



Side by  
Side

For those living  
with dementia

**ST. ANDREW'S  
PRESBYTERIAN  
CHURCH**

Ministry of Care  
The Ministry of Presence

## What is Side by Side?

Side by Side is a pastoral care and community outreach program for families living with dementia. It takes place in two different formats:

- Side by Side In-Person
- Side by Side Online

## Side by Side In-Person

The in-person program is similar to a day program, where people living with dementia take part in encouraging fellowship in an informal and relaxed atmosphere. Enthusiastic and caring volunteers walk alongside participants as friends and neighbours.

Side by Side In-Person runs from 9:45 a.m. to 2:15 p.m. on Wednesdays. Each week includes spiritual nurture through a brief devotional time, conversational times over refreshments, and stimulation through music, puzzles, games, creative activities, Brain Gym® and gentle exercise. As a child of God, each participant is valued and cared for with dignity and respect.

## Side by Side Online

Side by Side Online is a one-hour Zoom call on Thursday afternoons at 3:30 p.m. The hour includes time for chatting and getting to know one another, sharing in a devotional time, enjoying music together, and sharing laughter over games. All members of the family are welcome to join.

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

**--a participant**

## More information about Side by Side In-Person

- Families living with dementia in the community, where care partners are providing care 24/7 at home, will have priority.
- Participants must be able to use the washroom on their own, as we are not able to provide personal care.
- In order to prevent transmission of illness, flu and CoVID19, vaccinations are encouraged, and participants are asked not to attend if unwell. Hand sanitizer is available for use as needed. Mask wearing is optional.

## Let us Journey Together

For families who travel the very difficult journey of brain change, Side by Side offers supportive and affirming care through regular weekly programs, both in-person and online.

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

John 15: 12-13



## FAQ

Q. What is the cost to attend?

A. There is no charge. Donations are always appreciated.

Q. Can care partners attend the in-person program?

A. Care partners are encouraged to take personal time, but are welcome to stay for all or part of the day, if they wish.

Q. Can I attend both programs?

A. Yes absolutely!

Q. Do I have to be Christian to participate?

A. No. All are welcome!

Q. How do I participate?

A. Please contact Audrey, our in-person Side by Side coordinator by email at [sidebyside@standrewscalgary.ca](mailto:sidebyside@standrewscalgary.ca) for information on our Wednesday day program. Contact Alice, our online Side by Side coordinator by email at [sidebyside.online@standrewscalgary.ca](mailto:sidebyside.online@standrewscalgary.ca) for information on our Thursday Zoom gathering. The program coordinator will be in touch for a conversation to better understand your needs and to answer your questions. You may also call the church office at 403-255-0001.

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

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

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