University of Saskatchewan

January 2023 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/remote settings.*

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

Summit Online 2022 *held November 22nd/23rd*

Summit Online 2022 Map of Attendees from across the globe

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 15th annual Summit and the third to be held in a virtual format! One hundred thirty-two 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. Nicole Ruggiano

Dr. Nicole Ruggiano, PhD, MSW. Professor and Associate Dean of Research with the University of Alabama School of Social Work joined Summit as keynote presenter. Dr. Ruggiano presented on Advancing Evidence-based Technologies to Support Dementia Care and Caregiving: Challenges, Opportunities, and Directions Forward.

More about Summit 2022, and an archive of posters and presentations can be found on the RaDAR website Summit page, under the Previous Summits tab.

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 2022 Bilokreli Student poster prizes were awarded to:

1st Place: Erin Leeder

2nd Place: Megan Flath

3rd Place: Melissa Brausse

Thank you to the Bilokreli Family for their support

CIHR Foundation Grant (2016-2023)

Dr. Debra Morgan holds a multi-year CIHR Foundation Grant for the research program "Design and evaluation of integrated primary health care practice for dementia in rural and remote settings". Co-investigators include Drs. Julie Kosteniuk, Megan O'Connell, Andrew Kirk, and Norma Stewart, and other Canadian and international experts. The core of the Foundation program is to sustain rural PHC memory clinics that offer initial evaluation and management of individuals with suspected dementia, and scale-up the clinics to additional communities. Monthly 1-day memory clinics have been established in southeast Saskatchewan communities. Clinic team members include physicians, nurse practitioners, home care nurses, social workers, occupational therapists, physical therapists, a dietitian, and an Alzheimer Society First Link Coordinator.

Canadian Consortium on Neurodegeneration in Aging (CCNA) Phase II (2019-2024)

The CCNA was established by the Canadian Institutes of Health Research in April 2014 to address the growing prevalence of Alzheimer Disease and other dementias in Canada. **The CCNA Phase II** brings together over 350 researchers across 19 teams, including **CCNA Team 15 Rural led by Drs. O'Connell and Morgan**. CCNA hosts an annual in-person Partners Forum and Science Day (PFSD) which is attended by all 19 CCNA teams. Due to the pandemic, PFSD 2022 was held as a virtual event. As part of Team 15's research, the RaDAR team continues to sustain and evaluate the impact of 5 rural memory clinics established in southeast Saskatchewan, co-led by Drs. Morgan and Kosteniuk.

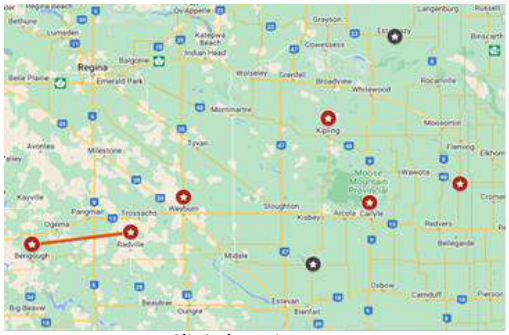
Current and Ongoing Research with Rural PHC Teams

Rural PHC Memory Clinic Teams
(some individuals not pictured)

RaDAR primary care memory clinics are an ongoing collaboration between Saskatchewan Health Authority primary health care teams and the Rural Dementia Action Research (RaDAR) Team. The 2022 RaDAR Memory Clinic Report provides team and research updates. Held in rural southeast 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. Memory clinics are held every 1-2 months or as needed by each primary health care team as part of their regular services in the communities of Kipling, Weyburn, Rural West (Bengough and Radville), Carlyle, and Maryfield. 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. Lampman and Esterhazy primary health care teams are the latest to join the RaDAR program. The teams will hold their first memory clinics after receiving orientation and training this spring. Training related to dementia assessment and management will be provided by Dr. Dallas Seitz using the Primary Care Dementia Assessment and Treatment Algorithm (PC-DATA) developed by Dr. Seitz based on Canadian guidelines. Funding to support involvement of the Esterhazy team is provided by a grant to Dr. Debra Morgan from the *Dementia Supports in Rural Saskatchewan* study (Project Lead Dr. Bonnie Jeffery).

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

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



RaDAR Memory Clinic locations

Rural and Remote Specialist Memory Clinic (RRMC)

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

Clinic Nurse …….. Darla Walz
Psychometrist…….. Duane Minish
Physiotherapist……Julie Jensen
Physiotherapist……Jennifer Fairbairn

Due to COVID-19, the specialist **Rural and Remote Specialist Memory Clinic (RRMC)** adapted our method of providing services to the community by remotely delivering clinical services and interventions. Patients and family members meet with our interdisciplinary team virtually, using secure web conferencing, or teleconferencing, depending on the technology available to them in their home. The clinic adapted its referral process for health care practitioners as well to better meet their needs during this time. The RRMC has recently returned to in-person appointments while maintaining virtual appointments as an option for team follow-up visits as appropriate.

The RaDAR team implemented the specialist RRMC 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. **Since 2004 over 850 patients have been seen in the clinic.**

Dr. Megan O'Connell is continuing to work on remote dementia assessment, diagnosis, and treatment in both the memory clinic and in her capacity as co-lead of Team 15 in the Canadian Consortium of Neurodegeneration in Aging (CCNA). Dr. O'Connell co-leads a telemedicine working group within the CCNA with Dr. Maiya Geddes. This national team of top researchers aims to continue developing and delivering remote dementia care, capitalizing on models that were used before and during the COVID-19 pandemic. Dr. O'Connell is also a member of the Stigma and Social Inclusion cross-cutting platform of the CCNA, which focuses on reducing stigma and improving social connections for people living with dementia.

The Rural and Remote Memory Clinic-interventions (RRMCi) continue to 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 currently underway, and recruitment for this study is set to begin shortly.

Dr. Ivan Panyavin has continued to be actively involved with running the virtual Rural and Remote Memory Clinic (vRRMC), providing diagnostic neuropsychological services to residents of rural Saskatchewan. He also continued to deliver individualized empirically derived treatment for chronic sleep disturbance, as well as cognitive rehabilitation services for individuals with cognitive impairment and their care partners. Additionally, Dr. Panyavin has been supervising professional development of Doctoral trainees in Clinical Psychology.

Clinic team feedback meeting with patient in family consultation room.
Image credit: Tara Yolan Productions

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

Karl Grewal – PhD student

Karl Grewal is Dr. Megan O'Connell's 5th-year PhD student. Karl will be presenting findings about the base rate of low scores on cognitive tests in the Rural and Remote Memory Clinic at the 2023 Annual Meeting of the International Neuropsychological Society. His analysis aimed to find out how common getting various numbers of low scores were in a sample of people who were cognitively healthy. By knowing how common low scores are, we can potentially improve the diagnostic process for people who come to the clinic (i.e., do they have more low scores than we would expect or not).

Karl was also the recipient of a Vascular Training (VAST) Health Research Training Program Doctoral Award. The following is a summary of the proposed project:

Cardiovascular risk factors, and disease of brain-based blood vessels, are tied to cognitive functioning and dementia. The prevalence of cardiovascular disease and risk factors, however, is not uniform across populations. For example, prevalence of high blood pressure is different between East and Southeast Asians. Interventions for cardiovascular disease include healthy lifestyle factors that reduce risk, such as eating a balanced healthy diet and participating in exercise. Further, the more people modify cardiovascular risk factors, the less likely they have global cognitive decline or get diagnosed with dementia. We wish to examine whether participation in healthy lifestyle interventions relates to changes in cognition in various subgroups of the Canadian Longitudinal Study on Aging (CLSA), and whether these changes are impacted by the different cardiovascular risk profiles of the participants from different backgrounds and based on sex.

RaDAR hosted Dr. Jennifer Walker and Julia Rowat from McMaster University

Mid-January, the RaDAR team hosted Dr. Jennifer Walker, Associate Professor in the Department of Health Research Methods, Evidence & Impact from McMaster University and her research coordinator, Julia Rowat.

Working with members of the Rural and Remote Memory Clinic (RRMC) team, they were here to produce a training video for users of the CICA: the Canadian Indigenous Cognitive Assessment. Based on a tool originally developed with Indigenous people in the Kimberley Region of Australia and adapted with Anishinaabe communities on Manitoulin Island, the CICA provides a culturally informed approach to cognitive assessment for Indigenous populations.

RRMC Neuropsychologist Dr. Megan O'Connell collaborated on research out of the RRMC which provided validation data for the CICA. RRMC students and staff have gained expertise in administering the assessment, and they put their skills to use for the video.

Dr. Walker is the co-lead of the Canadian Consortium on Neurodegeneration and Aging's (CCNA) Team 18 – Issues in Dementia Care for Indigenous Populations and the lead for the CCNA Indigenous Cognitive Health Program. She also led the validation of the Canadian Indigenous Cognitive Assessment tool and is currently partnering with Anishinaabe communities in Ontario to support the implementation of the CICA. Dr. Megan O'Connell, and Dr. Debra Morgan are co-leads of CCNA Team 15 – Rural Dementia Care and have worked on a number of collaborations with Dr. Walker and her team over the years.

Duane Minish, RRMC Psychometrist, administers the CICA during the video recording.

More information about the CICA is available from the Indigenous Cognition & Aging Awareness Research Exchange.

[Photo credit: Shoshana Green]

Saskatoon's Marcel Petit of m.pet productions setting up to record the CICA training video.

Dr. Juanita Bacsu

Dr. Juanita-Dawne Bacsu was awarded a Tier II Canada Research Chair (CRC) in Nursing and Population Health and an assistant professor position in the School of Nursing at Thompson Rivers University (TRU). Her CRC work focuses on improving health equity and quality of life of rural older adults living with dementia, supported by federal funding of $600,000. The goal of her research is to reduce stigma of dementia and improve equitable access to health and support services to enhance rural aging. Dr. Bacsu also received funding from the Canada Foundation for Innovation (CFI) to support the development of the Population Health and Aging Rural Research (PHARR) Centre at the Kamloops campus. This interdisciplinary centre will focus on using population health intervention research to support healthy aging for rural older adults and especially rural people living with dementia. In January 2023, Dr. Bacsu hosted a CCNA Talking Brains webinar with Myrna Norman and Wayne Hykaway from the EPLED (Engagement of People with Lived Experience of Dementia) team on addressing COVID-19-related stigma of dementia. Recently, Dr. Bacsu developed a new pilot program entitled, *Advancing Gerontology through Exceptional Scholarship (AGES),* with the Gerontological Society of America, where she leads a group of international early career scholars by providing mentorship, guest speakers, and interdisciplinary scholarship opportunities to advance their academic careers in gerontology.

Dr. Amanda Froehlich Chow

Dr. Froehlich Chow, an Assistant Professor in the School of Public Health at the University of Saskatchewan, is collaborating with rural and Indigenous community members to co-create culturally rooted resources for supporting wholistic wellness and promoting intergenerational connections among Indigenous communities. Dr. Froehlich Chow is also part of CCNA Team 18 which focuses on issues in dementia care for Indigenous Populations led by Dr. Jennifer Walker, Laurentian University.

Farewell and thank you !

Leslie Holfeld, RN, BScN

After 18 years as the Research Nurse for the RaDAR Rural and Remote Memory Clinic (RRMC), Leslie Holfeld is leaving the position that she designed and shaped over the years. The RRMC was launched in 2004 as a research demonstration project funded by a CIHR New Emerging Team grant. As a new program, Leslie has been the first and only nurse in the position until now and has made huge contributions to all aspects of clinic operations. She brought her existing clinical and organizational skills to the position to create many of the processes for clinic scheduling, data collection, and communication. On clinic days she has been the go-to person, with a central role in keeping patients, families, students, and RRMC clinic team members on track and problem-solving any issues that arise. Patients and families have appreciated Leslie's care and support in planning their appointments and navigating the full-day memory clinic assessments. Prior to starting with the RRMC, Leslie worked on other projects at the Canadian Centre for Health and Safety in Agriculture, so she been an integral CCHSA member for many years. She will be greatly missed. On behalf of the RaDAR team and CCHSA, thank you for being such a reliable team member and friend. We wish you all the best!

Welcome !

The specialist Rural and Remote Memory Clinic (RRMC) at CCHSA on the University of Saskatchewan campus is happy to welcome our newest team member. Darla started as the RRMC Clinic Nurse in December.

Darla Walz, BSW, RSW, BScN, RN

She adds her strong clinical experience to the team, as well as her compassion for patients and their families. Her nursing experience includes working with geriatric populations, in Home Care, and with Public Health in both Saskatchewan and Alberta. She has also worked as a health educator for chronic disease management, and is a registered Social Worker as well as a registered nurse. Her excellent collaboration skills for working within an interprofessional team are well suited to the RRMC team.

Darla lives in a rural community, with a home-base in Saskatoon for the days when she's in clinic. In her personal time, she enjoys traveling, and has so far visited one third of the world's countries. She was drawn to working as part of the RRMC team by the need she sees for dementia care in rural and remote areas of the province, and by her owns experiences with her grandmother who had Alzheimer's Disease.

RaDAR Affiliated Students & Trainees

Julie Beitel, MSc nutrition student working with Dr. Allison Cammer was awarded a CIHR MSc scholarship Sept 1 2022 to Aug 31 2023 for her work examining the role of participant socialization within The Cognitive Kitchen: Virtual Culinary Intervention for Dementia Prevention.

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, Masters 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 with dementia and will begin a residency placement at the University of Manitoba in September 2022.

Erin Leeder, MSc student in Nutrition with Dr. Cammer successfully defended her Masters thesis in November 2022. Her work included a project using nutrition data from the Rural and Remote Memory Clinic. Erin won 1st place in the Bilokreli Student Poster competition this year at Summit 2022. She also won 1st place for her research presentation in the category Translational, Clinical, or Applied Science Research Presentation Award, University of Saskatchewan Life and Health Sciences Research Conference, May 5, 2022.

Seshni Naidoo, MSc student in Nutrition with Dr. Cammer is examining the nutrition related support required in urban and rural house-model long-term care homes. Seshni presented her research at the Canadian Association on Gerontology 41st Annual Educational & Scientific Meeting in Regina, SK October 20-22, 2022.

Andrea Scerbe, PhD student, Clinical Psychology with Dr. O'Connell, successfully defended her dissertation in August 2022 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.

PEER-REVIEWED JOURNAL ARTICLES

Bacsu, J. D. R., O'Connell, M. E., & Wighton, M. B. (2022). Improving the health equity and the human rights of Canadians with dementia through a social determinants approach: a call to action in the COVID-19 pandemic. *Canadian Journal of Public Health, 113*(2), 204-208. https://doi.org/10.17269/s41997-022-00618-8

Bacsu, J., Fraser, S., Chasteen, A.L., Cammer, A., Grewal, K. S.*, Bechard, L. E., Bethell, J., Green, S., McGilton, K. S., Morgan, D., O'Rourke, H. M., Poole, L., Spiteri, R. J., O'Connell, M. E. (2022). Using Twitter to Examine Stigma Against People with Dementia During COVID-19: Infodemiology Study. *JMIR Aging*, Advance online publication doi:10.2196/35677. PMID: 35290197.

Elliot, V., Morgan, D., Kosteniuk, J., Bayly, M., Froehlich Chow, A. Cammer, A. & O'Connell, M.E. (2022). An overview of the experiences, needs, and shortfalls of dementia-related palliative and end-of-life care services and supports in rural areas. In Chapter 9 Late Stage, page 181-82, of Gauthier S, Webster C, Servaes S, Morais JA, Rosa-Neto P. 2022. World Alzheimer Report 2022: Life after diagnosis: Navigating treatment, care and support. London, England: Alzheimer's Disease International. Available at: www.alzint.org/resource/world-alzheimer-report-2022/

Grewal, K. S.*, Trites, M., Kirk, A., MacDonald, S.W.S. Morgan, D., Gowda-Sookochoff, R., O'Connell, M.E (2022). CVLT-II Short Form Forced Choice Recognition in a Clinical Dementia Sample: Cautions for Performance Validity Assessment. *Applied Neuropsychology: Adult.* doi:10.1080/23279095.2022.2079088

Jahner, S., Penz, K., Stewart, N., Morgan, D., & Kulig, J. (2022). "Staying Strong": A Constructivist Grounded Theory of How Registered Nurses Deal with the Impact of Trauma-Related Events in Rural Acute Care Practice. *Journal of Clinical Nursing*

Kosteniuk J, Morgan D, O'Connell ME, Seitz D, Elliot V, Bayly M, Cameron C, Froehlich Chow A. (2022). Dementia-related continuing education for rural interprofessional primary health care: perceptions and needs of webinar participants. *Primary Health Care Research and Development*, 23 (e32): 1–7. doi:10.1017/S1463423622000226.

Kosteniuk J., Acan Osman, B., Osman, M., Quail, J., Islam, N., O'Connell M.E., Kirk, A., Stewart, N., Morgan D. 2022. Health service use before and after dementia diagnosis: a retrospective matched case-control study. *BMJ Open*, *12*(11):e067363. doi:10.1136/bmjopen-2022-067363

MacDermott, S., McKechnie, R., LoGiudice, D., Morgan, D., & Blackberry, I. (2022). Barriers and facilitators to screening for cognitive impairment in Australian rural health services. *Geriatrics (Basel, Switzerland)*, *7*(2), 35. doi:10.3390/geriatrics7020035

Morgan D, Kosteniuk J, O'Connell ME, Stewart NJ, Kirk A, Cammer A, Dal Bello-Haas V, Minish DP, Elliot V, Bayly M, Froehlich Chow A (2022) A stakeholder engagement strategy for an ongoing research program in rural dementia care: Stakeholder and researcher perspectives. *PLoS ONE* 17(9): e0274769. doi:10.1371/journal.pone.0274769

Morgan, D., Kosteniuk, J. O'Connell, M.E., Seitz, D., Elliot, V., Bayly, M., Froehlich Chow, A., Cameron, C. (2022). Factors influencing sustainability and scale-up of rural primary healthcare memory clinics: Perspectives of clinic team members. *BMC Health Services Research,* 22, 148 doi:10.1186/s12913-022-07550-0

Peacock, S., Fletcher, S., Gibson, K., MacRae, R., Jack-Waugh, A., Haase, K., Bally, J., Duggleby, W., Hall, S., Holtslander, L., Mcainey, C., Michael, J., Morgan, D., O'Connell, M. E., Ploeg, J., Rohantinsky, N., Thompson, G., & Vedel, I. (in press March 25, 2022). Championing dementia education: Adapting an effective Scottish dementia education programme for Canadian acute health care providers. *Canadian Journal on Aging.*

Quan, S., Menec, V., O'Connell, M., Cloutier, D., Newall, N., Tate, R., & St. John, P. (2022). Prevalence of obesity and elevated body mass index along a progression of rurality: A cross-sectional study – The Canadian Longitudinal Study on Aging. *Canadian Journal of Rural Medicine, 27*(4), 148-157. https://doi.org/10.4103/cjrm.cjrm_55_21

Stoliker, B. E., Kerodal, A. G., Jewell, L. M., Brown, K., Kent-Wilkinson, A., Peacock, S., O'Connell, M. E., & Wormith, J. S. (2022). Older people in custody in a forensic psychiatric facility, prevalence of dementia, and community reintegration needs: An exploratory analysis. *Health and Justice,* 10(3), 1-11. https://doi.org/10.1186/s40352-022-00168-8

Vonk, J. M. J., Gross, A. L., Zammit, A. R., Bertola, L., Avila., J., Jutten, R., Gaynor, L., Suemoto, C., Kobayashi, L. C., O'Connell., M. E., Elugbadebo, O., Amofsa Sr, P. A., Staffaroni, A., Arce Reteria, M., Turney, I. C., Jones, R. N., Manly, J. L., Lee, J., & Zahodne, L. B. (2022). Cross-national harmonization of cognitive measures across the HRS HCAP (USA) and LASI-DAD (India). *PLOS ONE.* doi:10.1371/journal.pone.0264166

Wilding, C., Morgan, D., Greenhill, J., Perkins, D., O'Connell, M.E., Bauer, M., Farmer, J., Morley, C., & Blackberry, I. (2022). Web-Based Technologies to Support Carers of People Living With Dementia: Protocol for a Mixed Methods Stepped-Wedge Cluster Randomized Controlled Trial. *JMIR Research Protocols, 11*(5), e33023. doi:10.2196/33023

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

Jeffery, B., Bacsu, J. D., Abonyi, S., Johnson, S., & Martz, D. (2023). Rural seniors. In: F. Maggino (ed.), *Encyclopedia of Quality of Life and Well-Being Research,* pp.1-6. Switzerland AG: Springer Nature. Available from, https://doi.org/10.1007/978-3-319-69909-7_3564-2

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

Elliot, V., Morgan, D., Kosteniuk, J., Seitz, D., Cameron, C., Minish, D. & Rural PHC Memory Clinic Team Members. (2022). *RaDAR Rural Primary Health Care Memory Clinic Handbook. Version: Fall 2022.* Saskatoon, Saskatchewan: University of Saskatchewan. (174 pages, distributed as print and electronic versions).

Kosteniuk, J., Morgan, D., Froehlich Chow, A. and Bayly, M. *Rural Memory Clinics: 2022 Update*. (2022). [report]. Printed at the University of Saskatchewan, Saskatoon, SK, Canada. (10 pages) Available at: https://cchsa-ccssma.usask.ca/ruraldementiacare/publications/2022-dec-radar-memory-clinics-report.pdf

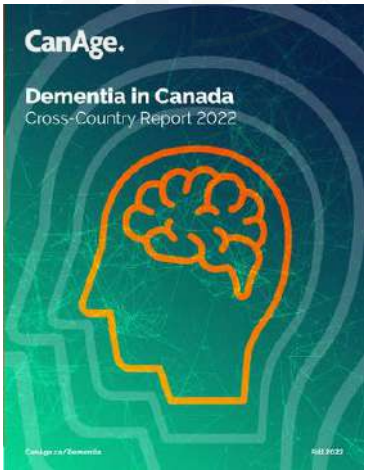
A complete list of publications can be accessed on the RaDAR website at:
https://cchsa-ccssma.usask.ca/ruraldementiacare/RaDAR%20Publications.php

RaDAR

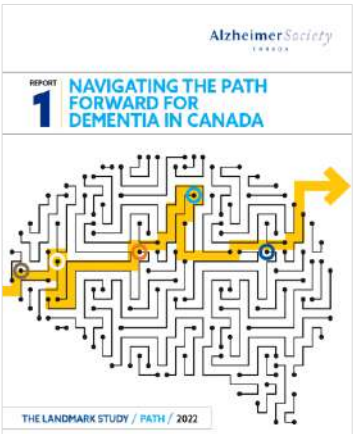
RURAL DEMENTIA ACTION RESEARCH

What's on our radar?

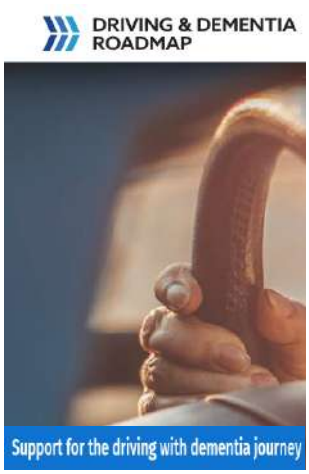
January is Alzheimer's Awareness Month.



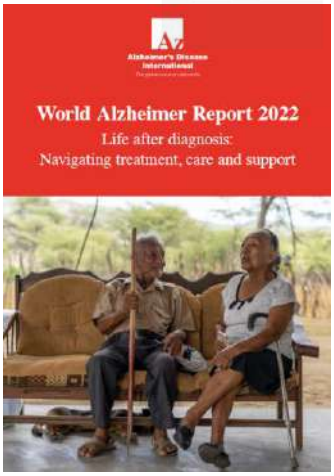
https://www.canage.ca/advocacy/dementia-report-2022/



https://alzheimer.ca/en/research/reports-dementia/landmark-study-report-1-path-forward



https://drivinganddementia.ca/



https://www.alzint.org/u/World-Alzheimer-Report-2022.pdf

RaDAR
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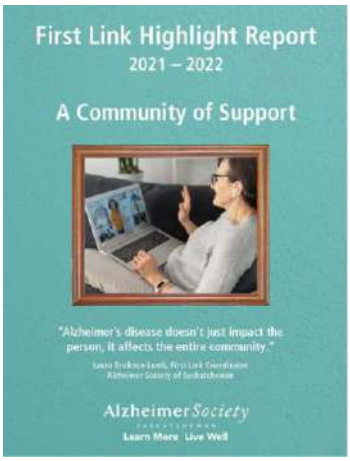
PROGRAMS & SERVICES

First Link®

First Link® is a program of the Alzheimer Society that connects persons with dementia and their families to information, support services and education as early as possible and throughout the progression of the disease.



First Link Highlight Report

On behalf of people living with dementia and their families across Saskatchewan, we are proud to provide you with a copy of our 2021-2022 **First Link Highlight Report**. This was a successful year for the Alzheimer Society, and more importantly for people living with dementia across Saskatchewan as we provided programs and services to **over 2,400 clients in 300 communities across Saskatchewan**. The report provides an overview of our successes and ways we made a difference to those living with dementia. Thank you to our referral partners for connecting your patients and clients to us.

Learn more about the programs and services of the Alzheimer Society and how to make a First Link Referral

Alzheimer Society of Saskatchewan Client Services Team Managers Melody Neufeld and Johanna Kwan share information about Alzheimer Society Programs and Services, First Link® and **how to make a referral.** Recorded for the November 2022 Dementia Summit hosted by the Rural Dementia Action Research Team (RaDAR). https://youtu.be/-MQvQN0EAXY

The presentation notes the following tools available on our website **Making a Referral information sheet** and agency **First Link Agency Referral Form**. Please contact the Alzheimer Society at 306-949-4141 or info@alzheimer.sk.ca if you require additional information about First Link Referrals

Dementia Helpline

When it comes to questions about dementia, **call our Dementia Helpline** at **1-877-949-4141** or, email us at **helpline@alzheimer.sk.ca**
Our Dementia Helpline is available Monday to Friday, 8:30am - 4:30pm.

Programs and Events

View our Alzheimer Society of Saskatchewan Programs and Events web page for information on upcoming events and learning opportunities, such as:

- Learning the ABCs of Dementia
- Evenings of Education
- Learning Series
- Minds in Motion
- Coffee and Chat

Support Groups

The Alzheimer Society offers support groups for people living with dementia and caregivers in a variety of formats: in-person, virtual (by Zoom), hybrid (can attend in-person or virtually by Zoom) and telephone.
Visit our Support Groups page for a list of groups and registration information.

Our Resources

Browse the Our Resources web page for a list of local resources available to you and your family from the Alzheimer Society of Saskatchewan.

For additional information about Alzheimer Society Programs and Services:

Visit our website:
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

Dementia Helpline at **1-877-949-4141**

Assisting Researchers with Participant Recruitment

The Alzheimer Society of Saskatchewan may be able to assist researchers with participant recruitment. All researchers are required to register their study with the Alzheimer Society Research Portal at: https://alzheimer.ca/en/research/information-researchers/find-participants-your-study

Once you have received approval/confirmation of registration **please contact Joanne Michael, Director of Programs and Services jmichael@alzheimer.sk.ca** to discuss how we may be able to assist.

Introducing our new Public Awareness Coordinator

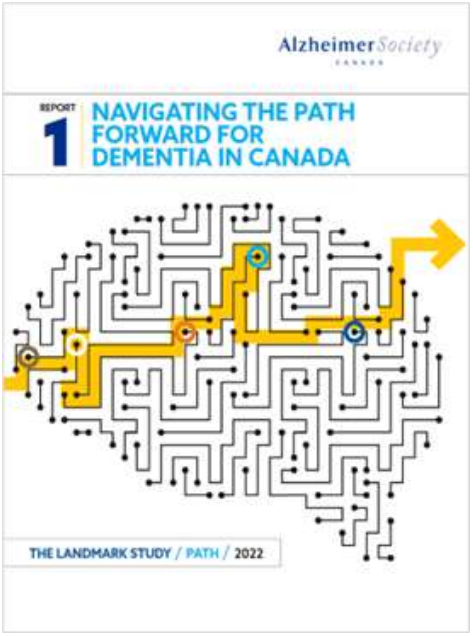
Over the summer, the Alzheimer Society welcomed **Erica Zarazun**, a student from the University of Regina, as she completed a work placement experience with us. Erica is working towards two Bachelor's degrees – one in Health Studies and another in Psychology. During her placement, Erica interviewed some of our important partners and stakeholders to help inform a dementia friendly communities project and she also took the lead on building an online knowledge hub.

We are pleased to announce that following her placement, **Erica was selected as our new Public Awareness Coordinator.** Erica is actively working on engaging community members, businesses, and organizations to learn more about dementia friendliness and how to make physical and social environments more inclusive and accessible for people living with dementia and their care partners. This spring, Erica will resume offering our virtual ABC's of Dementia – Warning Signs presentation and she has also been developing a presentation geared towards prevention that will soon be offered, as well.

Landmark Study

On September 6th, the Alzheimer Society of Canada published the first in a series of three reports known as **The Landmark Study**. These reports represent the first significant update on Canada's dementia landscape and future projections of the disease since the Rising Tide report was released in 2010.

The first of three reports - **"Navigating the Path Forward for Dementia in Canada"** - includes forecasts on the number of people in Canada expected to be living with dementia over the next three decades. The report includes national breakdowns based on gender and type of dementia, as well as forecasts for each province. The study also looks at the many impacts of Canada's ageing population on care partners, and steps that governments at all levels, and individuals, can take to help reduce the risk of becoming a person living with dementia and to create better outcomes for those living with the disease.



To read Volume 1 of the report, please follow this link:

Landmark-Study-Report-1-Path_Alzheimer-Society-Canada.pdf

Dementia in our Communities Events in Yorkton

On November 16th, as part of the Dementia Supports in Rural Saskatchewan project, the Alzheimer Society of Saskatchewan held two events to engage community members and important stakeholders in Yorkton and area. The goal was to help local residents see themselves as our valued partners in creating more dementia friendly communities.

During the events, we shared information about dementia and discussed some exciting dementia friendly work that is already underway in Yorkton, Melville, and the surrounding rural communities. Themes that emerged were centred around the need for more education and training around what dementia is and how to support individuals living with the disease, as well as the need for more caregiver supports and programming for people living with dementia. **To find out more click visit Shaping Community Health Together | Alzheimer Society of Saskatchewan.**

To learn more about the Dementia Supports in Rural Saskatchewan project, see: https://www.ruraldementiask.ca

Spotlight on Research Event in February

On February 16th, we are hosting our annual Spotlight on Research Event to help our audiences learn more about the Alzheimer Society Research Program, research projects we are currently funding, and the impact of dementia research. The event runs from 7 – 9 pm and is being offered online via Zoom.

Click here to register: Spotlight On Research Event 2023 (etapestry.com)

The evening will feature presentations by:

Laila Ali - Research and Knowledge Translation Lead, Alzheimer Society of Canada. Laila will provide information about the Alzheimer Society Research program, the types of projects funded and the impact of this research on people living with dementia.

Dr. Allison Cammer, PhD, RD - Assistant Professor, College of Pharmacy and Nutrition, University of Saskatchewan. Her research program centers on nutrition, older adults, dementia, and long-term care. Dr. Cammer will share a research project that aims to improve the mealtime experience and dining environments in long-term care to support th well-being of residents living with dementia.

Elaine Stasiulis - Research Assistant for Team 16, Canadian Consortium on Neurodegeneration and Aging. This presentation will share information about resources developed through their research to empower older adults living with dementia to make informed decisions about when to stop driving.

Heads up for Healthier Brains Forum in March

To coincide with Brain Awareness Week in March, the Alzheimer Society of Saskatchewan hosts our Heads up for Healthier Brains Forum to help our audiences understand how to keep their brains healthy and prevent dementia. The date of our Forum is still to be determined but we have confirmed Dr. Paul Mick, Associate Professor at University of Saskatchewan, Department of Surgery, as our guest presenter for the event. Dr. Mick's research program focuses on identifying and addressing the health and functional consequences of sensory loss across the lifespan. Dr. Mick is also the Surgical Director for the Neurotology and Cochlear Implant Programs for the Saskatchewan Health Authority.

Please watch our social media channels and our Programs and Events page - Programs and Events | Alzheimer Society of Saskatchewan - over the next few months for more details on this event.