



Project team members presented a group workshop at the Canadian Association on Gerontology's annual conference (p. 6-7).

MESSAGE FROM THE PROJECT TEAM

This issue of the project newsletter highlights programming and initiatives currently supporting **care partners** of older adults living with dementia in rural Saskatchewan. Over the past few months, care partners in Yorkton, Melville, and surrounding rural communities have participated in dementia friendly group activities and collaborated on projects together. They have developed new support networks and connected with each other during group outings and meetings. We are pleased to share the impact of meaningful connections made by care partners (p. 2-3), as well as the achievements and progress of other project initiatives within *Dementia Supports in Rural Saskatchewan*.

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- Project Maps
- Events & Featured Resource

For more information, please visit:



RuralDementiaSK.ca



[@RuralDementiaSK](https://www.facebook.com/RuralDementiaSK)



[@RuralDementiaSK](https://twitter.com/RuralDementiaSK)



Group Meetings Connect Individuals & Enhance Quality of Life

Kristen Kosar, SaskAbilities

Jeff Morton, Godfrey Dean Art Gallery

The *Dementia Friendly Life Enrichment Program* at SaskAbilities enhances the quality of life of individuals living with dementia in Yorkton and surrounding rural communities. Through the program, SaskAbilities has been able to reduce caregiver burnout and increase social connections by providing one-to-one services and group programming for people living with dementia. Since the program began in 2021, a total of 48 individuals living with dementia and their care partners have been served across nine different communities.

As restrictions ended for COVID-19 earlier this year, Dementia Friendly Facilitators expanded their supports into the community. One group activity per month was planned for people living with dementia and their care partner to attend. Group outings included mini golf, going to the museum and having lunch as a group.

By engaging with the community and accessing different venues, SaskAbilities found that local businesses are becoming more dementia friendly. For example, the Esterhazy Bowling Alley ensured the facility was quiet when the group visited, Mano's Restaurant in Yorkton ensured that they had a quiet and accessible banquet room for group programming, and the Golf Course Club House at Madge Lake ensured the location for lunch was accessible and quiet. When businesses took meaningful steps towards becoming dementia friendly, the participants' comfort levels increased.

During the group outings, friendships developed amongst care partners and those living with dementia. Care partners have shared contact information and met with each other outside of group gatherings. Natural support groups have formed between care partners as a result of group programming.

Similarly, participants of the Godfrey Dean Art Gallery's project, *Belong Where You Find Yourself*, enjoyed visiting with each other and supporting each other during their group meetings in September and October. The participants are able to connect and share updates about their art

...continued

projects. For the participants with dementia it was a social time and a time for connection. For the care partners who are often juggling multiple commitments and obligations, the group meetings were a time for mutual support.

There are 12 artist participants in the art gallery's program currently working collaboratively and individually with drawing, painting, photography, filmmaking, storytelling, musical theatre, woodworking, sculpture and fabric art.

The Lead Artists are following principles of community engaged practice. They include input from all participants and involve their feedback and learning at every stage. The result so far is an organic and meaningful engagement that is bringing people together, bringing families together, creating new friendships and support networks, and capturing moments of beauty, clarity and connection.

During a coffee break, a few care partners who were visiting together told a Lead Artist how hard it is to find the time to talk to other care partners who are

going through similar situations. The large meeting felt like a place where they could finally do that. Participants shared and listened to each other, celebrated each other's successes and joyful moments, and held space for difficult emotions.

One care partners said, "We talked about meeting as a group or individually. Individual meetings are great but, I also like us meeting as a larger group. It is a time to make connections with the other people. As caregivers we can share our thoughts and concerns and ask questions of each other. For people living with dementia it is a time to be out. For some, it will be an outing that they would not otherwise have. I feel it is important for both the person with Alzheimers and their caregivers. It is reassuring that we are not alone in this journey.

(My spouse) has never painted and now he will just paint some abstract pictures. I think he is releasing some anxiety. We would have never thought of that before this wonderful program. The creative is a wonderful new outlet for us. The bonus is the wonderful people and connections we have made."

- Care partner/artist participant

About

For more info about the
Dementia Friendly Life
Enrichment Program, contact:
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SaskAbilities - Yorkton
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[Read More](#)



About

For more info about Belong Where
You Find Yourself, contact:
Jeff Morton
Director & Curator
Godfrey Dean Art Gallery
Email:
director@godfreydeanartgalley.ca
Phone: 306-786-2992

[Read More](#)



Learning the Warning Signs of Dementia

Denine Hilderman,
Alzheimer Society of Saskatchewan

Over the past two months, our Dementia Community Coordinator travelled to Kamsack and Melville to share our ABC's of Dementia presentation, which highlights the 10 warning signs of dementia and the importance of a timely diagnosis. Some of the presentation attendees were surprised to learn that genetics is not the only risk factor for developing dementia and that there are specific lifestyle choices you can make to lower your risk of dementia. One person requested our Alzheimer Society *Getting a Diagnosis Toolkit* to help them prepare for a doctor's appointment.

During the Melville ABC's of Dementia presentation, we were able to introduce Carolee Zorn, our new Alzheimer Society First Link® Coordinator for Yorkton, Melville, and the surrounding rural communities. Both events had over 20 people attend. It was great to see so many community members take initiative to increase their understanding of dementia.

Our Dementia Community Coordinator would like to extend a big thank you to the Quilting Group in Melville for helping her set up for the ABC's presentation. Some members from the group attended our ABC's of Dementia presentation in Melville this summer, so it was nice to see them again.

Heritage Baptist Church

Our Dementia Community Coordinator has been in discussion with Heritage Baptist Church in Yorkton about hosting a Dementia Friendly Communities presentation since 2020. The day finally came when we could meet in-person with



the church's 55+ Group to help them learn more about dementia friendly spaces and communities for people living with dementia and their care partners, and the Dementia Supports in Rural Saskatchewan project.

We would like to recognize Edna Parrott (photo above) for her ongoing efforts in coordinating this learning opportunity. Edna is an active dementia advocate in the community – she is currently on committees for two exciting dementia initiatives that will be coming soon to Yorkton and area.

Learn More



For more info about dementia friendly programming, contact:

Jackie Hofstrand

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Alzheimer Society of Saskatchewan
(306) 783-6606**

jhofstrand@alzheimer.sk.ca

Read More

NEW PROJECT



Scaling Up RaDAR Memory Clinics

We are excited to announce the start of another new project! The RaDAR (Rural Dementia Action Research) team will implement and sustain rural memory clinics in the Yorkton area in collaboration with primary health care professionals and Saskatchewan Health Authority leadership. This University of Saskatchewan based project will support greater social inclusion of people living with dementia by building capacity and establishing services for dementia diagnosis and ongoing management directly in local rural areas.

About RaDAR Memory Clinics:

- 1-day memory clinics are held every 1-2 months in each community, with 2 new patients assessed each day.

RaDAR Memory Clinic Teams



Kipling (pop. 1,140)



Weyburn (pop. 10,900)



Rural West
(3 communities
pop. 330-800)



Carlyle (pop. 1,500)



Maryfield (pop. 311)

**New memory clinic teams
continue to be established in Saskatchewan**

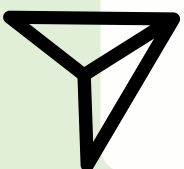
For more information, contact:

Dr. Debra Morgan

Canadian Centre for Health & Safety in Agriculture

College of Medicine, University of Saskatchewan

debra.morgan@usask.ca





CAG2022 Conference Canadian Association on Gerontology October 20-22, 2022 Delta Hotel, Regina



Workshop (above):

In our 5-year community-driven project, we have employed a Collective Impact approach to enhance social inclusion for persons with dementia and their care partners in rural Saskatchewan. During our group workshop on using the Collective Impact approach, Kristen Kosar and Jackie Washenfelter presented a poster about SaskAbilities' Dementia Friendly Life Enrichment Program.



Presentation (above):

Lisa Washington presented *Implementation of a policy instrument to assess age and dementia friendliness of public facilities in rural Saskatchewan* at the Canadian Association on Gerontology conference.



Presentation (left):

Nuelle Novik presented on *Levels of dementia knowledge and stigma in rural areas* at the Canadian Association on Gerontology conference.

CONFERENCE

Presenting at the CAG2022 Conference October 20-22, 2022

The Canadian Association on Gerontology's annual conference typically attracts over 500 researchers and practitioners from across Canada. Ten members from our own project team attended the conference held in Regina this year. Our project members presented three presentations, including two oral presentations and one large group workshop.



Above: Julie Kosteniuk presented a poster about RaDAR Memory Clinic's new project during the group workshop.



Left: Les Quennell and Jackie Hofstrand presented a poster on the the Alzheimer Society of Saskatchewan's Awareness Campaign & Dementia Friendly Initiatives as part of the group workshop.

Right: Lisa Washington talked with audience members about the City of Yorkton's Public Indoor Facility Audit during the group workshop.

Cover photo: Alana Moore presented a poster about the Godfrey Dean Art Gallery's project, *Belong Where You Find Yourself*, at the group workshop.





Project team members Michelle Harazny, Nancy Akwen, and Chelsey Johnson met at the Gloria Hayden Community Centre.



MEET DR. NANCY AKWEN, EVALUATION COORDINATOR

Nancy is a researcher interested in the intersection of environmental and social issues in urban, rural, and Indigenous communities. For several years, she has explored Community-Based Research as a Tool for Social Change and engaged with various stakeholders for design, implementation and evaluation of projects addressing food security and health risks. Communicating research outcomes to non-academic audiences is fundamental for her work which includes fostering multi-stakeholder partnerships that integrate specialized knowledge for policy design and review. In her new role as the Evaluation Coordinator, she will provide overall development, coordination and analysis for the evaluation components of the project. Nancy started her new role with the project in July.

MEETINGS WITH TEAM MEMBERS IN YORKTON

In July, Nancy and Michelle met with members of Collaborating Organizations and the Mayor of Yorkton. We appreciated having a tour of many public spaces including three of the buildings that were assessed during the City of Yorkton's Public Indoor Facility Audit: the Gallagher Centre, Yorkton Public Library, and Godfrey Dean Cultural Centre.

Contact

For more info about the project's evaluation, contact:

Dr. Nancy Akwen

Evaluation Coordinator

Dementia Supports in Rural Saskatchewan

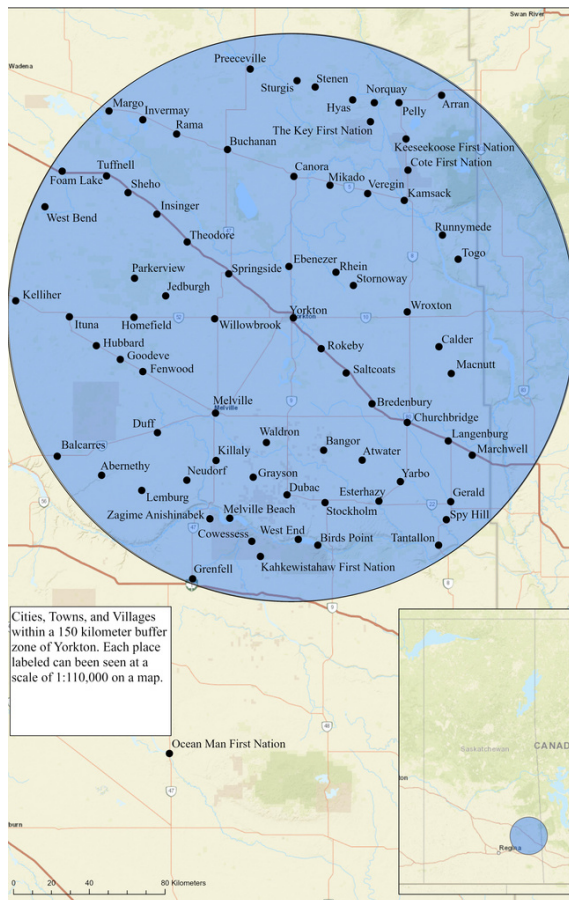
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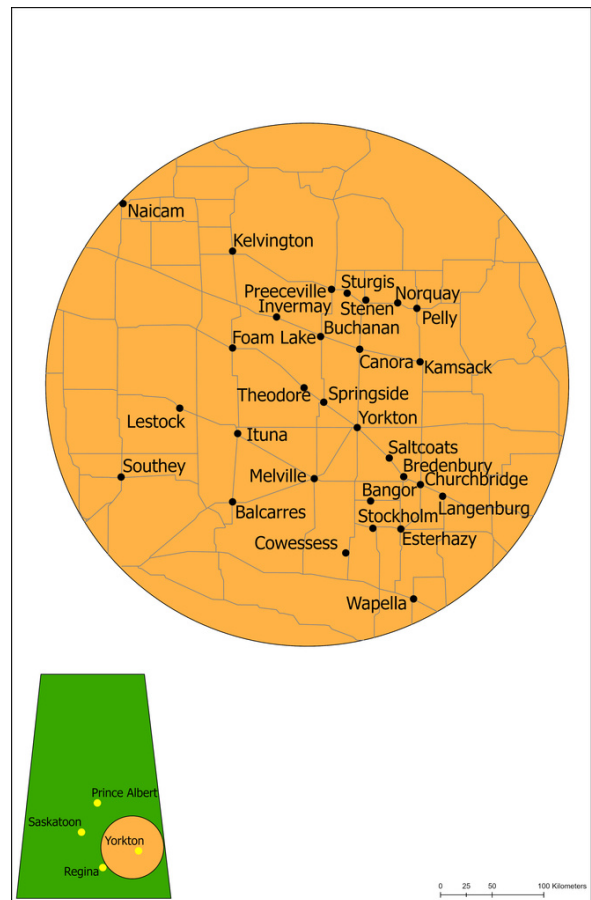


PROJECT AREA MAPS

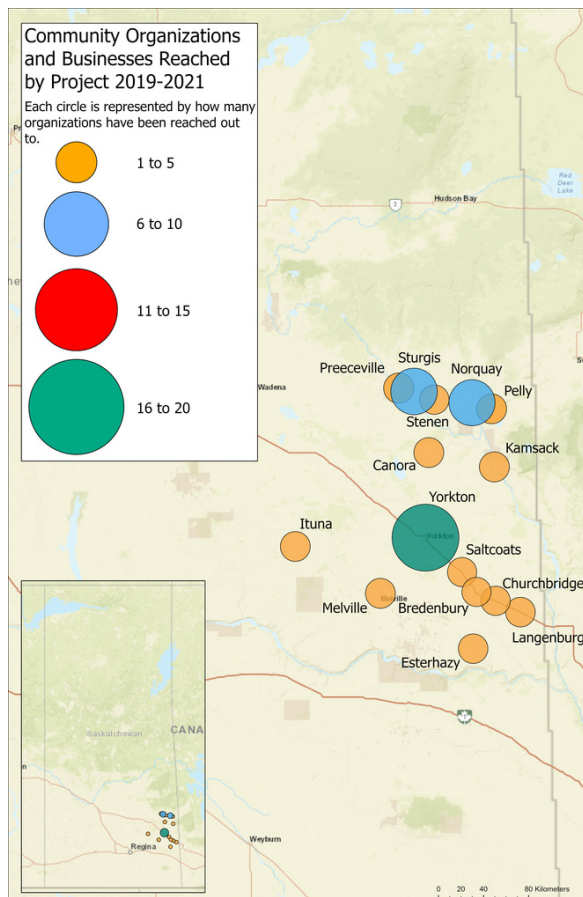
A snapshot of project growth since 2019:



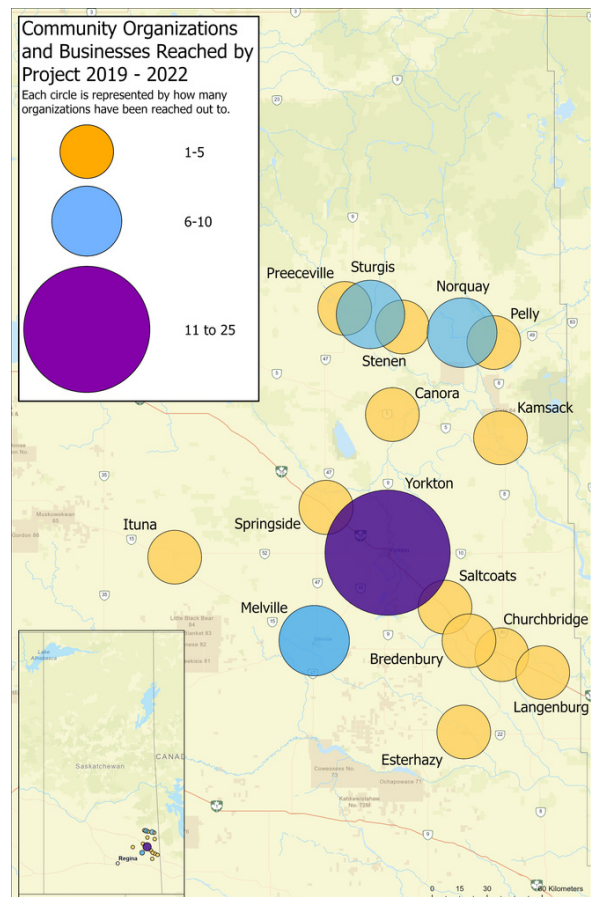
Detailed Project Area



Communities Reached 2019-2021



Community Connections 2019-2021



Community Connections 2019-2022

UPCOMING EVENTS

Everyone is welcome to attend the following upcoming events:



COMMUNITY TABLE MEETING

March 3, 2023 @ 1:30pm CST (Virtual)

Join the project team and community members for the next Community Table meeting. For more information, email Michelle: michelle.harazny@uregina.ca



GALLERY EXHIBITION

April-May 2023 @ Godfrey Dean Art Gallery, Yorkton

An exhibition of artworks created by local artist participants and lead artists of *Belong Where You Find Yourself* will be displayed at the Godfrey Dean Art Gallery: [GDAG Website](#)



DEMENTIA IN OUR COMMUNITY - PUBLIC FORUM

Spring 2023 - Date TBA

Learn more about Alzheimer Society programs and services and how you can help create a more dementia friendly community. Check the website for more details: [Alzheimer Society Events](#)

FEATURED RESOURCE



Flipping Stigma Tool Kit

This tool kit has been designed by people with dementia to help others – including other people living with dementia, the people who support them, and those who do research – to address the challenges of stigma and discrimination.

[Learn More](#)

Thank You!

Thank you to all members of the Collaborating Organizations, Community Table, and Advisory Committee, who have participated in the project as part of the Collective Impact approach.

We greatly appreciate your contributions and engagement!

COLLABORATING ORGANIZATIONS



BACKBONE ORGANIZATION



FUNDER



CONTACT

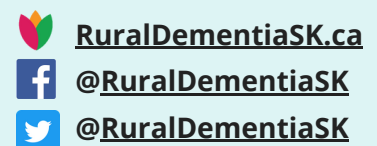
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