



Side by
Side

For those living
with dementia

**ST. ANDREW'S
PRESBYTERIAN
CHURCH**

Ministry of Care
The Ministry of Presence

What is Side by Side?

Side by Side is a pastoral care and community outreach program for families living with dementia.

Side by Side Day Program

We offer a day program where people living with dementia take part in encouraging fellowship in an informal and relaxed atmosphere. Enthusiastic and caring volunteers walk alongside participants as friends and neighbours.

Side by Side runs from 9:45 a.m. to 2:15 p.m. on Wednesdays from September to June with a break over Christmas. Each week includes spiritual nurture through a brief devotional time, conversational times over refreshments, and stimulation through music, puzzles, games, creative activities, Brain Gym® and gentle exercise. As a child of God, each participant is valued and cared for with dignity and respect.

“...when I come [to Side by Side],
I always leave here singing!”
--a participant

ST. ANDREW'S PRESBYTERIAN CHURCH

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Calgary, AB T2V 2W4

www.standrewscalgary.ca

Church Office: 403-255-0001

Side by Side Participants

- Families living with dementia in the community, where care partners are providing care 24/7 at home, will have priority.
- Participants must be able to use the washroom on their own, as we are not able to provide personal care.
- In order to prevent transmission of illness, flu and COVID19, vaccinations are encouraged, and participants are asked not to attend if unwell. Hand sanitizer is available for use as needed.



Side by Side Volunteers

Volunteers are a big part of the program. Depending on their interests, they may

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

FAQ

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 activity scheduler, at pastoralcare@standrewscalgary.ca to see how your gifts of time and talents can best be shared. You may also contact the church office at 403-255-0001.

Let us Journey Together

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 is my commandment that you love one another as I have loved you.

John 15: 12-13