



JANUARY 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 USask campus and we have collaborated with primary health care teams to implement [RaDAR Primary Health Care \(PHC\) Memory Clinics](#) in southern communities.

Since 2008, we have held the [Annual Rural Dementia Care Summit](#) to raise awareness and share the latest research in rural dementia care. 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 Summit organization and coordination each year.

The 18th RaDAR Rural Dementia Care Summit

The 18th RaDAR Rural Dementia Care Summit was held virtually as a one-day, online event on November 20th, 2025. Over 130 participants logged into the event, which included a poster session and both live and pre-recorded presentations on a variety of topics and a diverse group of presenters. Attendees joined from across Canada and internationally from Australia, Malaysia, Scotland, the United Kingdom, and the United States. **Our keynote speaker this year was Dr. Kristen Jacklin** from the University of Minnesota, a leading expert in community-based research with Indigenous and rural communities. The Summit included 3 live sessions, 7 pre-recorded presentations and 14 video posters. Three students were awarded student poster prizes, and an additional People's Choice Poster Prize was introduced this year. View the Summit 2025 Online report [here](#).



Dr. Kristen Jacklin



Bilokreli Family Trust 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, and we are pleased to offer poster prizes in their name to student trainees working in the field. An additional People's Choice Poster Prize was chosen based on votes cast by attendees.

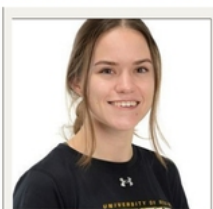
Summit 2025 Bilokreli Poster Prizes were awarded to:

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



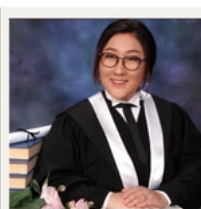
Student Poster

1st place:
Andrea Johnson



Student Poster

2nd place:
Kelsey Haczewicz



Student Poster

3rd place:
Haotong (Sophia) Wang



People's Choice

People's choice:
Kristen Belza



Mark your Calendar and Save the Date!

Thursday, November 19, 2026, will be the next online Rural Dementia Care Summit.

This will be the 19th annual Summit meeting held by the RaDAR team. [Updates on Summit](#) planning for 2026, and information from past Summit events are available on the [RaDAR website](#) under the 'Summit' tab.

Rural Primary Health Care (PHC) Memory Clinics

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

Held in rural south Saskatchewan communities, local one-day memory clinics are intended to reduce travel and wait times for specialist appointments, providing coordinated care and support for patients and families. Specialist support for health professionals and remotely-delivered interventions for patients and families are offered through the specialist [Rural and Remote Memory Clinic](#) at the University of Saskatchewan, which is part of the RaDAR program and provides ongoing clinical and research services.

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



Fillmore Hybrid Memory Clinic team

Pictured from left to right are team members Rhonda Sangster (Home Care Nurse), Lori Tulloch (Alzheimer Society First Link Coordinator), Jennifer Letkeman (PHC facilitator), and Jean Daku (Nurse Practitioner).

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 RaDAR rural memory clinics?



Chelsie Cameron, RaDAR
Rural PHC Memory Clinic Coordinator

Let's hear from Chelsie on the ground!

- *The Rural Memory Clinics had a very busy year. The existing teams held regular clinics and the addition of a new Hybrid Memory Clinic in Fillmore created more opportunity to reach patients. The new Hybrid Clinic includes an OT assessment prior to the day of the clinic followed by the OT joining the team virtually on the day of the clinic. It is extremely exciting to see the clinics continue to evolve in order to help as many rural patients as possible.*
- *The Assiniboia Team is in the process of creating a home-based clinic that involves the home care nurse and a research assistant meeting the patient in their home with the technology for the remainder of the team to join virtually. The Assiniboia team will be ready to trial the home-based version later this year.*
- *The total number of patients reached across all memory clinics in 2025 was 73, which is the most patients reached in any year! With the expansion of new teams, the consistency of existing teams and the dedication of all the providers we were able to help more patients than ever before. What a successful year!*

Travel by RaDAR Team
for memory clinic
development

22,645 km from 2013-2019

Travel by Chelsie C
for data collection and clinic
support

25,147 km from 2019-2025
11,560 km in 2025

10 communities
joined to date

2 communities
joined in 2025

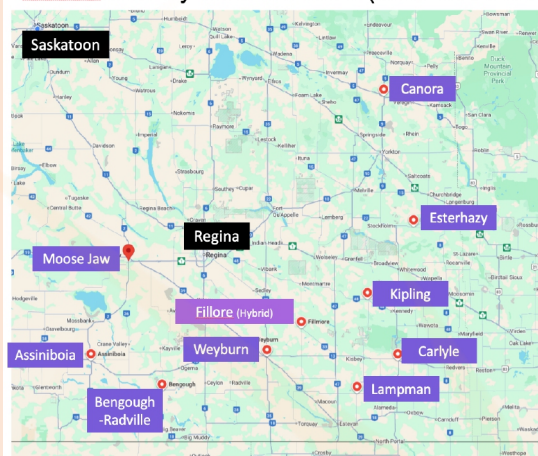
146 clinics
held to date

34 clinics
held in 2025

242 patients
seen to date

73 patients
seen in 2025

RaDAR Memory Clinic Locations (December 2025)



RaDAR Memory Clinic Locations (2026)

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



Dr. Julie Kosteniuk, RaDAR Co-Lead, is an Assistant Professor in the Department of Medicine and faculty at CCRAH. She leads the study “Exploring Opportunities to Increase Rural Primary Care Readiness for Dementia Care” funded by a Saskatchewan Health Research Foundation Establishment Grant (2024-2027). She also leads the study “Adapting and Evaluating a Rural Home-Based Virtual Primary Care Memory Clinic Model” funded by a CIHR and Alzheimer Society of Canada New Investigator Grant. Dr. Kosteniuk also leads projects involving administrative health data. With Dr. Jacqueline Quail, she is investigating health service use and mortality by sex and rural-urban residence among people with diagnosed dementia as well as risk factors for adverse health outcomes.

In collaboration with Beliz Aan Osman, senior researcher at the Saskatchewan Health Quality Council, she is comparing the use of health services by sex and diagnosis among patients seen in the specialist Rural and Remote Memory Clinic, extending an earlier published study by the team.

Dr. Kosteniuk supervises undergraduate and graduate students pursuing degrees in different colleges and schools including Nutrition BSc students **Baylee Cresswell** and **Thera Kusch** (co-supervisor Dr. Cammer), Public Health PhD student **Erin Leeder** (co-supervisor Dr. Froehlich Chow), Health Sciences PhD student **Amanda Dupperon** (co-supervisor Dr. Cammer) and clinical Psychology Master’s student **Logane Gnassi** (co-supervisor Dr. Megan O’Connell).

The specialist Rural and Remote Memory Clinic (RRMC)



RRMC team members November 2023 - *image credit Debra Marshall*

Clinical Director and Neuropsychologist...Dr. Megan O’Connell
Neurologist.....Dr. Andrew Kirk
Clinic Nurse.....Whitney Harder (Absent from photo)
Psychometrist.....Duane Minish
Physiotherapist.....Jennifer Fairbairn
Staff in Psychology.....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 RRMC started as a research project and was subsequently funded by the Saskatchewan Ministry of Health to provide clinical services to Saskatchewan residents. Since 2004 over 942 patients have been seen in the clinic.



Dr. Megan O'Connell, RaDAR Co-Lead, Rural and Remote Memory Clinic (RRMC) Neuropsychologist and Clinical Director, is currently leading multiple research projects, collaborating with numerous partners across Canada, and supervising or co-supervising 6 graduate students.

Dr. O'Connell is 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 a co-investigator and leads and 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 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 at the University of Saskatchewan. She is a Registered Dietitian and an investigator with the RaDAR team whose research focuses on nutrition and dementia. One project led by Dr. Cammer that is currently underway is **The Cognitive Kitchen**. This evidence-based program was codesigned by RaDAR team members and patient-family partners.

The Cognitive Kitchen is offered virtually by Registered Dietitian facilitator, **Julie Beitel**, and is open for adults 55+ and care partners of people living with dementia. Each session in the six-part series includes a hands-on preparation component and discussion on strategies to support dementia risk reduction and living well with dementia. Participants must be living in Saskatchewan.

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.

At Summit 2025 on November 20th, we presented a number of RaDAR projects that were recently completed and others in progress. To view these presentations, be sure to check out the [online Summit archive](#).

A RaDAR study with three related projects is underway funded by a Saskatchewan Health Research Foundation Establishment Grant. The study aim is to identify opportunities to improve the readiness of rural primary care organizations to delivery high quality dementia care in Saskatchewan. The team includes Julie Kosteniuk, Allison Cammer, Megan O'Connell, Debra Morgan, Dallas Seitz, Andrew Kirk, Beliz Acan Osman, Chandima Karunanayake, PhD student Erin Leeder, and patient partners Merle Wiley, Carolee Zorn, and Dana Klapak.

1. In partnership with the Saskatchewan Health Quality Council, we are using health administrative data to investigate the association between rurality and dementia detection in community-dwelling and long-term care populations in Saskatchewan. HQC senior researcher Beliz Acan Osman has created cohorts of persons with incident and prevalent dementia for each year from 2014 to 2024. Our next steps are to examine rural-urban and intra-rural variations within these cohorts.
2. Data collection for the provincial survey, Collaborations and Resources for Dementia in Saskatchewan Primary Care, is now complete. The survey focused on collaborations among primary care professionals and with specialists. We also examined the use of resources and tools for dementia diagnosis and management, and respondents' dementia care knowledge, attitudes, and practice. A total of 232 family physicians and nurse practitioners responded. Overall findings were presented at the Canadian Conference on Dementia (October 2025). Our next steps are to compare collaborations and resources between rural and urban respondents. This coming summer, an undergraduate nutrition student will conduct a qualitative analysis of benefits, barriers, and facilitators to collaborations.
3. The clinic-based RaDAR primary care memory clinic model is being adapted into a Hybrid Rural Primary Care Memory Clinic Model. The study aim is to evaluate the feasibility, acceptability, and sustainability of a hybrid model that involves virtual participation by an occupational therapist. In Phase 1, a new hybrid primary care memory clinic was established in Fillmore, SK, drawing on members of the existing Weyburn team. The new team has met several times to develop a hybrid process whereby the occupational therapist conducts an in-person pre-assessment and joins the team virtually on clinic day. We are now in Phase 2, and the team has held one memory clinic to date. The team will continue to hold memory clinics in the coming months and make iterative modifications as we evaluate feasibility, acceptability, and sustainability from the perspective of team members, patients, and caregivers.

How to get involved in research...

Participant recruitment is underway for:



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: Thera Kusch**Project: Development of the registered dietitian role on rural primary care memory clinic teams.**

Summary: Registered dietitians working in RaDAR memory clinics led the addition of a formal dietitian role to memory clinic teams. Using a qualitative descriptive approach, we evaluated the development and implementation of the formal dietitian role. Between June 2024 and February 2025, seven focus groups were conducted with memory clinic teams, primary health care managers/facilitators, registered dietitians, and registered dietitian role developers. Three themes were identified, each with two subthemes, using reflexive thematic analysis. The dietitian-created role was found to be important for dietitians to contribute specialty knowledge and assessments, while fitting into existing team structures. A manuscript has been submitted for publication, and the findings were presented in a [4-minute poster](#) in November 2025 at the annual RaDAR Summit.

Research Team: Thera Kusch (BSc. Nutrition Student), Allison Cammer, Baylee Cresswell (BSc. Nutrition student), Amanda Dupperon, Brianna Wickett, Erin Fedusiak, Dana Klapak, Debra Morgan, and Julie Kosteniuk. **Funding:** This study was funded by University of Saskatchewan Start-up Funding to Julie Kosteniuk.

Student: Baylee Cresswell**Project: Perspectives of Patients and Care Partners Receiving Nutrition Care in a Rural Primary Care Memory Clinic**

Summary: Dietitians are involved in a small number of RaDAR memory clinics. Currently, four sites have a registered dietitian as part of the interdisciplinary teams. For this project, we explored the perspectives of patients and care partners who had undergone initial evaluation at one memory clinic site with a dietitian. Telephone interviews with five patients or care partners conducted following initial evaluation were recorded and transcribed. Following a reflexive thematic analysis approach, four preliminary themes were developed. The inclusion of a dietitian as part of the interprofessional team provided a unique perspective and addressed a gap in care for patients and care partners. The nutrition care provided by the dietitian was individualized and complementary to the care provided by other team members. Data collection is ongoing. The preliminary findings were presented in a [4-minute poster](#) in November 2025 at the annual RaDAR Summit.

Research Team: Baylee Cresswell (BSc. Nutrition student), Julie Kosteniuk, Thera Kusch (BSc. Nutrition student), Amanda Dupperon, Debra Morgan, and Allison Cammer. **Funding:** Interdisciplinary Summer Student Research Award from the College of Medicine and College of Pharmacy and Nutrition, and by College of Medicine Start-up Funding.

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

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

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

Patrick Fahim, PhD student, Clinical Psychology with Dr. O’Connell, is interested in cognition as it relates to neuroimaging. His research aims to assess the utility of cardiovascular biomarkers to predict cognitive decline and subsequent neurodegeneration. Patrick was recently awarded MA SSHRC (\$27,500 for 2025-6).

Meghan Flath, PhD student, Clinical Psychology with 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.

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

Logane Gnassi is a Clinical Psychology graduate student at the University of Saskatchewan. She is a Master’s student working toward transitioning into the PhD program this year. She is being supervised by Drs. Megan O’Connell and Julie Kosteniuk. Her research interests include exploring how farmers and their families adapt to living with dementia.

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

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

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

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

Amanda McGillivray is a Clinical Psychology graduate student, supervised by Dr. O'Connell. She is currently a Master's student and intends to transition into the PhD program this year. Her research interests focus on evaluating the efficacy and implementation of therapeutic interventions that support caregivers of older adults.

Congratulations: Successful Defence for RaDAR Affiliated Students & Trainees

Two of Dr. O'Connell's students have defended their PhD theses in the past year.

Dr. Benjamin Gould completed his dissertation entitled, "Mental wellness needs and technological resourcing with the Mi'kmaq population of PEI: A journey of research process, discovery, opportunity, and growth," and is working as a clinician.

Dr. August Kortzman completed his dissertation entitled, "Informal social support in caregivers of persons with dementia: A systematic review of effectiveness of informal social support interventions and a trial intervention," and is a clinician in the RRMCC.

Recent RaDAR PUBLICATIONS and PRESENTATIONS



PUBLICATIONS

Morgan, D., Kosteniuk, J. & Bayly, M. (2025). Patient and family perceptions of rural primary care interprofessional memory clinics for diagnosis and management of dementia: a mixed methods study. *BMC Health Serv Res* 25, 1473. <https://doi.org/10.1186/s12913-025-13660-2>

Lemay-Compagnat, A., Couturier, Y., Rojas-Rozo, L., Roach, P., O'Connell, M.E., McAiney, C., Cetin-Sahin, D., Arsenault-Lapierre, G., Neiterman, E., Morgan, D., Lafleur, M.C., Dumaresq, D., Trépanier, T., Lea, P., Eagleson, H., O'Connor, D., Peters, J., Fernandez Loughlin, R., Wighton, M.B., Vedel, I. (2025). Human rights of persons with dementia and their care partners: An exploratory study. *Archives of Gerontology and Geriatrics Plus*. 2(4): 100217. <https://doi.org/10.1016/j.aggp.2025.100217>

Leone, C., Wilding, C., Rasekaba, T., O'Connell, M. E., Morgan, D., & Blackberry, I. (2025). Qualitative Evaluation of an Online Technology to Support Rural Caregivers of People with Dementia. *Geriatrics*, 10(6), 161. <https://doi.org/10.3390/geriatrics10060161>

Diaz, D., Kirk, A., O'Connell, M., Morgan, D. (2025). Do Education and Premorbid Intelligence Predict Cognitive Decline Over 1 Year in Rural Patients with Dementia? *Alzheimer Disease & Associated Disorders*, 39(4):p 307-312. <https://doi.org/10.1097/WAD.0000000000000708>

Sun G, Kirk A, Karunanayake C, O'Connell ME, Morgan DG. (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*, 52(5):841-845. <https://doi.org/10.1017/cjn.2024.368>

Elliot, V., Kosteniuk, J., Minish, D., Cameron, C., O'Connell, M.E., Morgan, D. (2025). A scoping review of innovations that promote interprofessional collaboration (IPC) in primary care for older adults living with age-related chronic diseases in rural areas. *PLOS ONE*. 2025 20(9): e0331327. (DOI: 10.1371/journal.pone.0331327). Published Sept 3. <https://doi.org/10.1371/journal.pone.0331327>

Rodriguez, M., Vedel, I., Cetin-Sahin, D., Bousbiat, I., Godard-Sebillotte, C., Sourial, N., MacLagan, L., Diong, C., Bronskill, S., Seitz, D., Morgan, D., Rochette, L., Kubuta Massamba, V., Quail, J., Arsenault-Lapierre, G. and the COVID-ROSE group. (2025). A Meta-Analysis of Sex-Based Differences in Health Service Use for Persons Living with Dementia Between 2018 and 2020 in Four Canadian Provinces. *Journal of the American Geriatrics Society*, 73(10): 1-11. Published Sept 4 <https://doi.org/10.1111/jgs.70066>

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

PRESENTATIONS

Bacsu, J.D., Spiteri, R.J., Fraser, S., Cammer, A., Chasteen, A.L., Rahemi, Z., Nanson, K., Jamali, A.K. (2025). Dementia Advocacy in Action: Examining Social Media During World Alzheimer's Month. A poster presentation at the Gerontological Society of America Conference, Boston, MA, United States, November 13, 2025.

Wickett, B., Cammer, A., Fedusiak, E., Morgan, D., Klapak, D., Kosteniuk, J. Barriers and facilitators to the integration of registered dietitians in rural primary healthcare memory clinics. A poster presentation at the Canadian Conference on Dementia, Calgary, AB, Canada, October 16-18, 2025.

Alford, H., Dupperon, A., Cammer, A., Morgan, D., Kosteniuk, J. "We finally have an answer": Communication of diagnosis and experiences of assessment in rural primary care memory clinics. A poster presentation at the Canadian Conference on Dementia, Calgary, AB, Canada, October 16-18, 2025.

Kosteniuk, J., Açı Osman, B., Morgan, D., Karunanayake, C., O'Connell, M.E., Cammer, A., Kirk, A., Osman, M., Campbell, A., Quail, J. Differences in health service use by diagnosis type among rural and remote memory clinic patients: A retrospective cohort study. A poster presentation at the Canadian Conference on Dementia, Calgary, AB, Canada, October 16-18, 2025.

Kosteniuk, J., Leeder, E., Morgan, D., Cammer, A., O'Connell, M.E., Seitz, D., Kirk A., Karunanayake, C., Açı Osman, B., Zorn, C., Klapak, D., Wiley, M. Collaborations and resources for dementia care in primary care: A provincial survey of family physicians and nurse practitioners. A poster presentation at the Canadian Conference on Dementia. Calgary, AB, Canada, October 16-18, 2025.

Mohammad, C., Kirkham, J., Smith, E., Goodarzi, Z., Thomas, G., Bronskill, S., Kosteniuk, J., Seitz, D. The incidence and prevalence of dementia in Alberta, Canada between 2014 and 2022. A poster presentation at the Alzheimer Association International Conference, Toronto, ON, July 27-31, 2025.

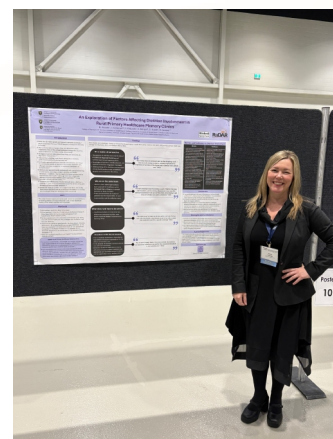
Arwini, A., A Kirk, A., O'Connell, M. and Morgan, D. Predictors of long-term care admission in patients presenting to the rural and remote memory clinic in Saskatchewan. Abstract. Canadian Neurological Sciences Federation (CNSF) 2025 Congress, Toronto, ON, July 10, 2025.

What's on our radar?

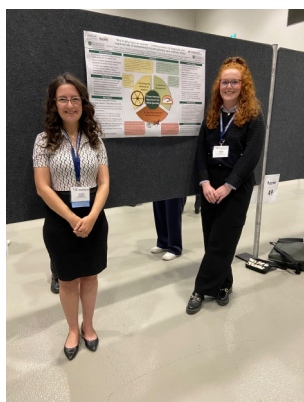
Canadian Conference on Dementia (CCD) 2025

Drs. Julie Kosteniuk and Allison Cammer, and PhD students Amanda Dupperon and Heather Alford presented RaDAR research at the 12th Canadian Conference on Dementia in Calgary, October 16th to 18th. Several members of the RaDAR Team and Assiniboia, Canora, and Weyburn RaDAR memory clinic teams also attended to learn the latest in dementia clinical practice, prevention, and research.

Members of RaDAR team and Memory Clinic teams (Assiniboia, Canora & Weyburn).



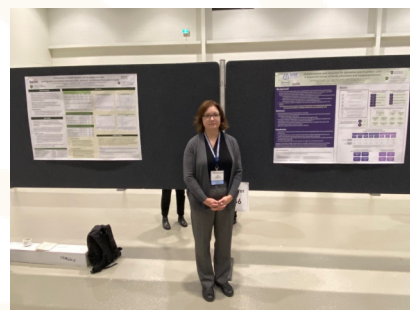
Dr. Allison Cammer



Amanda Dupperon (left) and Heather Alford (right)



Members of Assiniboia and Weyburn RaDAR Memory Clinic teams



Dr. Julie Kosteniuk

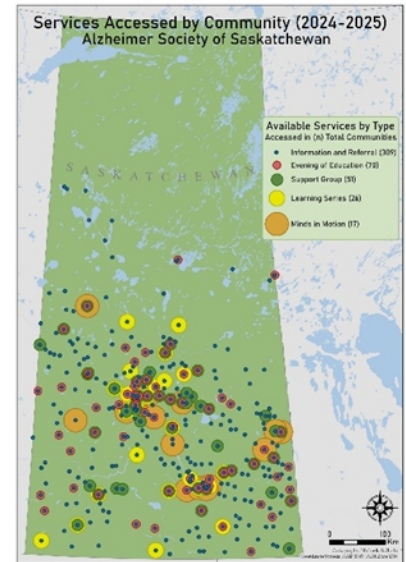
PROGRAMS & SERVICES

The Alzheimer Society of Saskatchewan's programs and services help people with dementia, their care partners, families, and friends by providing information, support, education and referral to other community services. Alzheimer Society Programs and Services staff support people with dementia and families across Saskatchewan who are faced with the everyday challenges of living with dementia. **In 2024/2025 Alzheimer Society experienced a 12% increase in clients served.**

What can clients expect from Alzheimer Society of Saskatchewan?

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

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



First Link® Referrals

First Link® is a program of the Alzheimer Society that connects people with dementia and their families to information, support services and education as early as possible and throughout the progression of the disease. **91% of direct referrals come from those who diagnose and treat dementia**

How do I make a referral?

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

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

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

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

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

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

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

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

Dementia Helpline



AlzheimerSociety

SASKATCHEWAN

Learn More Live Well

Questions about dementia
or caregiving?

Dementia Helpline 1-877-949-4141

helpline@alzheimer.sk.ca

www.alzheimer.ca/sk

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

Alzheimer Society of Saskatchewan Programs

Support Groups

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

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

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

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, has entered the implementation phase. This phase includes using the newly developed **Social Support Shorts** podcasts and accompanying resources within caregiver support groups. These materials are designed to enhance the interpersonal support skills of facilitators and improve overall experience for care partners.

In October, caregiver support group facilitators took part in 4 hours training over 2 days led by research team members Dr. M. O'Connell, August Kortzman and members of the steering committee. The training focused on the Social Support resources developed during this project and offered practical suggestions for incorporating them into support group meetings. As part of the project's sustainability plan, this training was recorded for those facilitators who were unable to attend live sessions and to assist with the onboarding of future facilitators.

Minds in Motion®

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

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

PUBLIC AWARENESS & COMMUNICATIONS

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 about three times a year, featuring experts and those with lived experience on dementia-related topics. Open to people with dementia, caregivers, and health care professionals. Our latest topics include: [Understanding Dementia Progression: What to Expect and How to Prepare](#), [Navigating Home Safety with Dementia](#), and [Legal Issues for People Living with Dementia and their Care Partners](#).

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.

Are you a health care professional looking for dementia education?

The Alzheimer Society has a list of Dementia Education Modules and eLearning opportunities designed to support your professional development. For more information, please contact us at info@alzheimer.sk.ca

Please note we are currently unable to provide in-services or other individualized professional development opportunities.

“Understanding Dementia” Registration is Open!

Our annual Understanding Dementia Community Presentation will be on January 22nd, 2026. This is the Society’s largest awareness event of the year, so we hope you support us in the promotion of this event! Visit our website to register:

<https://alzheimer.ca/sk/en/whats-happening/events/understanding-dementia>

Our featured presenter this year is Dr. Jillian Gill. Dr. Gill . More about Dr. Jillan Gill:

Dr. Jillian Gill is a geriatric medicine specialist with a strong background in family practice. After earning her medical degree at the University of Saskatchewan and practicing as a family physician for over a decade, she transitioned to focus on the care of older adults. Today, she works with the Geriatric Evaluation Management Program at Saskatoon City Hospital, providing comprehensive assessments, diagnosis, and compassionate support for individuals and families navigating dementia.

Healthier Brains Speaker announcement. Date TBD

We have confirmed our speaker for the March 2026 Healthy Brains Community Presentation.

We are honored to welcome Dr. Allison Cammer as our feature presenter. Dr. Cammer is an Associate Professor, Program Director – Dietetics from the College of Pharmacy and Nutrition at the University of Saskatchewan, and also sits on the Board for the Alzheimer Society of Saskatchewan.

To view past Healthier Brains Community Presentations, please visit our YouTube Channel: <https://www.youtube.com/@alzheimersask>

Participation in Research

Brain Health Pro

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

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

Our organization was invited to join in the PHASE 1 of this project that aimed to discuss facilitators and barriers related to implementing Brain Health PRO in local settings and co-develop strategies to address challenges in real-world implementation of the Brain Health PRO program.

The Public Awareness Coordinator attended focus groups and met with members of the research team, multiple times over the summer to discuss feedback on the implementation of the project.

Barriers identified implementing this program include:

- Rurality and limited access to information
- Self-directed program in rural communities
- Cultural considerations of online dementia programs
- Organizational challenges, such as capacity.

The community partners we have been joined by for this project include representatives from Saltcoats Public Library, Saskatchewan Health Authority, Saskatchewan Association of Immigrant Settlement and Integration Agencies, and Ochapowace Health Services.

We engaged our community partners who directly work with individuals and the public in the areas of health prevention, wellness, and health information translation. We are being joined by representatives from Saltcoats Public Library, Saskatchewan Health Authority, SAISIA, and Ochapowace Health Services.

Co-Designing a Research Agenda for Healthy Cities and Communities: Focus Group Attendance

Our Public Awareness Coordinator had the opportunity to attend a Community Event on Co-Designing a Research Agenda for Healthy Cities and Communities for **Dr. Emily Duncan** and **Dr. Akram Mahani** from the Johnson Shoyama Graduate School of Public Policy, University of Regina. The Public Awareness Coordinator attended a focus group to represent the perspective of older adults and those living with dementia. The focus group topic was on what makes Regina a healthy city and where there are opportunities to improve where people feel there are gaps in inclusion and accessibility. The next phase will include follow-up surveys from the researchers.

Building Dementia Friendly Communities Presentation Recording

Dementia friendly communities support people living with dementia by promoting inclusion and understanding, while helping to reduce stigma and discrimination. By working together to create more dementia friendly communities, we can help improve the lives of those affected by dementia and their care partners and build a healthier and more inclusive province.

We hosted our second Building Dementia Friendly Communities presentation in fall 2025. The presentation emphasizes the importance of creating dementia friendly communities to reduce stigma and provide meaningful support for people living with dementia and their care partners.

Key messages include:

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

You can view the recording here: <https://youtu.be/m3FN1uumHec>

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



**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!**