

## If you are interested in learning more...

Church Office: 403-255-0001

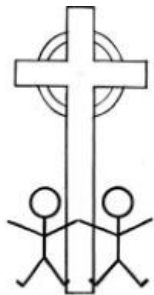
Email: [sidebyside@standrewscalgary.ca](mailto:sidebyside@standrewscalgary.ca)

Web: [www.standrewscalgary.ca](http://www.standrewscalgary.ca)

This is my commandment that you love one another as I have loved you.

John 15: 12-13

For those who travel the very difficult Alzheimer's journey, and for those who walk it with them, Side by Side can be a reminder that God's love is always present and he will never forget us, no matter what our circumstances.



Side by Side

2018/11



### **ST. ANDREW'S PRESBYTERIAN CHURCH**

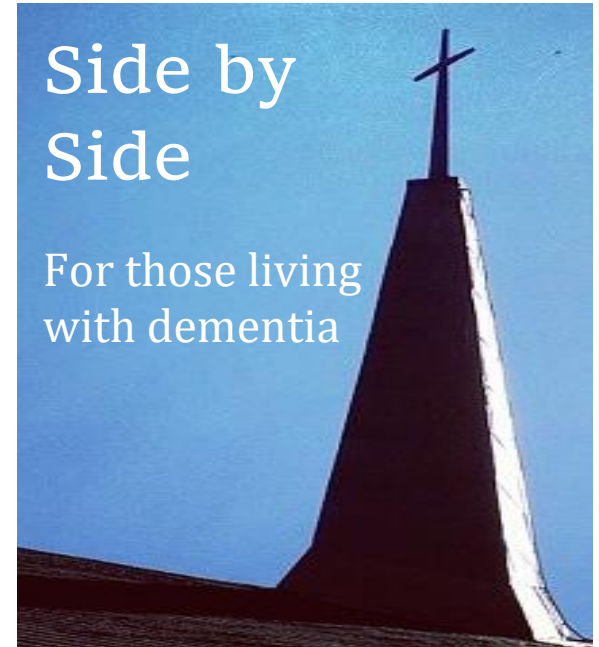
703 Heritage Dr. S.W.  
Calgary, AB T2V 2W4

# Side by Side

For those living  
with dementia

## ST. ANDREW'S PRESBYTERIAN CHURCH

*Pastoral Care  
The Ministry of Presence*



## What is Side by Side?

Side by Side is a weekly program for people who are living with dementia, and their caregivers.

Side by Side provides participants with a place of warmly welcoming fellowship and meaningful activity.

## A Sample Program

The program runs for four and a half hours from 9:45 a.m. until 2:15 p.m. on Wednesdays. Each week includes spiritual nurture through a time of devotion, as well as challenge and stimulation through puzzles, games, creative activities, Brain Gym® and music therapy. As a child of God, each participant is valued and cared for with dignity and respect.

## Caregivers

Side by Side allows caregivers the choice of personal respite time, or joining in the fellowship of the program.

**“...when I come [to Side by Side], I always leave here singing!”**  
**--a participant**

## A Typical Day

9:45 – 10 Arrivals (Coffee/Muffins)

### Morning Activities

- Brain Gym®
- Bible Study/Worship
- Exercise
- Creative Activity
- Music Therapy

12: 00 -12:45 Lunch

### Afternoon Activities

- Games or Puzzles
- Singsong (sacred and secular)

2:00 – 2:15 Tea/Coffee/Cookies

2:15 Departure

## FAQ

Q. Is there a charge for attending?

A. There is no formal charge, but donations are appreciated.

Q. Can caregivers attend?

A. The program is intended to provide respite time, but caregivers are welcome to enjoy portions or all of the program if they wish.

Q. How do I participate?

A. Please contact the church office by phone at 403-255-0001, or by email at [sidebyside@standrewscalgary.ca](mailto:sidebyside@standrewscalgary.ca)

The program coordinator will be in touch for an interview to better understand your needs and to answer any questions you may have.

**“Every week [Side by Side volunteers] loved him to calm”**  
**--a caregiver**

