



YEAR IN REVIEW

2023

YouQuest

focusing on young-onset dementia

A Message From The Board Chair

YouQuest has once again fulfilled our mission of delivering an exciting year of activity, fellowship and support. We are now offering our program on both Tuesdays and Thursdays for individuals challenged with living with Young Onset Dementia. We are so pleased to be able to now offer our transitional, half day program. This program is designed for those individuals with Young Onset Dementia who are not able to participate in the full day program. As we all know, this type of expansion of offerings doesn't happen without a dedicated and capable team working together.

We are so lucky Kathryn Melrose joined YouQuest as its Executive Director in July 2023. Under her capable leadership it has been possible for us to both launch our new half day program and continue our 2 full days seamlessly. Kathryn has developed a fantastic team. Last year we welcomed Laura as our new Recreation Therapist. With her calm, engaging attitude and outdoor enthusiasm our days are fun, busy and a lovely day of interaction. Tania, our charming and organized new service coordinator, has ensured our days run smoothly. Both Laura and Tania step in when needed in any number of capacities to ensure we can continue to do the wonderful things we do. Our team now also includes 3 enthusiastic RTAs Valerie, Margaret and Julie. Bushra and Bri continue providing accounting and marketing expertise. We recently welcomed Ahmad our new IT specialist. Finally, we are delighted to welcome back Lenora as our volunteer coordinator. Welcoming new people means saying goodbye to some of our team members. I would like to recognize and thank Brenda Kinnie for all her contributions to YouQuest over the 2 ½ years she spent with us. We are thrilled that she was able to move on to an organization that is close to her heart, and it is wonderful to see her continue to support YouQuest. Thank you also to Val and Susie for their dedication and efforts helping YouQuest grow and thrive.

Thank you to all our volunteers. Our programs would not be possible without the many hours contributed by our service day team of volunteers and amazing musicians. Similarly, our behind-the-scenes volunteers, those who help with fund raisers, casinos, marathons and just getting the word out about us, are so important to our success. I am personally grateful to be part of such a dedicated board who spend many hours working to help make YouQuest a success.

Finally, I would like to recognize all our donors who have generously entrusted us with their donations to give us the means of continuing along the path to sustainability. Thank you from all the YouQuest family!

Offering a critical program like ours is difficult in today's funding environment and we are facing funding challenges. While Kathryn and the Board are focused on finding means of maintaining our programs, we find ourselves in difficult circumstances. We ask you to donate to YouQuest so we can continue our programs. If you have us in your charitable budget this year, please consider giving now rather than later in the year as our needs are immediate.

-Anne Wallis



A Message From The Executive Director



2023 was a year full of changes, challenges, and progress for YouQuest! Thanks to the continuing support of funders, donors, partners, volunteers, our board members, and our dedicated team the organization continued advancing our mission to enhance the health and well-being of individuals with young onset dementia, offering access to recreation therapy, peer and care partner support, and vital resources in community settings.

During 2023, YouQuest bid farewell to Brenda Kinnie, the organization's first Executive Director, and welcomed several new team members and volunteers. The current team and volunteers underwent many hours of orientation, onboarding, and training to continue offering high-quality and innovative services for our program participants and ongoing support for care partners and other family members.

YouQuest also increased the frequency of full-service days and successfully launched the half-service day pilot project. Participants continued to benefit from recreation therapy and peer support while care partners and families were supported by the provision of full or half days of respite.

YouQuest continues to work on increasing the organization's visibility and spreading awareness about the importance of supporting the unique needs of those with diagnosed young onset dementia. Many people who are already connected to the organization engaged in meaningful conversations and shared important information. New contacts and partnerships were established across the province to explore possibilities for the long-term sustainability and scalability of the services our organization provides. As we enter 2024, we have much more work to do in this area and we look forward to engaging with new partners and other stakeholders.

I want to thank all of our current and past supporters for helping YouQuest continue to thrive and offer essential services. Your support in 2024 will be critical to ensure that we can continue to operate and serve our participants and family members. Thank you for your support of our amazing community!

-Kathryn Melrose

OUR 2023 BOARD MEMBERS AND CONTRACTORS

BOARD MEMBERS

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

CONTRACTORS

Kathryn Melrose
Laura Martin
Tania McPhee
Valerie Bautista
Julie Armstrong
Bushra Ikram
Susie Dooley
Valerie Romanzin
Margaret Robertson
Amy Kivell
Brenda Kinnie
Bri Gare

OUR 2023 VOLUNTEERS

ON-SITE VOLUNTEERS

McCaffery, Katie	Bautista, Valerie Praise
McDermid, Dianne	Berezuk, Brenda
McPhee, Tania	Brinkerhoff, Tanya
Morstad, Kelly	Dehaeck, Patricia
Moser, Glenna	Dooley, Susie
Pattison, Brendan	Grose, David
Radies, Kim	Hope, Karen
Richard, Ron	Isaak, Nicole
Robertson, Margaret	Kassam, Raeesa
Romanzin, Val	Khorga, Raniah
Sharma, Shilpi	Kohlenberg, Pamela
Sitter, Alan	Komers, Petr
Taylor, Mike the Hike	Laughland, Stephanie
Upham, Michael	Martin, Laura
West, Leanna	McCaffery, Cindy
Zang, Ryan	McCaffery, John
Wilson, Cabri	Alyssa Petropoulos*

*Practicum Student

MUSICIANS

The Innuendos
Eclipse Acoustic Duo
Kelly and Georgina
Brian Watts
Don Seager
Don & The Corleones
Brian Watts Ken Harvey
Robb Moss & Doug Paddock
Awab Paracha
Jerry Proppe
Melyssa Lee
Marina
Francis
Fromage Chaud
Mya Kate
Jacquie Drew
Georgina & Ben
Don Nesbitt & Friends
Rhythm Methods
Brian Frank

OUR IMPACT



Throughout 2023, YouQuest continued to promote the health and well-being of people with young onset dementia and their families by ensuring access to recreation therapy, peer support, care partner support, and other necessary resources. YouQuest team members and volunteers provided two weekly full-service days and introduced one weekly half-service day for participants in community-based settings while providing respite for care partners.

Service days followed a recreation therapy model and maintained therapeutic ratios for participant safety. The days were led by licensed Recreation Therapists and supported by Recreation Therapy Assistants and trained volunteers.



Each service day's schedule was planned for participants to attend local events and venues, engage in social and physical activities, enjoy live music, and partake in opportunities to reconnect with the wider community. Most participants and care partners reported a significant increase in overall health and well-being because of participation in YouQuest services.

"We create a community where people connect and enjoy their day; dementia isn't the focus."

- YouQuest Staff Member



"It provides a reason to get up in the morning."

-YouQuest Participant

"YouQuest has been a lifeline, supportive, understanding and patient." *- YouQuest Care Partner*

By The Numbers

30 participants and families

Over 25,000 people reached online

Over 3,000 volunteer hours



Generous Grantors



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

Flanagan
Family
Foundation



Alberta Health Services



Alberta Knights of
Columbus Charitable
Foundation

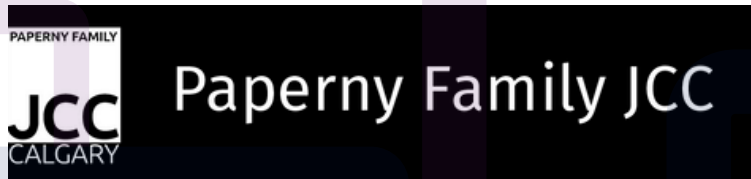


COOP Community
Investment Fund



Calgary Foundation

Additional Thanks



Calgary Jewish Community Centre



Mount Royal University

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