University of Saskatchewan

Summer 2023 Newsletter

RaDAR

RURAL DEMENTIA ACTION RESEARCH

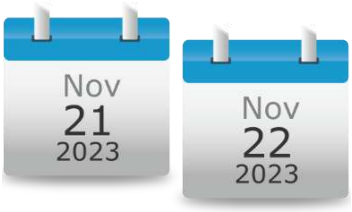
Dr. Debra Morgan

Dr. Debra Morgan, 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.

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 RaDAR research projects and learn about new dementia care research taking place in Saskatchewan and internationally. Duane Minish directs Summit organization and coordination each year.

Mark your Calendar and Save the Date!

November 21 & 22 will be the next online Rural Dementia Care Summit. This will be the 16th annual Summit meeting held by the RaDAR team. Updates on Summit planning for 2023, and information from past Summit events are available on our website under the Summit tab: www.ruraldementiacare.usask.ca



CIHR IRSC
Canadian Institutes of Health Research / Instituts de recherche en santé du Canada

Dr. Debra Morgan holds a multi-year Canadian Institutes of Health Research (CIHR) Foundation Grant (2016-2026) 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 design, implement and sustain rural primary health care (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 the southeast Saskatchewan communities of Kipling, Weyburn, Bengough, Radville, Carlyle, Maryfield, Esterhazy, and Lampman. Clinic team members include physicians, nurse practitioners, home care nurses, social workers, occupational therapists, physical therapists, dietitians, pharmacists, and Alzheimer Society First Link coordinators.

The Canadian Consortium on Neurodegeneration in Aging (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. **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 Partners Forum and Science Day (PFSD) which is attended by all 19 CCNA teams. Due to the pandemic, the 2022 forum was held as a virtual event. **As part of Team 15's research, the RaDAR** team continues to sustain and evaluate the impact of seven **rural memory clinics established in southeast Saskatchewan in CCNA Phase 1, co-led by Drs. Morgan and Kosteniuk.**

CCNA CCNV 15 Team équipe

Congratulations to Dr. Julie Kosteniuk!

CCHSA CCSSMA

Dr. Julie Kosteniuk accepts new position as Assistant Professor with the *Canadian Centre for Rural and Agricultural Health in a tenure-track role focused on rural dementia care starting July 2023.

Dr. Julie Kosteniuk

- photo credit Raquel Alvarado

**formerly the Canadian Centre for Health and Safety in Agriculture*

RaDAR
RURAL DEMENTIA ACTION RESEARCH

RaDAR Rural Primary Health Care Memory Clinics

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, Maryfield, Esterhazy, and Lampman. 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 planned to hold their first memory clinics after receiving orientation and training this spring. Training related to dementia assessment and management was 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

Esterhazy Memory Clinic team

Lampman Primary Care Clinic

What's been happening lately at the RaDAR rural memory clinics?

Let's hear from Chelsie on the ground!

- *Since January 2023 I have attended 9 rural PHC memory clinics in 5 communities!*
- *Memory clinic teams met with a total of 12 patients and families, and all of these were new patients.*
- *Two new memory clinic teams, in Esterhazy and Lampman, each received their orientation and education session. Esterhazy held their first memory clinic in June, and Lampman has their first clinic scheduled for September 2023.*
- *The **Esterhazy Team had wonderful feedback after their first clinic** and have three more clinics booked already!*

Chelsie Cameron, RaDAR
Rural PHC Memory Clinic Coordinator

We are continuing to spread the rural primary care memory clinics.

If you or someone you know might be interested and want to learn more, please contact Debra Morgan at debra.morgan@usask.ca

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

The RaDAR team implemented the specialist Rural and Remote Memory Clinic (RRMC) at the University of Saskatchewan in 2004, to provide diagnosis and management of atypical and complex cases of suspected dementia. The one-stop interdisciplinary clinic streamlines the assessment process by coordinating a complete team assessment on one day, and uses Telehealth videoconferencing for follow-up appointments. The specialist RRMC was started as a research project and was subsequently funded by the Saskatchewan Ministry of Health to provide clinical services to Saskatchewan residents. Since 2004 over 850 patients have been seen in the clinic.

Due to COVID-19, the specialist RRMC adapted its method of providing services to the community by remotely delivering clinical services and interventions. Patients and family members met with the 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 during the pandemic, adding an easy to remember web address to access referral information. **The team has recently returned to in-person appointments while maintaining the option for virtual team follow-up visits as appropriate.**

Dr. Megan O'Connell leads the evaluation of the Virtual Rural and Remote Memory Clinic intervention (vRRMC).

Dr. Megan O'Connell

She notes that the vRRMC was a pandemic necessity, but our evaluation helped us understand the need for a similar model post-pandemic. We have also seen a noticeable increase in the need for our memory clinic and plan to ask Saskatchewan Health for an expansion.

Two of Dr. O'Connell's students, **August Kortzman and Karl Grewal**, are currently conducting care partner interventions for their respective dissertations. August is introducing a short-term focused course of Interpersonal Psychotherapy to increase perceived care partner social support, and Karl is using off-the-shelf technology to augment perceived care partner efficacy in the home.

Finally, Dr. O'Connell is collaborating with numerous partners across Canada. She is the Saskatchewan primary investigator on the implementation of the Canadian edition of the Computer Interactive Reminiscence and Conversation Aid (CIRCA-CA), led nationally by Dr. Arlene Astell at University Health Network in Toronto. She is also bringing a multi-domain post-diagnostic support intervention to Saskatchewan – the Dementia Lifestyle Interventions for Growing Healthy Together, led by Laura Middleton at the University of Waterloo.

Dr. Ivan Panyavin

Dr. Ivan Panyavin is actively involved with running the virtual and in-person Rural and Remote Memory Clinic, providing diagnostic neuropsychological services to residents of rural Saskatchewan. He also continues to deliver individualized empirically derived treatment for chronic sleep disturbance, and 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.

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

Clinic team feedback meeting with patient in family consultation room.
Image credit: Honey Cut Studios

Dr. Juanita Bacsu

Dr. Juanita-Dawne Bacsu completed her two-year Postdoctoral Fellowship with the support of Dr. Megan E. O'Connell and the RaDAR team in the summer of 2022. In July 2022, Dr. 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 the 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 TRU. 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) group on addressing COVID-19-related stigma of dementia. This past year, Dr. Bacsu and her team completed several new Twitter studies on dementia-related stigma and shared this research at numerous conferences hosted by the Gerontological Society of America, Canadian Association on Gerontology, the Canadian Consortium on Neurodegeneration in Aging (CCNA), the Rural and Remote Dementia Care Summit, and the National Rural Health Association (NRHA). Recently, Dr. Bacsu developed a new program entitled, Advancing Gerontology through Exceptional Scholarship (AGES), with the Gerontological Society of America, where she co-leads a group of international early career faculty members by providing guest speakers, mentorship activities, and interdisciplinary scholarship opportunities to advance 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 Indigenous communities to co-create culturally rooted resources for supporting wholistic wellness and promoting intergenerational connections among Indigenous communities. Dr. Froehlich Chow is also a member of CCNA Team 18 which focuses on issues in dementia care for Indigenous Populations led by Dr. Jennifer Walker, Laurentian University.

Congratulations to RaDAR Investigators, Drs. Megan O'Connell and Allison Cammer

SHRF Announcement

Dr. Megan O'Connell is the recipient of a 2022-23 Saskatchewan Health Research Foundation Impact Grant. SHRF Impact Grants advance the translation of research into real-world and practical applications.

SHRF Announcement

Dr. Allison Cammer is the recipient of a 2022-23 Saskatchewan Health Research Foundation Innovation Grant. SHRF Innovation Grants promote creative problem-solving to catalyze innovation ideas and approaches.

RaDAR Affiliated Students & Trainees

Julie Beitel, MSc nutrition student working with Dr. Allison Cammer was awarded a CIHR MSc scholarship (2022 - 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. Melissa presented this project at the Dietitians of Canada national conference in 2022.

Ashlee Buekert, MSc nutrition student working with Dr. Allison Cammer was awarded a SSHRC MSc Scholarship (2022-2023) for her project 'Steps towards addressing food sovereignty for Indigenous older adults (IOA): using an Indigenous framework to discover barriers and supports to including country harvested foods in long-term care'.

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 began a residency placement at the University of Manitoba (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 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 2022).

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 PUBLICATIONS *(accepted, in-press, published)*

2023

Bacsu, J. D., Andrew, M. K., Azizi, M., Berger, C., Cammer, A., Chasteen, A. L., Fraser, S. A., Grewal, K. S., Green, S., Gowda-Sookochoff, R., Mah, J. C., McGilton, K. S., Middleton, L., Nanson, K., Spiteri, R. J., Tang, Y., & O'Connell, M. E. (2023). Using Twitter to Understand COVID-19 Vaccine-Related Ageism during the Pandemic. *The Gerontologist,* gnad061. Advance online publication. https://doi.org/10.1093/geront/gnad061

Bacsu, J. D., Kortzman, A., Fraser, S., Chasteen, A., McDonald, J., & O'Connell, M. E. (2023). Understanding intersectional ageism and stigma of dementia: A systematic scoping review protocol. *JMIR Research Protocols, 12*, e46093, https://doi.org/10.2196/46093

Grewal, K.S.*, Gowda-Sookochoff, R., Kirk, A., Morgan, D., & O'Connell, M.E. (2023). Base rates of low neuropsychological test scores in older adults with subjective cognitive impairment: Findings from a tertiary memory clinic. Applied Neuropsychology: Adult. doi:10.1080/23279095.2023.2208699

Kosteniuk J., Morgan D, Acan Osman, B., Islam, N., O'Connell M.E., Kirk, A., Quail, J., Osman, M. (accepted (accepted March 3, 2023). Utilization of health services before and after diagnosis in a specialist rural and remote memory clinic. *Canadian Geriatrics Journal*

Scerbe, A.*, O'Connell, M. E., Astell, A., Morgan, D., Kosteniuk, J., Panyavin, I., DesRoches, A., & Webster, C. (2023). Digital tools for delivery of dementia education for caregivers of persons with dementia: A systematic review and meta-analysis. *Plos One, 18*(5): e0283600. https://doi.org/10.1371/journal.pone.0283600

2022

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.

Bacsu, J., Johnson, S., O'Connell, M. E., Viger, M., Muhajarine, N., Hackett, P., Jeffery, B., Novik, N., & McIntosh, T. (2022). Stigma Reduction Interventions of Dementia: A Scoping Review. *Canadian journal on aging = La revue canadienne du vieillissement,* 41(2), 203–213. doi:10.1017/S0714980821000192

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. doi:10.17269/s41997-022-00618-8

Bacsu, J. D., Cammer, A., Ahmadi, S., Azizi, M., Grewal, K. S., Green, S., Gowda-Sookochoff, R., Berger, C., Knight, S., Spiteri, R. J., & O'Connell, M. E. (2022). Examining the Twitter Discourse on Dementia During Alzheimer's Awareness Month in Canada: Infodemiology Study. JMIR Formative Research, 6(10), e40049. https://doi.org/10.2196/40049

Bacsu, J. D., O'Connell, M. E., Cammer, A., Ahmadi, S., Berger, C., Azizi, M., Gowda-Sookochoff, R., Grewal, K. S., Green, S., Knight, S., & Spiteri, R. J. (2022). Examining the Impact of COVID-19 on People With Dementia From the Perspective of Family and Friends: Thematic Analysis of Tweets. *JMIR aging,* 5(2), e38363. doi:10.2196/38363

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,* 32(5-6), 879-893. doi:10.1111/jocn.16459

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

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

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. 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. doi: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

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. doi.:10.1007/978-3-319-69909-7_3564-2

O'Connell, M. E., Panyavin, I., Bearskin, L., Bourassa, C., & Walker, J. (2022). *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

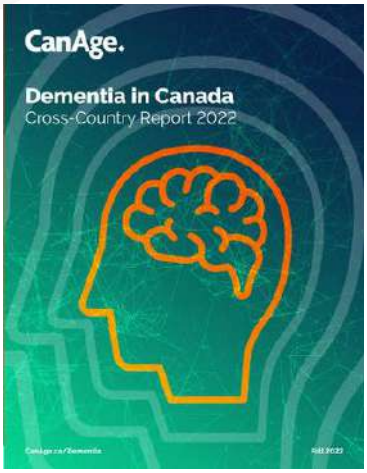
Elliot, V., Morgan, D., Kosteniuk, J., Seitz, D., Cameron, C., Minish, D. & Rural PHC Memory Clinic Team Members. (2022). *RaDAR Rural Primary Health Care Memory Clinic Handbook. Version: Fall 2022.* Saskatoon, Saskatchewan: University of Saskatchewan. (174 pages, distributed as print and electronic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

Kosteniuk, J., Morgan, D., Elliot, V. *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

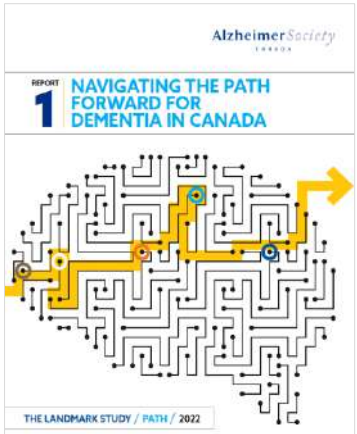
What's on our radar?

https://vimeo.com/794971848

https://medicine.usask.ca/news/2023/from-scratch-rural-dementia-care-with-dr.-debra-morgan.php

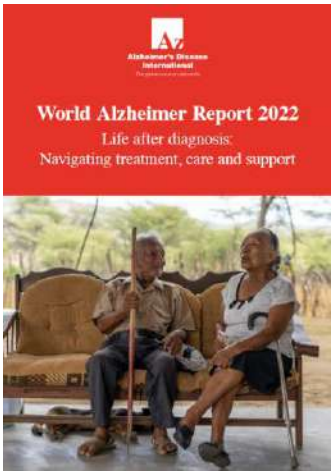


https://www.canage.ca/advocacy/dementia-report-2022/



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

https://drivingandddementia.ca/



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

PROGRAMS & SERVICES

The Alzheimer Society of Saskatchewan's programs and services help people with dementia, their care partners, families, and friends by providing information, support, education and referral to other community services. Alzheimer Society Programs and Services staff support people with dementia and families across Saskatchewan who are faced with the everyday challenges of living with dementia.

What can clients expect from Alzheimer Society of Saskatchewan?

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

How do I make a referral?

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

To learn more about the First Link® program and referral process, click **here**.

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.

Support Groups

The Alzheimer Society offers support groups for people with dementia and caregivers that can improve quality of life and the ability to cope with the challenges of the disease.

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

Saskatchewan dementia support groups are offered 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 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.

Please check back later this summer for updates on 3 fall sessions: Saskatoon, Regina and Virtual. For more information and to view a video explaining MIM, click here. If you have questions about the program, email mindsinmotion@alzheimer.sk.ca

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. Courses are free to attend. For more information, click here.

Keep checking our Programs and Events page for updates regarding fall programming and offerings! We will continue to provide virtual learning opportunities (by Zoom) as well as offer in-person sessions in Saskatoon and Regina.

Contact 1-877-949-4141 or helpline@alzheimer.sk.ca to register for learning series courses.

Evenings of Education

Evenings of Education are presented virtually by content experts on stand-alone topics, approximately four times a year. The target audience is people living with dementia and their caregivers, although health care professionals are also welcome. Evenings of Education are free to attend.

Check back later this summer on our Programs and Events page for more information on an upcoming September Evening of Education event.

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.

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

Research

The Alzheimer Society of Saskatchewan and Saskatchewan Health Research Foundation (SHRF) have partnered together for another year to fund research in defined focus areas that will positively impact dementia treatments, care, and quality of life. This year, SHRF and Alzheimer Society of Saskatchewan (ASOS) have funded two projects through an investment of **$184,760** in the Alzheimer's and Other Dementias Solutions Program Focus Area.

SHRF has announced the recipients of their 2022-2023 Solutions Program Grants. SHRF's Solutions Program consists of two grants - the Innovation Grant and the Impact Grant. T**he recipients of those grants in the Alzheimer's and Other Dementias Focus Area are:**

SHRF's 2022-2023 Innovation Grant Recipient:

Dr. Darrell Mousseau, University of Saskatchewan *"Injecting Healthy Cells into the Brain to Slow the Progression of Alzheimer Disease."*

Summary: This project aims to utilize 'personalized medicine' to improve the understanding and management of Alzheimer Disease (AD) in two ways. Firstly, researchers will use cultured brain cells from suspected AD sufferers to observe and confirm an individual's risk of developing the disease and to inform an early treatment intervention. Secondly, researchers will test the impact of injecting healthy brain cells into a mouse model of AD to evaluate their capacity to 'replace' AD-effected cells with healthy cells, and promote brain-saving function.

Grant Summary: This grant is in partnership with the Alzheimer Society of Saskatchewan's Alzheimer's Disease and Other Dementias Focus Area and promotes creative problem-solving to catalyze innovative ideas and approaches, providing up to $50,000 over a one-year term.

SHRF's 2022-2023 Impact Grant Recipient:

Dr. Arlene Kent-Wilkinson, University of Saskatchewan -*"Dementia Screening and Diagnosis for Older Persons in Custody at the Regional Psychiatric Centre."*

Summary: Following the initial stages of this project that included the identification and understanding of older adults in custody with dementia, the latter stages seek to: Assess the reliability and validity of two dementia screening tools in correctional settings; and move those with a dementia diagnosis out of prisons and into secure settings in their community where they can receive more focused treatment.

Please note: Dr. Krista Lagimodiere is a Co-investigator on this Grant. Dr. Lagimodiere is on the Alzheimer Society of Saskatchewan Board of Directors, and is a Geriatrician in Saskatoon.

Grant Summary: This grant is in partnership with the Alzheimer Society of Saskatchewan's Alzheimer's Disease and Other Dementias Focus Area and advances the translation of research into real-world and practical applications, providing up to $150,000 over a two-year term.

Both the Innovation and Impact Grants require research teams to include at least two Saskatchewan-based researchers from different disciplines and at least one Saskatchewan-based knowledge-user. Research teams are strongly encouraged to involve individuals with lived/living experience and to garner support from community leaders/organizations, decision-makers, or industry-partners.

Research

We are pleased to let you know that SHRF has funded two other projects with a dementia focus this year from a couple researchers who are well-known to ASOS.

Congratulations to both Dr. Allison Cammer and Dr. Megan O'Connell from the University of Saskatchewan for receiving funding for their projects in the Virtual Care Focus Area.

Dr. Cammer's study revolves around her work with The Cognitive Kitchen Program, while Dr. O'Connell's research is examining how care partner support is delivered at the Alzheimer Society of Saskatchewan to include research-supported therapy.

Summary of Dr. Cammer's Study:

This project aims to evaluate the impact and suitability of a nutrition and socialization intervention known as the 'Cognitive Kitchen': A program that supports the health and wellbeing of rural caregivers of those with dementia.

Through rigorous examination of the Cognitive Kitchen program, researchers will evaluate the processes, feasibility, acceptability and outcomes of participation, with the goal of contributing to an understanding of rural caregivers' experiences and tailoring the program to other rural areas across Saskatchewan.

Summary of Dr. O'Connell's Study:

This project aims to improve the effectiveness of support groups for care partners of those with dementia by training Support Group Facilitators in evidence-based therapy techniques, then evaluating the impact of these skills when delivering support groups.

Care partner participants within these support groups will also be consulted to determine impact and relevancy of these revised approaches.

To learn more about SHRF's focus areas and 2022-2023 funded researchers, please see their website:
SHRF and partners invest over $2M in timely research to address SK's health challenges

For additional information about Alzheimer Society Programs & Services:
Visit our website:
www.alzheimer.ca/sk
Facebook page:
www.facebook.com/AlzheimerSK/
Contact your ASOS Resource Centre:
www.alzheimer.ca/en/sk/ContactUs
Dementia Helpline: 1-877-949-4141

Partnership with Conexus Credit Union

The Alzheimer Society of Saskatchewan and Conexus Credit Union joined a 3-year partnership focused on increasing supports for Saskatchewan residents living with dementia. The Alzheimer Society and Conexus will cooperatively work together to create dementia friendly competencies and capacities within Conexus to increase the inclusiveness and accessibility for people with dementia and their care partners who experience Conexus.

As part of the partnership, Conexus will be investing a total of $120,000 towards the creation of the Dementia Friendly Communities Project. The Dementia Friendly Community Awareness Project will include internal education to staff around dementia symptoms, warning signs, and different types of dementia, as well as developing a greater dementia capacity to better support people to live well with dementia and prepare them for financial challenges that come with living with dementia.

Conexus provides sponsorship for the Alzheimer Society's annual Understanding Dementia community presentation, which takes place during Alzheimer's Awareness Month each January. This presentation is the Alzheimer Society's largest online educational event. You can learn more about the partnership and Understanding Dementia Presentation here: https://alzheimer.ca/sk/en/whats-happening/news/project-launch-success

Community Conversations

On April 13th, 2023 The Alzheimer Society of Saskatchewan hosted their first Community Conversation webinar featuring panelists from across Canada working on dementia friendly community initiatives. The panellists included Sana Aziz from the Alzheimer Society of British Columbia, Beth House from the Alzheimer Society of Nova Scotia, Nicole McDonald from the Alzheimer Society of Manitoba, and Erica Zarazun from the Alzheimer Society of Saskatchewan.

The panelist talked about the work they are doing on dementia friendly communities, where people can begin when thinking about making dementia friendly changes, and the plans their Societies have going forward with dementia friendly community initiatives. Each panelist came to the conversation with different experience.

To learn about the future plans for dementia friendly initiatives across Canada and ways you can become a dementia friendly community, you can view the recording here: Dementia Friendly Community Conversation - April 2023

Launch of Risk Reduction Presentation

The Alzheimer Society of Saskatchewan hosted their first Risk Reduction presentation on May 10th, 2023, which 65 people attended. The presentation created by the Public Awareness and Communication department is based off the Landmark study's 12 actions for a healthier brain and provides information on evidence-based lifestyle changes people can make to reduced their risk of developing dementia.

Feedback received through a follow-up survey included statements such as:

"It's great to see a focus on improving your lifestyle to reduce risk. I've been listening to many podcasts with how our lifestyle impacts all aspects of our health. Nice to see that messaging locally as well."

"This presentation was very informative. I hope to participate in many more activities and discussions with the association. Thanks again."

The next presentation will be on July 18, 2023 at 1pm.
You can register for this event here:
https://app.etapestry.com/onlineforms/AlzheimersSaskatchewan/VirtualRRP.html

For a full list of upcoming events for the Alzheimer Society you can visit the event page:
https://alzheimer.ca/sk/whats-happening/programs-events

Friendly Communities-Healthy People

The Alzheimer Society of Saskatchewan is partnering with Parkland Valley Sport, Culture and Recreation District as part of the Dementia Supports in Rural Saskatchewan project based in Yorkton. The goal is to engage recreational facilities throughout rural Saskatchewan on becoming more dementia friendly through promoting meaningful engagement and person-centered considerations in their social and physical environments.

This project, Friendly Communities- Healthy People, is in the early stages, but resources have been developed to aid in engagement efforts by Jackie Hofstrand.

For your copy of the dementia friendly recreational guide and/or to book your meeting with Jackie to tour your facility you can contact Jackie at: (306) 783-6606 or jhofstrand@alzheimer.sk.ca

Healthier Brains Community Presentation

On March 27th, 2023, the Alzheimer Society of Saskatchewan hosted their annual **Healthier Brains presentation**. This presentation focused on brain health as we age and was presented **by Dr. Paul Mick**.

Dr. Paul Mick, an ear, nose, and throat surgeon, researcher and member of the Canadian Consortium of Neurodegeneration in Aging (CCNA), and Associate Professor of Medicine from the University of Saskatchewan, presents on the link between sensory loss and brain health.

This presentation is intended to help you understand how important it is to manage your hearing and vision loss, the prevalence of hearing loss in people living with dementia, and the association between sensory loss and the development of dementia. Dr. Mick also address the challenges with communication someone with dementia and hearing loss experiences, how to overcome these challenges to support the person, and how to improve the ability to communicate.

Some feedback received via survey post presentation included:

"Please continue with these presentations. They are very helpful, informative and give one assurance that we are doing all we can for our loved ones."

To watch this presentation please visit:
https://www.youtube.com/watch?v=9x_9_JAm058&t=5s

For additional information about Alzheimer Society Programs & Services:

Visit our website:
www.alzheimer.ca/sk

Facebook page:
www.facebook.com/AlzheimerSK/

Contact your ASOS Resource Centre:
www.alzheimer.ca/en/sk/ContactUs

Dementia Helpline: 1-877-949-4141