

Société Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

ANNUAL REPORT

2017/2018



*A Message from
AKKFLA's Board President
Sam Kapoor*



Welcome to year 2017-18 which was year of achievements and strategic initiatives taken on by your Board.

Let me start with our symbol the “Forget Me Not”. This symbol represents memory loss, a key symptom of Alzheimer disease and other dementias - the three flowers represent;

The person with disease
The caregiver
The Society

Representing “The Society” we believe that the Alzheimer Society of KFLA has the responsibility to be “**the go to**” organization for information, education and support for persons with Alzheimer’s disease and their care partners.

Within the Kingston, Frontenac, Lennox and Addington region over 4000 individuals are living with dementia and we expect this number to double, touching over 8000 people by 2031

In Canada, 25,000 people are diagnosed each year. This disease is no longer regarded as a disease for the old, we are seeing more and more diagnoses of young onset dementia. Keeping with this trend the Society has an increased responsibility to add new programs and expand its reach. I am pleased to say that as key strategic initiative the Board of Directors approved an expansion plan to open three new locations; Napanee, Northbrook and Sharbot Lake. These additional locations will have local staff with full support from the Kingston office. These new locations are being funded from our internal reserve as future investment for improving quality of life for those affected by dementia.

Your Board is committed to our strategic vision ensuring that the society delivers on our mission to clients and our stakeholders. I would like to thank our staff, volunteers, donors, partners, sponsors and the South East Local Health Integration Network, without which this would not have been possible. The following pages reflect 2017-18 achievements and milestones and as we continue our journey we look forward to your support.

Thank you
Sam Kapoor, President of the Board



VISION

Is a world without Alzheimer Disease and related disorders

MISSION

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

ROLE

Is to be a primary source of awareness, support and information concerning Alzheimer Disease and related disorders

VALUES

Are Care:
Collaboration
Accountability
Respect
Excellence

*A Message from ASKFLA's
Executive Director
Vicki Poffley*

This year has been a year of growth and change for the Society. We continually strive to provide services that meet our clients growing needs. With new initiatives like Dementia Friendly and Finding Your Way **tell what, how and why a benefit**



We continue to increase the number of support groups, drop-in program and participation in our volunteer companion program. Families have also enjoyed activities like day trips to local museums and themed dances that provide social and recreational opportunities to families living with dementia

This year when Liam Murray returned to play his final year of junior hockey with the Kingston Frontenac's he decided that volunteering with the society would allow him to give back to the community. **January's hockey game, volunteer in the drop-in and public speaking engagements sharing his personal journey with dementia**

Exciting news for the coming year we have opened three new satellite offices in Napanee, Northbrook and Sharbot Lake to better service our clients and engage in our community **add a sentence**

As I celebrate my 10th year with the Society I would like to thank all those that I have had make our society Thank you to our dedicated staff, volunteers, donors, the LHIN

HIGHLIGHTS

Impact



When Shelley MacKenzie and Bruce Sheen got married six years ago, they were looking forward to a new life together and were excited about what the future held for them both. Less than one year later, that future looked very different than the one they had envisioned. Bruce was diagnosed with Atypical Early Onset Alzheimers at 58 years old.

Bruce and Shelley were an active couple, they bowled in a league, they loved board games, they golfed, they liked to travel. They loved spending time with friends, family time with their extended family and time spent with their blended family of three sons and one daughter, two of whom currently live at home.

Bruce, a Civil Engineer and former St Lawrence College basketball star, worked in Napanee at G.T. Machining and Fabrication, after a long stint with Bombardier. It was his co-workers who first noticed the changes – subtle ones – forgetting how to work the photo-copier for instance, then gradually day to day tasks that he had done for years seemed to elude him. Shelley at first put it down to stress stemming from the loss of his Mother. But then she started noticing he was having trouble at home as well. He forgot how to use the TV remote, and couldn't calculate the points on a Crib Board or remember where to place the points for Yahtzee, both games they played every Friday night for years.

A visit to a local Doctor resulted in Bruce being sent to Sunnybrooke in Toronto for diagnosis due to the atypical features of his symptoms. Shelley likened the final diagnosis to being cut off at the knees and having to learn to walk all over again. There were lots of decisions to be made. Shelley, 4 years younger than Bruce, was working fulltime as a Sales Representative. They still had a mortgage to pay, and neither were old enough to retire. Bruce quit working due to the Alzheimers in 2014, and last year Shelley's job was 'downsized'.

The biggest hurdle was figuring out how to move forward. Essentially, life as they knew it, was gone. Shelley needed to work to ensure they could afford to live in their home. She now works three part-time jobs. Bruce needs to have someone with him most of the time. Time spent with friends and family has become less frequent. Medications are not covered because Bruce no longer has health benefits, and he is not yet 65 so OHIP doesn't pay for them. Today, even shopping for clothes is tough for them - it works best when choices are limited rather than handing over several items for him to try on. One would never guess that Bruce, who is physically healthy and fit, has a cognitive impairment that limits his abilities. They find that sales staff, servers, etc are not sure of how to interact with Bruce when Shelley quietly tells them that Bruce has dementia.

Young onset dementia is on the rise in Canada, and as Shelley and Bruce have discovered, there are very few resources for younger people diagnosed with the disease. They couldn't access the services of Geriatric Medicine here in Kingston because he wasn't a senior and daytime programming at various locations in Kingston is available, but is typically geared to older adults. Bruce and Shelley are not letting that get in their way. Bruce's step-daughter Sara is at home with him through the day, he has friends come to visit and take him out walking at Lemoine's Point when Shelley is working, they still travel a bit. Shelley has initiated a successful social program in conjunction with the Alzheimers Society, for folks with young onset dementia. They visit various pubs and restaurants once a month with others who are diagnosed and their caregivers and enjoy social interaction with people closer to their age.

Shelley's message to caregivers – 'it's important to look after yourself, get away if you can, recharge the batteries. You can't look after your loved one if you don't look after yourself'. She urges employers to take advantage of the free dementia friendly training offered by the Alzheimer Society, so that their staff better understand some of the challenges and can react accordingly, which would enhance customer interactions at local businesses, restaurants etc. Bruce's message to the community is 'please be patient, give me time to respond to your questions, I do understand, I am just trying to make myself understood and its more difficult these days'.

Life for Bruce and Shelley is different now, but with their positive attitude and a little bit of help, it is possible to live well with dementia.

EDUCATION & SUPPORT

6,620

Connections made to
persons living with
dementia or care partners



28

**Businesses
Reached**

BLUE UMBRELLA PROGRAM

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

952

Individuals
Supported

1,986

Attended
Support Groups

2346

Connections
made through
education

RECREATION & VOLUNTEER



67
VOLUNTEERS

1,175
HOURS

104

SOCIAL & RECREATION
PROGRAMS RUN

132

SUPPORT GROUPS
FACILITATED

281

INDIVIDUALS PARTICIPATED
IN SOCIAL & REC PROGRAMS

Programs with Volunteer Support

Intergenerational Choir

Care Partner Support Groups

Speakers Bureau

Administration

Drop-In Program

Bus Trips

Dances

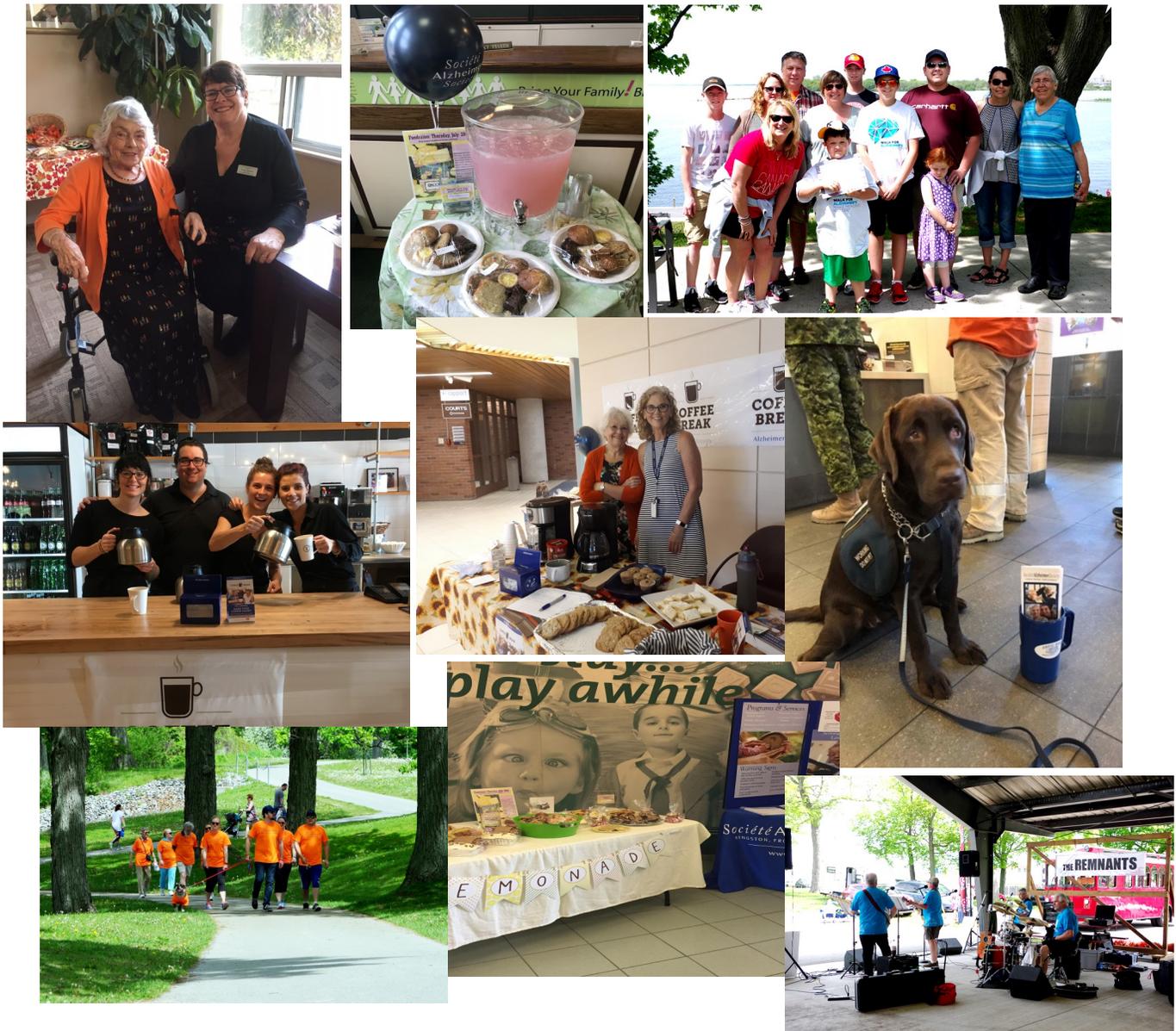
Events

EVENTS & FUNDRAISING

Walk for Alzheimer's— our Signature event **\$33,198**

Coffee Break—raised **\$51,795**

Third Party Events—a total of **9** events raised over **\$40,585**



Alzheimer Society Kingston, Frontenac, Lennox and Addington
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www.alzheimer.ca/kfla Email: ask@alzking.com

FINANCIAL REPORT

Statement of Operations
For 12 Month Period Ended March 31, 2018
(in dollars)

REVENUE	2017	2018
Support from the Public	241,849	301,506
Government Support	181,941	210,881
Provincial Grants & Other Income	81,208	65,142
<i>Total revenues</i>	504,998	577,529

EXPENSES	2017	2018
Total programs and services	356,337	406,262
Fundraising and Volunteers	4,240	13,352
Operations	34,476	50,284
<i>Total expenses</i>	395,053	469,898

<i>Excess of revenue over expenses</i>	109,945	107,631
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Complete audited financial statements are available at www.alzheimer.ca/kfla

The Board of Directors of the Alzheimer Society of Kingston, Frontenac, Lennox and Addington has a policy that ensures adequate reserve funds are available for at least six months of normal operating expenses.

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Board Members 2017/2018

Sam Kapoor, Board Chair

Kyle Plumb, Vice Chair

Lorraine Kenney, Secretary

Natalia Manaeva, Treasurer

Susan Ablack, Director

Tricia Dominik, Director

Shauna Sweeny, Director

Susan Ilkov-Moor, Director

Staff

Vicki Poffley, Executive Director

Coordinators

Caitlin Stevenson, Client Services

Jan White, Client Services

Pam Lemke, Education and Support

Sharon Lewis, Education Coordinator

Lesley Kimble, Fundraising & Volunteer

Candice McMullen, Program

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ask@alzking.com www.alzheimer.ca/kfla

Registered Charity # 12940 1683 RP0001

Napanee

307 Bridge St. W, Unit 1
Napanee, ON K7R 2G3
PH: 613-544-3078
TF: 1-800-266-7516

Northbrook

Lower Level Lions
Community Hall, 12328
Hwy #41 Northbrook ON
613-544-3078
TF: 1-800-266-7516

Sharbot Lake

Rural Frontenac
Community Services
1020 Elizabeth St.,
Sharbot Lake, ON K0H 2P0
613-544-3078
TF: 1-800-266-7516

