

Let Us Journey Together Side *by* Side!

When: Wednesdays at 9:45 am to 2:15 pm (September – June)

Where: St. Andrew's Presbyterian Church, Calgary AB

SIDE BY SIDE is a day program where individuals **with mild to moderate memory loss** take part in encouraging fellowship in an informal and relaxed atmosphere. Enthusiastic and caring volunteers walk alongside participants as friends and neighbours. Grounded in compassion and community, Side by Side aims to bring hope, joy and renewal to everyone it touches.

Email: pastoralcare@standrewscalgary.ca

Church Office: 403-255-0001



Our Vision and Mission



Vision

TOGETHER – Side by Side expresses the vision of St. Andrew's church by walking alongside people living with dementia and affirming them as loved children of God while enabling their care partners to rest.

Mission

To care for families living with dementia, whether from the congregation or from the community, through provision of a weekly day program. In

particular, Side by Side seeks to help those families who are providing informal care 24/7 at home.

To provide the person living with dementia (the participant), a program of warmly welcoming social engagement, spiritual nourishment, opportunity for creative expression, and light exercise. With a dedicated volunteer companion walking alongside, the participant is able to successfully engage as independently as possible, with encouragement and support as needed.

To provide both pastoral care as well as outreach.

To provide the person (the care partner) caring for the person living with dementia, an opportunity to confidently take personal time, or respite, as needed, knowing their loved one is happy and cared for. The program allows the care partner to define respite time in their own way, being open to the care partner's needs and wishes.

A Typical Day

Side by Side Participants enjoy activities created specifically to provide spiritual, physical, intellectual, and social stimulation.

9:45 – 10 Arrivals (Coffee/Muffins)

Morning Activities

- Music: Sing-a-long with piano or guitars
- Devotions
- Physical Activity (stretching, chair exercises)
- Creative Activity (art, bingo, sports)

12: 00 – 12:45 Lunch & Dessert



Afternoon Activities

- Standing Exercise (i.e. ball or bean bag toss, balloon baseball)
- Games, Puzzles

2:00 – 2:15 Tea/Coffee/Cookies

2:15 Departure

Participation Requirements

- Participants must be **living with mild to moderate memory loss.**
- Participants must be able to **ambulate.** The aid of a cane, walker or wheelchair is fine.
- Participants must be able to **eat independently.**
- Participants must be able to **toilet independently.**
- Participants must be able to **function cooperatively in a group.**



Side by Side is for families who travel the very difficult journey of brain change. If you think we might be able to help, please reach out to find out more about our supportive and affirming care through our regular weekly program. **This program is not a daycare or a medical setting.**



Volunteer Opportunities

- companion a participant
- lead music
- share devotions
- lead exercises
- supply lunch
- lead creative activities

Q&A

Q. Is there a cost to attend?

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

Q. Can care partners attend the 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. Do I have to be Christian to participate?

A. No. All are welcome!



Q. How do I join the program?

A. Please contact Audrey, our Side by Side coordinator and administrator, by email at colera@telus.net for information on our Wednesday day program. As in-take coordinator, she will be in touch for a conversation to better understand your needs and to answer your questions.

Q. How do I participate as a volunteer?

A. Please contact Judie, our Side by Side day coordinator and volunteer scheduler, by email at pastoralcare@standrewscalgary.ca to see how your gifts of time and talents can best be shared.

You may also call the church office at 403-255-0001.

Monetary contributions towards this program help us to be self-funded to cover the cost of food and program supplies.

