

# CONNECTIONS MATTER

**ANNUAL REPORT** 

2021/22















#### A MESSAGE FROM OUR CEO AND BOARD CHAIR

#### Thanks to your generous support, we've been busy this year!

This past year, despite ongoing waves of COVID-19 and related pandemic restrictions, the Alzheimer Society of Sarnia-Lambton continued to find ways to support its clients in meaningful ways, and through inperson supports as much as possible. The hard work, resiliency and flexibility of our staff and volunteers was instrumental in our ability to continue supporting our clients in all program areas, with service levels very close to pre-pandemic targets.

Our quick shift in programming and services at the onset of the pandemic in 2020 allowed us to build and strengthen our services over the past year. With input from staff, we refreshed the role of the First Link Coordinator to focus on intake and provide a supportive role to our clinical team. We also hired our first Manager of Clinical Services to oversee our clinical team and focus on quality improvement initiatives within our clinical service areas. Most of our social recreational programs returned to an in-person format, and our inhome respite and day program continued to operate at pre-pandemic levels.

The start of planning and preparation for accreditation has kept us busy this year. We developed a new

strategic plan, formed a client advisory group, and continued with our commitment and work in equity, diversity, and inclusion.

Our Fund Development and Communications team spent time rebuilding and reinventing our fundraising initiatives and events after a previously difficult year. They were successful in securing funding from the Alix Foundation that was used to build an outdoor patio space for our Day Program participants.

Most importantly, over this past year we continued to work with our community partners and with our Ontario Health Team to improve access to healthcare programs and services for those who live in Sarnia-Lambton.

We want to thank our team of staff and volunteers, our system partners, and our supporters for seeing us through another year. We are looking forward to the year ahead and the prospect of growth and development that will help us meet the needs of those living with dementia and their families in Sarnia-Lambton.



Melanie Bouck
Chief Executive Officer
Alzheimer Society
Sarnia-Lambton



Kathy Denesyk Board Chair Alzheimer Society Sarnia-Lambton

#### **IN-PERSON & ONLINE PROGRAMS**

How online programming is not only helpful, but preferred for some Alzheimer Society Sarnia-Lambton clients

Alzheimer Society Sarnia-Lambton continued to offer online programs during year two of COVID-19, such as First Link® Care Navigation, Minds in Motion®, and other social recreation programs including Music Therapy. This was in response to evolving public health guidance that often resulted in the need to provide supports virtually and because feedback from care partners and people living with dementia clearly showed that, for some, online programs are not only helpful – they are preferred.

We also offered valuable in person programming where possible, and we are excited to increasingly resume our in-person programs and events over the coming months.

Feedback from care partners and people living with dementia clearly showed that, for some, online programs are not only helpful – they are preferred.

To learn more, visit alzheimer.ca/sarnialambton



The Alzheimer Society is my lifeline on this caregiving journey, and I am very grateful for the excellent services our family received FREE of charge! The Alzheimer Society is an ESSENTIAL service for us! The staff are passionate, knowledgeable, compassionate, and extremely professional! 'Thank you' is not enough for what they do!" - Care partner.



Dementia Friendly Communities (DFC) are a place where people living with dementia and their care partners are welcomed, included, and supported. It is a community that pays attention to the social and physical needs ofthe person living with dementia.

This year, we joined the Dementia Friendly Ontario group along with other Alzheimer Societies across Ontario. The group enhanced standardized education materials for use with various stakeholders throughout the province, including health professionals, libraries, retail, security services, and the Alzheimer Society Ontario is also an active member of the Dementia

Friendly Canada™ working group. This past year, the working grouplaunched English and French learning modules that are available for free, to the public, and are focused on three target sectors (retail, transportation, library/recreation). The group also launched tip sheets that align with the material from the learning modules and provide concrete tips for participants. To launch the resources, Dementia Friendly Canada™ hosted two webinars that the Alzheimer Society of Ontario presented and was a panel member for. The Alzheimer Society of Ontario will continue as a member of the working group to provide input and to continue to bring resources to Ontario.

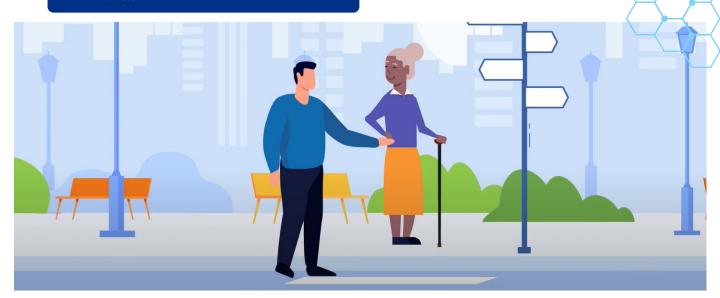


Please visit: <u>alzheimer.ca/en/take-action/become-dementia-friendly/dementia-friendly-canada</u> to access the online education modules and resources.

Please contact Alzheimer Society Sarnia-Lambton for education about how your community, organization or group can become more dementia friendly <u>alzheimer.ca/sarnialambton</u>







#### LIVING SAFELY WITH DEMENTIA



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

This past year through funding support provided by the Ministry for Seniors and Accessibility, 7,929 education and awareness-raising events, including virtual staffled education sessions and online learning, took place reaching a total of 33,101 individuals. To date we have over 250 people living with dementia registered with the Sarnia Police. Some of these events were provided in French, Simplified and Traditional Chinese, Tamil, and Spanish.

Further, the Rapid Response Advisory Group consisting of police first responders, Alzheimer Society staff and people with lived experience expanded to include a fire service group. As part of the continued development of tools and resources for first responders, both groups developed resources for use across the province to support effective communication and engagement with people living with dementia and their care partners during missing incidents or other calls responded to. Resources developed include tip cards for first responders to carry on their person as well as standardized education



#### It pertained to my actual life, and I learned some new information!"

- First responder, participant.

The Alzheimer Society of Ontario also developed police service-specific education in collaboration with the Rapid Response Advisory Group to provide online, easily accessible learning. The online learning was piloted by the Cornwall Police Service and received positive feedback in the evaluation highlighting the relevance and usefulness of the learning. Expansion of this online learning to other police services is planned over the next year.

To learn more, please visit: findingyourwayontario.ca

## SUCCESSFULLY SUPPORTING AGING AT HOME & 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 will need to quide them through every phase of their journey.

Over the past year, we continued to offer virtual services, but gradually re-introduced some of our inperson services. Our flexibility in how we deliver our services and programming allowed us to tailor our delivery methods to better meet our clients' needs.

In addition to providing individualized assessments, care ongoina plannina. proactive follow communication between providers and across sectorsalong the continuum of care, First Link® staff have continued to support clients' ability to cope with uncertainty and challenges across all healthcare sectors over the past year by reducing client stress, prevent crises, and improving overall quality of life<sup>1</sup>. We expanded our team this past year to include an additional First Link Care Navigator® to ensure guicker turnaround on new referrals and to better support our existing clients.



First Link® staff provided support that allowed care partners to keep their loved ones at home for longer, ultimately resulting in fewer trips to the hospital². In fact, 79.4% of care partners and 76.1% of people living with dementia were able to live at home or to provide care at home longer due to the Alzheimer Society's involvement³.

To learn more, please visit: firstlinkontario.ca

First Link®

Providing increased confidence to provide care, avoiding crisis events such as emergency room visits, and improving quality of life.



#### **Over 95%**

of clients indicated that they would recommend the Alzheimer Society to others affected by dementia.



**97**%

of clients were provided with helpful information.



**Over 90%** 

of care partners report an increased ability to advocate for the needs of the person they support.



Premier lien™

88%

of people living with dementia report an increased ability to advocate for themselves

- 1 https://firstlinkontario.ca/how-first-link-can-help/
- 2 http://firstlinkontario.ca/wp-content/uploads/2022/03/ExecReport\_2021\_Final-Updated.pdf
- 3 http://firstlinkontario.ca/wp-content/uploads/2022/03/ExecReport\_2021\_Final-Updated.pdf

## INCORPORATING PHYSICAL AND MENTAL STIMULATION FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CARE PARTNERS.

#### Minds in Motion®

Over the past year we have been able to stay connected through our Minds in Motion program both virtually and inperson as social distancing guidelines allowed. 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. We look forward to being able to offer both virtual and in person sessions throughout the next year for our clients and their caregivers.

#### 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.

#### To learn more, please visit:

alzheimer.ca/sarnialambton/helpsupport/programsservices/minds-motion

My mother looks forward to
Minds in Motion each week. It has
made such a difference in her life"

The exercise class and the participants make a big difference in my life and for my well-being. I am so thankful to be in this program."

#### Social Recreation Fund

The Alzheimer Society had to continue to be creative with our social programming throughout the year as the pandemic continued and social distancing guidelines were in place. The Catherine Booth and Michael Kirk Social Recreation Fund allowed us to host our annual Christmas Dinners over two nights serving forty-five clients. The meal was lovely and enjoyed by all and live entertainment topped off both nights. It was so amazing to see us gather again at such a special time of the year. We also attended a live Christmas show at the local theatre which involved classic Christmas tunes with a country twist.

We hosted two on-line dinner and concert events where meals were delivered to the clients' homes, and we joined on zoom to enjoy live music together. Other various virtual programs were offered to clients such as our armchair travelogue and book club. We are looking forward to planning some fun and exciting events for our clients next year thank you to the Catherine Booth and Michael Kirk Social Recreation Fund.







#### Respite

Since the beginning of the pandemic, it become clear that in home respite program is an essential service for dementia care partners. The Alzheimer Society of Sarnia Lambton worked closely with the local Public Health Unit to implement appropriate Infection Prevention and Control Practices (IPAC), utilize full levels of Personal Protective Equipment (PPE), and adjust and navigate the unpredictable waves of the pandemic.

Regular practice of home visits had become a full learning experience, with new information and direction at every corner. The barriers experienced have been nevertheless overwhelming, but the front-line staff remained resilient in the face of adversity, and more importantly they have remained loyal and supportive to our clients.

Alzheimer society has provided over 5800 hours or respite hours to 64 different clients over the fiscal year. The loyalty, compassion, care and resilience that the respite team has proven during 2021 speaks volumes of the hard work and dedication of the respite staff and represents the core values of the Alzheimer society programming.

#### **Day Program**

The Alzheimer Society Day Program reopened in October 2020 and remained open during 2021. Our strong partnership with Twin Bridges Nurse Practitioner-Led Clinic helped us navigate the screening and testing requirements as they continuously change.

Through their weekly attendance, clients have been able to maintain routines, socialise with others, improve mental and physical abilities through meaningful interaction and activities. The Alzheimer Society Day program is truly a great success and although it has met consistent adversity throughout the pandemic, it still experienced amazing growth.

With the commitment of our board of directors, we have been able to extend the program to a second day. We were fortunate to receive a grant from the Judith and Norman Alix Foundation, which enabled us to build a patio. Additionally, a Rotary Club of Sarnia-Lambton grant allowed us to furnish the patio. Our clients connect with others in a setting that is safe, friendly warm and inviting, where they can spend time outdoors, create new memories and build on a new sense of home.



Our care partners have been able to take a much-needed break and rely on their consistent, reliable connection with the Alzheimer Society"



#### DON'T MISS ME IN THE MIDDLE!

Pretty impactful words, but by themselves they are just that.....words. The real impact lies in bringing these words to LIFE through ACTION. This year, we expanded outreach to local businesses to increase awareness, as well as provide helpful information on how to identify individuals who may have dementia and share insightsand tips on engaging with them while reducing stigma. Local businesses embraced the opportunity to become a part of our Dementia Friendly Communities programand were eager to learn more about dementia andgain valuable insights to help them better serve their customers and create a more inclusive community forpersons living with dementia.

A highlight of just a few of the many educational programs throughout Lambton County.

We continued our shift to virtual education which expands the possibility for care partners to attend regular education, and a favourite continues to be our "Topical Tuesdays" Zoom sessions for care partner which provides local care partners with the knowledge, skills and confidence to care for themselves and persons living with dementia. Every week, care partners gather from their homes to learn on a variety of topics.

THANK YOU TO: Royal Bank of Canada, ActivEars Hearing Centres, Heidi's Independent Grocer, Mainstreet Credit Union, IPC Securities, Southwest Credit Union, Scotia Bank, Bluewater Hearing Libro Credit Union, Starbucks, Motion Specialties, and the Judith and Norman Alix Art Gallery.

The Topical Tuesdays have been so helpful. I am grateful for the education I have received. The Alzheimer's Society has been a wonderful support for me."

## 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

Surveys are distributed electronically, in person and via post. This year we had a 21% response rate to our survey. Responses were collected from both people living with dementia and their care partners.

#### **HIGHLIGHTS:**

- 99% indicated that the ASSL provided them with helpful information.
- 86% say that the ASSL provided them with emotional support
- 80% indicated they are far more confident living with dementia or as a care partner
- 92% are satisfied with the supports received from ASSL
- 85% indicated they are likely or very likely to recommend ASSL services
- 82% say the supports and services they received from ASSL have improved their quality of life.



#### **COMMENTS ON WHAT WE DID WELL:**

"I wouldn't be able to perform the caregiver role for as long as I did without the assistance for the Alzheimer's society. They are a wonderful organization with Caring employees. Thank you!"

"The support I have had for myself has been amazing...The educational sessions have helped me understand and consequently communicate in a very different way than I was used to. With fewer confrontations my mother is less agitated and less anxious...I am extremely grateful for the listening ear of counsellors at the Sarnia Lambton Alzheimer's Society."

"I always am telling people how great the Society and their staff are to deal with. They offer so many interesting and enjoyable programs and are a very caring group of individuals."

#### **COMMENTS ON HOW WE CAN IMPROVE:**

"Increased information sharing with other community agencies who support the older adult, especially in our intake assessments. Repetition of our story is very draining on all caregivers."

"The pandemic has made supports that could be very beneficial unobtainable for some people who have difficulty accessing technology needed for some interactions. Alzheimer's Society has many great resources which I look forward to exploring in the future for my father as we move forward with opening things up...The social interaction for seniors with Alzheimer's has been hard to navigate through pandemic."





#### **MEMBERS**

Kendyl Anderson Hannah D'Andrea Sam laccino Nic Ravenhorst

Jade Roy Meghie Smids Riley Smids

## FOSTERING THE NEXT GENERATION OF LEADERS AND PHILANTHROPISTS

In September 2021, ASSL launched our Young Leaders Collective (YLC), which is a community of passionate and driven individuals who want to change the lives of those affected by dementia and are invested in their own brain health. YLC's core pillars are advocacy, networking, education, and community engagement.

Throughout the first year, Members and Ambassadors networked with Alzheimer Society Senior Leadership and the Board of Directors at various events. They had the opportunity to participate in many fund development events such as OktBorderfest and our Worn and Buff It Custom Kitchen Lottery. We look forward to the coming year and the education opportunities including spending time with ASSL's Education Coordinator. After one year, we have 7 inspiring Young Leaders.

One such Young Leader is Nick Ravenhorst. Nick is 27 years old and is in sales and marketing at Bayview Chrysler Dodge. We asked Nick about his experience as a Young Leader and this is what he had this to say:

"I've had the opportunity to work side by side with other Young Leaders at concert events, participated in the promotion, and volunteered at big events. There has also been an education and networking component to this program. I've lived in Sarnia my entire life except for going to school in Toronto and I was looking for a way to give back to my community in a meaningful way. I would encourage anyone who is looking to give back to join the Young Leaders Collective."



Become a member today at: alzheimer.ca/sarnialambton/en/take-action/young-leaders-collective

#### **FUND DEVELOPMENT**



## WE CONTINUE TO BE THANKFUL FOR THE GENEROSITY OF THE SARNIA LAMBTON COMMUNITY

n 2021 the Fund Development Committee was successful in launching our first ever significant lottery. After strategizing on how to best position our fundraising efforts and with more people using disposal income on home improvements, we launched the Worn and Buff It \$50,000 Custom Kitchen renovation lottery. With the assistance of ASO in setting us up to be able to process ticket purchases online, we were off and running. An initiative like this is not possible without the generosity of local suppliers and trades people. This lottery was wildly popular and grossed over \$90,000 and provided us with over \$70,000 after expenses.

The 2021 IG Wealth Management Walk for Alzheimer's remained virtual, and we asked our participants to walk 9,000 steps a day throughout the month of May, representing the number of people living with dementia as well as their care-partners. We generated \$40,000 in revenue which put us back to pre-pandemic walk proceed levels. Our Anything for Alz campaign continued to grow with the addition of several new participating businesses.

Our annual It's 5 O'Clock Somewhere Gala returned as a hybrid event, and we offered takeout dining as well as an in-person option. Attendees were excited to attend an outdoor event at Sarnia's beautiful waterfront with live music. So much so that we sold out!

Another highlight of our year was our success in securing a \$75,000 grant from the Judith and Norman Alix Foundation. These funds were utilized to build a beautiful patio space off of our Day Program. Our clients have certainly benefited and enjoyed this newly acquired space. Our work as a Fund Development team continues and evolves as we look for new and innovative ways to generate the necessary funding to be able to offer quality programming and support to those in our community living with Alzheimer's and other dementias. We continue to be thankful for the generosity of the Sarnia Lambton community in supporting our efforts particularly during such unpredictable and challenging times. We look forward to what 2022 will bring





### MONTHLY GIVING MATCH TO CREATE SUSTAINABLE CHANGE

Monthly donors are extremely important to the Alzheimer Societies across Ontario. Through their donations, they ensure a steady source of support for social recreation programs and help create sustainable change through reliable funding. This allows us to stay focused on fulfilling our mission and planning for future projects without worrying about where tomorrow's funding will come from.

We're so grateful for the over 120 new monthly donors who joined our community thanks to the matching support of the Catherine Booth & Michael Kirk Social Recreation Fund. By joining the Alzheimer Society monthly giving community, their commitment impacts thousands of people living with dementia and their care partners who benefit from our social recreation programs and allow us to take these programs to the next level.

We want to say thank you to all of our monthly supporters. Your generosity allows us to take a planned, long-term approach. As an Everyday Hero, you work side-by-side with us, making long-lasting improvements to the lives of people living with dementia and their care partners.

We also want to thank Catherine Booth and Michael Kirk for the extraordinary contribution they have made to Alzheimer Societies across Ontario. The positive impact of this gift will be felt by people living with dementia and their care partners for many years to come.

#### About the Catherine Booth and Social Recreation Fund

The Catherine Booth and Michael Kirk Social Recreation Fund was created in memory of Catherine's father, Walter G. Booth, to support a variety of social recreation programs across the province. Through fundraising efforts, Alzheimer Societies across Ontario will match Catherine Booth and Michael Kirk's generous donation of \$100,000 a year, over five years, to bring the total impact of their gift to \$1,500,000.



CATHERINE BOOTH & MICHAEL KIRK
SOCIAL RECREATION FUND

I became a monthly donor because I feel like my monthly gift has more of an impact for the Alzheimer Societies across Ontario throughout the year than a gift once a year." - Monthly Donor



#### UNLOCKING INNOVATIVE SOLUTIONS TOGETHER

The Alzheimer Society Research Program (ASRP) is one of Canada's most innovative hubs for dementia research, helping the best and brightest minds in the field spark their work from ideas to impact.

Thanks to you, 11 exciting new research projects took shape here in Ontario.

Your generous donations have been a launch pad for our province's very best researchers, enabling them to turn knowledge into hope for everyone. No matter where they live, people with lived experience of dementia will feel the incredible impact of the research that you make possible.

You are helping unlock solutions that will lead to ways of preventing dementia, better treatments, and eventually cures. And you are helping people who are living with dementia right now live their best and longest life possible. For that, we are truly grateful.

#### Your impact at a glance

With your generous support, Taylor is leveraging a highly sensitive brain imaging tool to monitor brain cells in the living brain. This will enable him to examine when cellular damage becomes detectable, long before cognitive impairment has happened. Tools for detecting Alzheimer's disease early that are developed from this research will help to develop new therapies for slowing or preventing the disease.

With improved tools for identifying when Alzheimer's disease first appears in the brain, we can also better identify who is most at risk and why. This would open the door for personalized preventative care. For those already living with dementia, our tools might assist in determining which types of treatments would be most effective for these individuals.



#### RESEARCHERS FUNDED FROM ONTARIO

- · Amanda Grenier & Karen Kobayashi
- · Amit Singnurkar
- · Ashwini Namasiyayam-MacDonald
- Birgit Pianosi
- Gillian Coughlan
- Jennifer Rabin
- Kate Kokoreloas
- Morris Freedman
- · Taylor Schmitz

#### **NATIONAL TOTALS**

- Total number of awards: 8 (4 doctoral, 4 postdoctoral)
- Total number of grants: 17 (10 PoC, 7 NI)
- · Total amount awarded: \$3.044,906

To learn more about the Alzheimer Society Research Program and Ontario's recipients please visit: <u>alzheimer.ca/en/research/alzheimer-society-research-program</u>

Without the generous support of the Alzheimer Society Research Program donors, this work simply would not be possible."

- Taylor Schmitz, Researcher from Western University (London, Ontario).







Complete audited financial statements are available at alzheimer.ca/sarnialambton/en/about-us/annual-reports-finances

\$250+ About Face and Body Alastair White Alexandra Carreiro Alice Jones Audrey Hendrickson Carherine L. Durocher Cecil Barrett David MacKay Dennis Fedoriw Eric A. Oleniuk George Weisz Geraldine L. Ziegeler Giant Tiger -Ottawa Head Office Giant Tiger Stores Limited Haley Walker Heather Virostek Helen Gillespie Home Hardware **Huey Chiana** James G. Williamson Jeffrey McLaughlin John O'Mahony Johnna Johansen Lynda Donovan Margaret Doma Marie Marcy-Smids Mario Galizia Marnie Burrell Medaesthetics Sarnia Melanie Bouck Naresh Thakkar Nora L. Boyd North Lambton Lodge PayPal Giving Fund Canada Peter Green Rick McKinnon Robert Angove Roger J. Gallaway Shirley Olney Skeeter Barlow's

Spencer A. Mead

William R. Hoad

Teresita Lane

Travis Acton

#### \$500+

Alison English Andrea Carson Ann Burnside Ann McLaughlin Benevity Community Impact Fund Bette Smegal Bluewater Stone Gord E. Jamieson Home Instead Senior Care Judy Moran Karen D. Riley Karen Winter Kathi Vandenheuvel Leona Lapointe Mary Helen Garvie Meere Real Estate Group Pier 3 Financial Solutions Inc. Retirement Homes (Sarnia) Rick Fauteux Robert Montanino Smith Funeral Home Stephen G. Sharpe Sumac Lodge Residents Council Sunripe Farms Produce Susan Vollmar The Benevity Community Impact Fund Thomas Dyck Trams Property Management Inc. United Way of Sarnia-Lambton

#### \$1,000+

Wesley Minshall

Alzheimer Society Southwest
Partners
Bayview Chrysler Dodge Jeep Ltd.
Benevity Community Fund
Bluewater Hearing
Bluewater Home Hardware
Building Centre
Bluewater Power Distribution Corp.
Bright's Grove Foodland
Canadian Tire Associate Store
CareRx Corporation
ChaggerDental

Deborah Gilbert-Willsie Doris Smith Exit Realty Twin Bridges H. Moore and Son Siding Limited Heidi's Your IndepndentGrocers **Hogan Pharmacy** Jason Winter Kris Hunt LamSar Inc. M and K Winter Foundation Mark Lessard MNPIIP No Frills Sarnia Rotary Club of Sarnia Charitable Foundation (Bingo) Sabrina Ferry Shell Manufacturina Centre St John's in the Wilderness **UNIFOR Local 848** 

#### \$5,000 +

7ita Burns

Carpenters Local 1256 Chris' No Frills John M. Degroot Steeves & Rozema Group The Judith & Norman Alix Foundation Vision '74 Inc.

#### You can do something about dementia.

#### **DONATE TODAY**

alzheimer.ca/sarnialambton

**Alzheimer Society Sarnia-Lambton** 420 East St. North, Sarnia, Ontario N7T 6Y5

Phone: 519-332-4444 Fax: 519-332-6673

Email: info@alzheimersarnia.ca

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