

January 2022  
Newsletter

# RaDAR

RURAL DEMENTIA ACTION RESEARCH

Rural Dementia Action Research (RaDAR) Team



*Dr. Debra Morgan, CCHSA Professor and Chair in Rural Health Delivery, has been leading the interdisciplinary RaDAR team since 2003. The team's goal is to improve dementia care in rural and remote settings.*



RaDAR Team, 2021  
some members not pictured



*Summit  
2021 Online*  
November 2 & 3

**Annual Summit of the  
Knowledge Network  
in Rural and Remote  
Dementia Care**

The RaDAR research program is guided by The Knowledge Network in Rural and Remote Dementia Care. The Network includes front-line health care providers and managers, people living with dementia and family members, health region representatives, international researchers, and individuals from governmental and community-based organizations. The Network meets at the annual Rural Dementia Care Summit, the RaDAR team's key knowledge exchange event, where Network members provide input into new and ongoing research projects.

**In November the RaDAR team hosted the 14<sup>th</sup> annual Summit and the second to be held in a virtual format!** One hundred twenty-nine attendees logged in to attend the two-day event that included an evening poster session and both live and pre-recorded presentations on a variety of topics from a diverse group of presenters.



Dr. Fiona Marshall

**Dr. Fiona Marshall** from the University of Nottingham, UK, and Director of Flourish Rural Derbyshire Community Interest Company joined Summit as keynote presenter. Dr. Marshall presented on the topic of 'farm-based care' as part of her work on agricultural based dementia care in support of sustaining local communities and keeping people with dementia in their own localities.

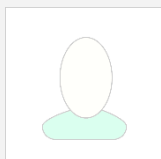
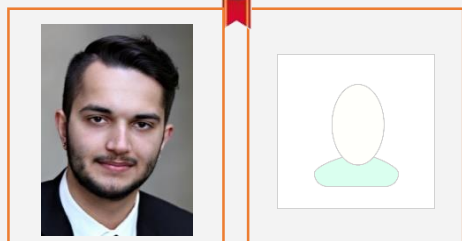
**For more about Summit 2021 and to view the posters and presentations, visit the [Summit Event Archive](#) on the RaDAR website**

## Bilokreli Family Trust Fund

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

**Summit 2021 Bilokreli Student poster prizes were awarded to:**

2



**2nd Place (co-presenters):**  
**Karl Grewal and Michaela Trites**

1



**1st Place:**  
**August Kortzman**

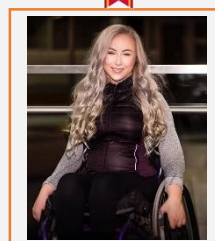
**Thank you to  
the Bilokreli Family  
for their support**

3



**3rd Place**  
**Erin Leeder**

3



**3rd Place (tie):**  
**Kayley Lawrenz**

**Team 15, led by Drs. Megan O'Connell and Debra Morgan**, focuses on dementia care for rural populations. In CCNA's second phase, an interdisciplinary team led by **Dr. O'Connell is developing the RRMCI-interventions (RRMCi)**, a suite of psychological interventions that will be delivered remotely via Telehealth to rural families of persons living with dementia across Saskatchewan (*see page 3 for further details and page 5 to learn about how to get involved as a participant*).

**Dr. Morgan and Dr. Julie Kosteniuk are continuing to collaborate with rural Primary Health Care teams** in southeast Saskatchewan to develop and adapt the [Rural Primary Health Care Model for Dementia](#). Four teams have established 1-day memory clinics in Kipling, Weyburn, Bengough/Radville, and Carlyle. Plans are underway to establish a new clinic with a fifth team. Team compositions vary by location and include a variety of interprofessional care providers and each clinic sees patients every 1-2 months as needed.

## Current and Ongoing Research with Rural PHC Teams

### Patient and Family Experiences - *Dr. Melanie Bayly, Lead*

Patient and family experiences of rural PHC memory clinic assessment and diagnosis are still being explored through either mail-in questionnaires or short telephone interviews. Feedback has been very positive, including how PHC team members collaborate and provide a means of support for assessment, diagnosis, and future planning.



Rural PHC Memory Clinic Teams  
(some individuals not pictured)

### Process Evaluation & Action Plans to Spread & Sustain Rural PHC Memory Clinics

Evaluation data to assess implementation and sustainability of rural PHC memory clinics are collected across multiple workgroup meetings, Steering Group meetings, and various other electronic communication with the rural PHC memory clinic teams. Publications related to the development and implementation of the rural memory clinics are available on [the RaDAR website](#), along with more information about the clinics for patients, families, and health care professionals.

**Education Sessions** RaDAR hosted two dementia education sessions via WebEx in 2021, led by Saskatoon geriatricians Dr. Megan Surkan, and Dr. Krista Lagimodier. Each session was attended by individuals across rural memory clinic teams and other health care settings, and recordings of each session can be watched from [the RaDAR Website](#). These sessions have continued to be rated very highly by those attendees who completed online evaluations at the end of each session.

### Environmental Scan - *Valerie Elliot, Lead*

We are conducting an environmental scan of local community programs providing post-diagnostic services to community-dwelling clients who might include RaDAR rural PHC memory clinic patients and families. Focus groups with rural memory clinic team members and managers and a review of secondary sources of information (such as program pamphlets, brochures), along with a systematic internet search have been completed for the first time point. Ultimately, the information gathered will be used to create inventories and maps of community programs and services and track any changes over time. Recruitment is currently underway to conduct phone interviews with people living with dementia and their family caregivers residing in and around the communities with rural memory clinics about their experience with community-based programs and services. *Please see page 5 for contact information and details about participating in this study.*

### Rural Memory Clinics: 2021 Update:

<https://cchsa-ccssma.usask.ca/ruraldementiacare/publications/2021-dec-radar-memory-clinics-report.pdf>

**For more information about the Rural PHC Memory Clinics please visit:**

[https://cchsa-ccssma.usask.ca/ruraldementiacare/PHC\\_Clinics.php](https://cchsa-ccssma.usask.ca/ruraldementiacare/PHC_Clinics.php)

# Rural and Remote Memory Clinic

*Administrative Director...Dr. Debra Morgan*  
*Neurologist.....Dr. Andrew Kirk*  
*Clinical Director.....Dr. Megan O'Connell*  
*Staff in Psychology.....Dr. Ivan Panyavin*

**(RRMC)**

*Clinic Nurse ..... Leslie Holfeld*  
*Psychometrist..... Duane Minish*  
*Physiotherapist..... Julie Jensen*  
*Physiotherapist..... Jennifer Fairbairn*

**During the COVID-19 pandemic, the University of Saskatchewan-based Rural and Remote Memory Clinic (RRMC) team has adapted to safely meet the needs of our community.** All RRMC services pivoted to virtual delivery (vRRMC). Patients and family members continue to meet with the interdisciplinary team for their one-day assessment appointment using secure web-conferencing, teleconferencing, or telehealth depending on the technology available to them in their home or community. The clinic also adapted its referral process for health care practitioners to better meet their needs during the ongoing COVID pandemic. Learn more at [www.remotememoryclinic.ca](http://www.remotememoryclinic.ca) about the variety of services and supports being provided virtually.

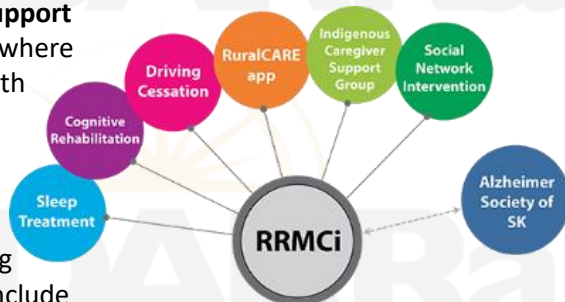
**The RaDAR team implemented the specialist Rural and Remote Memory Clinic in 2004, to provide diagnosis and management of atypical and complex cases of suspected dementia.** The one-stop interdisciplinary clinic streamlines the assessment process by coordinating a complete team assessment on one day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

## Research update:

**The RESPECT project team (remote specialist-to-primary care education and support through technology) led by Dr. Megan O'Connell** conducted and published a systematic review of technology-based dementia education that can be used for remote education with rural PHC teams. We explored the accuracy of computerized neuropsychological testing battery, but based on our findings, we decided to not trial this method of assessment. Instead, we are exploring use of a telephone administered neuropsychological battery to be tested with PHC teams as a means of specialist cognitive support for dementia diagnoses.

**Problems with remote assessment models led to the development of the RRMC2.0** that was funded by a SHRF/SCPOR SPROUT grant. In the RRMC2.0 model, centralized assessments occurred over the telephone and patients were triaged to different diagnostic pathways. For the most typically presenting cases, diagnoses were made in collaboration with the RRMC2.0 staff psychologist and primary care providers. The RRMC2.0 model came to its logical conclusion at the end of 2021, with many valuable lessons learned by the clinicians involved.

**Finally, we developed an alternate method of remote specialist support with the Rural and Remote Memory Clinic-interventions (RRMCi)** where we provide remote psychological interventions for rural patients with dementia and their caregivers. Two ongoing interventions relate to remotely delivered, empirically validated treatments for chronic sleep disturbance and maximizing daily function with cognitive rehabilitation. Additional interventions supporting socialization for caregivers and older adults including those with dementia during the era of COVID-19 are at various stages of implementation, and include rural, remote, and Indigenous populations. As well, an intervention for psychological consequences of driving cessation is being rolled out in 2022.



**Dr. Ivan Panyavin continues to be actively involved with running the virtual Rural and Remote Memory Clinic (vRRMC)** and providing support for diagnostic neuropsychological services to residents of rural Saskatchewan. He is also engaged in post-diagnostic support via remotely delivered interventions for chronic sleep disturbance and improving everyday functioning via cognitive rehabilitation under Dr. O'Connell's supervision.



## RaDAR Projects led by Postdoctoral Fellows contribute to Foundation project aims.

### Dr. Juanita Bacsu



**Dr. Bacsu** began her Postdoctoral Fellowship with the RaDAR team and the support of Dr. Megan E. O'Connell in September 2020. Dr. Bacsu is working on her research to examine the COVID-19 experiences of people living with dementia and their care partners. Dr. Bacsu won a poster award at the Canadian Consortium on Neurodegeneration on Aging's (CCNA) Conference for her team's Twitter research on the COVID-19 impact on people with dementia. Her team's COVID-19 research was also included as an expert essay in Alzheimer Disease International's [World Alzheimer Report](#). Recently, she collaborated on a scoping review protocol published in the *Journal of Advanced Nursing* with CCNA's Team 18 on appraising Indigenous cultural safety in healthcare. In November, Dr. Bacsu hosted a [brainXchange webinar](#) with Rev. Faye Forbes, Emily McLellan, and Jody Peters from the EPLED (Engagement of People with Lived Experience of Dementia) team on eradicating stigma of dementia. She also presented in a symposium on perspectives of ageism and stigma during the pandemic at the International Federation on Aging's Conference. This fall, Dr. Bacsu co-produced a podcast series entitled, [Science and Storytelling](#), with the Gerontological Society of America (GSA), where she co-hosted episodes on rural aging and stigma of dementia.

### Dr. Elham Movassagh



**Dr. Movassagh** joined the RaDAR team as a post-doctoral fellow in October 2020 working on the RRM data to evaluate the nutrition risk of patients who were diagnosed with dementia, mild cognitive impairment (MCI), or subjective cognitive impairment (SCI), using a nutrition screening tool named SCREEN (<https://olderadultnutritionscreening.com/>). Questions on the SCREEN focus on weight change, appetite, eating difficulties, food preparation and, food group and fluid intake. The SCREEN tool is developed to be used in community-dwelling older adults. In her project, Dr. Movassagh investigated predictors of being at a high nutritional risk and assessed how malnutrition, comorbidity, severity of cognitive impairment and higher level of dependency is associated with risk of falls in older adults. Early identification of people with high nutrition risk and detecting the associated

factors can lead to interventions that maintain quality of life and decrease risk of hospitalization. This is the first study that uses the SCREEN in people with dementia, MCI and SCI and it will contribute to the knowledge of nutrition risk screening in these groups.

**All the best to Dr. Movassagh as she moves on in continuation of her studies!**

### Dr. Melanie Bayly



**Dr. Bayly** has been involved in a number of RaDAR projects since joining the team as a post-doctoral fellow in 2017. These include a scoping review of dementia-related education and support service availability, accessibility and use in rural areas, and a meta-analysis of the impact of early-stage interventions on the wellbeing of caregivers and their ability to provide care to persons with MCI and dementia. She has been investigating the experiences of patients and families who are assessed for dementia by the RaDAR rural primary care memory clinic teams, in order to understand their perspectives of the team-based model of care and how the assessment processes could be improved. Additionally, Dr. Bayly and the RaDAR team are collaborating with the Alzheimer Society of Saskatchewan to assess benefits, challenges, and outcomes associated with the inclusion of a First Link coordinator in this team-based model.

**Congratulations to Dr. Bayly on her new role as Research Ethics Coordinator for Human Ethics at the University of Saskatchewan in January 2022.**

# How can I get involved in research?

**Rural and Remote Memory Clinic - Interventions (RRMCi)** is recruiting participants for remotely-delivered, dementia-related interventions.

RRMCi is recruiting older adults with cognitive concerns or dementia and their caregivers to participate in remotely-delivered, dementia-related interventions:

- Sleep intervention
- Driving cessation
- Cognitive rehabilitation
- Social network interventions



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

**Dr. Megan O'Connell**  
at 306-966-2496 or  
306-966-5925

*There is no cost for taking part in this treatment. Participation in research to evaluate these interventions is optional.*

**Rural Dementia Action Research (RaDAR)** is recruiting participants to take part in a phone interview about local community-based programs and services in and around rural memory clinic locations.

**Participants must be** a person living with dementia and/or a family caregiver of a person living with dementia who reside in or around the communities of Kipling, Weyburn, Bengough, Radville, and Carlyle. Our goal with this study is to learn more about services and programs from the perspective of people living with dementia and family caregivers who reside in these areas. Participants must have the capacity to provide informed consent and participate in a telephone interview (approx. 30 to 45 minutes).

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



**Valerie Elliot** at 306-966-6645 or email [v.elliott@usask.ca](mailto:v.elliott@usask.ca).

Learn more about this study and download a poster to share in your community at:

<https://rebrand.ly/study-participant>

**The Alzheimer Society** provides up-to-date information about specific studies that are seeking participants and helping to advance dementia research in Canada. **To find out more about these studies and how to get involved, please visit:**

<https://alzheimer.ca/en/research/participate-research>

**Alzheimer Society**  
CANADA



**The Canadian Consortium for Neurodegeneration in Aging (CCNA)** provides current information about dementia research being conducted by CCNA members, trainees, and collaborators that are recruiting participants. **To find out more about these studies and how to get involved, please visit:**

<https://ccna-ccnv.ca/studies-recruiting-participants/>

## What's on our radar?

## RaDAR Affiliated Students & Trainees

- **Juanita Bacsu, PhD**, Postdoctoral Fellow with Dr. O'Connell. Dr. Juanita Bacsu, will be conducting research focused on two areas: i) the impact of COVID-19 on people living with dementia and their care partners; and ii) addressing cultural safety to improve dementia care for Indigenous peoples and will soon focus on iii) access to education, knowledge, and awareness of dementia in rural communities.
- **Melanie Bayly, PhD**, Postdoctoral Fellow with Dr. Morgan. Dr. Bayly has been working with RaDAR on needs and supports for individuals with dementia and their caregivers living in rural areas.
- **Melissa Brausse, BSc nutrition student** working with Dr. Allison Cammer completed a project investigating end of life nutrition care needs from the perspective of registered dietitians working in long-term care from across Canada.
- **Virginia Deobald, MSc student**, Nursing, with Dr. Shelley Peacock. Virginia's thesis is focused on non-pharmacological interventions for persons living with dementia while in long term care facilities from the nurse perspective.
- **Meghan Flath, PhD student**, Clinical Psychology with Dr. O'Connell, is working on a pet augmented social inclusion intervention for persons with cognitive impairment and dementia.
- **Ben Gould, PhD student**, Clinical Psychology with Dr. O'Connell is exploring Mi'kmaq community Mental Wellness needs, identifying and discovering appropriate approaches to improving aging and quality of Life.
- **Karl Grewal, PhD student**, Clinical Psychology with Dr. O'Connell is working on integrating sensor technology to measure daily function as an outcome measure for cognitive rehabilitation for persons living with dementia.
- **August Kortzman, PhD student**, Clinical Psychology with Dr. O'Connell, is working on developing a social network intervention that can be remotely delivered to rural caregivers of persons living dementia.
- **Erin Leeder, MSc student** in Nutrition with Dr. Cammer is working on a project using nutrition data from the Rural and Remote Memory Clinic.
- **Elham Movassagh, PhD**, Postdoctoral Fellow, with Dr. Morgan. Dr. Movassagh joined the RaDAR team in October 2020 with a background and interest in aging diseases, and is engaged in projects evaluating associations between dementia and nutrition.
- **Seshni Naidoo, MSc student** in Nutrition with Dr. Cammer is examining nutrition care for residents in urban and rural house-model style long-term care homes.
- **Andrea Scerbe, PhD student**, Clinical Psychology with Dr. O'Connell, is working on technology-based methods for remotely delivering dementia education to rural primary care providers.
- **Jake Ursenbach, PhD student**, Clinical Psychology with Dr. O'Connell, is working on differences in rural and urban dwellers in cognitive function, which has implications for assessment and dementia diagnosis for rural patients.





# RECENT RaDAR PUBLICATIONS

## PEER-REVIEWED JOURNAL ARTICLES

\*RaDAR team student trainee authors are noted with an asterisk.

- Chakanyuka, C., Bacsu, J., Desroches, A., Walker, J., O'Connell, M. E., Dame, J., Carrier, L., Symenuk, P., Crowshoe, L., Bourque Bearskin, L. (2022). Appraising Indigenous cultural safety within healthcare: Protocol of a scoping review of reviews. *Journal of Advanced Nursing*, 78(1), 294–299. [doi:10.1111/jan.15096](https://doi.org/10.1111/jan.15096)
- Chakanyuka, C., Bacsu, J., Desroches, A., Walker, J., O'Connell, M. E., Dame, J., Carrier, L., Symenuk, P., Crowshoe, L., Bourque Bearskin, L. (2022). Appraising Indigenous cultural safety within healthcare: Protocol of a scoping review of reviews. *Journal of Advanced Nursing*, 78(1), 294–299. [doi:10.1111/jan.15096](https://doi.org/10.1111/jan.15096)
- Sutherland, M.\*, Kirk, A., Karunanayake, C. P., O'Connell, M. E., & Morgan, D. G. (2022). What happens to the worried well? Follow-up of subjective cognitive impairment. *Canadian Journal of Neurological Sciences*, 49(1), 84–92. [doi:10.1017/cjn.2021.39](https://doi.org/10.1017/cjn.2021.39)
- Bacsu, J., Johnson, S., O'Connell, M. E., Viger, M., Muhajarine, N., Hackett, P., Jeffery, B., Novik, N., & McIntosh, T. (2021). Stigma reduction interventions of dementia: A scoping review. *Canadian Journal on Aging*, 1-11. [doi:10.1017/s0714980821000192](https://doi.org/10.1017/s0714980821000192)
- Bacsu, J., O'Connell, M. E., Cammer, A., Grewal, K.\*, Green, S., Poole, L., Azizi, M., Spiteri, R. J. (2021). Using Twitter to understand the COVID-19 experiences of people living with dementia: Infodemiology study. *JMIR*, 23(1), e26254. [doi:10.2196/26254](https://doi.org/10.2196/26254)
- Bacsu, J., O'Connell, M. E., Poole, L., Wighton, M. B., Sivananthan, S., & Webster, C. (2021). A scoping review of COVID-19 experiences of people living with dementia. *Canadian Journal of Public Health*, 112, 400-411. [doi:10.17269/s41997-021-00500-z](https://doi.org/10.17269/s41997-021-00500-z).
- Bacsu, J., O'Connell, M. E., Webster, C., Poole, L., Wighton, M. B., & Sivananthan, S., Cammer, A., Azizi, M., Grewal, K.\*, Green, S., Gowda-Sookchoff, R., Spiteri, R. (2021). Understanding the impact of COVID-19 on people with dementia and their carers. In Chapter 21– Impact of global pandemic on diagnosis. *2021 World Alzheimer Report: Journey Through the Diagnosis of Dementia*. Montreal, Quebec: Alzheimer's Disease International and McGill University, pp. 251-253. Available from, <https://www.alzint.org/resource/world-alzheimer-report-2021/>
- Bayly, M., O'Connell, M. E., Kortzman, A.\*, Peacock, S., Morgan, D. G., & Kirk, A. (2021). Family carers' narratives of the financial consequences of young onset dementia. *Dementia*, 20(8), 2708–2724. [doi:10.1177/14713012211009341](https://doi.org/10.1177/14713012211009341)
- Bayly, M., Morgan, D., Elliot, V., Kosteniuk, J., Froehlich Chow, A., O'Connell, M. E., Peacock, S. (2021). Does early-stage intervention improve caregiver wellbeing or their ability to provide care to persons with mild dementia or mild cognitive impairment? A systematic review and meta-analysis. *Psychology and Aging*. 36(7), 834–854. [doi:10.1037/pag0000642](https://doi.org/10.1037/pag0000642)
- Cammer, A. L., & Whiting, S. J. (2021). The Challenge of Achieving Vitamin D Adequacy for Residents Living In Long-Term Care. *Public Health Nutrition*, 1-4. [doi:10.1017/S136898002100238X](https://doi.org/10.1017/S136898002100238X)
- Clarke, K., St. John, P., Menec, V., Newall, N., Coutier, D., O'Connell, M. E., Tate, R., (2021). Healthcare utilization among Canadian adults in rural and urban areas – the Canadian Longitudinal Study on Aging. *Canadian Journal of Rural Medicine*, 26(2), 68-79. [doi:10.4103/CJRM.CJRM\\_43\\_20](https://doi.org/10.4103/CJRM.CJRM_43_20)
- Elliot, V., Morgan, D., Kosteniuk, J., Bayly, M., Froehlich Chow, A., Cammer, A., O'Connell, M.E. (2021). Palliative and end-of-life care for people living with dementia in rural areas: A scoping review. *PLOS ONE*, 16(1), e0244976. [doi:10.1371/journal.pone.0244976](https://doi.org/10.1371/journal.pone.0244976)
- Grewal, K.\*, O'Connell, M.E., Kirk, A., MacDonald, S.W.S., Morgan, D. (2021). Intraindividual Variability Measured with Dispersion Across Diagnostic Groups in a Memory Clinic Sample. *Applied Neuropsychology: Adult*, 1-10. [doi:10.1080/23279095.2021.1970552](https://doi.org/10.1080/23279095.2021.1970552)
- Haase, K., Cosco, T., Kervin, L., Riadi, L., & O'Connell, M. E. (2021). Older adults' experiences of technology use for socialization during the COVID-19 pandemic: A regionally representative cross-sectional survey. *JMIR Aging*, 4(2), e28010. [doi:10.2196/28010](https://doi.org/10.2196/28010)
- Kosteniuk, J., Morgan, D., Elliot, V., Froehlich Chow, A., Bayly, M., Watson, E., Osman, M., Osman, B., O'Connell, M.E., Kirk, A., Stewart, N., Cammer, A., & Innes, A. (2021). A scoping review of care trajectories across multiple settings for persons with dementia. *Canadian Journal on Aging*, 1-25. [doi:10.1017/S0714980821000167](https://doi.org/10.1017/S0714980821000167)

# RECENT RaDAR PUBLICATIONS

## PEER-REVIEWED JOURNAL ARTICLES continued

- Lindenbach, J., Larocque, S., Morgan, D.G. & Jacklin, K. (2021). Practitioner empowerment, older adult mistreatment, and dementia. *Canadian Journal on Aging*, 40(2), 306–320. [doi:10.1017/S0714980820000136](https://doi.org/10.1017/S0714980820000136)
- O'Connell, M. E., Kadlec, H., Maimon, G., Taler, V., Simard, M., Griffith, L., Tuokko, H., Voll, S., Wolfson, C., Kirkland, S., & Raina, P. (2021). Methodological considerations when establishing reliable and valid normative data: Canadian Longitudinal Study on Aging (CLSA) neuropsychological battery. *The Clinical Neuropsychologist*, 1-20. [doi:10.1080/13854046.2021.1954243](https://doi.org/10.1080/13854046.2021.1954243)
- O'Connell, M. E., Haase, K. R., Grewal, K. S.\*, Panyavin, I., Kortzman, A.\*, Flath, M. E.\*, Cammer, A., Cosco, T. D., & Peacock, S. (2021). Overcoming barriers to technology adoption for older adults to maintain virtual community and social connections during the COVID-19 pandemic. *Clinical Gerontologist*, 45(1), 159-171. [doi:10.1080/07317115.2021.1943589](https://doi.org/10.1080/07317115.2021.1943589)
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- O'Connell, M. E., Vellani, S., O'Rourke, H. M., Robertson, S., & McGilton, K. S. (2021). Going from 0 to 100 in remote dementia research: A practical guide. *JMIR*, 23(1), e24098. [doi:10.2196/24098](https://doi.org/10.2196/24098)
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- Walker, J., O'Connell, M. E., Pitawanakwat, K., Blind, M., Warry, W., Lemieux, A., Patterson, C., Allaby, C., Valvasori, M., Zhou, Y., & Jacklin, K. (2021). Canadian Indigenous Cognitive Assessment (CICA): Inter-rater reliability and criterion validity in Anishinaabe communities on Manitoulin Island, Canada. *Alzheimer's & Dementia: Diagnosis, Assessment & Disease Monitoring*. [doi:10.1002/dad2.12213](https://doi.org/10.1002/dad2.12213)
- Wilding, C., Davis, H., Rasekaba, T., Hammiduzzaman, M., Royals, K., Greenhill, J., O'Connell, M.E., Perkins, D., Bauer, M., Morgan, D., & Blackberry, I. (2021). Volunteers' support of carers of rural people living with dementia to use a custom-built application. *International Journal of Environmental Research and Public Health (IJERPH)*. 18(18), 9909. [doi:10.3390/ijerph18189909](https://doi.org/10.3390/ijerph18189909)
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- Enright, J., O'Connell, M. E., Branger, C., Kirk, A., & Morgan, D. (2020). Identity, relationship quality, and subjective burden in caregivers of persons with dementia. *Dementia*, 19(6), 1855-1871. [doi:10.1177/1471301218808607](https://doi.org/10.1177/1471301218808607)
- Edwards, D.A., Kirk, A., O'Connell, M.E., Karunanayaki, C.P., Panyavin, I., & Morgan, D.G. (2020). Do depressive symptoms at time of diagnosis affect the course of dementia over one year? Neuropsychiatry and behavioral neurology/Dementia. *Alzheimer's & Dementia*, 16(S6). E037395 [doi:10.1002/alz.037395](https://doi.org/10.1002/alz.037395)
- Geddes, M., R., O'Connell, M. E., Fisk, J. D., Gauthier, S., Camicioli, R., & Ismail, Z. (2020). Remote Cognitive and Behavioral Assessment: Report of the Alzheimer Society of Canada Task Force on Dementia Care Best Practices for COVID-19. *Alzheimer's & Dementia: Diagnosis, Assessment & Disease Monitoring*, 12, e12111. [doi:10.1002/dad2.12111](https://doi.org/10.1002/dad2.12111)
- Gould, B. \*, O'Connell, M. E., MacQuarrie, C., & Bourassa, C. (2020). Mental wellness needs for two Indigenous communities: Bases for culturally competent clinical services. *Canadian Psychology*, 62(3), 213–226. [doi:10.1037/cap0000247](https://doi.org/10.1037/cap0000247)
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# RECENT RaDAR PUBLICATIONS

## PEER-REVIEWED JOURNAL ARTICLES continued

- Lindenbach, J., Larocque, S., Morgan, D.G. & Jacklin, K. (2020). Practitioner experience with mistreated older adults who have dementia: Understanding contextual influences and consequences. *Journal of Interpersonal Violence*. doi:10.1177/0886260520943717
- O'Connell, M.E., Walker, J.D., Jacklin, K., Bourassa, C.A., Kirk, A., Hogan, D.B., Morgan, D.G. (2020). Classification accuracy of the English version of the Canadian Indigenous Cognitive Assessment (CICA) in a majority culture memory clinic sample. *Alzheimer's & Dementia*, 16(S6) e040029. doi:10.1002/alz.040029
- Robertson, O., Kirk, A., Karunanayake, C., Morgan, D., & O'Connell, M. E. (2020). Women and Men Presenting to a Rural and Remote Memory Clinic in Saskatchewan, Canada Show Similar Cognitive Findings for Dementia. *Alzheimer Disease and Associated Disorders*, 34(2), 183-187. doi:10.1097/WAD.0000000000000307
- Stewart, N., MacLeod, M.L.P., Kosteniuk, J.G., Olynick, J., Penz, K.L., Karunanayake, C.P., Kulig, J.C., Labrecque, M.E., & Morgan, D.G. (2020). The importance of organizational commitment in rural nurses' intent to leave. *Journal of Advanced Nursing*. 76(12), 3398-3417. doi:10.1111/jan.14536
- Ursenbach, J.\*, O'Connell, M.E., Kirk, A. & Morgan, D. (2020). Evidence for measurement bias of the short form health survey based on sex and metropolitan influence zone in a secondary care population. *Health and Quality of Life Outcomes*, 18, 1-10. doi: 10.1186/s12955-020-01318-y
- Wong, J.,\* Kirk, A., Perlett, L. Karunanayake, C., Morgan, D. & O'Connell, M.E. (2020). Characteristics of young-onset and late-onset dementia patients at a remote memory clinic. *The Canadian Journal of Neurological Sciences*, 47(3), 320-327. doi:10.1017/cjn.2020.8

## BOOKS

- O'Connell, M. E., Panyavin, I., Bearskin, L., Bourassa, C., & Walker, J. (under review). *Neuropsychological assessment with Indigenous Peoples in Saskatchewan: A lesson in cultural humility*. In F. Irani (Ed.). Handbook of cultural diversity in neuropsychological assessment: Developing understanding through global case studies (pp. 1-10). Taylor & Francis/Routledge
- Innes, A., Morgan, D., Farmer, J. (2020). *Rural and remote dementia care: Implications for research, policy, and practice*. Policy Press, Bristol University. <https://policy.bristoluniversitypress.co.uk/remote-and-rural-dementia-care>

## TECHNICAL REPORTS

- Kosteniuk, J., Morgan, D., Froehlich Chow, A. and Bayly, M. *Rural Memory Clinics: 2021 Update*. (2021). [report]. Printed at the University of Saskatchewan, Saskatoon, SK, Canada. (10 pages) Available from, <https://cchsa-ccssma.usask.ca/ruraldementiacare/publications/2021-dec-radar-memory-clinics-report.pdf>
- Elliot, V., Morgan, D., Kosteniuk, J., Seitz, D., Cameron, C., Minish, D. & Rural PHC Memory Clinic Team Members. (2021). [clinic resource]. *RaDAR Rural Primary Health Care Memory Clinic Handbook*. Version: Spring 2021. Saskatoon, Saskatchewan: University of Saskatchewan. (257 pages, distributed as print and electronic versions).

***A complete list of publications can be accessed on the RaDAR website at:***

***<https://cchsa-ccssma.usask.ca/ruraldementiacare/RaDAR%20Publications.php>***



## Programs and 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. Currently our programs and services are provided virtually and by phone. Alzheimer Society Programs and Services staff continue to support people with dementia and families across Saskatchewan who are faced with the everyday challenges of living with dementia.

Upcoming  
Programs  
Pages 11-12

## What can clients expect from ASOS?

### Individualized connection and service

**Individual information and support** – available for both the person with dementia and caregiver. We work with each individual client and learn their stories and provide the right Info/support/strategies for the person's situation. Each client is offered Intentional follow-up, which means that at minimum every 6 months we will initiate a follow up to check in, see how things are going, provide new information and provide information and connection to additional society and community programs and services.

**Learning Opportunities** – The Learning Series helps people with dementia, their families and friends to live as well as possible with the disease. The courses offered build upon each other covering the continuum of the disease to provide participants with a comprehensive overview of dementia, coping strategies, available resources and support. Participants can learn and share with others who are affected by dementia. Evenings of Education are stand-alone topics presented by content experts.

### **Support Groups – Alzheimer Society support groups offer a chance to:**

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

**Minds in Motion** – a two hour, weekly program that combines physical activity and social activity for those with early stage dementia and a friend, family member or caregiver. The physical activity portion is lead by a certified fitness instructor and the social portion is led by ASOS staff and volunteers.

**Connection to other organizations** that may be useful to support the journey. This includes providing information on available services provided by the Saskatchewan Health Authority, other government agencies, lists of private or community-based organizations.

## First Link Referrals

**First Link®** is a program of the Alzheimer Society that connects people with dementia and their families to information, support services and education as early as possible and throughout the progression of the disease. During the ongoing COVID-19 pandemic, we are encouraging our referral partners (physician, specialist, assessor coordinators, home care and long-term care staff) to continue to refer patients/clients to the Alzheimer Society via our First Link program.

- First Link® gets you connected early for support throughout your journey.
- The more you know about Alzheimer's disease or another dementia, the better you may be able to cope with your situation.
- You will be linked to community supports and services.

For more information about how to make a **First Link® Referral** and to obtain a referral form, please click on the following: [Making a Referral to First Link](#) and [First Link Referral Form](#)

## Dementia Helpline/Individual Support

Our priority in response to the pandemic is to ensure that people living with dementia and their family caregivers continue to receive the lifeline of support through our Dementia Helpline and through regularly scheduled follow up calls. **Talk to our support staff via phone or by e-mail.**

**Dementia Helpline 1-877-949-4141** or [helpline@alzheimer.sk.ca](mailto:helpline@alzheimer.sk.ca)

**Hours: Monday-Friday, 8:30-4:30 p.m.**

## Upcoming Alzheimer Society of Saskatchewan Programs

**Coffee and Chat** - for people with dementia and their care partners. Make yourself comfortable, grab a cup of coffee or tea and join some of the Alzheimer Society of Saskatchewan staff and peers online to say 'hello' and let us know how you are doing during. We are online via Zoom on the 1<sup>st</sup> and 3<sup>rd</sup> Friday each month 10:30-11:30 am. Email [cjudge@alzheimer.sk.ca](mailto:cjudge@alzheimer.sk.ca) to register.

***Please note: Coffee and Chat is NOT a Support Group, but an opportunity for you to check in with each other.***

**Online and Telephone Support Groups** - We know people miss connecting with each other, so in response to the COVID-19 pandemic we have moved some of our support groups online via Zoom or by Telephone. Groups are facilitated by Alzheimer Society staff and volunteer facilitators. Visit our [Programs and Events page](#) for groups and registration information.

### **Minds in Motion**

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

**For more information, upcoming sessions and to view a**

**video explaining Minds in Motion, click [here](#). Virtual Minds in Motion is free to attend. Donations to the Alzheimer Society of Saskatchewan are appreciated.**

**Up Next: Virtual Wednesdays from February 2nd - April 6th 1:30 to 3 pm**  
**To register, please contact Jennifer at [mindsinmotion@alzheimer.sk.ca](mailto:mindsinmotion@alzheimer.sk.ca) or call 1-877-949-4141.**



## Learning Opportunities for People with Dementia and Families

The Learning Series helps people with dementia, their families, and friends to live as well as possible with the disease. The courses offered build upon each other to provide participants with a comprehensive overview of dementia, coping strategies, available resources and support. Participants can learn and share with others who are affected by dementia. **For more information on the courses, click [here](#). Currently our learning series are offered virtually via Zoom. Keep checking our [Programs and Events](#) page for updates regarding winter and spring programming! Contact 1-877-949-4141 or [helpline@alzheimer.sk.ca](mailto:helpline@alzheimer.sk.ca) to register for learning series courses.**

## **[Alzheimer Society of Saskatchewan YouTube Channel](#)**

Take a look at the videos and webinars on our [Alzheimer Society of Saskatchewan YouTube channel](#)!

### **Most recent additions to the YouTube channel:**

#### **Self-Compassion: An Umbrella for Our Rainy (and Snowy) Days October 26, 2021**

A negative inner voice can affect our emotional well-being. It can also overshadow our relationships and our experiences. People who practice self-compassion are more likely to feel happier, more fulfilled, and more connected to others. This presentation discusses: the practice of self-compassion and how it can be used in daily life to help ourselves and others; the proven benefits of self-compassion; and accessible resources to explore the practice of self-compassion. Presented by Donna Goodridge, RN, Ph.D. Original broadcast October 26, 2021.

**Watch here on our [Alzheimer Society of Saskatchewan YouTube channel](#).**

#### **Walking through Grief and Loss with a COVID-19 lens: Strategies for Survival September 28, 2021**

Loss and grief are among the most significant and challenging issues to face in the dementia journey. Through a presentation and story of personal lived experience, learn about the types of loss and grief as experienced during the COVID-19 pandemic and beyond, how the pandemic has affected people with dementia and caregivers, tools and strategies to build coping and resiliency during grief and reflect on a personal journey of a family member diagnosed with Alzheimer's disease and how a spouse and daughter coped with personal losses.

Presented by Lorraine Holtslander, RN, PhD, CHPCN(c); Shelley Peacock, RN, PhD; Jill Bally, RN, PhD and Dr. Joel Gajadharsingh. Original broadcast September 28, 2021. **Watch here on our [Alzheimer Society of Saskatchewan YouTube channel](#)**

### **Others to watch:**

[Understanding Dementia](#) (January 2021): Dr. Krista Lagimodiere

[Lived Experience Story](#) (January 2021): Ida Ryhorchuk

[Safely Home: Reducing the Risk of Wandering](#) (May 2021): Dr. Noelannah Neubauer

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

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

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

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

Or contact your local Alzheimer Society Resource Centre: <https://alzheimer.ca/en/sk/ContactUs>