

# Alzheimer Society

DURHAM REGION

# ANNUAL REPORT 2017/2018



# Executive Greetings

## VISION

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

## MISSION

To improve the quality of life of people with Alzheimer's disease or a related dementia and their care partners.

## VALUES

Accountability  
Collaboration  
Respect  
Excellence  
Innovation  
Empowerment

Over the past year, there has been tremendous effort and focus for the Alzheimer's Societies across Canada to help reduce the stigma associated with dementia. At the Alzheimer Society of Durham Region ("ASDR"), we believe that people living with dementia can continue to live well, despite the new challenges they may face. However, the World Alzheimer Report (2012), indicates that 40% of those living with the disease report not being included in everyday life. As our community beings to gain greater awareness that our friends and family members living with dementia can continue to make great contributions, we are encouraged that the era of social exclusion for those living with the disease will come to an end. The Alzheimer Society of Durham Region remains committed to taking action to end that stigma.

The past year at the Alzheimer Society of Durham Region has been one filled with growth and change. Approximately 564,000 Canadians are living with some form of dementia. In Durham Region, the numbers reach 10,000, but many more individuals and families are living without a diagnosis and the support they could access. Our growing social & recreational programs allow individuals to remain active and engaged while at the same time, meeting others that are travelling a similar journey. Through generous donors, we have been able to open a dedicated recreation area where many activities will be taking place for both individuals living with dementia, their care partners, families and supporters. Our support groups, operating in all municipalities in Durham Region, provide a venue for care partners to share similar experiences and offer mutual support and encouragement. Our public education programs reach out to a wide audience to provide valuable information about dementia. All programs come together to offer a wide array of opportunities for those living with Alzheimer's disease or a related dementia, their care partners, healthcare professionals and the general public to learn about living with, and supporting someone who lives with the disease.

The Board of Directors remains passionate about our mission to improve the quality of life of people with Alzheimer's disease, or related dementias, and their care partners. We have continued our focus this past year on building our capacity to support our clients through the many offerings you'll read about in this report.

With the growing needs in Durham, support from our donors will continue to be vital to enhancing our support programs and our reach within the community. We are grateful for the ongoing support of our donors, event participants, volunteers, and staff, who make a difference every day in this shared mission.

The following pages highlight our various support programs, financial reports, and the success we share in moving our mission forward. Our stories paint a picture of the year's achievements. As you read, we hope you will join us on this journey to changing lives.

Sincerely,  
Brian McAuley  
Board Chair



Denyse Newton  
Executive Director



**Alzheimer Society of Durham Region**  
1600 Champlain Ave., Suite 202, Whitby, ON, L1N 9B2

# HIGHLIGHTS

## Impact

From the moment Bill laid eyes on Lucille, he knew she was the one for him. They have shared 46 wonderful years together, his deep love, admiration and friendship for Lucille is obvious.

Lucille, a former Kindergarten Specialist, fashion model and fitness enthusiast, is adored by everyone. Bill, a retired communications editor, a 'boat guy', and also a fitness and bike enthusiast, is a strong advocate for those who are touched by dementia.

Bill and Lucille have many blessings and continue to be optimistic despite the life changing diagnosis of Alzheimer's disease Lucille received at the age of 70.

Bill explains, *"The journey has been a long one. At first you go through the stages of denial. I ignored the early indications of dementia and made excuses for her forgetfulness and changing behaviours. When family expressed concern, I knew it was time to get this checked out."*



Lucille and Bill

*"We were surprised how difficult it was to learn about treatment and diagnosis of dementia related illnesses. I had to be a strong advocate for Lucille and continuously press for more tests, more answers, and often requested different treatment options and second opinions. I had to learn a lot of information on my own. Eventually, I met a terrific doctor who suggested we contact the Alzheimer's Society",* Bill exclaims.

*"I feel so much gratitude for the warm welcome and support the Alzheimer Society of Durham Region has provided to me and my family. The people here are angels on earth!"*

Bill and Lucille have enjoyed many support programs offered at the Alzheimer Society of Durham Region including individual, family and group support as well as social and recreational programming such as the iPod Project, which really helped Lucille.

Now, Bill regularly volunteers his time to facilitate a support group for men whose wives are in various stages of dementia. Bill has also shared his knowledge and experience on several local news channels for seniors to help create awareness and reduce stigma.

*"It is important people know what to expect. You are not alone. And, the better you can be to yourself as a care partner...the better you can be to your loved one. I would tell care partners to please stop feeling guilty! Try to accept their loved one may not be the same anymore, but remember that is just the disease. They are still here! That is the silver lining!"*

# RECREATION & VOLUNTEER



**3,384**  
Individuals  
supported

**143**  
VOLUNTEERS  

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**2,695**  
HOURS

*"Opportunity to do what we love again, in an accepting and non-judgmental atmosphere" -  
Person living with dementia*

**38**

SOCIAL & RECREATION  
PROGRAMS

**2,897**

INDIVIDUALS PARTICIPATED  
IN SOCIAL & REC PROGRAMS

**150**

SUPPORT GROUPS  
FACILITATED

## Programs with Volunteer Support

Brain Wave Cafés  
Choir  
Care Partner Support Groups  
Speakers Bureau  
Administration  
Arts Programs

Walking Buddies  
Minds In Motion  
Peer Mentor  
Virtual Dementia Tour  
Breakfast Club  
Events

# EDUCATION & SUPPORT

**8,177**

Connections made  
to persons living  
with dementia or  
care partners



"Excellent program I feel you gave me my husband back. He is willing to talk about things and share his feelings. Awesome program. Terrific leaders." - Care Partner, TCOL Program



**51**

BUSINESSES  
REACHED

## BLUE UMBRELLA PROGRAM

Businesses & organizations received education and training to provide good customer service to people living with dementia in Whitby and Ajax.

**1,193**

Attended  
support groups

226 GROUP EVENTS  
THROUGH PUBLIC EDUCATION

**5,805**

Connections  
made through  
education

PRIMARY CARE  
COLLABORATIVE  
MEMORY SERVICES

**3**

LOCATIONS

**175**

CLINICS

**898**

VISITS

PH: 905-576-2567 | TF: 1-888-301-1106

[www.alzheimer.ca/durham](http://www.alzheimer.ca/durham)

# EVENTS & FUNDRAISING

Walk for Alzheimer's

**\$92,500**



Third Party Events

**\$53,300**



**23**

REGISTRATIONS

**\$15,500**

RAISED

Coffee Break is about community. Our community showed support at Long Term Care homes, Retirement Centres, Churches, Offices and with our major sponsors Melita and FreshCo. Thank you!

# COMMUNICATIONS



860+ followers



825+ followers



15,097 visitors to  
ASDR website

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**1600 Champlain Ave., Suite 202, Whitby, ON, L1N 9B2**

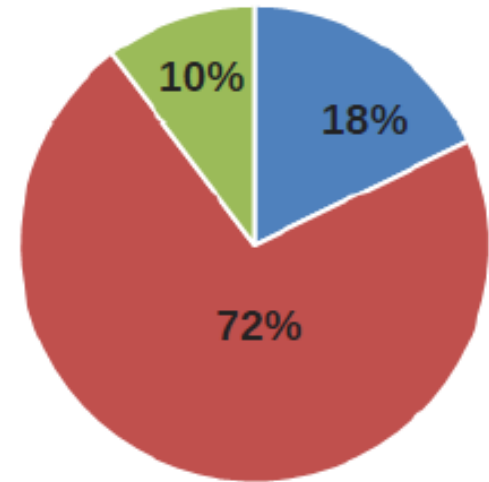
# Financial Report

## Statement of Operation

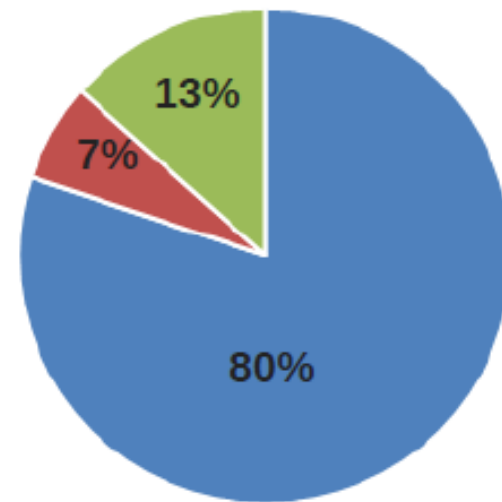
For 12 Month Period Ended March 31, 2018

(in dollars)

<b>REVENUE</b>	<b>2016/2017</b>	<b>2017/2018</b>
Support from the Public	2,048,678	406,884
Government Health Programs	1,518,803	1,639,979
Provincial Grants & Other Income	192,277	235,754
<b>Total revenues</b>	<b>3,759,758</b>	<b>2,282,617</b>



<b>EXPENSES</b>	<b>2016/2017</b>	<b>2017/2018</b>
Total programs and services	1,598,937	1,745,244
Fundraising	124,896	140,150
Administration	138,173	292,492
<b>Total expenses</b>	<b>1,862,005</b>	<b>2,177,886</b>



**Excess of revenue over expenses**    **1,897,753**    **104,731**

Complete audited financial statements are available at [www.alzheimerdurham.com](http://www.alzheimerdurham.com)

The Board of Directors of the Alzheimer Society of Durham Region has a policy that ensures adequate reserve funds are available to provide for at least six months of normal operating expenses.

# Alzheimer Society

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

## Board Members 2017/2018

Deanna Hollister - Past President

Brian McAuley - President

Heather Rivet - Vice President

Megan Hanzal - Treasurer

Debbie Lodge - Secretary

Bob Baker - Director

Dexter John - Director

Eleanor Hastie - Director

Paula Donahoe - Director

Liane Strus - Director

Alex Vanderzand - Director



**Alzheimer Society of Durham Region**

**1600 Champlain Ave., Suite 202**

**Whitby, ON L1N 9B2**

**Ph: 905-576-2567**

**TF: 1-888-301-1106**

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**www.alzheimer.ca/durham**

**Registered Charity # 10670 5296 RR0001**

**Gratefully acknowledges support from:**



**Ontario**

Central East Local Health  
Integration Network

Ontario  
Trillium  
Foundation



Fondation  
Trillium  
de l'Ontario

An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario