indigenous communities. Dr. O'Connell also serves as co-investigator on 5 CCNA Phase III teams and numerous CIHR-funded grants.

Dr. O'Connell is the nominated Principal Investigator on a CIHR-funded project to increase Alzheimer Society capacity to provide culturally grounded, culturally safer support for Indigenous care partners of persons living with dementia. The project has been given an Anishinaabe name by community collaborators: Bemekmegick Onendahmawin, which means "support for those who are looking after ones with memory loss."

She is the principal investigator on two SHRF grants, one to examine barriers and facilitators to support group co-design between the Alzheimer Society of Saskatchewan (ASOS) and Indigenous communities, and the other, co-funded by ASOS, designed to increase social support for care partners attending ASOS support groups.

Dr. O'Connell is supervising three graduate students in the Clinical Psychology program, all of whom are RaDAR trainees. Dr. O'Connell also co-supervises three Clinical Psychology graduate students.

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



Dr. Allison Cammer, RaDAR Co-Lead, is an Associate Professor and Director of Dietetics in the College of Pharmacy and Nutrition. A Registered Dietitian, Dr. Cammer's research centers on the role of nutrition in supporting individuals living with dementia. Her work contributes to advancing evidence-based dietary strategies and care practices that enhance quality of life for people with dementia and their caregivers, particularly in rural and remote communities.

The Cognitive Kitchen: A Culinary Nutrition Program to Promote Cognitive Health for Older Adults, Caregivers, and Persons Living with Dementia

Allison Cammer
University of Saskatchewan



Solutions
ALZHEIMER'S & OTHER DEMENTIAS



Research Investment: \$150,000
2025-26 Impact Grant Recipient

The Cognitive Kitchen: *Healthy dietary patterns can reduce the risk of dementia and promote cognitive health for both persons with dementia and caregivers. As such, we co-developed The Cognitive Kitchen program, a 6-session culinary health program combining education with food preparation to translate dietary patterns into everyday application by older adults, caregivers, and persons with dementia. Initial evaluation of the program has shown it is feasible and acceptable to participants, with strong engagement. Feedback from participants expressed the need for more flexibility about timing and access. We will adapt the Cognitive Kitchen program for web-based video delivery, paired with a regular virtual session to connect with the facilitator and peers. These enhancements will increase flexibility and decrease program costs. Our interdisciplinary research team will evaluate the program's impact on food agency, nutrition behaviour and social support. As the sole culinary education program developed to address dementia risk reduction and living well with dementia, the Cognitive Kitchen is well-positioned to improve outcomes in this space.*

To learn more about Cognitive Kitchen, 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 the Canadian Foundation for Dietetic Research.

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

RaDAR Research News



Jepril Lindain, Dr. Cammer, Kailee Wilson

Jepril Lindain and Kailee Wilson, BSc Nutrition students Supervisor: Dr. Allison Cammer and Robin Hartle

Jepril and Kailee completed an experiential learning project through their NUTR 430 course where they reviewed evidence and translated it into practice resources for use by registered dietitian, Robin Hartl, in Central Haven and Sherbrooke long-term care homes. They developed educational presentations and summary handouts on nutrition concerns during advanced stages of dementia, and nutrition care at end of life.

Their final drafts were presented at the annual Nutrition Showcase on April 7, 2026.

SHARP International Symposium, 2026

RaDAR team members presented at the 8th International Symposium on Safety & Health in Agricultural and Rural Populations (SHARP), held from June 16th to 18th in Saskatoon. The RaDAR team delivered two presentations and six posters at the SHARP conference.



Heather Alford, PhD student



Dr. Kosteniuk and Amanda Dupperon, PhD candidate



Erin Leeder, PhD candidate



Amanda Dupperon, PhD candidate – SHARP Symposium



Dr. Julie Kosteniuk – SHARP Symposium

RaDAR Research News – Student Projects

Student: Amanda Dupperon, PhD candidate, Health Sciences

Project: Advance care planning for rural persons with dementia: A proposed study of nutrition and hydration decision-making

Supervisors: Drs. Julie Kosteniuk and Allison Cammer

Summary: Advance care planning (ACP) supports goal-concordant healthcare for people living with dementia, yet participation remains low due to multi-level barriers. These challenges are amplified in rural settings by geographic isolation as well as ethnocultural, language, and socioeconomic factors. Despite growing attention to ACP in dementia, nutrition and hydration components remain under-explored. This study examines the process of advance care planning for people living with dementia in southeastern Saskatchewan, with particular attention to nutrition and hydration considerations. Using interpretive description methodology, the perspectives of family caregivers, healthcare professionals, and health system leaders will be explored. Semi-structured interviews with each group will be conducted to examine experiences with nutrition and hydration discussions within advance care planning. With health system leaders, a nominal group technique will also be used to create consensus-based recommendations. Sudore's Organizing Framework of ACP Outcomes will inform the conceptualization of advance care planning within this research. Anticipated study findings include insights into how family caregivers perceive and navigate their role in discussing nutrition and hydration within advance care planning, as well as healthcare professionals' experiences in facilitating these discussions. A better understanding of the challenges and supports present in rural clinical settings is also anticipated. At the system level, this research is expected to demonstrate how health system leaders influence the prioritization and integration of nutrition and hydration decisions within advance care planning processes. This research is expected to contribute evidence to support improvements in nutrition and hydration-related advance care planning processes for people living with dementia in rural settings. By integrating multiple perspectives, it is anticipated this research will generate practice-relevant findings and recommendations with the intention to support nutrition and hydration-related advance care planning. These findings may also be used to inform the development of dementia-specific resources, education, and training appropriate for rural contexts.

Your Experience Matters!
Participant recruitment is underway for a research study exploring family caregivers' experience with end-of-life nutrition care of a loved one.

Interested in Participating?
Contact: Heather.alford@usask.ca

University of Saskatchewan
College of Pharmacy and Nutrition
Research: NUTRITION AND NUTRITION

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 4262)

Student: Heather Alford, PhD student, College of Pharmacy and Nutrition

Project: Making room at the table: Is virtual delivery of a culinary nutrition program for dementia risk reduction acceptable and accessible for rural participants?

Supervisor: Dr. Allison Cammer

Summary: Rural and remote populations experience limited access to health promotion programs and specialist services such as dietitian-led nutrition care. Opportunities for preventive and cognitive health programming are constrained by geography and service availability. The Cognitive Kitchen culinary nutrition intervention addresses this gap. A larger study explored the feasibility and compared virtual and in-person delivery of the program to support dementia risk reduction and living well with dementia. This presentation focuses on program acceptability and accessibility for rural participants. The Cognitive Kitchen was co-designed by an interdisciplinary team of researchers, clinicians, and people with lived experience. The six-week virtual program was designed for older adults, persons living with dementia, and their care partners and facilitated by a dietitian. To determine acceptability and accessibility for rural participants, the team examined program attendance data, facilitator program notes, observation field notes, and semi-structured interviews with participants. Quantitative data were analyzed descriptively, and qualitative data were analyzed thematically. Nine virtual programs were delivered to 44 participants (12 lived in a rural setting), with a 91% participation rate. Eight rural participants completed semi-structured interviews. Virtual delivery supported participation across geographic settings, reducing travel and logistical barriers. Participants reported increased confidence, motivation, and sustained use of program content. Flexibility in ‘cooking along’, observing, or adapting recipes supported accessibility. Some reported bandwidth and network instability challenges, particularly when streaming video alongside group discussions. Virtual culinary nutrition programming can increase access to specialized health promotion for rural populations with limited in-person services. Virtual models enable delivery across diverse geographic settings while maintaining meaningful engagement. Addressing limitations with bandwidth and network instability is key to equitable participation. Future programs may benefit from asynchronous educational components to enhance flexibility, accessibility, and reach. Virtual nutrition interventions are a promising strategy to expand supportive health programming for rural and aging populations.

Student: Erin Leeder, PhD candidate, School of Public Health

Project: Food literacy interventions for community-dwelling older adults: A scoping review protocol

Supervisors: Drs. Julie Kosteniuk and Amanda Froehlich Chow

Summary: Food literacy is understood to be a set of interrelated abilities and behaviours that enable individuals to make food choices that support their health and promote overall wellness. Older adults, particularly those who live in rural settings, may experience unique factors that can impact their levels of food literacy. Many interventions have been implemented to enhance food literacy levels. The purpose of the current study is to review food literacy interventions for community-dwelling older adults, including those who live rurally. A scoping review guided by Arksey and O’Malley’s (2005) framework will be conducted on the topic of food literacy interventions in community-dwelling older adults. Peer-reviewed original research will be searched for examples of food literacy interventions for community-dwelling older adults using a comprehensive search strategy across five databases. Abstracts and full texts will be screened independently by two reviewers. Numerical analysis and content analysis will be completed to provide a thorough review of the literature, as well as to identify research gaps. A preliminary search has been conducted to aid in developing the research purpose and questions. The review will synthesize evidence on food literacy interventions for community-dwelling older adults, including information regarding sample demographics, theoretical models that underpin the interventions, descriptions of the interventions, and intervention results. Common themes and elements in different interventions will be identified, as well as gaps in the literature. The results of the scoping review will be disseminated via conferences and a peer-reviewed publication. This scoping review will summarize and synthesize the existing literature regarding interventions that intend to improve food literacy in older adults who live in community settings, including the theoretical models and frameworks that underpin these interventions. The findings from this review will inform the development of a food literacy workshop series for community-dwelling older adults in rural Saskatchewan. The gaps in the literature identified by this scoping review may lead to additional research studies that aim to enhance understanding of food literacy among older adults.

Heather Alford, is a PhD student in the College of Pharmacy and Nutrition, supervised by Dr. Cammer. Her research focuses on co-designing a shared decision-making guide for end-of-life nutrition in dementia care.

Ashlee Buekert, MSc student, Nutrition, is supervised by Dr. Cammer. Her project is titled '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 candidate, 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, a PhD student in Clinical Psychology supervised by Dr. O'Connell, is interested in cognition as it relates to neuroimaging. His research aims to assess the utility of cardiovascular biomarkers to predict cognitive decline and subsequent neurodegeneration.

Meghan Flath, a PhD student in Clinical Psychology supervised by Dr. O'Connell, is researching the impact of pet ownership on cognition and depression in older adults. She is working on a pet augmented social inclusion intervention for persons with cognitive impairment and dementia.

Logane Gnassi, is a PhD student in Clinical Psychology co-supervised by Drs. O'Connell and Kosteniuk. Her research examines cognitive concerns and dementia in farming communities, with a focus on identifying gaps in available supports, understanding the lived experiences of farmers and their families, and developing a tailored psychoeducational resource to help farm families live well with cognitive impairment while promoting safety, well-being, and meaningful engagement in farm life.

Emily Gulka, a PhD student in Clinical Psychology co-supervised by Dr. O'Connell and Dr. Spiteri, and she is researching experiences with post-partum depression, and one study scrapes social media for stories of personal experiences and stigma.

Erin Leeder, PhD candidate, Public Health, co-supervised by Dr. Froehlich Chow and Dr. 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. Cammer and Kim, and is investigating the experience of weight stigma among breast cancer survivors.

Jepril Lindain, an undergraduate student in Nutrition and a summer student with the RaDAR team, is investigating the components and processes of a hybrid primary care memory clinic model and the model's feasibility, acceptability, and sustainability. Jepril is co-supervised by Drs. Kosteniuk and Cammer.

Kali McDougall, is an undergraduate student in Nutrition who is working as a summer student with the RaDAR team, supervised by Dr. Kosteniuk. Kali's project explores family physician and nurse practitioner perceptions of benefits, barriers, and enablers of collaborating with specialists and other health professionals for dementia care.

Amanda McGillivray, is a Clinical Psychology graduate student, supervised by Dr. O'Connell. Her research interests focus on evaluating the efficacy and implementation of therapeutic interventions that support caregivers of older adults.

Jordan Wellsch, PhD student, Clinical Psychology is co-supervised by Drs. O'Connell and Gelech and is researching communication tools and strategies to minimize conflict with adult children co-residing with their parents.

Congratulations

Funding Received by RaDAR Affiliated Students & Trainees

Heather Alford, a PhD student in the College of Pharmacy and Nutrition, received a 2026 Doctoral Award co-funded by the Alzheimer Society Canada Research Program & Saskatchewan Health Research Foundation. Heather's application was titled: *Co-Designing a Family-Centred Guide to Support Nutrition and End-of-Life Dementia Care in Long-Term Care Settings*. Heather is supervised by Dr. Cammer.

Logane Gnassi, a PhD student in the Department of Psychology and Health Studies at the University of Saskatchewan, received a 2026 Canada Graduate Research Scholarship – Master's Program funded by CIHR for her application titled *Farm Families Living with Dementia in Saskatchewan: Experiences, Challenges, and Strengths*. Logane is co-supervised by Drs. O'Connell and Kosteniuk.

Recent RaDAR PUBLICATIONS and PRESENTATIONS

PUBLICATIONS

Arwini, A., Kirk, A., & Morgan, D. (2026). Predictors of long-term care admission in a rural and remote memory clinic. *Journal of Alzheimer's Disease*. <https://doi.org/10.1177/13872877261434989>

Bacsu, J. D., Mero, K., O'Connell, M. E., Funk, M., Ménard, A., Norman, M., Blackstock, S., Mann, J., Hulko, W., D'Souza, M. S., & Fraser, S. (2026). Mapping the landscape, knowledge gaps, and areas for innovation in brain health and dementia research in Canada: Protocol for a scoping review of reviews. *JMIR Research Protocols*, 15, e79020. <https://doi.org/10.2196/79020>

Cetin-Sahin D, Sourial N, Bronskill SE, Seitz D, Maclagan LC, Godard-Sebillotte C, Massamba VK, Rochette L, Wilchesky M, Feldman S, Gruneir A, Smith EE, Beuscart J-B, Montero-Odasso M, Diong C, Arsenault-Lapierre G, Kosteniuk J, Sivananthan S, Bosson-Rieutort D, Le Berre M, Miskuczka K, and Vedel I for the COVID-ROSA Research Team (Serge Gauthier, Mario Gregorio, Rosette Loughlin, Colleen Maxwell, Debra Morgan, Jacqueline Quail, and Erik Youngston. (2026). Family physician and specialist care for persons with dementia living in the community: through thick and thin. *Family Practice*, 23;43(1):1-10. DOI: [10.1093/fampra/cmef105](https://doi.org/10.1093/fampra/cmef105)

Juanita-Dawne R Bacsu, Alixe Ménard, Chelley Berlinguette, Wendy Hulko, Megan E O'Connell, Sarah Fraser, Jim Mann, Sheila Blackstock, Myrna Norman, Melba Sheila D'Souza, Marc Viger, Advancing Brain Health and Dementia Research in Canada: Insights from Focus Groups with the Dementia Research and Innovation Funders Alliance. *The Gerontologist*. <https://doi.org/10.1093/geront/gnag124>

Ottley, K.M., Ribeiro, M.D.S., McPhee, J., Barlow, M., Moorman, M., Whitford, S., Cammer, A.L., Craswell, A. and Compton, R.M. (2026). Experience of Persons Living in Long-Term Care: A Patient-Oriented Analysis of "Notes in The Margins" Data. *Journal of Long-Term Care*, pp. 47–60. <https://doi.org/10.31389/jltc.326>

Proulx, D., Kirk, A., O'Connell, M. E., & Morgan, D. (2026). Does anticholinergic medication use on presentation to a rural memory clinic predict cognitive or functional decline over one year? *Journal of Alzheimer's Disease*, 110(3):1490-1495. <https://doi.org/10.1177/13872877261424232>

PRESENTATIONS

Cresswell, B., Kosteniuk, J., Kusch, T., Dupperon, A. (Presenting Author), Morgan, D., Cammer, A. Registered dietitian care: Perspectives of rural primary care memory clinic patients and care partners. A poster presentation at the 8th International Symposium on Safety and Health in Agricultural and Rural Populations. Saskatoon, SK, June 16-18, 2026.

Dupperon, A., Cammer, A., Hunter, P., Neudorf, C., Lagimodiere, K., Kosteniuk, J. Advance care planning for rural persons with dementia: a proposed study of nutrition and hydration decision-making. A poster presentation at the 8th International Symposium on Safety and Health in Agricultural and Rural Populations. Saskatoon, SK, June 16-18, 2026.

***A complete list of publications can be accessed on the RaDAR website at:
www.ruraldementiacare.usask.ca under the publications tab***

Recent RaDAR PUBLICATIONS and PRESENTATIONS

PRESENTATIONS (Continued)

Kosteniuk, J., Leeder, E., Cammer, A., O'Connell, M.E., Seitz, D., Morgan, D., Kirk, A., Karunanayake, C., Açıan Osman, B., Zorn, C., Klapak, D., Wiley, M. Rural-urban differences in primary care collaborations and resources for dementia care. An oral presentation at the *8th International Symposium on Safety and Health in Agricultural and Rural Populations*. Saskatoon, SK, June 16-18, 2026.

Kosteniuk, J., Cammer, A., O'Connell, M.E., Seitz, D., Morgan, D., Kirk, A., Açıan Osman, B., Zorn, C., Klapak, D., Wiley, M. Bridging distance in rural dementia care: A hybrid rural primary care memory clinic model. A poster presentation at the *8th International Symposium on Safety and Health in Agricultural and Rural Populations*. Saskatoon, SK, June 16-18, 2026.

Kosteniuk, J., Cammer, A., O'Connell, M.E., Seitz, D., Morgan, D., Minish, D., Bisso, M., Klapak, D. Expanding rural access to dementia care: A home-based rural primary care memory clinic model. A poster presentation at the *8th International Symposium on Safety and Health in Agricultural and Rural Populations*. Saskatoon, SK, June 16-18, 2026.

Kosteniuk J. RaDAR Specialist and Primary Care Memory Clinics. An invited oral presentation at *Rooted in Community Gathering: Conversations and Connections for Strengthening Rural Health and Safety* hosted by the Canadian Centre for Rural and Agricultural Health. Saskatoon, Saskatchewan, June 15, 2026.

Kosteniuk J. Working together to support RaDAR primary care memory clinics. An invited oral presentation at *Thrive at Home Learning Circle* hosted by the Saskatchewan Health Quality Council. Virtual. April 9, 2026.

Kosteniuk J., Açıan Osman B, Quail J. Using administrative data in rural dementia health services research. An invited oral presentation at *Big Ideas About Health Data Speaker Series: Health Data Research Network Canada*. Virtual. January 29, 2026.

Kusch, T., Cammer, A., Cresswell, B., Dupperon, A. (Presenting Author), Wickett, B., Fedusiak, E., Klapak, D., Morgan, D., Kosteniuk, J. "We are part of the pillars": The development and implementation of the dietitian's role in rural primary health care memory clinics. An oral presentation at the *8th International Symposium on Safety and Health in Agricultural and Rural Populations*. Saskatoon, SK, June 16-18, 2026.

Leeder, E., Froehlich Chow, A., Cammer, A., Peacock, S., Kosteniuk, J. Food literacy interventions for community-dwelling older adults: A scoping review protocol. A poster presentation at the *8th International Symposium on Safety and Health in Agricultural and Rural Populations*. Saskatoon, SK, June 16-18, 2026.

What's on our radar?

RaDAR- CCRAH Team Steps up for the IG Wealth Management Walk for Alzheimer's

On May 30th, the RaDAR-CCRAH team laced up their sneakers and joined community members at River Landing for the 2026 IG Wealth Management Walk for Alzheimer's.

As Canada's largest fundraiser for Alzheimer's disease and other dementias, this incredible event spans over 150 communities nationwide. To date, the Walk has raised more than \$50 million since 2015.

Thanks to the incredible generosity of the Society's supporters, the fundraising total in Saskatchewan is over \$312,000.



The gathering point at River Landing for the 2026 Walk for Alzheimer's



RaDAR-CCRAH team at the 2026 Walk for Alzheimer's



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

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@RaDAR_
Usask

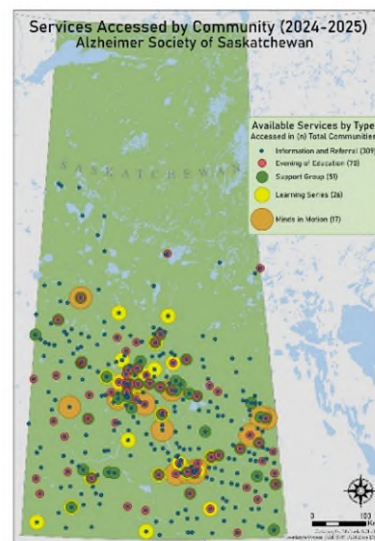
PROGRAMS & SERVICES

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. **Over the past five years, the Alzheimer Society has experienced a 51% increase in the number of 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

Over 5000 hours spent providing individualized support to our clients this past year



First Link® Referrals

Are you a physician, other health professional, or community organization? You can refer individuals and families to the Alzheimer Society through First Link®. Research shows that direct referrals help clients connect to support and services sooner than general information alone.

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. **95% of direct referrals come from those who diagnose and treat dementia, 129% growth in the past 5 years.**

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](#).

Dementia Helpline



AlzheimerSociety

SASKATCHEWAN

Learn More Live Well

Questions about dementia
or caregiving?

Dementia Helpline 1-877-949-4141



helpline@alzheimer.sk.ca

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](#).

A collaborative partnership between the Saskatchewan Association of Immigrant Settlement and Integration Agencies (SAISIA) and the Alzheimer Society. We are seeking to build partnerships to better support newcomers living with dementia and their care partners. Through our collaboration with SAISIA, we are gathering insights from newcomer-serving agencies across Saskatchewan to better understand current needs, services, and gaps in support. We are also exploring a partnership with the Ukrainian Canadian Congress to develop culturally appropriate caregiver supports, including a potential Ukrainian-language Caregiver Support Group and translated dementia resources. Upcoming focus groups and survey results will help guide our next steps.

2026 IG Wealth Management Walk for Alzheimer's Wrap-up

Thanks to our generous matching gift donors, sponsors, Walk committees, volunteers, and every participant who fundraised and walked, these funds will support programs and services for the thousands of Saskatchewan families living with dementia. **Our estimated fundraising total in Saskatchewan is OVER \$312,000 with more donations still being processed!** Locations across the province showed up in a big way — from Moosomin and Prince Albert to Swift Current, Regina, and Saskatoon. The funds raised will help support the thousands affected by dementia in Saskatchewan and their families through programs and services that help support quality of life and support awareness and education about dementia. Thank you again to each and every one of you who have participated in your own way, you are a valued member of our community of support.

We look forward to seeing everyone at the Walk in May 2027!

Alzheimer Society of Saskatchewan Programs

Support Groups

In 2025/2026, the Alzheimer Society's support groups reached nearly 1,500 attendees across 51 communities. The Alzheimer Society offers support groups for people living with dementia and their caregivers to enhance quality of life and build 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.

Interested in starting an Alzheimer Society support group in your community?

We provide training and support to get you started and ongoing. For more information on how to facilitate a support group for individuals impacted by Alzheimer's disease or other types of dementia, please reach out to:

Heather Dash
Program Manager
hdash@alzheimer.sk.ca

Implementation of Interpersonal Therapy to Increase Capacity of Alzheimer Society of SK Care Partner Support Group Facilitators: the CCAPS Project.

The Saskatchewan Health Research Foundation (SHRF) funded research project, Implementation of Interpersonal Therapy to Increase Capacity of Alzheimer Society of SK Care Partner Support Group Facilitators: the CCAPS Project, led by Dr. Megan O'Connell is nearing completion. During the year, research project steering committee - who also serve as support group facilitators - piloted the newly developed Social Support Shorts podcasts and accompanying resources within caregiver support groups. In October, a two-day training equipped facilitators with practical Social Support tools to help caregivers reconnect, improve communication, and regain feelings of support in their relationships. The training was recorded and will be used alongside a new supplementary Social Support section to be added to the Support Group Facilitator Manual. A draft of the supplementary section has been completed, with plans to include practical scenarios demonstrating how Social Support tools can be used within support groups. The tools and strategies gained from the 2-day training are now being incorporated into caregiver support groups. It is the plan to integrate Social Support training and supplementary section into facilitator onboarding moving forward.

Alzheimer Society of Saskatchewan Programs

Saskatchewan Blue Cross 80 grants for 80 years

At the Alzheimer Society of Saskatchewan, our support groups give people living with dementia and their care partners a chance to share experiences, learn from one another, and feel less alone. They're a safe place to talk openly, feel understood, and most importantly hold onto hope. We're grateful to Saskatchewan Blue Cross for this 80 Years, 80 Grants funding. This support helps us keep our groups strong by providing facilitators and participants with the tools and resources they need, and it means we can continue reaching more than 1,500 attendees in 51 communities across Saskatchewan.



"The support group was extremely helpful in suggesting ideas and paths to get our loved one help. They were so supportive and knowledgeable and real connection was made and they were a lifesaver." Alzheimer Society Client

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

Evenings of Education

Evenings of Education are free virtual sessions held 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: [When Dementia is not Alzheimer's](#), [Understanding Dementia Progression: What to Expect and How to Prepare](#), and [Navigating Home Safety with Dementia](#)

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](#)
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

Understanding Dementia Presentation

Our annual Understanding Dementia Community Presentation was presented by Dr. Jillian Gill, held on January 22nd, 2026. This is the Society's largest awareness event of the year, with 700 people registering this year. This event brought in 270 new contacts for the Alzheimer Society of Saskatchewan and reached over 170 different communities.

We received the following feedback on the practical nature of her presentation:

"All of the information was very helpful. I took notes, and we had an appointment with my husband's doctor shortly after the presentation. I told her how helpful the meeting was and both of us felt it was very worthwhile."

Presentation is available [here](#)

2026 Healthier Brains Community Presentation

We hosted the 2026 Healthy Brains Community Presentation on March 31st and were honored to have Dr. Allison Cammer present for our community on "Living Well at the Table- Nutrition, Social Connection and Brain Health." This event brought in 605 registrations, 207 of which were new to the Society.

Dr. Cammer focused on practical strategies for enhancing social engagement through everyday food-related activities. The presentation explores how nutrition and social connection influence brain health, dementia risk reduction, and overall well-being.

Presentation is available [here](#)

Building Dementia Friendly Communities Presentation

We hosted a "Building Dementia Friendly Communities" presentation on February 25th, 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. This presentation had 42 registrations, reached 24 different communities, and brought in 11 new people to the Society.

PUBLIC AWARENESS & COMMUNICATIONS

Risk Reduction Virtual Presentation

We have seen an increase in interest for this presentation. On May 14th the PAC hosted a virtual risk reduction presentation that had just over 300 people registered. This was our largest registration for one of our ongoing regular presentations.

Awareness Community Table Discussion

On April 8th, 2026, we met with some of our Community Partners to discuss how we can improve and focus our future public awareness initiatives. The discussion was facilitated by Alzheimer Society Staff to enrich and inform the work that we do with our community partners.

The list of participants:

- Morgan Kelly (Southeast Regional Library)
- Katlyn Agecoutay (Kahkewistahaw First Nation)
- Carmen Ledding (Canadian Mental Health Association Rosetown)
- Patti-Lynne McLeod (Regina Public Library)
- Kaleta Strain CEO (Alzheimer Society of Saskatchewan)

Some common themes that came up from our conversation included the value of community connections and working interdependently with other community organizations, the preference for in-person events, and the need for more awareness on ways to reduce the risk of dementia and aging well, and the need of reducing stigma and increasing early diagnosis. The note for culturally specific resources for different communities in Saskatchewan was highlighted, including Elders, individuals for whom English is not a first language, and those without internet access.

Peter Ballantyne Cree Nation Elder's Conference

Our Public Awareness Coordinator and First Link Coordinator traveled to Dakota Dunes to represent both Public Awareness and Programs and Services at the Peter Ballantyne Cree First Nations (PBCN) Elders' Conference on March 4th and 5th.

This event had around 200 people attending and gave the Society an opportunity to show our willingness to support underserved and diverse communities across Saskatchewan. We distributed many materials that were culturally relevant and hopefully encouraged people to think more about their brain health and aging well. Most of the PBCN folks come from Northern Saskatchewan where support and access to resources is more limited than in the Southern part of the province, so we were honored to receive an invitation.

Whitewood Community Presentation

The Public Awareness Coordinator presented, virtually, on "Dementia in the Community" to a group of folks on March 24th, 2026. The presentation was held in the library and organized with support from the Branch Librarian, who is also the Librarian for Whitewood Library.

While only five attendees were present, this gave us an opportunity to have more engaging conversation. Many questions were asked, and stories shared. The attendees also discussed their desire of having a support group in their community. We provided them with resources and their local First Link Coordinator will follow up regarding the support group. The Whitewood Library offered to host the group, as well as more viewing of our future presentations.

PUBLIC AWARENESS & COMMUNICATIONS

Erica Zarazun's Departure

Erica our Public Awareness Coordinator has left the Society for a new career opportunity. We will be posting the position in late June with the hope of filling it by the beginning of September. Inquiries about the position may be directed to:

Leslie Quennell
Director of Public Awareness and Communications
lquennell@alzheimer.sk.ca

**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

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



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by emailing julie.kosteniuk@usask.ca so we can update our list!**