

Supporting our community

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON



MONTHLY SUPPORT GROUPS

SAFELY HOME

CONSULTATIONS, INDIVIDUAL / FAMILY

PUBLIC AWARENESS CAMPAIGNS

ANNUAL CONFERENCE

GUEST SPEAKERS

ADVOCACY

ELEMENTARY SCHOOL PROGRAM

FIRST LINK LEARNING SERIES

SAFELY HOME

HOME AND SAFE PROGRAM

PUBLIC EDUCATION PROGRAMS

CERTIFIED TRAINER IN GPA AND U-FIRST

A CHANGING MELODY

COMMUNITY & ACDEMIC PARTNERSHIPS



2012 ANNUAL REPORT

Letter from the Executive Director and Board President

The annual general meeting provides an opportunity to review and highlight the many activities of the Alzheimer Society of Kingston, Frontenac, Lennox and Addington (KFL&A). It allows us to reflect - on our achievements, our opportunities to develop new programs and partnerships and to thank those who have played such an integral role in the success of the society.

We would like to send a heartfelt thank you to our past board members who have served as thoughtful mentors and advisors. We wish Ellen Bater, Jennifer Sims and David Freedman the very best in their future endeavors. We would also like to extend our thanks and well wishes to Beverley Anderson, who retired from the position of Manager of Fund Development earlier in the year. Their passion and dedication for the society and those we serve are admirable.

The Alzheimer Society of KFL&A was very fortunate to have been the recipient of two grant programs. Following a lengthy application process, the United Way of Kingston, Frontenac, Lennox & Addington awarded the society an endowment of \$10,000.00 that was to be allocated to the "At Home and Safe" Program. This program is aimed at providing safety solutions to those who are diagnosed and living at home.

The society was also the beneficiary of a grant provided by the Ontario Trillium Foundation. This valuable grant financed the Sharbot Lake satellite office and the necessary staff accompaniment. We are extremely appreciative of the financial support both of these organizations have afforded the society.

We are extremely proud of the vast and varied programs and services that our staff has delivered to our clients - including those diagnosed, their care partners and the professional personnel and agencies that serve those with a dementia. Our team provides disease education, support and system navigation to clients and their families, both in our office locations as well as in the form of outreach in rural communities. Additionally medical staff within the emergency, orthopedic and critical care units of the Kingston General Hospital and the Lennox & Addington County General Hospital, received disease education concerning communication techniques, working with the care partner and accessing resources. These programs, and the many others that our motivated and enthusiastic staff offers are what make the Alzheimer Society of KFL&A such a valuable resource to our clients.

The necessary and worthwhile services that the society offers are funded by the generous donations from our community. Our two major fundraisers of the year, Coffee Break and the Walk for Memories took place throughout the fall and winter months of 2011 and 2012. We are pleased to announce that once again they were each a big success. It is this generosity and support from the community that allows us to continue to be a resource and support for those that have been diagnosed with a dementia and their families.

We are very much looking forward to the year ahead. We have a strong team, consisting of staff, board members, volunteers and community partners. These teams, combined with the determination to extend our reach, build new partnerships, strengthen existing ones and champion our families, will no doubt result in another successful year.

Sincerely,

Vicki Poffley, Executive Director
Korin Flindall, President, Board of Directors



United Way
Kingston, Frontenac,
Lennox and Addington



Our Staff

Vicki Poffley
Executive Director

Bernadette Abrams
Administrative Assistant

Jillian Dahm McConnell
Public Relations and Education Coordinator

Bob Fisher
Public Education Coordinator , Frontenac, Lennox and Addington

Amy Van Steenburgh
Client Services Coordinator

Our Board of Directors

Korin Flindall, President

Patti Dixon-Medora, Past President

Jan White, Vice President

Brent Bellamy, Treasurer

Elaine Davidson, Secretary

Sharon Cowan, Director “Elect”

Kim Davis, Director “Elect”

Marcel Giroux, Director

Rachel Herron, Director “Elect”

Wayne Hilliker, Director

Lorraine Kenney, Director “Elect”

Elizabeth Moore, Director

Office Locations:

175 Rideau St. Lower Level
Kingston, ON
K7K 3H6
613-544-3078

1042 Elizabeth St.
Sharbot Lake, ON
K0H 2P0
613-279-3078

Our Programs & Services



Client Services

The Alzheimer Society of Kingston, Frontenac, Lennox and Addington offers a unique set of services to families affected by all stages of dementia. The First Link Program works in conjunction with local doctors, geriatric specialists, and various agencies within our region. Clients are referred to our education staff when they are in need of guidance, support and information while navigating their journey with dementia. We meet with individuals, families and care partners to ensure that everyone has confidence and hope in maintaining the best quality of life possible.



Rural Outreach

While many of the clients we serve live within the city limits, there are new and existing clients in the rural community who need and deserve access to assistance, support and disease education. Our rural outreach program is based out of our Sharbot Lake satellite office. Not only does it offer similar programs to that of the main office, such as support groups and information sessions, but it also ensures that the society has a presence in the community itself. Staff attend community service fairs, meetings with area health care personnel and engage the community in fundraising activities.



Professional & Public Educational Programs

The Alzheimer Society has become a valued member of the health care community with respect to providing education to professionals who work with those diagnosed. Staff at the society are able to provide U!First and Gentle Persuasive Approach (GPA) training to community professionals as well as disease education within the medical and post-secondary communities and other established professional associations. Furthermore, the society has had the opportunity to sit on a variety of networks and organizational committees which allows our staff to advocate for the needs of the clients we serve.



Resource Centre

There is vast amount of literature and multi-media resources available to our clients - whether you are the person diagnosed, the care partner or a professional working in the field of dementia. Our library has resources added to its shelves on a regular basis and all are accessible at no cost. We invite you to take advantage of the wealth of information that is sure to improve your knowledge and understanding of Alzheimer's disease and related dementias.



Safely Home

The Alzheimer Society is always making efforts to provide valuable services for the local families that we so proudly serve. Safely Home® is a wandering registry program that assists police in finding a person with dementia who has become lost and returns them safely to their home. It is a nationwide program developed in partnership with the RCMP. Once a person is registered, vital information such as physical description, residence, and next of kin is stored confidentially on a police database, which can be accessed by police anywhere in Canada when a call is made for assistance.

Individual Donors and Legacy Gifts

We would like to extend a heartfelt thank you to our donors and those individuals who, while making arrangements for their future, have generously thought of the Alzheimer Society of KFL&A in the form of legacy gifts.

Without the continued support and generosity of individuals like you, we would be unable to provide the support and services that our families and members of our community so greatly need and value.

We are humbled and grateful.

Fundraising and Events

The fundraising campaigns implemented by the Alzheimer Society of KFL&A, its' staff and valued volunteers, play not only an integral role but a mandatory one, if we wish to continue to deliver the much needed programs and services to our clients. Therefore it is with great pleasure to announce that the society exceeded its' fundraising targets for the 2011/2012 fiscal year.

The society's premier fundraising event *Coffee Break*, included more than 100 participant hosts in the region, resulting in **over \$40,000 being raised**. Our volunteer hosts consist of individuals, corporations, clubs and students.

Lois Yamamoto was the 2011 Chair of the Alzheimer Society of KFL&A's *Coffee Break* campaign. Much of her time was spent organizing, generating volunteers, canvassing and working diligently on this crucial event. As a result of her hard work and persistence, the number of coffee breaks through out the city increased significantly.

The Alzheimer Society's subsequent fundraising effort was the annual *Walk for Memories*. This year the event was held on Sunday, January 29th, at the Cataraqi Centre. It too was a great success. The **total amount raised was \$29,272** by 92 participants.

The organization and resulting success of the *Walk for Memories* would not be possible if not for the hard work and diligence of the *Walk for Memories* planning committee: Ed Smith (Chair), Amanda Milliken, Stacey Hickman, Jacquie and Grant Simpson and Gary and Jan White.



Our Sponsors



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Our Mission

Is to alleviate the personal and social consequences of Alzheimer Disease and related disorders and to promote research.

Our Vision

Is a world without Alzheimer Disease and related disorders.

Our Values

Collaboration
Accountability
Respect
Excellence

What we do

Founded in 1981, the Alzheimer Society of KFL&A offers a wide range of programs and services designed for individuals with dementia, families of those diagnosed, care partners, health professionals and the general public. Both the individual and the family are provided with one-on-one support throughout the disease process, well past the initial diagnosis.

Currently we employ six staff members and we are fortunate to have a large team of volunteers who assist in running our events, education and support programs.

The Growing need for Assistance & Support

Diagnosis of Alzheimer's disease and related dementias (ADRD) is growing at a significant rate within the Kingston, Frontenac, Lennox and Addington community. An increase in assistance and support (both personal and economic) is necessary not only in our local region, but also provincially and federally.

- ◆ 3317 people in the **KFL&A region** will be diagnosed with a dementia by the end of 2012. 3417 people are projected by the end of 2013¹
- ◆ 181,000 **Ontarians** have dementia, a number that is expected to rise by 40% to 255,000 by the year 2020; ten short years away².
- ◆ Today in **Ontario**, families and friends spend 87.1 million unpaid hours caring for people with dementia. By 2020, they'll be offering 144 million hours, an increase of 65%².
- ◆ In 2010, more than 500,000 **Canadians** were living with dementia². Of these, approximately 71,000 are under the age of 65.
- ◆ Within a generation, the numbers of **Canadians** living with dementia will more than double to 1.1 million².
- ◆ In **Canada**, the economic burden will increase tenfold, to \$153 billion per year in less than 25 years².
- ◆ As of 2010, more than 35.6 million people **worldwide** are living with dementia, or more than the total population of Canada³.

1. Dementia Projections for the Counties, Regional Municipalities, and Census Divisions on Ontario, June 2010, Robert W. Hopkins, Ph.D., Providence Care Mental Health Services, Kingston, Ontario.

2. Rising Tide: The Impact of Dementia on Canadian Society. (2010). Alzheimer Society of Canada

3. World Alzheimer Report 2010, The Global Economic Impact of Dementia. (2010). Alzheimer's Disease International (ADI)

Our Programs & Services



At Home and Safe Program

A program aimed at increasing the safety of individuals with Dementia who are living at home and may be at risk for safety concerns and night wandering. By supplying mats that can alert care partners to motion in areas of the home, we hope to bring some comfort to those affected by this disease. The “wander alert mat” appears the same as the average door mat but will send an alert to the care partner in the home if pressure from standing or walking is applied to the mat. This mat can be used at the bedside, by a chair, or at an exit door and will alert the caregiver when the person is up and mobile, or when it is no longer safe for them to leave the home unassisted.



Support Groups

The Alzheimer society hosts 15 support groups every month within the KFL&A region. A variety of themes means that each client can have a chance at finding a place of comfort and support. Staff and volunteer facilitators lead groups for women care partners, male care partners, those with early stage dementia, activity groups for person’s with more advanced dementia, an evening group and many more. With such diversity in our support system we are able to deliver the right information at the right time.



A Changing Melody

This annual, one day event is an opportunity for attendees to learn from others experiencing the dementia journey. Additionally the forum provides a chance for everyone to share their own stories, so that participants feel heard and validated by their peers. A Changing Melody is planned and executed by person’s with dementia and a committee consisting of staff and community volunteers.



Family Education Clinics

Clients of the Alzheimer Society are the best source of needs information, regarding the selection of topics for the seminars delivered. When discussions and questions show common concerns, facilitators are listening and respond with public seminars that focus on the subject matter requested. Over the past year, staff and guest speakers have addressed a variety of topics including: *Options for Care, Power of Attorney and Financial Issues and First Steps for Families and Clients – learning about dementia and what your diagnosis means*; to name a few. Each event brings clients together to not only gain strategies and tips for life, but also increases socialization and validation amongst peers.

Let's Face it! Facing Up to Dementia

An Alzheimer Society survey released January 2012, as part of Alzheimer Awareness Month shows that many Canadians ignore possible early signs of dementia because they think they are a normal part of aging. This time lag between the first symptoms and diagnosis can have grave consequences: it limits Canadians' access to valuable information needed to plan their care and to allow them to stay at home as long as possible. It also limits their access to medication, some of which works best when taken in the early stages of the disease.

The Alzheimer Society survey of 958 family caregivers shows 44 per cent of respondents waited a year or more from the first signs of dementia in a family member before seeing a health-care professional.

In hindsight, three quarters said they wished their family member had been diagnosed sooner so they could have received medication to minimize symptoms.

These findings are especially troubling following on the heels of our ground-breaking 2010 report, *Rising Tide: The Impact of Dementia on Canadian Society*. That report shows that Canada is experiencing a rapid increase in the prevalence of Alzheimer's disease and other dementias.

Today, half a million Canadians have Alzheimer's disease and other dementias. This year alone, more than 103,000 of us will develop dementia. This is equivalent to one person every five minutes. By 2038, this will become one person every two minutes, or more than 257,000 people per year. Without proper planning, the rising financial and social costs could overwhelm families and our health-care system.

One of the keys to avoiding this is early diagnosis. But the above mentioned survey shows that of those who delayed seeing a doctor, half said it was because they thought it was just symptoms of old age.

Symptoms of old age and those of dementia are different and unless people understand this, they won't get the help they need. Canadians must inform themselves.

For example, it's normal to occasionally forget an appointment or a colleague's name, especially as we get older. If when reminded of the missed appointment we realize that we did indeed have one, this is also normal. But if when reminded, we still have no memory of the appointment, this can be a symptom of dementia. It's also a symptom of dementia to repeatedly forget things, and to have difficulty recalling information we recently learned.

Probably the most unrecognized symptom of dementia though is mood and behaviour changes. We all become sad or moody from time to time. But people living with dementia can go through mood swings – from calm to tears to anger – for no apparent reason. They may also act out of character, becoming suspicious, fearful or confused.

It's only by facing up to dementia that Canadians can learn these and other symptoms, and get the help they deserve.

The Alzheimer Society can help. In fact, we are the leading nationwide health organization for people affected by Alzheimer's disease and other dementias. We are active in more than 150 communities across Canada and provide enhanced care and support to people with the disease, their families and their caregivers.

“Individually, we are one drop. Together, we are an ocean.”

~Ryunosuke Satoro

