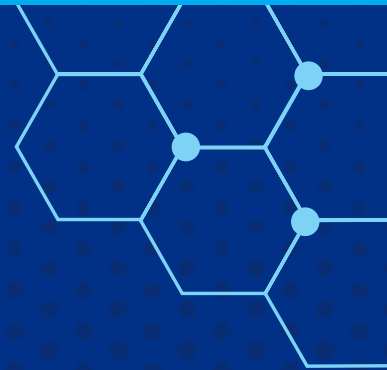


KEEP THE DISTANCE



OUR
CONNECTIONS
MATTER

ANNUAL REPORT 2020/21



WHAT A YEAR THIS HAS BEEN!

A message from our CEO and Board Chair

The hardships and tribulations of this past year will not soon be forgotten. Yet, through the hard work and dedication of the employees and volunteers, the Alzheimer Society made it through what must be the most challenging year for the Society to date.

It is difficult to convey the struggles and strain that a global pandemic puts on an organization like the Alzheimer Society. The unprecedented growth in programs, services, and our ability to serve persons living with dementia in our community that was seen in previous years came to a halt early on in the year. The first few months were spent reorganizing and reimagining programs and services to avoid disruption to our clients, securing PPE, and ensuring employees had the most up to date knowledge to inform their care practices.

Staff were quick to shift in-person programming to virtual supports, ensuring that clients remained connected, even if only by phone. Yet, not everything could be offered in a virtual format. Our In-Home Respite team continued to work in the community, going into client homes at the height of the pandemic. And, as soon as we could safely do so, our Day Program was brought back onsite, and continued to operate through further provincial lockdowns. The attendance in these two programs during the pandemic demonstrates how important our connections are to our clients, and how important respite is to care partners. We hope to find ways to expand our Day Program in the future to be able to serve more clients in our community.

As the year went on, we were further challenged as fundraising events were cancelled. We relied on grants from the United Way and Sarnia Community Foundation, and one-time funding from the LHIN (now Ontario Health) to meet our budgetary requirements.

Even with all of the struggles, there have been many rewards and developments within the organization. Most notably, we were able to advance our technology, allowing us to offer service more broadly and more collaboratively with other societies across Ontario. We also signed onto the Sarnia-Lambton Ontario Health Team, and look forward to the work that will bring coordination of healthcare to the forefront.

As we close out the year, we want to recognize the tremendous efforts of our frontline staff, and also know that many staff were challenged with working from home while juggling competing familial priorities this year. There are not enough words of thanks or praise for all that they do, and we cannot say it enough, THANK YOU!

We are excited about our future under the direction of Ontario Health and in partnership with the Sarnia-Lambton Ontario Health Team, and look forward to getting back to our trajectory of growth and service development.



Melanie Bouck

Melanie Bouck
Chief Executive Officer
Alzheimer Society
Sarnia-Lambton



Kathy Denesyk

Kathy Denesyk
Board Chair
Alzheimer Society
Sarnia-Lambton

SUCCESSFULLY SUPPORTING AGING AT HOME AND IN THE COMMUNITY

The Alzheimer Society's First Link® program connects people living with dementia and their care partners to the information, supports, and services they need as early as possible and throughout disease progression.

During COVID-19, these vital supports continued to be offered in Sarnia-Lampton, as staff quickly pivoted to provide individual, family, and group supports virtually. In addition to providing individualized assessments, care planning, ongoing proactive follow up, and communication between providers and across sectors along the continuum of care, First Link® staff supported clients to increase coping and safety through the pandemic. This included connecting with clients more often if they are living alone and isolated, helping care partners develop a safety plan should they need to quarantine, and supporting families as they faced decisions about a move to long-term care.

Evaluation data from 2020-21 showed that First Link® and Alzheimer Society supports and services continued to offer a lifeline to clients, while delivering value and efficiency to the health-care system. In a year where we were all told to stay home, First Link® helped clients do exactly that, taking strain off both hospitals and long-term care homes.

- 28.4% of care partners providing care at home said that without support from the Alzheimer Society they would have accessed long-term care by now.



- 39.8% of individuals living in long-term care/ assisted living homes said that support from the Alzheimer Society helped them live at home longer, with an average of two years of time spent in long-term care avoided thanks to First Link® and other Alzheimer Society services.
- 33.5% of clients reported that the Alzheimer Society helped them avoid a crisis in the past 12 months. Alzheimer Society supports and services helped avoid an average of two hospital admissions per year per client.
- 35.1% of clients that experienced a hospitalization last year reported that Alzheimer Society support was critical in providing care when they returned home.

To learn more, visit www.firstlinkontario.ca.

“ I am able to cope much better. I have literally dropped off my husband at the ER before as I was at the end of my rope. Now, I have skills to communicate with him better and avoid arguments.”





LIVING SAFELY WITH DEMENTIA



Finding Your Way® helps people living with dementia, their families, care partners, and communities recognize the risks of going missing, be prepared for incidents of going missing, and ensure that people with dementia care live safely in the community.

This year, as part of continued development of tools and resources for first responders, *A Guide for Police Services for Incidents Involving People Living with Dementia and their Families* was created by the Ontario Rapid Response Working Group. The Group was established in 2018 by the Alzheimer Society of Ontario with membership including police and social workers of police services across Ontario as well as people with lived experience and Alzheimer Society staff. Funding for this project was provided by the Ministry for Seniors and Accessibility.

Evaluation results exploring the usefulness of the Guide revealed that 97% of respondents indicated that the Guide was “very” or “extremely” relevant to the work of the Police Service. Similarly, most respondents (88%) indicated that it was “very” or “extremely” useful to their Police Service. To date we have over 200 people living with dementia registered with the Sarnia Police.

To discover materials, information, and resources developed by the Rapid Response Working Group to help first responders effectively conduct searches for missing people living with dementia, please visit www.findingyourwayontario.ca/first-responders.

Funding provided by:



“ Very useful information for front line officers and emergency response team members. ”



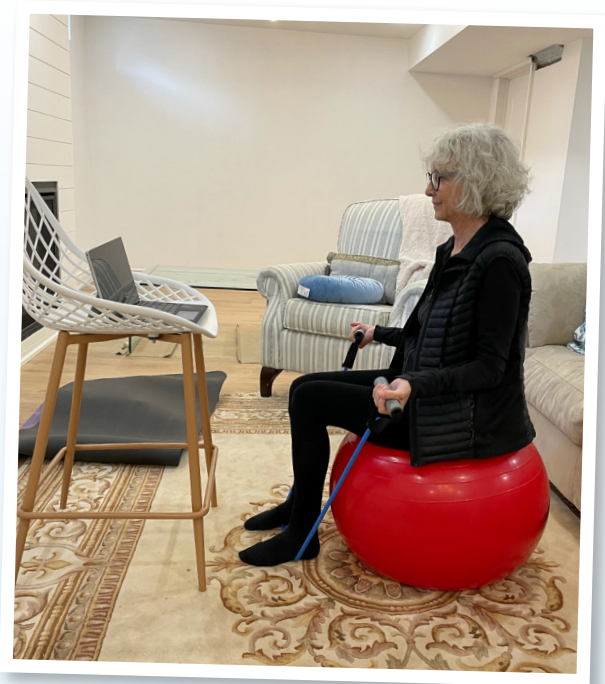
Minds in Motion®

The importance of social connectedness, cognitive stimulation, and physical activity has been especially highlighted over the past year. The Minds in Motion® program, traditionally offered in-person, is now offered online while clients remain in their homes due to social distancing. The program continues to provide support to both the person living with dementia and their care partner with the opportunity to benefit from gentle and easy-to-follow physical activities along with fun social activities focused on building personal skills.

Benefits for participants include:

- Sharpened mental functioning, sometimes lasting two to three days.
- An increased sense of social participation.
- Improved balance, mobility, flexibility, and alertness.

For more information, please visit,
[www.alzheimer.ca/sarnialampton/help-support/
programs-services/minds-in-motion](http://www.alzheimer.ca/sarnialampton/help-support/programs-services/minds-in-motion)





RESPIRE

The Alzheimer Society of Sarnia Lambton recognized the devastating impact of isolation and lack of necessary supports for those living with dementia. We worked hard to ensure continued service provision while adhering to Public Health guidelines. Remote access was quickly made available to all staff which facilitated service delivery for all programs including respite.

Screening protocols were quickly established and access to required Personal Protection Equipment. Training on agency COVID policies was provided to all staff on a consistent basis to ensure clarity and compliance. Risk mitigation policies were also put in place to ensure the safety of clients and of staff.

Respite care became a lifeline for clients and their families. Something familiar and a break in the isolation caused by the pandemic. Respite was a vital support and assisted clients in coping with the dementia challenges.

DAY PROGRAM

After a successful launch of our Day Program in September of 2019 through funding secured from the Erie St. Clair Local Health Integration Network and the Bullock Family Foundation, in March of 2020 programming was interrupted as per Provincial guidelines. We reopened in October and based admission on Lambton Public Health guidelines on social distancing. The Day Program waitlist and risk factors were considered to establish priority for admission.

The Day Program has been extremely successful and has been running at capacity since its launch. We currently have a wait list and have applied for funding to operate the program Monday to Friday. We were recently successful in securing a \$70,00 grant from the Judith and Norman Alix Foundation to expand the day program space to include an outdoor patio and activity area. Construction on this new wonderful space will commence in September. The additional space will allow for increased spacing capacity, renewed opportunities for meaningful activity and interaction, and improved service provision. We are thankful for our generous funding and will continue to expand and improve opportunities for our clients.

EACH YEAR WE SURVEY OUR CLIENTS TO GAIN AN UNDERSTANDING OF WHAT WE ARE DOING WELL AND TO GATHER INSIGHT INTO WHAT WE MIGHT NEED TO DO TO IMPROVE OUR PROGRAMS AND SERVICES

This year, surveys were distributed both electronically and by mail. The response rate was 9%.

The majority of respondents were those who use care partner support and respite services, including day program.

HIGHLIGHTS:

85% of respondents say they were connected with supports that met their needs.

94% of respondents indicated that the Alzheimer Society provided them with helpful information.

85% of respondents indicate they are very likely to recommend the Alzheimer Society to a family member, friend or colleague dealing with a similar situation.

81% of respondents indicated that the Alzheimer Society helped them access other community supports and services.

96% of respondents say that the support received helped them to provide care at home longer.

82% of respondents say the supports and services they received from the Alzheimer Society have improved their quality of life.

COMMENTS ON HOW WE CAN IMPROVE:

"Improved communication of information gathering between [staff]. This would ease caregiver strain in retelling the client concerns & in the collecting of client's social history."

"The online zoom meetings/learning opportunities... would like to access those at a time that is convenient for me and not the times indicated."

“ I do not know how we would have managed without the [Alzheimer] society. Information on the disease, support programs, advice on Dr., in-home respite. They have been a life-changer. I recommend to anyone that I started on this path.”

“ [If] I need to talk, I can call. [If] I need more info, they find it for me. I am very thankful for the continuing support I receive. I cannot imagine how terrible this past year would have been without the emotional support I've received and the knowledge I've acquired from the Alzheimer Society.”


CONNECTING THOSE FACING ISOLATION WITH THE VIRTUAL SOCIAL RECREATION PROGRAMS THEY RELY ON.

When the pandemic was declared in March 2020, the Alzheimer Society had to reimagine and quickly alter program delivery to clients who were already facing isolation. The transition from in person to virtual as well as the introduction of new social recreation and activity living programs was quite seamless. Thanks to the Catherine Booth and Michael Kirk Social Recreation Fund we were also able to offer a bi-weekly travelogue, a weekly concert

series and provide clients with activity kits. We were able to partner with other societies to bring different programming to a broader base of clients via Zoom. We recognize the importance of in person program delivery so in the Fall of 2020 we made every effort to resume some in person programming. We were able to host our annual Christmas party by offering 3 evenings of merriment which included a dinner, entertainment and a visit from the Jolly fellow.



A PERFECT MATCH
TRIPLES YOUR IMPACT



We will match donations up to **\$500,000** in honour of my father, Walter Booth.
Catherine Booth & Michael Kirk

“These [Minds in Motion®] classes are the highlight of our week. Mom gets so disappointed when she has to wait until Thursday. I think she would go every day if she could!” – Alzheimer Society of Elgin St. Thomas, care partner.

“It was just like Christmas. I was so happy to receive the [activity] kit that it brought tears to my eyes.” – Alzheimer Society of Sarnia-Lambton, care partner.



SUCCESSFULLY EDUCATING PEOPLE ON AGING AT HOME AND IN THE COMMUNITY

The role of Public Education Coordinator has always required flexibility in order to meet the unique needs of each group served. This year dementia education looked very different. Following the “build it and they will come” philosophy” all education shifted to a virtual format. Education was offered via Zoom.

The Alzheimer Society has always had education as one of our top priorities in our service to the Sarnia Lambton community. We have steadily seen this need grow; as well as the importance of promoting excellence in dementia education to professionals caring for persons living with dementia. Education was delivered to staff of long term care with virtual in-services, consults and both GPA and U-First® course being offered over Zoom.

An addition to our programming was “Topical Tuesdays” These sessions focus on educations for

care partners to assist with planning, enhancing care approach, and understanding dementia. The popularity of this program grew over the months as care partners gathered over Zoom to learn and ask questions to better care for themselves and their family member living with dementia. Many care partners have expressed that having a quick session during the day is more easily doable and they feel better prepared to assist their family member.

Dementia care is often described as a journey and like most journeys this involves planning. Another benefit of virtual education is that all family members are able to join in. It is rare that family all live in the same place, and it is a great benefit for everyone to be able to take part in education and planning together.

THE PANDEMIC PUSHED US TO SHIFT DIVERSIFY OUR FUND DEVELOPMENT EFFORTS

It has certainly been a challenging year on the Fund Development front. The Fund Development Committee was resilient and creative in adapting to the changing world around us. Shifting our focus from the way we traditionally approached events to conjuring up new and innovative ways to tackle the challenges of fund development during a pandemic.

On Sunday, May 31, we strengthened the roots of our community and brought hope to those facing isolation and loneliness with the first-ever virtual IG Wealth Management Walk for Alzheimer's. The COVID-19 pandemic forced friends and family to be apart, having communities experience the difficulty and loneliness isolation brings. But for our clients, care partners, and the families of those who live with Alzheimer's disease and dementia, the challenges social and physical isolation brings was already a reality. That's why we took the time to play our part in stopping the spread of COVID-19 by reimagining the IG Wealth Management Walk for Alzheimer's as a virtual event where we could connect virtually and rally together as a community to raise awareness and vital funds for this increasingly prevalent disease. Walkers walked in their own ways by doing a silly dance, jumping rope, walking around the block, and so much more! We were able to raise over \$20,000 to help support the vital programs and services our clients rely on most. While this was not as much as our last in person event it will go a long way to improve the quality of life for people in Sarnia Lambton living with dementia and their families.

One of our anchor events, It's 5 O'clock Somewhere was also reinvented to become a hybrid event with takeout being offered as well as a socially distanced patio experience for those that chose to dine in. Participant were encouraged through a targeted social

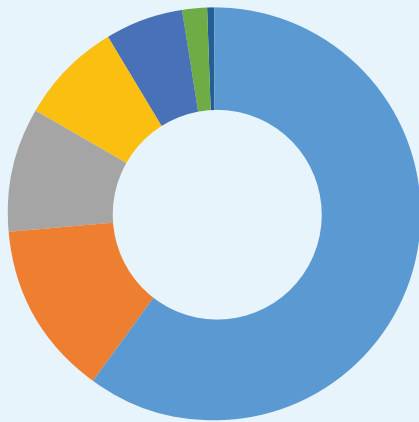
media campaign to host their own backyard event. We provided the food and a link to live stream the band. We also worked hard on raising the agency profile on social media as well as through community channels. This resulted in a marked increase in personal donations which made up for some of the shortfall caused by events like our Golf for Memories Tournament that had to be cancelled.

Our work as a Fund Development team is so important to those in Sarnia Lambton that are living with Alzheimer's and other dementias. We are thankful for the generosity of the community in supporting our efforts particularly during such unpredictable and changing times.





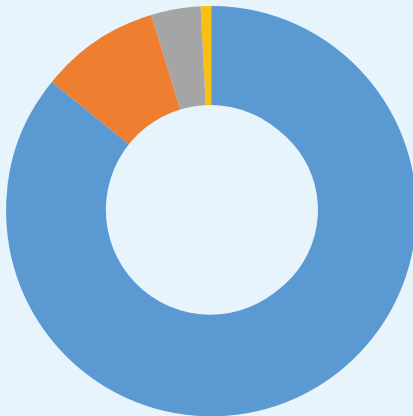
REVENUE



● Government Funding	\$745,352.00
● Donations and Bequests	\$169,612.00
● Grants and Other	\$121,311.00
● Special Events	\$98,456.00
● User Fees	\$76,676.00
● Amortized Contributions	\$23,502.00
● Interest	\$6,281.00

TOTAL REVENUE **\$1,241,190.00**

EXPENSES



● Programs and Services	\$1,035,883.80
● Administration	\$115,098.20
● Fundraising and Marketing	\$45,482.00
● Research	\$10,000.00

TOTAL EXPENSES **1,206,464.00**

Complete audited financial statements are available at alzheimer.ca/sarnia-lampton/About-us/Annual-Report.

\$100+

Susie Abrametz
 Travis Acton
 Martin Akerboom
 Bill Babula
 Ian Bagnell
 Sandra Baranek
 Vanessa Barnes
 Cecil Barrett
 Daniel Barrons
 Jacqueline Beaudoin
 Elizabeth Bellavance
 Benevity Community Impact Fund
 Susan Bernier
 Ian Blackwood
 Gerri Boudreau
 Malcolm Boyd
 Leo Bradshaw
 Kendra Breen
 Barbara Brennek
 Roger Bryan
 G Buono
 Dorothy Burchill
 Ann Burnside
 David Burrows
 Richard Burton
 Robert Cairns
 John Cameron
 Nadia Campbell
 Carpenters Local 1256
 Beverly Cassel
 Susan Chervinsky
 Constance Chrissyoulakis
 Margaret Clancy
 Valerie Clarke
 Don Clarke
 Gerry Clements
 David Clysdale
 Marny Coles
 Debbie Cook
 Joyce Corry
 Sharon Corry
 Sylvia Craig
 Janice Culp
 Catherine Currie
 Ellen Dark
 Brian Davies
 Claire Dawson
 Joyce De Meester
 Anna D'Eath
 Jaqueline Dobroski
 Margaret Doma
 Nicole Domonchuk
 Karen Duchene
 William Dunn
 Nancy Dwyer
 Thomas Dyck
 Sheena Eager
 David Earnshaw
 Bob Edgar
 Doug Elliott
 Alison English
 Gwendolyn Farmer
 Sergio Ferreira
 Patrick Filice
 Mandy Finch
 Ward Finch
 Sheila Fitzsimons
 Gene Fleet
 Carrie Forbes
 Jeffrey Gage
 Todd Gaglietta
 Judy Gagne
 Anna Galizia
 Allan Gallagher

Ian Gardiner
 Helen Gillespie
 Dave Grant
 Lisa Greatrix
 Reuben Greenhouse
 Nancy Grogan
 Dave Hains
 David Haley
 Gary Hall
 Melissa Hamilton
 Cathie Hand
 Huguette Hanrahan
 Susan Harris
 Tammy Healy
 Benevity Community Impact Fund
 Frank Hickling
 Harry Higdon
 Jim Higgins
 Courtney Hind
 Linda Hodgins
 Mark Holdaway
 Margaret Holmes
 Oleh Hrycko
 David Iacobelli
 IBEW Local 530
 International Brotherhood of
 Electrical Workers Local 570
 Scott Jacklin
 Ronald Jackson
 Marlene Jackson
 Sharon James
 Joyce Jamieson
 Betty Johnson
 Chris Johnson
 Janice Jones
 P.F. Kaltwasser
 Robert Kartzmark
 Timothy Kearns
 Derek Keatley
 Dwayne Kelch
 Joanne Kelch
 James Kelly
 Beverly Keohan
 Audrey Kinart
 James King
 Sonia Kostaniuk
 Brian Kumpf
 Katherine Kurtz-Alton
 Anna Labelle
 Susan Lajoie
 Teresita Lane
 Laurie Laviolette
 Dave Lavoie
 Joy Law
 Lawrence Lawlor
 Carolyn Leaver Luciani
 Shanno Lebrano
 Romauld Legere
 John LeNeveu
 Steph Lindner
 Terry Linseman
 David MacKay
 Maureen Mackay
 Candace Maclean
 Cathy Macumber
 Rosalie Matz
 Fred Maxim
 Ernie Thomas McAuley
 Fred McCord
 Reta McCord
 Laurie McCormack
 Kim McCreight
 Allan McDowell
 Andrew McDowell
 Kathleen McIntyre
 Joan McKinlay Kennedy
 Eleanor McKinnon

Carol McLaughlin
 David Mellor
 Karen Miller
 Gary Mills
 Mildred Moffat
 Mary Ann Moons
 Dean Morrison
 Robert Newman
 Charles Nisbet
 Donald Nix
 Fernand Noel
 Nova Chemicals
 Dwayne O'Neill
 Doug Opperman
 Leslie Pace
 Marie Papanastassiou
 Anne Parizeau
 Patricia Patchell
 John Paterson
 Lyle Patterson
 Mart Pitka
 Martin Pitts
 Kathleen Pollock
 Adelia Pozzuoli
 Barb Prince
 Samuel Punnett
 Birgit Quinn
 Rajini Ravindran
 Timothy Reeb
 Deborah Reitberger
 Deborah Renaud-McDermott
 Karen Riley
 Christine Robertson
 Dale Rodway
 Harry Rome
 Robert Rops
 Rotary Club of Sarnia Lambton
 (after-hours)
 Kathleen Rowbottom
 Sharon Ruzyski
 Sandpiper Residents Association
 Sarnia Legionaires Jr. Hockey Club
 Linda Schrader-Brown
 Angela Schram
 Roger Schram
 Nicole Schultz
 Audrey Sebo
 Barb Seed
 Kim Shaw
 Shelley Machine And Marine
 Vivian And Gord Shymko
 Bonnie Silvera
 Carolyn Sim
 Michelle Smith
 Beverly Smith
 Neil Smith
 Beverly Spencer
 Judy Stewardson
 Karen Stone
 David Struthers
 George Sunaitis
 Suzy's Cream
 Garry Tang
 Esther Tebbens
 David Tetreault
 Lynda Tighe
 Rachel Tobin
 Jay Uniac
 Carolyn Vallier
 Kathi Vandenheuvel
 Sheri VanHuizen
 Jim Vergunst
 Irene Versteegen-Buis
 Adrian Verwegen
 Janet Verwegen
 Rich Verwegen
 Blair Verwegen

Betty Vopicka
 Norma Vossen
 James Wales
 Kenneth Walker
 Jacqueline Watts
 Nancy Weiss
 Diane Werezak
 Chris West
 Shelly Wheeler
 Mary Wolff
 Wendy Woods
 Michael Wright
 Henry Wygergans
 Joyce Young

\$250+

Robert Angove
 Bad Dog Bar & Grill
 David Butler
 Carpenters & Allied Workers
 - Local 27
 Ceilia Carrothers
 Chagger Dental
 Donald Coates
 John Degroot
 Ann Donaghue
 Debbie Draganits
 Electrical Contractors
 Association of Sarnia
 Dorothy Ewener
 Roger Galloway
 Franklin Gattinger
 Erin Hinchberger
 William Hoad
 John Hus
 Linda Koolen
 Ann McLaughlin
 Fred Pentz
 Susan Roddy
 Becky Sheridan
 Diana Speed
 The Dante Club
 Thomson Rogers
 Elly Vergunst
 Haley Walker
 George Weisz
 James Williamson

\$500+

Melanie Bouck
 Nora Boyd
 Shelley Deschenes
 Don Henry
 John Jackson
 Robert Mantanino
 Sarnia Construction
 Association
 Susan Vollmar

\$1,000+

David Barrett
 Zita Burns
 Forever Furniture Galleries
 Mary Helen Garvie
 Deborah Gilbert
 Leona Lapointe
 Remedy RX
 Cathy Silverthorn
 Bette Smegal
 Doris Smith
 St John's in the Wilderness
 James Watt
 Anonymous
 Anonymous