



YEAR IN REVIEW

2025

# A MESSAGE FROM OUR DIRECTOR:

On behalf of the YouQuest Team and Board, thank you for being part of another exceptional year. In 2025, YouQuest reached new milestones and celebrated meaningful successes, made possible by the generosity and trust of our funders, individual donors, and community partners. This year also brought moments of reflection, as we said goodbye to members of our YouQuest community. We honour their journeys and remain committed to creating spaces of dignity, connection, and belonging for all those affected by Young-Onset Dementia.

We are deeply grateful to our dedicated Board, staff, and volunteers. Their commitment and compassion are the foundation of YouQuest's work and make it possible for us to deliver innovative, community-based programs and services that improve quality of life for participants and care partners alike.

Looking ahead to 2026, we are excited to increase our work with community and provincial partners, expand supports for care partners, strengthen our referral and intake processes, and welcome new participants to our Service Days programs.

**Thank you for supporting YouQuest! We look forward to all that 2026 has to bring.**

*- Kathryn Melrose, Executive  
Director*





# Our Team



**Kathryn Melrose,**  
**Executive Director**



**Tania McPhee -**  
**Program Coordinator**



**Laura Derr-Martin - Lead**  
**Recreation Therapist +**  
**Program Manager**



**Nicole Isaak -**  
**Recreation Therapist**



**Stephanie Laughland -**  
**Recreation Therapy**  
**Assistant**



**Lenora Carbonetto -**  
**Volunteer Coordinator**



**Bushra Ikram -**  
**Bookkeeper**



**Julia Doten - Marketing +**  
**Communications**  
**Coordinator**





# Our Board Members



**Dr. Eric Smith**



**Dianne McDermid**



**Jaime Wilke**



**Kelly Morstad**



# What We've Been Up To:



## 40 Weeks of Programs

We provided 7 hours of meaningful support each day to 29 remarkable individuals!



## Unique Outings + New Eateries

We enjoyed lots of unique outings and explored several new to us eateries throughout the year!



## Wednesday is Here to Stay

What began as a pilot program in 2024 is now a core service offering, with six participants and a dedicated team of volunteers.



## Flexible Pick-Up Times

We've introduced flexible pick-up and drop-off times, offering approximately six to seven hours of respite each service day.



# Where We've Been:

**Our YouQuest community was on the move this year!**

- **Service days at diverse locations, including:**

- 📍 Hangar museum
- 📍 Fitness days at the gym
- 📍 Fish Creek Park
- 📍 Heritage Park
- 📍 Calgary Zoo

**And MORE!**

- **Cherished moments at the JCC – aka our home base!**





# Our Home Base:



At the JCC—our cherished home base—our days are filled with laughter, connections, and live music from our talented volunteer musicians.

Here, we enjoy a variety of activities including the fitness areas, gymnasium, outdoor fields, and tennis/basketball/pickleball courts.

The JCC's proximity to great food and the scenic Glenmore Reservoir—one of our favorite walking spots—makes it an ideal location for our program.

# TO OUR YOUQUEST VOLUNTEER COMMUNITY:

**Dear YouQuest Volunteers and musicians,**

As we close out another incredible year, we want to take a moment to express our heartfelt gratitude to each of you. Your dedication, compassion, and generosity have been the driving force behind everything we've accomplished together. Whether you gave your time, shared your talents, or simply showed up with a smile, you've made a profound impact on our community. We are deeply inspired by your commitment and proud to have you as part of the YouQuest family.

As we look ahead to 2026, we're excited to continue this journey with you. Thank you for being the heart of our mission and for reminding us all what kindness and community can achieve.

Wishing you a joyful holiday season and a bright, fulfilling new year!

**With gratitude,**

*Lenora Carbonetto, Volunteer Coordinator*



**Lenora Carbonetto, Volunteer Coordinator**



# A Year of Volunteering:



## 42 Amazing Volunteers

Our amazing team of volunteers helped us achieve our goals and brought hope and joy to countless individuals and families touched by our program.



## A Busy Year All Around

From supporting participants onsite to sharing baking, leading fitness, helping at events, offering educational insights, or even performing live music, they did it all!



## 3,400+ Hours of Volunteering

This year, our volunteers put in over 3,400 hours, making a significant impact on the lives of those we serve!



## We're Better Together

It's our volunteers who embody the spirit of our mission and make our community stronger.



# What's Next:

## Meeting Demand:

- Service days at maximum capacity with waitlists for all three days.
- Strategic planning in early 2025 to scale services, expand programs, and ensure long-term success.

## Inclusivity Advisory Committee:

- Launching in 2025 with participants and care partners providing advice to the Board.
- Reinforces our commitment to Inclusion, Empowerment, and Respect.
- Creates a forum for shaping YouQuest's future to meet unique needs.



# Our Supporters & Partners:



*Thank you!*



Canadian Mental  
Health Association  
Calgary  
*Mental health for all*

# Here's To An Amazing 2026!

**FOLLOW US TO STAY UP TO SPEED!**



**@YOUQUESTCALGARY**

