Together, We’re Changing The Dementia Journey

2013–14

ANNUAL REPORT
The full, audited financial statements are available at www.alzheimerbc.org.

We reached over 8,100 new clients

- Provided more than 130 support groups across the province to family caregivers and people experiencing early symptoms of dementia
- First Link received over 1,600 referrals from healthcare professionals
  - An increase of 25% from 2012

Presented education series, workshops and events to almost 14,000 attendees in over 80 communities across B.C.

Launched a new tele-support group for family caregivers who are unable to attend a support group in person

First Link provided ongoing follow-up with 3,400 families

23,860 First Link bulletins were sent out

Clients received over 91,000 service hours, an increase of more than 15% over 2012

There were 1,202 caregiver support group meetings and 484 early stage support group meetings

Offered 27% more tele-workshops than in 2012

Offered 27% more Minds in Motion sessions than in 2012
A MESSAGE FROM THE VOLUNTEER BOARD CHAIR AND CEO

In 2013-14, the Alzheimer Society of B.C. helped thousands impacted by dementia connect with support services, education and information. The Society made its largest ever annual investment in research for a cure, but more research in B.C. is needed to make headway against the rising tide of dementia.

Today, more than 70,000 British Columbians live with Alzheimer’s disease or another form of dementia. Over 10,000 of these people are under the age of 65. The dementia crisis impacts people with the disease, families and communities across the province. But our education partnerships bring hope for better care on the dementia journey and dementia-friendly communities.

We need volunteers, donors and community partners like you to connect British Columbians with support services and education through First Link®. Thank you for your generous support. It is with great pride that we share the accomplishments of the past year in this Annual Report.

Through the generosity of our supporters and our record of fiscal responsibility, we have accumulated surpluses that we will use to drive the ambitious goals articulated in our 2014-18 strategy. This strategy focuses on three priorities: First Link® expansion, education for health care professionals and dementia-friendly communities and B.C. research.

Thank you for supporting our work to deliver Help for Today. Hope for Tomorrow...® Together, we are changing the dementia journey.
Alzheimer Resource Centres, located throughout the province, offer information, education, support groups and the opportunity to talk directly with a knowledgeable staff member or volunteer. Alzheimer Society of B.C. volunteers contributed almost 30,000 hours in 2013.

(pictured left) The North Shore & Sunshine Coast Resource Centre.

Education is offered throughout the province to caregivers, people with dementia, health care providers and others. In 2013 the Society offered 676 education presentations and events to almost 14,000 attendees in over 80 communities. Education series and workshops cover a variety of topics, including brain health, understanding dementia and future planning. Workshops are delivered in person, via video conferencing and as tele-workshops.

Participants learn so much from these workshops. As one family caregiver wrote, “I see the road ahead clearer now, and I’m not afraid to walk it.”

A partnership with WorkSafe BC resulted in 400 health care workers attending free day-long workshops in four communities in the 2013-14 fiscal year. As one attendee said, “Learning to speak with people with dementia by using simple questions and sticking to one topic at a time – this has made a world of difference.”

A full-day conference called “The ME in Dementia” was held in Terrace, Courtenay and Kamloops and open to anyone interested. Topics included brain health, understanding dementia, communication and behaviour, personal planning and research. One participant commented: “I felt like I was floundering – I feel so much more equipped now.”

Everyone should take this program (Family Caregiver Series). Why have two people trying to navigate a ship in the fog without a compass?

– Caregiver Series Participant
First Link® is an early intervention service designed to connect individuals and families affected by dementia with services and support as soon as possible after diagnosis. Formal referrals from health professionals allow for ongoing, proactive contact with individuals and families. In 2013 over 1,600 referrals were received and ongoing follow-up was done with 3,400 families. “It is great having an ongoing service for clients and families that reaches out to them.” – First Link Referring Professional

The Dementia Helpline is a province-wide support and information service for anyone with questions about any aspect of dementia. As a first point of contact or a back-up support for callers when resource centre staff are not available, the Helpline’s compassionate staff and volunteers are there.

Minds in Motion® is a fitness and social program for people experiencing early memory loss due to dementia and a family member, friend or care partner. Participants have the opportunity to stay physically active, meet others living with dementia, and access information about dementia and services. In 2013 there were 29 programs, with 470 participants attending weekly.

More than 130 Support Groups are available for family caregivers and people experiencing early symptoms of dementia. Facilitated by dedicated volunteers and staff, these groups are a safe environment where individuals can learn, laugh and help each other through mutual understanding.

Information Resources are available in a variety of formats including brochures, fact sheets and online at www.alzheimerbc.org. Two regular bulletins connect and inform caregivers (In Touch) and people with dementia (Insight). In Touch has a distribution of 4,300; Insight is distributed to 1,700 individuals.

The meetings give hope, help you carry on month to month, give positive ideas and put you in the right direction to overcome problems you may be experiencing.

– Caregiver Support Group Member
EDUCATION

Over the last year the Alzheimer Society of B.C. has partnered with WorkSafe BC on a pilot project to improve care workers’ understanding of the dementia journey and provide them with the strategies and education they need to enhance communication with people with dementia.

Ninety-eight per cent of workshop participants indicated that they “strongly agreed” or “agreed” that the workshop gave them a better understanding of dementia. As one care worker reflected in a follow-up survey, this pilot project met the strong need health care workers have for dementia information and education:

“Breakfast time is always a challenge as care staff are trying to get as many residents up as possible for breakfast as a routine, now with the new knowledge, we don’t routinely wake up residents, we would find out what would be the resident’s preference to get up early or would like to stay in bed for breakfast and get up later, it is ok for them just to come out in their house-gown for breakfast and get dressed later, after-all, it is their home.”

The Society’s education initiatives will continue through a recently announced partnership with SafeCare BC, a newly created not-for-profit association which has been mandated to ensure injury free, safe working conditions for long term care workers in B.C. (previously WorkSafe BC’s responsibility). The new initiative will result in nearly 500 care workers receiving education over the next year.

Through the Society’s partnership with WorkSafe BC education was provided to almost 400 care workers in 2013-14.
The Alzheimer Society of B.C. is making a difference by supporting a Canadian research program and encouraging partnerships with other funders. – Cheryl Wellington

Alzheimer’s is such a terrible disease, and to eliminate it would be a wonderful thing. That’s why I direct my donations to research. – Ralph Keller, Legacy Donor

The Alzheimer Society of B.C. is making a difference by supporting a Canadian research program and encouraging partnerships with other funders. – Cheryl Wellington

If you would like more information about making a gift or leaving a legacy, please contact us at 1-800-667-3742 or go to www.alzheimerbc.org.
Maria Howard, CEO of the Alzheimer Society of B.C. and Jim Mann, a person with dementia, advocate and Board Member for the Alzheimer Society of B.C. and Canada accept the proclamation from Mayor Gregor Robertson of the City of Vancouver. Photo credit: Wendy Stewart, Director, Legislative Operations, City of Vancouver.

Dementia matters to all of us; this is why the Alzheimer Society of B.C. partners with the general public, local municipalities and decision makers to create communities that are more dementia friendly across the province.

This year the City of Vancouver paved the way for other communities by working with the Alzheimer Society of B.C. to proclaim January 2014 Alzheimer Awareness Month.

Monique Blanchet, 17 year old caregiver, speaks with Maria Howard, CEO, Alzheimer Society of B.C.

In February of this year the Alzheimer Society of B.C. co-hosted a luncheon at the B.C. legislature where Society representatives, volunteers and board members came together with MLAs to speak about dementia, an issue which goes beyond political affiliation.

Seventeen-year old Monique Blanchet shared her family’s experience with dementia. Monique’s mother Linda was diagnosed with early onset Alzheimer’s disease in 2013, at age 56. Monique spoke to raise awareness of Alzheimer’s disease and other dementias and to make change. Contact the Alzheimer Society of B.C. for more information about what you can do to make your community a Dementia Friendly Community.
Barry Ritter, recipient of the Mike Crowe Award of Hope for 2013-14, makes an impact. He and his wife, Myrna Shefrin, have given presentations as part of the Alzheimer Society of B.C. advocacy campaign and have inspired those around them to give generously to support people who live with dementia. A dynamic, articulate and insightful participant in the Shaping the Journey: living with dementia™ program in Vancouver, Barry now volunteers as a facilitator. Barry is a role model to many, demonstrating his commitment to staying healthy by walking everywhere, working out four times a week, eating well, and having an active social life with family and friends.
On Sunday January 26, 2014, people in 23 communities across the province supported the Investors Group Walk for Memories. Thanks to supporters like you, the Walk raised more than $600,000 to help support families who are impacted by Alzheimer’s disease and other dementias, and to support research into finding the causes and a cure for the disease. In 2015, the Walk will take place in 24 locations across B.C., including inaugural Walks in Burnaby and the North Shore.

With support from the Alzheimer Society of B.C. Provincial Office, the Investors Group Walk for Memories were planned by volunteer walk chairs and committees. The event depends on the commitment and enthusiasm of volunteers. Many of these volunteers form long-lasting relationships with the Alzheimer Society of B.C. and come back year after year to make the Walk a success.

Another key to Walk success is the support provided by provincial title sponsor: Investors Group. Daniel Dallaire, Kamloops Regional Director with Investors Group says, “In the past Alzheimer’s was a quiet disease that people didn’t talk about. This Walk has created an opportunity to talk about it.”

Dallaire believes that continuing to honour an individual or family each year is instrumental to the Walk’s continued growth as these families often return to support the new honoree. He also says it’s an event his children love to be part of and believes “it’s a great opportunity to talk to friends, colleagues and make new friends all while raising money for a great cause.”

The Society thanks Investors Group for helping us raise awareness about how dementia impacts communities and what can be done to help.
Ralph Keller, 87, met his future wife Gloria in Victoria, “We spotted each other, struck up a conversation, and from there on it got wonderful.” The two were married for 30 years.

“I recognized her loss of memory for a number of years before she was diagnosed with Alzheimer’s disease,” says Ralph. They were referred to the Alzheimer Society of B.C.’s Penticton Resource Centre and received the guidance they needed.

When Gloria moved to a residential home, Ralph visited her seven days a week for six years, from 9 a.m. to 7 p.m. “There was never any question of looking after her. I know if I had been in her place, she would have looked after me. I miss her very much. I would have been happy to look after her forever.”

“Alzheimer’s is such a terrible disease,” says Ralph, “and to eliminate it would be a wonderful thing. Young people need to realize it's not just an old person’s disease. We need to get down to the facts of what is causing it.”

After making a gift to the Society, Ralph became a monthly donor and has remembered the Society in his will.

From the moment I saw you… I wanted to meet you. From the moment I met you… I wanted to know you. From the moment I knew you… I was in love with you. From the moment I loved you… I wanted to share my life with you. And from that moment to this moment… and for all the moments to come… I will love you with all my heart.

– Gloria in a card to Ralph, which he still carries in his wallet.

The Alzheimer Society of B.C. helps people every day. You’re very lost when you’re in this situation and the Society eases the situation for you. They did for me. And that’s why I’m happy to give.

– Ralph Keller

If you would like more information about making a gift or leaving a legacy, please contact us at 1-800-667-3742 or go to www.alzheimerbc.org.
THANK YOU FOR YOUR CONTRIBUTIONS

The Alzheimer Society of B.C. gratefully acknowledges the thousands of contributors who have supported our activities. Your support helps people in B.C. who are affected by Alzheimer’s disease and other dementias and makes an important difference to their quality of life. It also helps us fund research into the causes and cures.

The following list is in recognition of gifts of $1,000 or more received between April 1, 2013 and March 31, 2014...

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OUR VISIONARIES
$20,000 AND UP

In memory of Katherine & Cornelius Funk
Bob and Sue Hastings
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OUR CHAMPIONS
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Nelson Brewing Company Ltd.
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OUR CHAMPIONS
$10,000 TO $19,999
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Canadian Direct Insurance Agency Incorporated
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The 1988 Foundation
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UBS Securities Canada Incorporated

Alzheimer Society of B.C.
Estate of Helen Philpott
Estate of Barbara Nightingale
Estate of David Edward Mower
Estate of Dorothy Evangeline Mower
Estate of Joan Moira McDonald
Estate of Margaret Kennedy MacDonald
Estate of Glenn G. Lawrence
Estate of James Young Johnstone
Estate of E.S Haynes
Estate of Pauline J. Hargraves
Estate of Bernard R. Evans
Estate of Dorothy Hope Cummings
Estate of Alice Patricia Cashmore
Estate of Dorothy Evangeline Mower
Estate of David Edward Mower
Estate of Barbara Nightingale
Estate of Helen Philpott

CIRCLE OF HOPE
We thank and honour those individuals who have made a provision for a future gift through a bequest, life insurance policy, annuity or trust arrangement.
Anonymous (27)
David and Joanna Aune
Gloria Back
Katherine Bier
J.D. Caughlin
M.J. Charpentier
Annica deTrey
Earl DesLaurier
S.M. Devine
Toby Fouks
Bob and Dana Golden
Bob and Sue Hastings
Paula Jakeman
Jack and Nancy Jefferson
Thomas B. Knox
Carl Krause
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Andy and Cheryl Szocs
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Laurie Tetarenko
Mrs. N. Elizabeth Trehewey
Mark Zubersbuhler

ENDOWMENT FUNDS
We acknowledge the ongoing contributions from the following funds in perpetuity:
Anonymous (2)
Alzheimer Society of B.C. Capital Region Fund
Alzheimer Society of B.C. Endowment Fund
Anne Henderson through the Victoria Foundation
Barry Brookes Fund
Charles W. Brazier Fund held at Vancouver Foundation
Edna Leckie Fraser Memorial Fund
Ellinor Richards & Hazel Richards Loane Fund
George P. Kelly Memorial Fund held at Vancouver Foundation
Henry & Marian Thiel Family Trust
Hibler/Lamoureux Fund held at Vancouver Foundation
Robert Kenny Fund
Rudi & Sylvia Hoenson Foundation Fund through the Victoria Foundation

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Every effort has been made to ensure that this list is accurate. Please accept our sincere apology if your name has been missed, or a mistake has been made. We ask you to call us at: 604-742-4922.

GIVING OPPORTUNITIES
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Fax: 604-669-6907
E-mail: akok@alzheimerbc.org

WE ARE DEEPLY HONOURED TO RECOGNIZE THE FOLLOWING ESTATE GIFTS:
Anonymous (1)
Estate of Peter John Curtis Beck
Estate of Betty P. Bonnington
Estate of John James Boyce
Estate of Marjorie Bridge
Estate of Alice Patricia Cashmore
Estate of Dorothy Evangeline Cowan
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THE ALZHEIMER SOCIETY OF B.C. WOULD LIKE TO ACKNOWLEDGE THE FOLLOWING ENDOWMENT FUNDS:
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E-mail: akok@alzheimerbc.org
OUR VISION
Our ultimate vision is to create a world without Alzheimer’s disease and other dementias.

MISSION STATEMENT
The Alzheimer Society of B.C. exists to alleviate the personal and social consequences of Alzheimer’s disease and other dementias, to promote public awareness and to search for the causes and the cures.

THANK YOU
The Alzheimer Society of B.C. wishes to thank Nancy Hable for her long service. Nancy was the first employee of the Society, starting in 1984, and she retired from her position as Executive Assistant in June, 2014. Nancy has made a significant difference in the lives of people affected by Alzheimer’s disease and dementia.

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COVER PHOTO
Participants at the 2014 Vancouver Investors Group Walk for Memories along the seawall in Stanley Park.
**Alzheimer Society of British Columbia**

**SPECIAL EVENTS**

Volunteers make significant contributions to their communities and to the work of the Alzheimer Society of B.C.

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**Anything for Alzheimer’s**

Anything for Alzheimer’s allows you to plan your own event or fundraising initiative and make a difference in your community by doing your thing. We make it easy to fundraise. [www.anythingforalzheimers.ca](http://www.anythingforalzheimers.ca)

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**Scotiabank Hockey for Alzheimer’s**

This unique three-day co-ed tournament gives players an exhilarating opportunity to play with and against NHL Alumni and enjoy all the camaraderie and excitement of a pro-am tournament, while raising funds that provide critical support to the Alzheimer Society of B.C. [www.hockeyforalzheimers.ca](http://www.hockeyforalzheimers.ca)

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**Scotiabank Vancouver Half-Marathon & 5K**

Participating in the 5K or Half-Marathon for the Scotiabank Charity Challenge is a fun and easy way to get involved and make a difference. Walk, run, or roll and fundraise. [www.alzheimerhalf.ca](http://www.alzheimerhalf.ca)

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**Coffee Break®**

Get together with friends and make your coffee count each fall by joining the annual nationwide Alzheimer Society Coffee Break®. [www.coffe突破bc.ca](http://www.coffe突破bc.ca)

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**A Breakfast to Remember**

A Breakfast to Remember in Vancouver and Victoria is a gathering of corporate and community leaders who come together to lead a movement intended to confront the dementia crisis. [www.breakfasttoremember.ca](http://www.breakfasttoremember.ca)

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**Forget Me Not Golf Tournament**

The Forget Me Not Golf Tournament is the Alzheimer Society of B.C.’s largest annual research fundraiser. To date, this signature event has raised over $7.8 million and over 90 per cent of the funds raised go directly to the Society. [www.fmngolf.com](http://www.fmngolf.com)

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**Ascent for Alzheimer’s**

Ascent for Alzheimer’s is a 19,340 foot trek over one week to the summit of Mt. Kilimanjaro in Tanzania, Africa. Embark on this journey to honour a family member or friend, or for a life changing adventure. [www.ascentbc.ca](http://www.ascentbc.ca)

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**Mt. Kilimanjaro Grouse Grind for Alzheimer’s (MKGG)**

MKGG is a team-based event on Grouse Mountain that mirrors the challenge our Ascent for Alzheimer’s team undertakes on Mt. Kilimanjaro. [www.hikemkgg.com](http://www.hikemkgg.com)

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**Investors Group Walk for Memories**

The Investors Group Walk for Memories is a great way to raise funds for the Alzheimer Society of B.C. Your support allows us to offer help to the over 70,000 families impacted by dementia in B.C. and research for a cure. [www.walkformemories.com](http://www.walkformemories.com)

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