



YEAR IN REVIEW

2022



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# A Message From Our Board Chair

With the COVID years in our rear-view mirror, YouQuest entered 2022 able to enjoy our Tuesday and Thursday service days throughout the year with little interruption. The activities our wonderful team put together this year were amazing. Rock climbing, floating down the Bow, the Leighton Art Centre, the Calgary Zoo, walks in Glenmore Park, workouts in the gym and lots of delicious lunches to name just a few. The Band in all its forms continued to entertain and inspire all of us. As always there were a few parties to bring us all together and it was wonderful to see everyone out enjoying themselves. The fall event at The Artist Lounge on a very snowy November evening brought out lots of our community and introduced us to many new people.

Thanks to our generous donors we were very grateful to have the financial ability to allow us to proceed with our modified / transition day program. Planning for the launch of this program, which will be accessible to YouQuest members who can no longer attend a regular service day, is already underway.

2022 also brought some changes to our staff at YouQuest. Over the year we said goodbye to some wonderful people including Bev and Melissa who have been with us since the start. YouQuest has benefited greatly from their contribution and knowledge. They will be missed. We are happy though that both are remaining in touch. Lenora, Helen and Sarah who joined us in 2022 added so much over the year. They have moved on to other opportunities but were real assets during their time with YouQuest.



Heading into 2023 we are thrilled to welcome three fantastic new people who will make sure our service days continue to support and benefit us all. Laura is our new service day Recreation Therapist on Tuesdays and Thursdays; Tania as our new administrator will be keeping us organized; and Recreation therapist Amy will be developing our modified / transition day and will fill in as Recreation Therapist on service days as needed. They will be working with our committed staff members, Val, Margaret, Suzie, Bushra and Bri, and our dedicated volunteers to ensure YouQuest continues to provide its unique opportunity for fellowship, activity and fun.

We are so fortunate to have Brenda Kinnie guiding and developing YouQuest. Her calm and steady demeanor together with her ability and enthusiasm to make YouQuest thrive is invaluable and much appreciated by the Board.

Everyone who encounters YouQuest is awestruck by the quality and dedication of our staff and volunteers. For me, YouQuest exemplifies all the best things about people and community. I feel very lucky to be associated with this organization. I personally am grateful to be part of a Board in which everyone adds so much of their knowledge and time to the leadership YouQuest as it grows into a sustainable organization.

Thank you to everyone who supports this amazing community with your time, efforts, outreach, contributions and thoughts. I look forward to another year of success at YouQuest.

**~ Anne Wallis, Board Chair**





# Our 2022 Board Members



Anne Wallis  
Board Chair



Mary Ellen Selby  
Secretary



Jamie Wilkie  
Treasurer



John McCaffery  
Director



Roc Spence  
Director



Cindy McCaffery  
Co-Founder/Director



Jean Thomson  
Director



Dianne McDermid  
Director



Dr. Eric Smith  
Director

# A Message From Our Executive Director

*"Have a good day every day"*

This is the unofficial YouQuest motto that aligns incredibly well with our mission of promoting the health and wellbeing of people with young-onset dementia and their families by ensuring access to recreation therapy, counselling, and peer support resources. On reflection of the past year, I can easily report that 2022 was a *good* year for YouQuest in so many ways.

It was *good* to experience stability following lock downs and uncertainty due to the Pandemic. We experienced consistency of service days on Tuesdays and Thursdays. Most weeks we were operating at or nearly at capacity. This meant that we averaged servicing 24 individuals each week. This also meant that care partners and families were supported by the provision of a full day of respite.

It was *good* to enjoy a committed contracting team. From on-site support to behind the scenes work, everyone worked hard with passion to ensure YouQuest could advance successfully through the year. Each person contributed their unique skillset and passion to the organization to strengthen and further develop an excellent service for our participants and families.



It was also *good* to see how the word is filtering out about YouQuest. One of our ongoing goals is to increase the visibility and understanding of young-onset dementia and the support that YouQuest provides. There were many receptive conversations, a lot of information shared and an increased awareness of YouQuest in the social care sector. We have much work to do so that we continue growing in this area, but we have an excellent base of supporters. I look forward to seeing how this incrementally grows.

Finally, I would like to share how *good* it was to have conversations about YouQuest with contractors, volunteers, participants, care partners and financial supporters. There is a vast network of support for this organization where ideas generated at each level definitely assists with furthering the excellent services provided by YouQuest.

Thank you for your involvement in making each service day in 2022 the best day for our participants and care partners and for helping YouQuest thrive and grow. Your support in 2023 will be critical to ensure the YouQuest Community will continue to...

*"Have a good day every day"*



**~ Brenda Kinnie, Executive Director**



# Our 2022 Contractors



Brenda Kinnie  
Executive Director



Valerie Romanzin  
Recreation Therapist  
Assistant



Beverly Hillman  
Recreation Therapist



Susie Dooley  
Volunteer Coordinator &  
Systems Administrator



Lenora Carbonetto  
Administrator



Melissa Olin  
Recreation Therapist



Bri Gare  
Marketing & Communications  
Coordinator



Bushra Ikram  
Bookkeeper



Margaret Robertson  
Recreation Therapist Assistant

# Operational Report

## Service Days

The YouQuest Service Day is the heart of our operations. In 2022, we were able to offer a total of 90 service days! Using the Therapeutic Recreation Model, our days focus on physical, cognitive and social elements with the integration of emotional and spiritual elements. This past year, our group has engaged in activities that have pushed against the stigmas that traditionally keep individuals living with a dementia diagnosis in isolation. We discovered a love for rock wall climbing and floating the bow. We discovered new-found visual arts talent, and continued with a love for exploring and connecting with nature.

## Continuous Growth and Improvement

As we strive to grow and develop our service model to best support participants and care partners, our team engaged in a series of four operational strategic planning sessions. Taking the time to discuss the service day model in the bigger picture of the overall strategic plan gave us the opportunity to identify areas of opportunity. We were grateful to engage with Dr. Pamela Roach of the University of Calgary and Dina Monul to complete a summer research project. The end result of this project is to develop an evaluation tool that will assist with collecting data that will inform the effectiveness of our services in real time while our participants are experiencing their day.



# Operational Report

## Increasing Visibility

As a younger organization, YouQuest is still working to increase visibility of the services that we have to offer to this demographic of individuals. As a specific goal for this year, we set out to increase connections through social media, through other like-minded organizations and through media opportunities.

## Government of Alberta Community Initiatives Program

YouQuest was a recipient of this grant that contributed to operations of the organization but also contributed toward a significant project that supported our Volunteers. One of YouQuest's volunteers, Dianne McDermid, developed a series of six volunteer training modules that are specific to young-onset dementia and the YouQuest setting. Through this grant, we were able to complete an upgrade to our CRM that allows the modules to be more interactive and to track the time volunteers spend working through these modules. In addition, this grant allowed us to implement volunteer coaching sessions that are designed for our volunteers with our participants in mind. YouQuest would not be able to offer the services it does without the support of a committed volunteer team. So, being able to support and train our volunteers is a critical element of our operations.





# Operational Report

## Looking Ahead

In 2022, we experienced a great deal of stability which was due in part, to our excellent contracting team. The year had change in store for some of our team members, and so we said farewell to Melissa Olin, Recreation Therapist, in June; Lenora Carbonetto, YouQuest Administrator, in December; and Beverly Hillman, Recreation Therapist, in December. These three were critical to the re-establishment of our service days post-pandemic and effectively managed and supported the increased number of participants we were able to welcome through the year. We are so grateful for the time they committed to YouQuest and look forward to future connections.

We look forward to the impact that our new team members will have on the organization. And so, we welcome Laura Derr-Martin as lead Recreation Therapist for Service Days, Tania McPhee as YouQuest Administrator, and Amy Kivell as Lead Recreation Therapist for the development of the Modified Service Days.



Laura Derr-Martin



Tania McPhee



Amy Kivell



# YouQuest Special Events



## YouQuest Family Picnic

July 27 was the perfect evening for our Annual YouQuest Family Picnic. Held at Park 96 in the community of Parkland, we celebrated community and summer with a total of 57 people in attendance. We shared amazing food, played games, laughed a lot, and deepened connection through conversation. We enjoyed the golden hour of the evening while listening to music by our own in-house YouQuest musicians.

## Calgary Marathon

The Calgary Marathon offered a virtual option for the 2022 race. YouQuest signed up as a charity and registered all participants in the virtual 10K walk. We also had a couple of volunteers participate at the in-person event! During the month of May, our participants fulfilled their 10k virtual walk over a series of service days. They were all very proud to wear their bright yellow Calgary Marathon t-shirts and to don their medals showing completion of their race.

This was a fun community event and we are also excited to report that our total sponsorship dollars raised was **\$15,707.55**.



# YouQuest Special Events

## YouQuest After Hours : Sharing the World Through Our Eyes

On November 2, despite receiving the gift of a major snowstorm, we enjoyed the warmth of The Artist Lounge at the Ruberto Ostberg Gallery for our YouQuest After Hours Fundraising Event. Being able to enjoy art on display by local artists along with art completed by our own YouQuest participants along with great music, live performance art and incredible food created the warmth needed on such a frosty day. To round out the evening, we were privileged to hear Laura and Rick's story about their journey with Rick's young-onset diagnosis. They represent the 'why' behind YouQuest. We were also treated to a presentation by Calgary's own Brian Keating who shared about The Healing Power of Nature. With the generosity of our attendees, we were able to raise **\$50,491.50** that will continue to support the YouQuest wellness days!

## YouQuest Family Holiday Party

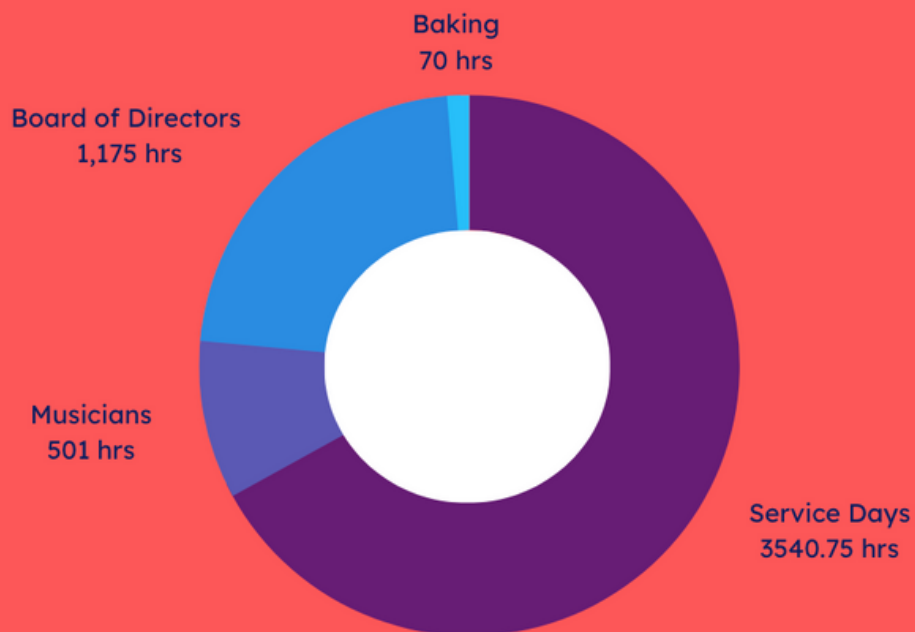
Our final event of the year was another frosty and snowy evening. That didn't stop our YouQuest community from connecting together at the SunAlta Community Centre for a magical Holiday Party! The hit for the evening was the snowball throwing contest along with guessing the number of candies in the jar! In true YouQuest style, we celebrated the start of holidays together by sharing food together and once again being treated to special tunes by our YouQuest in-house musicians!





# YouQuest By The Numbers

## Volunteer Hours



Total = 5,286.75 hours

## Number of Participants



Capacity = 24 (12 per service day)

\*a/o December 31, 2022

***90 service days***  
***5 new families***

# Our Volunteers

## On-Site Volunteers

Louisa Krill  
Michelle Pynn  
Christina Nykyforuk  
Brittaney Dela Cruz  
Cindy McCaffery  
Denis Morin  
Dave Grose  
Glenna Moser  
Tanya Brinkenhoff  
Pam Kohlenberg  
Petr Komers  
Patricia Dehaeck  
Walter Moscovitz  
Brenda Berezuk  
Jenny Mei  
Bev Hillman  
Val Romanzin

Nicole Isaak  
Ron Richard  
John McCaffery  
Dianne McDermid  
Melissa Olin  
Kelly Morstad  
Melanie Morstad  
Kim Radies  
Margaret Robertson  
Alan Sitter  
Mike Taylor  
Jane Laughland  
Kimberley Sondrup  
Peter Hillman  
Cabri Wilson  
Pullave Salaria



## Musicians

Brian Frank  
Lubo Plaskon  
Stu Quinn  
Peter Stunden  
John Seliga  
Don Nesibitt  
Wayne Moser  
Mike Sullivan  
Joe Pozzobon  
Scott Clare  
Rob Tasker

Kelly Morstad  
Bruce Brockmann  
Tod Petersen  
Don Seager  
Kathleen Saul  
Andrew LeMessurier  
Brian Watts  
Joan Cobb-Beaumont  
Ken Morrison  
Bill Gantous

Samantha Hartai  
Thomas McGee  
Danny Stephen

## Practicum Students

MRU Student Jane Laughland – Spring/Summer semester 52-hour practicum placement

MRU Student Kimberley Sondrup – Spring/Summer semester 160-hour practicum placement

*\*both stayed on as volunteers after practicum\**

## Board of Directors

Mary Ellen Selby  
Cindy McCaffery  
John McCaffery  
Anne Wallis  
Roc Spence  
Jamie Wilkie  
Jean Thomson  
Dianne McDermid  
Dr. Eric Smith



# Generous Grantors



Government of Alberta Community Grants;  
Culture, Multiculturalism and Status of Women



Alberta Knights of  
Columbus Charitable  
Foundation



COOP Community  
Investment Fund



Alberta Health Services



Calgary Foundation



Individual  
Donors

Flanagan  
Family  
Foundation





# Additional Thanks To...

## **Our Donation Platforms**



Canada Helps



Benevity



Alberta Treasury Branch

## **Our Facility Partner for Service Days**



Paperny Family JCC

Calgary Jewish Community Centre

## **Practicum Student Support**



Mount Royal University

## Follow Us on Social Media!



@YouQuestCalgary



@youquestcalgary



@YouQuestCalgary



@youquestcalgary

## Contact Us!



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Website

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Phone

403-510-5571

# YouQuest

focusing on young-onset dementia

Charitable No: 72975 8912 RR0001

