

YEAR IN REVIEW

2021

YouQuest

focusing on young-onset dementia

A MESSAGE FROM OUR BOARD CHAIR

Once again YouQuest faced a challenging year with its customary resilience. YouQuest was so fortunate to have its first Executive Director, Brenda Giroux, come on board in January 2021 to guide our team. Brenda's arrival coincided with our entry into year two of the pandemic and our continued efforts to deliver two days a week of activities. Brenda stepped into the Executive Director role with a ready attitude and a steady hand. With the fantastic team of Recreation Therapists, Coordinators, Contractors and Volunteers, Brenda lead YouQuest through a successful active and fun filled year.

In addition to great weekly service days, the whole community was able to get together and enjoy one another's company and the awesome band at the summer picnic. We expanded our reach and made some new friends at the November FunRaiser. And, the Christmas Party was a wonderful and heartwarming event to wrap up the year. It was so nice to see the whole YouQuest community socializing, dancing, singing and reveling in the talents of the outstanding band led by the amazing Kelly Morstad.

I am proud to be a member of the YouQuest Community. I thank my fellow Board members who devote their time, talents and wisdom to YouQuest. I would like to especially acknowledge and thank our past chair, Roc Spence, for his invaluable leadership and vision for YouQuest and Jean Thomson, who has stepped down from the Treasurer role, for her exceptional financial guidance.

Thanks to the vision of our founders and the hard work and commitment of the whole YouQuest community, YouQuest was able to thrive in the midst of the pandemic. Going forward, the YouQuest Board is grateful and thankful for the wonderful and loyal team of contractors and volunteers who will be taking us into 2022.

Anne Wallis,
Board Chair



OUR 2021 BOARD MEMBERS

Jean Thomson,
Treasurer



Dr. Eric Smith,
Director



Mary Ellen Selby,
Secretary



Roc Spence,
Director



Cindy McCaffery,
CoFounder, Director



John McCaffery,
Director



A MESSAGE FROM OUR EXECUTIVE DIRECTOR

I officially started with YouQuest on January 25, 2021. Through the interview process, I felt a connection to this community and the reason this organization exists was clear to me. It was an honour to be asked to represent YouQuest, and more importantly the people it serves.

Starting a new position in the middle of a lock down due to health restrictions is a very interesting thing, but it also provides the opportunity to learn about every facet of an organization when under unique pressures. Specifically, I discovered how community, innovation and creativity, and commitment by all stakeholders is what makes YouQuest so unique and special .

One of the first things I discovered about YouQuest is that "Community" is not just a noun! It is nearly impossible to only refer to YouQuest as your community. Being a part of the YouQuest community includes actively contributing to it, growing and being challenged by it, and being supported through it. It is community in the most pure and true sense of the word - as a noun and a verb!

Secondly, YouQuest is a place for innovation and creativity. A volunteer so aptly described it as a "place that feels like real time research into a higher quality of life for participants". This was proven in 2021 by the willingness of everyone within the community to flex and approach service days with creativity as restrictions regularly changed around us!

Finally, I am impressed by the commitment of the families, volunteers, contractors and funders. This year could have looked very different without an impressive level of commitment by all who are connected to this community.

Thank you for an amazing 2021 and for joining us as we approach 2022 with great optimism and excitement!



Brenda Giroux,
Executive Director



OUR 2021 CONTRACTORS

Beverly Hillman,
Recreation Therapist



Susie Dooley,
Volunteer Coordinator



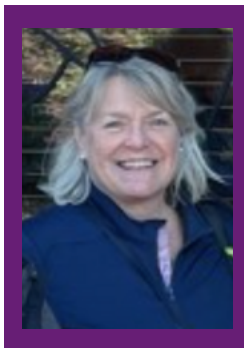
Melissa Olin,
Recreation Therapist



Bushra Ikram,
Bookkeeper



Valerie Romanzin,
Recreation Therapist
Assistant



Bri Gare,
Marketing &
Communications



Lenora Carbonetto,
YouQuest Administrator



Operational Report

ALTERNATIVE WAYS TO GATHER, NEW ADDITIONS, AND MANY GREAT DAYS:

Community Outreach Project

With a blanket of snow covering Calgary, frosty temperatures, and service days still impacted by government restrictions, it seemed we were in for a number of quiet months ahead. The YouQuest Contractors and Board had other ideas, though. Recognizing the impact that isolation could have on YouQuest families, the Community Outreach Project was established.

Following requirements for outdoor gatherings, YouQuest service days turned into hours of walking adventures exploring the many miles of park and reserve land in Calgary. Our participants and volunteers braved some chilly days with smiles all while enjoying the time to connect, learn about our amazing City landscape and being challenged with fun trivia facts.

Those who were unable to participate with group walks enjoyed the benefit of virtual connection with volunteers and others received visits from volunteers to enjoy short walks around their own community.

Special thanks to our volunteers Mike "The Hike" and Alan Sitter for arranging our urban tours and to the volunteers who provided our families with bags full of family oriented activities and some amazing baking! This is the YouQuest Community!



"The walks give him something to look forward to...they fill a huge gap in his social experience" - A Care Partner

Operational Report

ALTERNATIVE WAYS TO GATHER, NEW ADDITIONS, AND MANY GREAT DAYS:

Modified Service Days

Summer arrived and so did more activities! Changed outdoor gathering restrictions and the hope of more stable and warmer weather resulted in the extension of the Community Outreach Project. The Modified Service Days included a longer time together for the on-site team, participants and volunteers. This also provided for some much deserved additional time of respite for care partners.

We continued to enjoy the many different parks as our home base and remain grateful for the variety of choices we get to enjoy in Calgary. More time together meant increased opportunities for different types of activities. We enjoyed friendly games like horse shoes, pickle ball, treasure hunts and disc golf. We learned ways to challenge ourselves outdoors using playground equipment and even enjoyed the odd sprint race! In addition, we began to explore the many different take-out food options near our 'home-base' locations that we could enjoy eating picnic style!

A highlight was when we were finally able to get onto the Dream Bus and head out of the city to explore areas a bit farther from home!

"Not being alone has improved my quality of life" -A Participant



Operational Report

ALTERNATIVE WAYS TO GATHER, NEW ADDITIONS, AND MANY GREAT DAYS:

Re-Starting Service Days

September 23 is a day we will all remember as a milestone of the year. This was the day when we were finally able to resume our full service days! YouQuest was welcomed back to the Paperny Calgary Jewish Community Centre and we quickly re-established routines of full service days. Though the first couple of days were tiring for all of us because we weren't used to full days, it was a satisfied sense of exhaustion knowing that we were back to YouQuest in full capacity.

We all quickly adjusted to the full days and settled into familiar routines that include coffee conversations, work-outs in the J-Fit Factory, hikes, lunches in restaurants, live music and excursions.

Speaking of excursions...

Our participants, volunteers and contractors began to enjoy the challenge of using the public transportation that is right across the street from the community centre. Built in orienteering, tracking stops and watching times for connections have become a fun challenge for many!



"I didn't talk as much before but meeting new people, trying new things have motivated me to talk more" - Participant

Special Events

BEING TOGETHER

YouQuest Family Picnic

On July 27, YouQuest hosted the Family Picnic. We were grateful for a perfect summer evening that allowed us to fully enjoy the amenities at Park 96 in the community of Parkland. We had 58 people attend including some of the original families who were present during the pilot project! We enjoyed amazing food, some pickle ball, disc golf, and engaging entertainment by our group of musicians! It was a magical summer evening!

YouQuest FUN-Raiser

November 13 was the first in-person fund raising event YouQuest has held since 2019! Enjoying the amenities at Schanks Sports Bar, 62 people came out to play some games, and participate with the silent auction and 50/50 draw. Including donations, this event raised just over \$7,400 to support wellness days!

YouQuest Family Holiday Party

The annual YouQuest Family Holiday Party took place on December 16. Having missed the event last year due to restrictions, everyone was excited to enjoy this celebration together! Incredible food, fun conversations, challenging trivia games and amazing music ended up being the perfect way to wrap up and celebrate an incredible year!

"YouQuest has increased my awareness of the issues the care givers and participants face" - A Volunteer



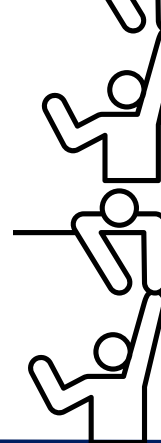
Our People



YouQuest 2021

BY THE NUMBERS

Operation & Volunteering



*Welcomed 8
new families*

*Assisted 9 families
with transition*

*7 families on
waitlist*



*Welcomed 4
practicum students*

*24 committed
musicians*

16 performed in 2021



2 volunteer training sessions



18 half service days

277.25 volunteer hours

23 full service days

993.25 volunteer hours

*Currently 18
participants*



*60 one on one
walks/virtual chats*

64 volunteer hours



31 days of group walks

410.5 volunteer hours

35.25 volunteer planning hours



Our Volunteers

YOU ARE VITAL TO OUR SUCCESS!

MUSICIANS

John Seliga | Don Nesbitt
Wayne Moser | Mike Sullivan
Joe Pozzobon | Al Herring
Danny Stephen | Peter Stunden
Lubo Plaskon | Brian Frank
Ken Morrison | Andrew LeMessurier
Kathleen Saull | Don Seager
Bruce Brockmann | Kelly Morstad
Stuart Quinn | Tod Petersen
Scott Clare | Rob Tasker
Brian Watts | Joan Cobb-Beaumont
Clayton Jeffrey | Samantha Hartai



BOARD MEMBERS

Mary Ellen Selby | Cindy McCaffery
John McCaffery | Jean Thomson
Dr. Eric Smith | Anne Wallis | Roc Spence



ON-SITE VOLUNTEERS

Nicole Issak | Christina Nykyforuk
Peter Hillman | Petr Komers
Meadow Dann | Shayna Oshanek
Michele Nowak | Lousia Krile
Alexa Barriere | Elaine Lee
Nivi Rash | Nabeel Hameed
Patricia Dehaeck | Kim Radies
Denis Morin | Mike Taylor
Michael Upham | Dianne McDermid
Alan Sitter | David Grose
Pamela Kohlenberg | Michelle Pynn
Margaret Robertson

MRU STUDENTS

Sandeep Dulai | Aeman Kazi
Brittaney Dela Cruz | Hunter Martin

Generous Grantors

THANK YOU FOR YOUR SUPPORT!



Rebekah Assembly
(Hillhurst #119)



Nickle Family Foundation



Alberta Knights of
Columbus Charitable
Foundation



Alberta Health Services



Stampede City Kinsmen



Calgary Parking
Authority



Calgary Flames Foundation



COOP Community
Investment Fund



Calgary Foundation

More Generous Supporters

THANK YOU FOR YOUR SUPPORT!

Individual Donors

We are grateful for the support of 62 different individual donors who are supporting the continued success of our wellness days!

Donation Platforms:



Canada Helps



Benevity



Alberta Treasury Branch

Gift In Kind:

Cal Morstad
Kelly Morstad

Sound Equipment for Live Music

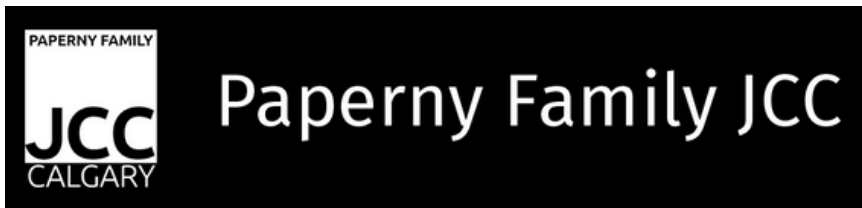
Partnerships

A SPECIAL THANKS...



Mount Royal University

MRU has partnered with us at YouQuest to work with students from their Physical Literacy program and provide them an invaluable experience outside of the classroom. We are grateful for their support and all of the students who worked with us this year.



Calgary Jewish
Community Centre

The CJCC is our home! We are grateful to have such a wonderful facility to enjoy with our participants, volunteers, and contractors every week. We appreciate the opportunity to use their fitness centre and other amenities to enhance the YouQuest experience.

We can't wait to see what we accomplish in 2022!

FOLLOW US:



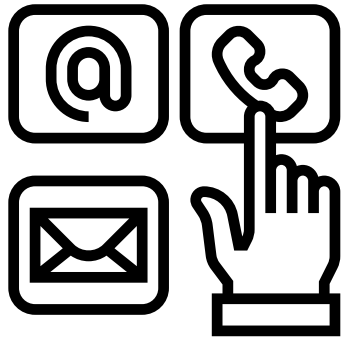
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