



2012/2013

ANNUAL REPORT

*Société
Alzheimer
Society*
NOVA SCOTIA

Providing
30 years
of HELP & HOPE

The Boliver Family. *Stephen and his family
faced a diagnosis at age 53.*



About Us:

The Alzheimer Society of Nova Scotia is a part of a national and international federation of Alzheimer Societies. We invest in outstanding Alzheimer research and provide valuable programs and services to the thousands of Nova Scotians in need.

Our Mission:

The Alzheimer Society of Nova Scotia is committed to alleviating the personal and social consequences of Alzheimer's disease and other dementias and to promoting the search for causes, treatments and cures.

Celebrating the past. Preparing for the future.

In 2010, when the Alzheimer Society released its report called *Rising Tide: The Impact of Dementia on Canadian Society*, Canadians were shocked to hear the figures. In 2008, there were over 103,700 new cases of dementia reported in Canada (one every five minutes). By 2038, it was projected that there would be 257,800 new cases reported that year in Canada (one every two minutes).

The report went on to lay out the current and projected economic and social costs of dementia in Canada. It said that, if nothing changed, the prevalence of dementia would more than double in 30 years, with the costs increasing ten-fold. For the Alzheimer Society of Nova Scotia, it has been a call to action.

While we can be proud of what we have accomplished over the past 30 years, we need to look to the future and start planning today for the reality we face. We need to push ourselves to reach higher and continue to build our response for those who look to us for support.

As the Society celebrates our 30th anniversary, we have finished the first year of our five year revolving growth plan. This plan is dependent on a successful major gifts initiative, which in the past year has allowed us to expand our services in the province by hiring new Community Initiatives Coordinators, adapt programs and promote new research.

This past year has seen the Society reach out to more people and respond to more needs; but it's clear that we need to do more. Over the past year alone, the Society has seen a 56% increase in the use of our InfoLine from 2011/2012; a trend that will continue as the population ages. New demands and greater expectations promise to drive the agenda well into the future.

Those demands put added pressure on the Society's resources. The Society relies on the generosity of the community to fund its operation. In a world where an increasing number of worthwhile charities compete for a donor's attention, the Alzheimer Society recognizes that we must work hard to inspire continued support and convince Nova Scotians that what we do changes lives.

Looking ahead to the coming year, we see an opportunity to validate what has been accomplished and lay the ground work for the future. It's a challenge we are ready to embrace.



Lloyd Brown
Executive Director
Alzheimer Society of Nova Scotia



John Mullowney
President
Alzheimer Society of Nova Scotia Board of Directors



Kari and her son, Ethan. Kari was 21 when she became a caregiver.

Help for Today. *Hope for Tomorrow . . .*®

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Making a Difference

Maddie Comeau

Each gift to the Alzheimer Society of Nova Scotia, large or small, is greatly appreciated. Few, however, have had the impact on staff as much as Maddie's donation of \$500. Maddie is now 12 years old, but started her project when she was ten. Her grandfather had Alzheimer's disease and Maddie needed to do something to make a difference.

"I remember her asking me why there was no cure," says Maddie's mother, Andrea. "I told her it takes research and research costs money." If money was needed, Maddie had a plan. She would sell cookies and muffins to friends and neighbours and raise a lot of money for the Alzheimer Society of Nova Scotia.

It wasn't long before Maddie had set up shop and taken over the family kitchen. "I made everything from scratch," says Maddie. "People could choose from chocolate chip, oatmeal, oatmeal raisin or peanut butter. You could have eight cookies or eight muffins for \$5.00."

There was more to the project than just baking. Maddie and her mother developed spread sheets to keep track of costs, profits and customers. It meant delivering cookies, approaching friends and neighbours and creating posters to promote the cause. "It became a school lesson as well as a life experience," remembers Andrea.

"There were times it got quite tiring," says Maddie. "But I never thought of giving up." After eight months of baking and selling, Maddie had raised half of her goal. With her birthday coming up, she decided to convince her friends to join the effort by making a donation instead of buying a present. With a list of 20 friends, she invited them to her party, talked to them about Alzheimer's disease and why raising money for research was important.

By June, she had reached her goal. For Sarah Lyon, Director of Fund Development for the Alzheimer Society, the day Maddie and her mother showed up at her office with an oversized cheque for \$500, was a day staff would long remember. "Every donation speaks to a commitment," says Sarah. "To see that level of commitment from an 11 year old is refreshing."

Andrea remembers shedding a tear that day. "I was so proud." For Maddie, it was no big deal. She's just that kind of person.

For all the people living through the disease; it is a big deal, Maddie.



By making a donation you are supporting the over 15,000 families in Nova Scotia who face Alzheimer's disease and other dementias on a daily basis. Because of your donation, the Society is here to offer a variety of Programs and Services. Through your gift, there will be funding for research into causes, treatments and cures.

Support where it's needed

Daphne Ackerman

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It was always meant to be. Both immigrants to Canada, Daphne and Hendrik met, fell in love, married and began their life together. In 1960, after a visit to the South Shore, they moved from Hamilton, Ontario to Port Mouton, Nova Scotia. "We loved the area," says Daphne. "It was a perfect place to raise a family."

They watched their two sons grow up and become successful. One moved to Brampton and the other found his way to Japan. Hendrik worked for the Coast Guard as a radio officer until his retirement at the age of 66. Life was good.

Daphne began noticing a change in her husband 12 years ago. "It was small things at the time," she remembers. At first it was memory lapses, forgetting things or not remembering simple facts. It was a bladder infection and a diagnosis by a family doctor that confirmed Alzheimer's disease. "It was like a light went out," says Daphne.



Those first few years were a struggle. "There was little information or support available for people going through the disease" remembers Daphne. With no family in the area, she had to make all the decisions related to her husband's care. She relied on friends, her church and her own wits to get her through. While she was still able to work and run a local craft shop, it was often difficult to manage. By 2005, she needed to stay at home full-time to take care of Hendrik.

She finally found the support she needed through Queen's Manor. A Day Program provided three days of respite for her and planned activities for Hendrik. She joined a support group organized by the Alzheimer Society and found, not only a supportive environment, but an opportunity to share her own experiences with others.

"We meet once a month," says Daphne. "We share stories, exchange ideas and support each other along our journey. We even get mad when the mood strikes us." The meetings are now an important part of her life. As one of its longest serving members, Daphne has slipped into the role of co-facilitator. Her teaching background and her experience as a spouse allows her to help others going through a similar situation. She has been able to attend the Alzheimer Society's Annual Provincial Conference, bring back the latest information about Alzheimer's disease and meet staff at the Society. She feels supported even though she's not near the Society's office.

It's those connections and the involvement of people like Daphne that enable the Society to reach out to caregivers around the province.

The Alzheimer Society of Nova Scotia is pleased to offer a network of 21 Caregiver Support Groups across the province. These groups offer a safe environment where you can learn, share, and help each other through mutual understanding. For more information on when and where these groups meet, call 1-800-611-6345, or visit us online at www.alzheimer.ca/ns

Reaching for a Lifeline

Eileen McIntyre

My name is Eileen McIntyre and my husband John has Alzheimer's. John is 75 years old and we've been married for 31 years.

John was diagnosed in 2009 with Alzheimer's and what I've learned over the years is that you can't fix the problem – you can't fix the disease – you have to be ready to make changes in your life as the disease progresses. Minor changes at first, then major changes. It's how you deal with the challenges that will help get you through the many stages of the disease.

The first noticeable sign that John had a memory problem was with his driving. His judgement was slow and he needed to be prompted to react to traffic lights.

After being diagnosed, John continued to enjoy daily activities and family events – he liked going for his morning stroll to a local coffee shop to meet up with his buddies; in the afternoons he enjoyed playing the guitar or watching his favourite TV shows. Things were going pretty good for about a year or so, until John seemed to need more social interaction during the daytime. We found help with the Adult Day Program offered, first by the Salvation Army, and then by the VON. John participated in this program from April 2011 to January 2013, and never once did he say that he didn't want to go. He enjoyed the activities and the companionships.

A lifeline for me was the Family Caregiver Education Series offered by the Alzheimer Society. I learned I wasn't alone. The course gave me the information I needed to prepare for what the future may be like caring for someone with this disease. It covered such topics as dementia, its symptoms and diagnosis, planning for the future, dealing with day to day issues, and many other topics. I contacted the Nova Scotia Continuing Care department and John was assigned a Care Coordinator. She was very helpful in advising me what programs were available to assist me in John's care. She also encouraged us to start the process to have John's name put on the waiting list for a nursing home.



As the disease progressed and I required additional help with John's care, his Care Coordinator reminded me that John qualified for respite care in a nursing home. I took advantage of that help. John would stay for four to five days per month in a nursing home in order to give me a much needed break. I'd use this time to recharge my batteries...to get some housework done...to visit with friends.

I participate in the monthly Alzheimer Society support group meetings. Here is where I've learned that I'm not alone. I met up with so many other people who are trying to understand this disease as well. We support each other and we share our stories. The Alzheimer Society representative assists in having the sessions run smoothly and offers advice as well as provides educational materials.

Through all the programs that we tapped into, it helped to prepare for the day John had to move permanently into a nursing home. This move took place in February 2013. With the support of family and friends, I am learning a new way of life without John at my side. I miss him dearly but at every visit, we go for walks together, sit together, listen to music, we laugh, we read ... we enjoy each others' company. I know he is happy.

As our population ages, the number of people and their families living with Alzheimer's disease or other dementias is increasing. The Alzheimer Society provides support and a link to resources available in the community for those living with the disease. We also provide the opportunity for people to share their experiences with others.

Faye Wheatley and her daughters, Lori, Vicki and Jennifer. *Faye and her family immediately came to the Alzheimer Society for education and support when she was diagnosed.*



“There is no exercise better for the heart than reaching down and lifting people up.”

- John Holmes

Our Donors and Financial Partners

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Wolfville Nursing Home

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Fred Wade	NSCC - School of Health & Human Services
Geralyn MacLellan	Nu-Ceil Atlantic Distributors Limited

Our Donors and Financial Partners

Friends of the Alzheimer Society (\$250 - \$499 - continued)

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Panacea Body Wellness
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Paul Murphy
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Progressive Cabinets & Millwork Limited
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Susan Sanford
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Turner Drake & Partners Ltd.
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Vaughn Assurance Ltd.
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Estate of Mildred Christine Kellock

Estate of Muriel Alice Levy
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Fiona Kirkpatrick-Parsons
Andrew Matheson

Our Donors and Financial Partners

Nursing Home Challenge Participants

Alderwood
Shannex, Arborstone Enhanced Care
Shannex, Bissett Court
Shannex, Cedarstone
Shannex, Celtic Court
Shannex, Debert Court
Shannex, Elk Court
Dykeland Lodge
Foyer Pere Fiset
Grandview Manor
Heart of the Valley Long Term Care Centre
Shannex, Maplestone Enhanced Care

Shannex, Northumberland Hall
Shannex, Orchard and Blomindon Court
Shannex, Parkland Cape Breton
Shannex, Parkstone Enhanced Care
Seaview Manor Corporation
Shannex, Harboursstone
Shannex, Ryan Hall
The Mira Care Centre
Shannex, Vimy Court
Windsor Elms Village
Wolfville Nursing Home

Third Party Fundraisers

Cobequid Educational Centre
Dalhousie Student Pharmacy Society
EMC - Emergency Medical Care Inc.
Hannah Rudderham
HGS Canada Inc.
John Sperdakes Memorial Tournament

Leslie MacPhee
Maddie Comeau
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Nova Agri Group of Companies
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Scotiabank Bluenose Marathon

Financial Partners

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CFB Halifax
General Mills

Paul LeBlanc Professional Video Service
Tim Hortons
Waterfront Development Corporation

Financial Highlights



INDEPENDENT AUDITOR'S REPORT

To the Directors of: Alzheimer Society of Nova Scotia

We have audited the accompanying financial statements of Alzheimer Society of Nova Scotia, which comprise the balance sheet as at March 31, 2013, March 31, 2012 and April 1, 2011, and the statements of revenue, expenses and fund balance, and cash flows for the years ended March 31, 2013 and March 31, 2012, and a summary of significant accounting policies and other explanatory information.

Management's Responsibility for the Financial Statements

Management is responsible for the preparation and fair presentation of these financial statements in accordance with Canadian accounting standards for not-for-profit organizations, and for such internal control as management determines is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

Auditor's Responsibility

Our responsibility is to express an opinion on these financial statements based on our audits. We conducted our audits in accordance with Canadian generally accepted auditing standards. Those standards require that we comply with ethical requirements and plan and perform the audit to obtain reasonable assurance about whether the financial statements are free from material misstatement.

An audit involves performing procedures to obtain audit evidence about the amounts and disclosures in the financial statements. The procedures selected depend on the auditor's judgment, including the assessment of the risks of material misstatement of the financial statements, whether due to fraud or error. In making those risk assessments, the auditor considers internal control relevant to the entity's preparation and fair presentation of the financial statements in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the entity's internal control. An audit also includes evaluating the appropriateness of accounting policies used and the reasonableness of accounting estimates made by management, as well as evaluating the overall presentation of the financial statements.

We believe that the audit evidence we have obtained in our audits is sufficient and appropriate to provide a basis for our audit opinion.

Basis for Qualified Opinion

As is common with organizations of this type, donations and fundraising, by their nature, are not susceptible to complete verification by audit procedures. Accordingly, our examination of donations and fund raising revenue was restricted to accounting for the amounts recorded in the accounts of the Society.

Qualified Opinion

In our opinion, except for the possible effects of the matter described in the Basis for Qualified Opinion paragraph, the financial statements present fairly, in all material respects, the financial position of Alzheimer Society of Nova Scotia as at March 31, 2013, March 31, 2012 and April 1, 2011, and the results of its operations and its cash flows for the years ended March 31, 2013 and March 31, 2012 in accordance with Canadian accounting standards for not-for-profit organizations.

Chartered Accountants

June 10, 2013
Halifax, NS

Chartered Accountants

5991 Spring Garden Road
Professional Centre, Suite 575
Halifax, NS B3H 1Y6

T 902.444.6900 F 902.444.1997

Financial Highlights

OPTIO

ALZHEIMER SOCIETY OF NOVA SCOTIA BALANCE SHEET

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March 31, 2013

	2013	2012
	\$	\$
ASSETS		
Current		
Accounts receivable [HST of \$14,379, 2012: \$18,283]	20,474	56,680
Due from ASC / Health Partners	7,391	1,852
Due from United Way	10,490	4,142
Inventory	10,945	10,172
Prepaid expenses	37,020	46,426
	86,320	119,272
Furniture and Equipment [note 4]	13,658	1,319
Restricted Cash	12,977	12,839
Long Term Investments	321,199	474,685
	434,154	608,115
LIABILITIES		
Current		
Bank indebtedness	67,252	57,794
Deferred revenue	15,244	29,124
Accounts payable	40,781	73,782
	123,277	160,700
Commitments [note 6]		
EQUITY		
General Fund Balance [page 3]	310,877	447,415
	310,877	447,415
	434,154	608,115

See accompanying notes

Approved on behalf of the Board

Directors

Financial Highlights

OPTIO

ALZHEIMER SOCIETY OF NOVA SCOTIA STATEMENT OF REVENUE, EXPENSES AND FUND BALANCE GENERAL FUND

3

year ended March 31, 2013

	2013	2012
	\$	\$
Revenue		
Memorials, donations and bequests	293,225	245,126
Fund development, events and annual drives	489,538	418,266
ASC revenue collected [note 7]	162,944	184,383
Educational programs	42,849	37,496
United Way / Canada Helps	16,111	10,107
Administration revenue	22,781	25,128
	1,027,448	920,506
Expenses		
Fund development, events and annual drives	314,920	316,053
Resource and support	175,023	212,170
Information	76,125	-
Educational programs	216,013	234,904
Memorials, donations and bequests	168,560	104,685
Research	78,838	63,604
ASC operating assessment	49,297	57,849
Administration	103,567	60,915
	1,182,343	1,050,180
Net Loss Before Gains (Losses) For The Year	(154,895)	(129,674)
Realized Gain on Investments	8,694	-
Unrealized Gain (Loss) on Investments	9,663	(6,278)
Net Loss For The Year	(136,538)	(135,952)
General Fund Balance, beginning of year	447,415	583,367
General Fund Balance, end of year	310,877	447,415

See accompanying notes

Financial Highlights

OPTIO

ALZHEIMER SOCIETY OF NOVA SCOTIA STATEMENT OF CASH FLOW

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year ended March 31, 2013

	2013	2012
	\$	\$
Operating Activities		
Revenue received	1,015,443	958,158
Payment for expenditures	(1,200,751)	(1,014,632)
	(185,308)	(56,474)
Investing Activities		
Purchase of Furniture and Equipment	(14,150)	-
Transfer from Investment Fund	190,000	-
	175,850	-
Net Decrease in Cash during the Year	(9,458)	(56,474)
Bank indebtedness, beginning of year	(57,794)	(1,320)
Bank indebtedness, end of year	(67,252)	(57,794)

See accompanying notes

Leadership

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His Honour Brigadier-General The Honourable J.J. Grant, CMM, ONS, CD (RET'D) Lieutenant Governor of Nova Scotia

Our Volunteers

The Society would like to extend our heartfelt appreciation to all of our volunteers. From support group facilitators, Family Caregiver Education Series facilitators to members of our Alzheimer InfoLine team, the many people who help out at our special events, board and committee members and those who help out in our office each week, your collective expertise helps the Society meet the growing needs of those living with Alzheimer's disease or other dementias.

The countless hours of your time that you spend helping the Society are truly appreciated. Thank you for your dedication, enthusiasm and support.

Société Alzheimer Society
NOVA SCOTIA

112-2717 Gladstone Street
Halifax, Nova Scotia
B3K 0A4

Telephone: 422-7961
Toll-free: 1-800-611-6345
Fax: 422-7971
E-mail: alzheimer@asns.ca
Web: www.alzheimer.ca/ns