

Annual

REPORT

2023-2024



Société Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

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Our Vision: A world without Alzheimer's disease and other dementias.

Our Mission: To alleviate the personal and social consequences of Alzheimer's and related diseases and to promote the search for causes, treatments and a cure.

Our Values:

Collaboration: We work together and with partners to fulfill our mission and achieve our goals, to ensure Canadians receive personal and responsive services throughout their dementia journey.

Accountability: We measure our performance and follow a process of continuous improvement. We are wholly accountable for our actions and must account to our stakeholders for our use of the financial and human resources available to us.

Respect: We set for ourselves the highest standards of honesty, trustworthiness and professional integrity in all aspects of our organization and carry out our work with the utmost respect for the dignity and the rights of the people we serve.

Excellence: We strive to engage stakeholders in meaningful ways.
To inform, listen and be attentive to those we work with: People living with dementia, families, community partners, donors, volunteers and staff members.

Our guiding principles

1. Personhood: A standing or status that is bestowed upon one human being, by others, in the context of relationship and social being. Personhood implies recognition, respect and trust. (Sourced from: Kitwood, T.M. Dementia Reconsidered: the person comes first. p. cm.- 'Rethinking Aging series')
2. Dignity and respect: To create positive conditions where the person can live without fear of shame or ridicule; where people are treated with warmth and authenticity; listened to without judgment; and are given opportunity for self-determination and self-expression.
3. Acceptance and understanding: To accept each person with unconditional positive regard; to accept behaviour as a form of communication which expresses unmet needs or emotions; and to assist the person to continue to enjoy basic personal freedoms.
4. Relationships: To support and preserve present relationships; to support the person in the development of other positive relationships.
5. Recognition and individuality: To recognize the individuality of each person with their own unique life experiences, personality, values, beliefs and opinions; to have these factors respected and incorporated in support planning.
6. Relationships of trust: To provide the conditions necessary to satisfy fundamental needs and create a climate for personal realization by providing a relationship based on trust. In a relationship of trust, the person knows confidences are respected; choice and control is maintained; and the person will not be abandoned.

Land Acknowledgement

The Alzheimer Society Kingston, Frontenac, Lennox and Addington acknowledges that our work takes place on the traditional territories of the Algonquin, Anishinaabe, Haudenosaunee and Huron- Wendat and is home to Shabot Obaadjiwan First Nation, one of ten communities that make up the Algonquins of Ontario. We acknowledge the Mohawks of the Bay of Quinte and recognize that our region is home to First Nations, Métis, and Inuit from across Turtle Island, as well as Indigenous Peoples from other areas of the world.

LETTER FROM OUR BOARD CHAIR



Board Chair's Message

Welcome to the 2023-24 annual report of the Alzheimer Society of Kingston, Frontenac, Lennox & Addington. As I reflect on the past year, I am proud of the strides we have made in providing supports and services for those in our community living with dementia, and their caregivers. Our commitment to providing accessible, inclusive, and high-quality services remains unwavering, and this report highlights our journey over the past year.

This year has been a remarkable period of change and accomplishment for the Alzheimer Society KFL&A. Our Kingston team is excited to be settled into their new home at 1200 Princess Street and they look forward, with excitement, to the potential for expanding programs and services within this beautiful space. We appreciate everybody's patience and understanding as we endure some on-going inconvenience and disruption from the Providence Village site development. We are excited about being part of the Providence Village community and look forward to future partnership opportunities with other tenants as the site is transformed over the next couple of years.

Our client services team in Kingston, Napanee, and Northbrook are the true heroes of our organization. Their dedication and commitment to ensuring our clients and their caregivers are well supported and receive the services they need is steadfast. The Board of Directors has been working diligently behind the scenes to ensure that the Society is being well governed and meeting all our fiduciary responsibilities. Our work at the Board level would be meaningless without the commitment of our front-line staff members to deliver the services that are paramount to achieving our mission.

Despite our successes, we faced considerable challenges this past year. Funding constraints continue to pose a significant hurdle. The Alzheimer Society KFL&A relies on local fundraising, donations, bequests and grants to cover over 50% of its annual operating expenses. With inflationary cost pressures on the rise, we continue to try to find other sources of revenue to provide the services that are needed so much in our community. Working with Ontario Health, we have recently received some new funding that will help us sustain the First Link Care Navigation program and meet the ever-growing demand for those services. We are hopeful that with continued advocacy with the provincial government that we will be able to further increase our base funding and expand our services in a sustainable manner.

Looking ahead, we are committed to further enhancing our service offerings and strengthening our community ties. Our strategic goals for the upcoming year include launching the new Minds in Motion program; recruiting and on-boarding a new Executive Director to lead us into the future; preparing for accreditation in 2025; and, finding new partnerships and sources of funding to allow us to expand our programs and services.

As I come to the end of my third, and final year, as the chair of the Board, I extend my heartfelt gratitude to our dedicated staff, volunteers, donors, and partners. Your dedication and commitment have been instrumental in our achievements.

Together, we are making a tangible difference in the lives of many.

Special thanks to Stacey Roques for stepping in as Interim Executive Director to provide leadership for the organization while the Board completes an executive search process, which should wrap up in summer of 2024. Many thanks also to Vicki Poffley for her 16 years of dedicated service to the Society, the last 13 as the Executive Director. We wish Vicki all the best in her future endeavors and are grateful for her contributions to the Society.

Finally, best of luck to Ashley Miller as she steps into the role as Chair of the Board.

I will continue to work beside her and support the Board as Past-Chair for one year before finishing my six-year term next June.

I would like to thank the entire Board for their confidence in allowing me to serve as their leader over the last 3 years.

Thank you for your continued trust and partnership.

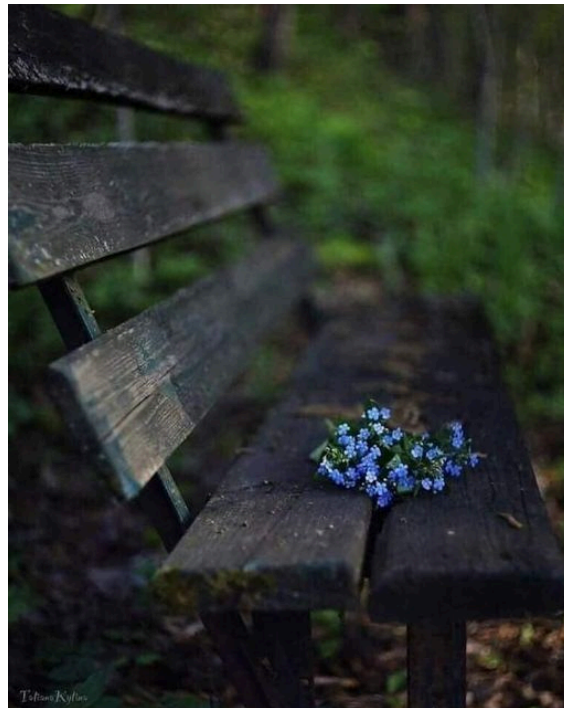
We look forward to another year of progress and impact.

Sincerely,

Chris Mackey

Board Chair

Alzheimer Society – Kingston, Frontenac, Lennox & Addington



Kathleen Ingram
Executive Director



The move to Providence Village was a highlight, providing a dedicated space for clients and care-partners for programming to be offered on-site. Over 205 new clients attended at least one group service within the society (peer group, coffee social, caregiver support groups).

The Ministry of Health and Long-Term Care continues to recognize the importance of First Link Navigation for those newly diagnosed with dementia, with a diagnosis pending and/or who have not accessed other support in the community. This vital service provides clients and support partners with a go-to person to help navigate a system which can be overwhelming to get the right support in place.

Thanks to a United Way Community Services Recovery Fund Grant, an in-home recreation program was offered to KFLA residents living with dementia who could not attend group programs at the Alzheimer Society. The program was run by an experienced recreationist who assessed each client and created individualized care plans and programs. Fifty clients were able to participate in this needed service. It was so successful we are looking at ways to continue to offer the service in 2024/25. Community Partnerships are essential to providing integrated care, supporting and extending the work of the Alzheimer's Society.

Here are just a few of the partnerships we are grateful for this year:

- Northbrook Community-A walk was held in Northbrook at Pine Meadow Nursing Home. There was a huge turnout, and it was an essential fundraiser this year.
- Police Services, EMS and Fire Departments participated in Dementia Friendly Community Training
- Napanee Community-helped provide information for and participated in a caregiver education day
- Providence Care-supported the development of a Lived Experience Network aimed at improving the healthcare system for those on a dementia care journey
- The Frontenac, Lennox & Addington Ontario Health Team (FLA OHT) worked toward providing more efficient, integrated and equitable health care to the people of the Frontenac, Lennox & Addington region.

The volunteers and staff at the Alzheimer's Society of KFLA provide the energy behind the organization's many events, programs and day-to-day services. They seamlessly just make things work daily. I would like to thank each one of you for the heart and passion you bring to the organization each day.

HELP! Navigating the system when your Dad is in need!

Quotes from a Caregiver

“What did this mean, and where do we go for help? We asked to make an appointment with Sarah and Krystian about the next steps and where we should go from here. This was the most emotional meeting for all of us to finally accept the fact that my father had Alzheimer’s disease.”

“Sarah and Krystian met with my dad at the retirement home. What a nice group of ladies, my dad said. We agreed that Colton would go and meet with my dad weekly to help him get more active so he wasn't sitting looking out the window.”

“Dad met with Colton regularly. When the Alzheimer’s Society moved to its new building, my dad started going to the men’s group run by Colton on Tuesdays, and I started attending the support meetings run by Jan White.”

“We both looked forward to these meetings: Dad with like-minded people with whom he could be his new self without judgment, and me talking out my concerns with people who understood. “These services were/are priceless. It gave my dad a sense of belonging and me a sense of relief.”

“Finally, he was offered a secure placement at Fairmount Home. I took Dad for the morning; my brother and husband loaded his things and moved his furniture into the home. Fairmount had an ice cream Sunday waiting for my dad when he got there. He thought he was in heaven. We allowed the staff to get him settled and we would speak to the staff daily.

After 2 weeks we went to see him. He seemed to be happy, safe, and secure. Not everything has been smooth since my dad’s transition, but they have been fantastic, communicating with us regularly and encouraging my dad to participate in the activities. “

Dad now goes to all the music and exercise classes, he talks to all his friends, and he tells us to leave as he is tired from all his social activities (real or imagined). In hindsight, we would have never agreed to a retirement home as it caused a lot of stress for him as well as his family.

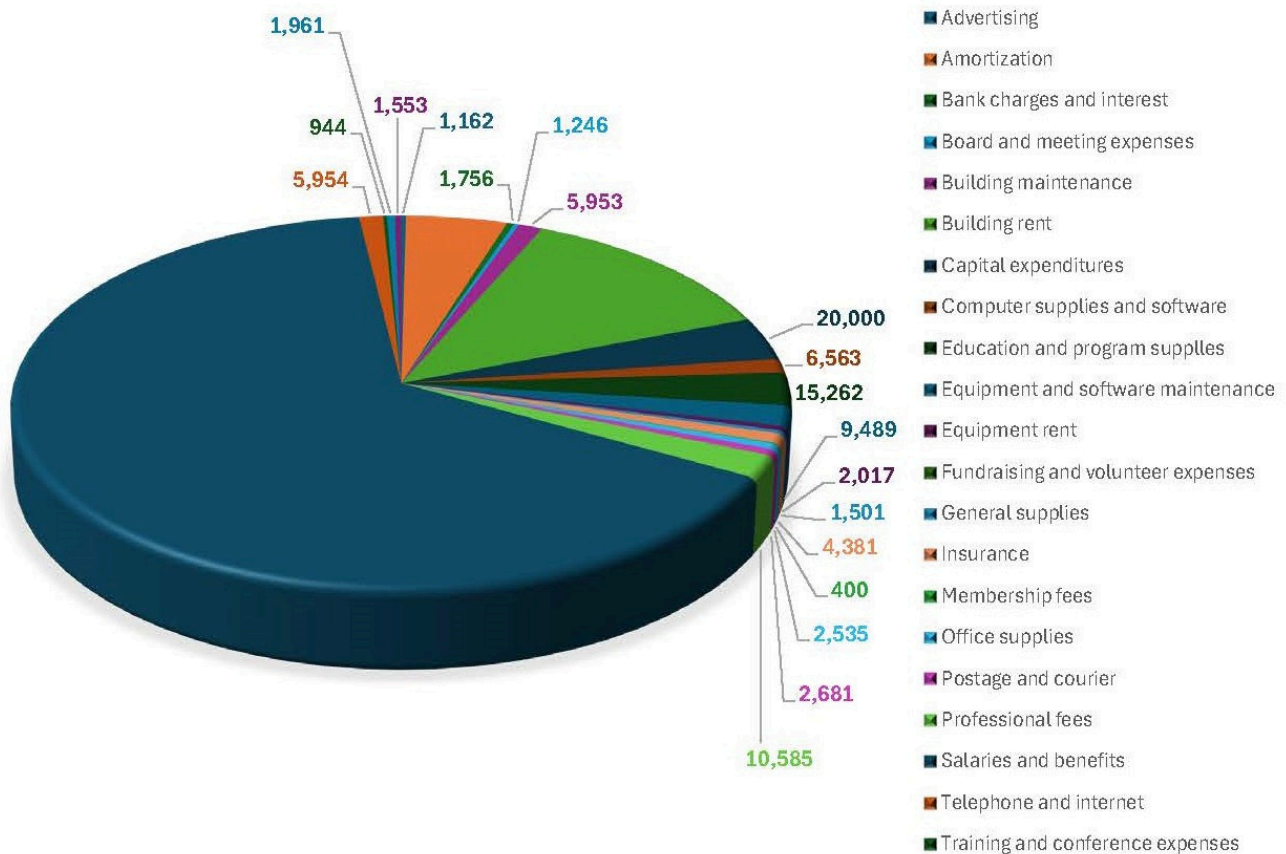
“I am still an active member in the Support groups with Jan White on Tuesdays, if I can give an encouraging word to other members I will go, not only did this group enable me to get through the toughest year of my life but to do so with a sense of relief that my dad is safe and well looked after. I was always opposed to ever "putting" my parents in a LTC facility. “

“Thanks to Jan and members of this group, my dad for joining the Fairmount Home and enabling others to get to know my father. What a gift we have given them!”



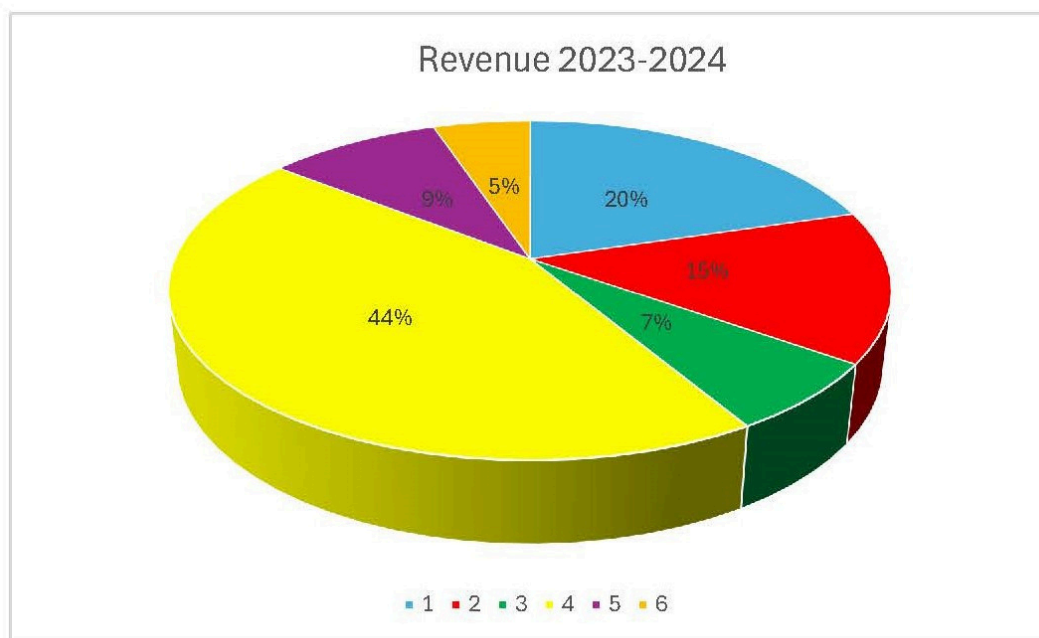
2023-2024 Fiscal Year Expenses

EXPENSES 2023-2024



Expenses		
Advertising	1,475	1,350
Amortization	25,181	4,882
Bank charges and interest	2,558	2,507
Board and meeting expenses	1,538	661
Building maintenance	5,954	3,667
Building rent	87,007	51,178
Computer supplies and software	6,604	4,882
Education and program supplies	16,530	14,323
Equipment and software maintenance	9,489	9,096
Equipment rent	2,017	2,017
Fundraising and volunteer expenses	7,193	4,659
Insurance	4,381	3,760
Membership fees	400	-
Office supplies	14,106	13,282
Postage and courier	2,689	1,769
Professional fees	57,979	55,073
Salaries and benefits	711,385	529,234
Telephone and internet	6,127	4,232
Training and conference expenses	1,096	2,993
Travel	4,466	3,562
Utilities	1,941	4,209
	970,116	717,336

2023-2024 Fiscal Year Revenue



Percentages

20% from Donations
 15% from Fundraising
 7% from Investment Income
 44% Ministry of Health and Long Term Care
 9% from Other Grants
 5% from Other Revenue

	2024	2023
Revenue		
Donations	187,833	316,308
Fundraising <i>(Note 8)</i>	133,420	107,906
Investment income	61,378	(33,932)
Ministry of Health and Long-Term Care <i>(Schedule 1)</i>	408,040	278,956
Other grants	85,159	42,000
Other revenue	47,893	54,162
	923,723	765,400

2023-2024 Board of Directors

Chris Mackey - Board Chairman

Ashley Miller - Vice Chairman

Jim Kennedy - Treasurer

Lynda Moore -Treasurer

Anne-Marie Kooiman - Director

Glenn Griffiths - Director

Murray Hillier -Director

KFL&A Staff Members

Kathleen Ingram - Executive Director

Kim Parkinson - Administrative Assistant

Sarah Winkelman, Client Service Manager -1st Link Navigator

Krystian Martin, 1st Link Care Navigator

Jan White, Client Services Coordinator

Michelle Moore, Fundraising Coordinator

Colton Sedore, Recreation Coordinator

Audrey Young -Public Education Coordinator

Sharon Osvald Lived Experience Coordinator

Pam Lemke, Northbrook Client Services Coordinator

Lorraine Ross - Education and Support Services Napanee Office

May 25, 2024



Naakon Industries - Kingston
Pure Country 99 & Move 98.3



Société
Alzheimer
Society

KINGSTON FRONTENAC LENNOX & ADDIN

#IGWalkforAlz

Some Highlights from the Year

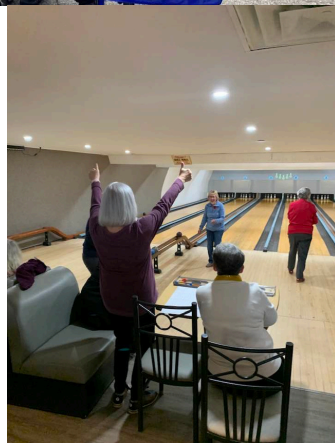


CONGRATULATIONS!



KEVIN RYAN

HE WAS AWARDED THE FIRST-EVER
"AMBASSADOR AT LARGE" AWARD FOR HIS
CONSISTENT SUPPORT OF THE ALZHEIMER
SOCIETY.





Fundraising Highlights

April 2023 - March 2024

We would like to thank everyone who has donated and participated in our fundraising efforts.



\$46941.13



General
Donations

\$108765.39



Corporation
Donations

\$55562.00



Merchandise

\$1690.00



Planned Giving
- Estates

\$39,487.03

2023



Special Thanks to Our Sponsors



\$41134.00

North Roast Coffee Fundraiser

medium roast coffee blend



"FORGET ME NOT"

\$5.00 of the proceeds from
the sale of each bag of coffee
will go to the Alzheimer
Society of KFLA.

Save The Date!



World Alzheimer's Day
September 21st, 2024
McDonald's generously donates
.50¢ OF EVERY COFFEE SOLD



thank you for your support!

Donors  Sponsors  Volunteers

Your contributions are essential to what we do – we couldn't do this without you!

Alzheimer Society

KINGSTON, FRONTENAC,
LENNOX & ADDINGTON

1200 Princess St, Kingston, ON

613-544-3078 | www.alzheimer.ca/kfla | fundraising@alzking.com



"We
Remember
Their love
When They Can
No longer
Remember"