

Alzheimer Society

DURHAM REGION

ANNUAL REPORT

2021-2022

COMMUNITY. SUPPORT. EDUCATION.



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A Message from our CEO

This past year has continued to be one of challenges due to Covid restrictions, but also one of many successes. Our success has been achieved through the dedication of staff, volunteers, donors and our community partners. Each play a unique role in supporting the work of ASDR and to each, we owe our heartfelt thanks. Thank you for all you do and your generous support of our work.

This year was my final one leading the organization as I move into retirement. Being of service to those living with dementia and their families for the past nine years, has been a true privilege.

I have been surrounded by a team that is committed to our mission of improving lives of those we serve. I leave knowing that our work makes a difference and that it will flourish under new leadership.

Thank you for allowing me to be part of your lives and I look forward to hearing about the many successes of ASDR as we move into the future.

Denyse Newton

CEO, Alzheimer Society
of Durham Region

Board of Directors

Board Chair



Brian McAuley

Vice Chair



Sheryl Wedderburn

CEO



Denyse Newton

Treasurer



Marilyn Stitt

Secretary



Shahzil Mohamed



John Baynham



Megan Hanzal



Brian Harris



Deanna Hollister



Liane Strus



Kelly Turcotte



Carolyn Wilson

A Message from our Board Chair

Heraclitus, the Greek philosopher once said, "Change is the only constant in life". That statement is certainly true what ASDR has experienced this year as we moved through the second year of the pandemic. Dedicated ASDR staff demonstrated their resilience and innovation required to meet the challenging times which we faced and we thank them for their unwavering commitment

In a constantly changing environment, the Board has been working to ensure ASDR remains a leader in the healthcare sector. Areas of focus for the Board this year have included enhancement of our risk management program, working with Alzheimer Society partners throughout Ontario to develop a common strategic plan across the province, and strategic recruitment of Board members. Community partnerships continue to grow and flourish through ASDR's involvement with the Durham Ontario Health Team.

Our CEO, Denyse Newton, announced her retirement this year. We are grateful for her outstanding leadership for the past 9 years.

Denyse guided our organization to increased capacity and positioned us for the future as a strong voice within our healthcare community. Her focus on our clients, and supporting her staff never waived and we thank her for her many contributions.

We are pleased that Gillian Barrie, ASDR's former Director of Clinical Services, has accepted the challenge to become the new CEO. Gillian brings us an extensive background in clinical health, as well as personal lived experience with the dementia, which results in a passion for client centred programs and services.

Finally, I want to thank you, our donors, our volunteers, and all those who give of themselves to helping those with dementia, and their care partners, to live at their best everyday.

Brian McAuley

Board Chair, Alzheimer Society
of Durham Region

About Us

Vision

To live in a community where people living with Alzheimer's disease and other dementias are accepted and supported in their environment.

Mission

To improve the quality of life of people living with Alzheimer's disease or other dementias and their care partners.

Values

Accountability • Collaboration • Respect • Excellence • Innovation • Empowerment

Strategic Priorities Targets and Goals Reached

Our overall goal for the year was stabilizing and re-building programs and services after the effects of COVID-19 in 2019-2020.

Expand Our Reach and Impact

- ✓ Resumed in-person programming and increased online participation by 55%
- ✓ Trained 560 participants in Dementia Friendly Communities
- ✓ Increased primary care First Link® referrals by 49%
- ✓ Resumed satellite office location in Uxbridge

Innovative Client-Designed Programming

- ✓ Expanded Young Onset Dementia Adult Day Program (ADP) with additional day of in-person programming
- ✓ Designed horticulture, wellness and art-based recreation kits delivered to client's homes
- ✓ Created new support groups to support transitions to Long-term Care

Advance a Supportive and Knowledge-Based Dementia-Care Network

- ✓ Established community partnerships with local universities and colleges for the delivery of dementia training programs
- ✓ Provided leadership on Durham Ontario Health Team working groups
- ✓ Contributed to provincial and local research projects

Support Resiliency through Peer Connections and Mentorship

- ✓ Developed a Client Engagement Framework
- ✓ Engaged new Client Engagement Volunteers in the co-design of ASDR programs and services
- ✓ Expanded volunteer capacity
- ✓ Increased peer-led programming by 13%

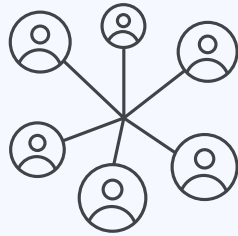
Enhance the Excellence, Capacity and Sustainability of ASDR

- ✓ Developed an extensive business and fundraising plan for the future of ASDR
- ✓ Developed a Quality Improvement Framework
- ✓ Heightened awareness through TV ads and social media
- ✓ Increased Diversity Equity and Inclusion focus for staff and programs

Our Impact

TOTAL INTERACTIONS

14518
Total Interactions



FAMILY SUPPORT

5560 Family Support Visits

1511
Support Group Attendees

177 Support Groups Facilitated



COMMUNITY EDUCATION

163
Education Sessions

3351
Total Community Education Attendees

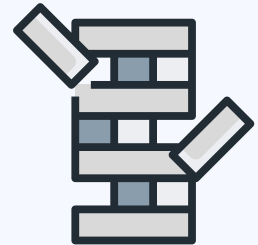


ACTIVE LIVING

891 Adult Day Program Attendances

801
Active Living Session Attendees

70 Active Living Sessions



MINT MEMORY CLINIC

1100 Clients Served
2874 Patient Visits

2372
Hours of Care Provided



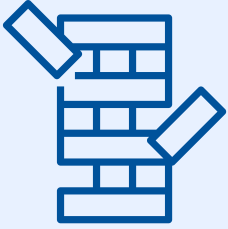
FRENCH LANGUAGE SERVICES

100 Support and Education Visits

258
Attendees in Support and Education Sessions



Active Living



Our Active Living programs are open to persons living with dementia and their care partners. These programs offer participants enhanced physical and emotional benefits, including increased confidence, a sense of accomplishment and social and intellectual stimulation from meeting new people and visiting new places.

Young Onset Adult Day Program “The Friendly Place”

Our “Friendly Place” Adult Day Program runs three days a week in-person and once a week online. Our program offers a safe and inclusive environment for our members to interact with peers and participate in mentally, socially, and physically stimulating activities. Each month our members help to co-design the activity calendar. Some of their favourite activities are Arm-chair Travel, Bocce Ball, and Giant Jenga.

“ I like meeting the people and getting to know them and I feel good when I’m here. It also gives me and my husband a break from each other!”
– ADP Member



Our members have shared that the peer connections established with other members of the program and the ability to talk and relate to others on a similar dementia journey, is important to them. Members report attending our program has been beneficial to their well-being and they look forward to each week.



801

ACTIVE LIVING ATTENDEES



70

ACTIVE LIVING SESSIONS HELD



891

ADULT DAY PROGRAM ATTENDANCES



124

RECREATION KITS DELIVERED

Active Living

Minds in Motion®

The benefits of regular physical, mental, and social stimulation for people living with dementia are well documented. Minds in Motion® (MiM) is a program designed for people living with dementia and their care partners to engage in activities targeting these areas, in a fun and stigma-free environment. This year, we offered MiM online twice per week and safely resumed in-person MiM at four locations across Durham Region.

“Minds in Motion gives my husband an outlet to see others and be involved. Excellent staff, programming, quite beneficial for his overall health/mind.” - MiM Participant/Care Partner

ASDR joined four other Alzheimer Societies across Ontario participating in a MiM Research Project evaluating the impact of Virtual MiM. One of the project's objectives is to review and enhance the physical and cognitive stimulation activities of MiM to respond to the shift in participant needs and new evidence about best practices.

“I learned there are more people than me coping. My husband felt good about himself.” – Virtual MiM Participant/Care Partner

“I am convinced it has slowed (Person Living with Dementia)'s decline.” – Virtual MiM Participant/Care Partner

Recreation Kits

Thanks to a generous donation we were able to create and deliver 124 Recreation Kits to clients in the community.

The goal of these kits was to bring tangible dementia friendly experiences into people's homes and foster social connections through participation in virtual or in-person groups.

When safe to gather in-person, we held sessions at WindReach Farm where persons living with dementia and their care partners were invited to participate in the Recreation Kit activity with instruction by a certified horticulture therapist. This was our first in-person recreation program to run since the pandemic began in 2020.

“Many thanks for arranging this outing as we both enjoyed ourselves & (she) is a wonderful instructor. This setting is so peaceful, it takes me back to when I was a child growing up staying with my grandparents on the farm up north.” – Horticulture Recreation Kit Workshop Participant



Community Education



Our Community Education Team hosts a variety of workshops, seminars, training and education sessions for people living with dementia, care partners, health-care professionals and community partners.

The Community Education team continued to offer our programs both virtually and in-person in English and French. We also offered one-on-one education sessions to care partners who were unable to attend group education workshops. For any online programming we made recorded versions available following the live presentations.

Some of the education sessions we offered this year included:

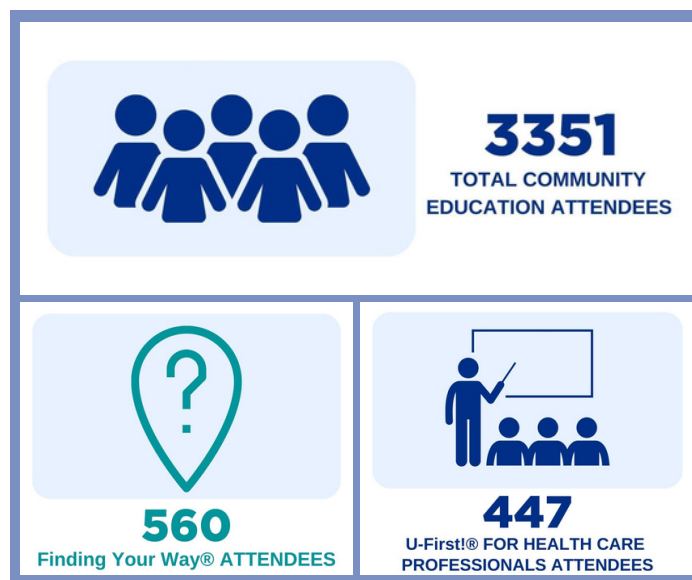
- First Steps for Persons Living with Dementia
- First Steps for Care Partners
- Entraîner votre cerveau!
- Comfort and Care in Late-Stage Dementia
- La sensibilisation aux troubles neurocognitifs
- Care Essentials
- Options for Care Speaker Series

Our U-First!® for Health Care Professionals workshops were a success. We delivered 29 workshops to 447 frontline staff including PSWs, RNs, Dining Staff and Directors of Care from community organizations, retirement and long-term care homes.

This year we introduced a new Monthly Spotlight Speaker Series. This popular series features guest speakers and have included local experts speaking about topics including:

- Cannabis Use and Older Adults
- Advance Care Planning
- Understanding Vascular Dementia

Our Dementia Friendly Community training program helps organizations to better understand the everyday experiences of people living with dementia. For the first time in Durham Region, the training was provided to local banks and financial institutions.



“ I found a lot of education and resources available from ASDR while I was trying to navigate Alzheimer’s with my dad and helping care for my uncle. Everyone was very helpful and understood the challenges I was facing. If it wasn’t for the programs and education I’m not sure I could have gotten through the process of Alzheimer’s. Unfortunately, I have lost both my dad and my uncle but the knowledge and compassion will be with me always. Thank you again for all of your help.” - ASDR Care Partner

Family Support Services



Our Family Support Team provides support to individuals living with dementia and their families that are tailored to their individual needs. From coping techniques to therapeutic counselling, our First Link® Care Navigators and Counsellors offer a comprehensive overview of dementia, health-system navigation, care planning and overall support to those on a journey with dementia.

Throughout Durham Region, we support persons living with dementia and their care partners via home visits, office visits and virtual visits. The Family Support Team completed over 5500 visits this year in both English and French. This year we offered virtual and in-person care supports through one-on-one counselling, navigation visits and support groups.

In addition to our existing support groups, we facilitated:

- Learning the Ropes for those Living with Mild Cognitive Impairment (MCI)® a program focused on optimizing cognitive health and memory training developed by Baycrest.
- Living with Loss Support Group a program addressing ambiguous loss and the unique journey through dementia.

Participants in these groups noted more confidence and reduced isolation after hearing from others with similar lived experiences.

Peer-Led groups led by trained volunteers were expanded to include:

- Men's Breakfast
- Care partner social groups
- Two open support groups (in-person and virtual)

Family Support staff engaged in different professional development opportunities over the year, including Mental Health First Aid and Indigenous Cultural Safety to enhance their awareness and clinical skills.



Sinai Health System

THE CYRIL & DOROTHY, JOEL & JILL
REITMAN CENTRE FOR ALZHEIMER'S
SUPPORT AND TRAINING

Enhancing Care (EC) Program

Developed by the Sinai Health System Reitman Centre. The EC program is a specialized therapeutic training program that is designed to address the needs of family and other unpaid care partners. It provides practical skill-building and emotional support to help care partners deal with the stress and complexities of caregiving.

With support from the Reitman Centre, ADSR's Dementia Care Partner Counsellors facilitated 95 group sessions with 396 participants in attendance. The programs continue to be well received offering problem solving techniques and communication skills to care partners caring for persons living with dementia.

“ My husband and I spoke with a family support counsellor. She helped us understand dementia and how to care for mom. We felt that we could call her anytime for assistance.” - ASDR Client

MINT Memory Clinics



Our MINT Memory Clinic Team works together with specially trained physicians to provide early diagnosis, treatment and support for those experiencing memory concerns.

This year, our team continued to support three MINT Memory Clinic locations within Durham Region and Scarborough. The team also completed home visits in the community.

The pandemic and public health restrictions continued to affect the team. However, the innovative service delivery methods that we adopted over the course of the pandemic allowed us to continue to serve our patients via a hybrid model of virtual and in-person consultations.

This hybrid delivery model allowed the MINT team to assess patients and manage wait times accordingly. This year, MINT Memory Clinic staff conducted 2,874 patient visits.



538
NEW REFERRALS



2372
HOURS OF CARE

“ At the MINT Clinic the doctors have all been very caring and informative. Fabulous team!" - ASDR Client



“ The quality of knowledge, resource tools offered, establishing specific goals throughout the caregiver and subsequent grief counselling journey were all beneficial." - ASDR Care Partner

IG Wealth Management Walk for Alzheimer's



MORE THAN
\$69,500
RAISED!



173
PARTICIPANTS

Thank you for supporting the 2021 IG Wealth Management Walk for Alzheimer's.

Due to Covid-19 this year's walk was not held as an in-person event. Instead, individuals were asked to participate throughout the month of May by taking 240,000 steps in honour of the 240,000 people living with dementia in Ontario or 11,275 steps per day for every person living with dementia in Durham Region.

In addition to the daily and monthly step targets, participants were encouraged to join our IG Wealth Management Walk for Alzheimer's Scavenger Hunt. Challenges were shared on Facebook and participants were eligible to win weekly prizes.

Thanks to the support of our local community, our generous participants, donors and sponsors, we were able to raise \$69,500!

We thank you for coming together during these challenging times and continuing to show your support for persons living with dementia and their care partners.

Thanks to our Sponsors!



Community Giving



Thank you to all who helped support the Alzheimer Society of Durham Region through various fundraising events. Your generosity allows us to support people in our community who are living with dementia and their care partners.

Although community events were still on pause for most of 2021, local businesses and members of our community still found ways to raise awareness and funds for ASDR. In total we received more than \$138,000 from donors throughout Durham region.



When summer saw a temporary loosening in Covid-19 restrictions, Deer Creek Cares the charitable arm of Deer Creek Golf and Country Club held their annual Charity Golf Day in support of ASDR. We thank them for bringing together the community and raising \$40,000 for ASDR.



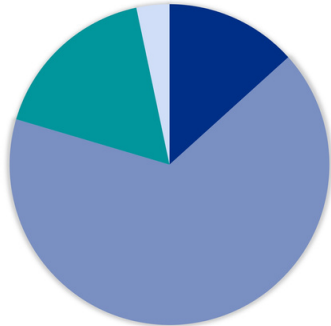
Another notable donor was Shiv Bansal and team who initiated a matching campaign in the fall. Shiv Bansal and his team raised more than \$62,000 for ASDR. Thank you to Shiv and the community for your generous donations.



Financial Report

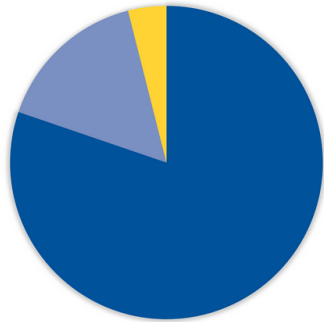
Statement of Operation for 12 month period ending March 31, 2022

Revenue



Government	1,855,592
Other Income	479,122
Donation Revenue	373,350
Unrealized Gain (Loss) on Investments	(93,255)
Total Revenue	2,614,799

Expenses



Programs and Services	2,152,855
Administration	424,313
Fundraising	106,137
Total Expenses	2,683,306

Surplus(Deficit) before Government of Canada Covid Subsidy	(68,507)
Government of Canada Covid Subsidy	124,017
Excess of Revenue Over Expenditures	55,510

*In dollars

Complete audited financial statements are available at www.alzheimer.ca/durham

Ways to Give

Donate now to help fund vital programs and services for people living with Alzheimer's disease or other dementias and their care partners.

MAKE A GIFT



Online at www.alzheimer.ca/durham or by calling 905-576-2567

PLAN YOUR OWN EVENT



Give us a call at 905-576-2567 to get started

LEAVE A LEGACY



Continue your giving with a bequest in your will

BECOME A SPONSOR



Sponsor the IG Wealth Management Walk for Alzheimer's here in Durham

VOLUNTEER WITH US



Contact us to learn about our exciting volunteer positions

Alzheimer *Society*

D U R H A M R E G I O N

Alzheimer Society Durham Region

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Charitable Registration Number: 10670 5296 RR0001