

Alzheimer *Society*

GREY - BRUCE

2016 - 2017 Annual Report



Mission

The Alzheimer Society of Grey-Bruce exists to alleviate the personal and social consequences of Alzheimer's disease and other dementias, and to promote research

Executive Message

This fiscal year marked the 30th anniversary since incorporation of the Alzheimer Society of Grey-Bruce. In the summer of 1986 our mandate was to address the needs of those with Alzheimer's disease and their caregivers. Over time we have appropriately evolved to now support those with Alzheimer's disease and dementia and to include as clients those persons diagnosed with dementia. It's important for any organization to grow to meet the need and the Alzheimer Society of Grey-Bruce has certainly done that, as evidenced by our numbers of clients, contacts, program offerings and partnerships.

Across Ontario and particularly here in Grey-Bruce we supported a very successful advocacy effort to introduce a Dementia Strategy in this province. We believe that an Ontario-wide strategy will truly benefit those in our two counties affected by dementia to minimize the impact of the disease as well as create a more coordinated system of care. Our work must continue however to advocate for funds at our local Society.

Board members continued very active participation on development of a new Federation Agreement with the Alzheimer Societies in Ontario. The new agreement, effective April 1, 2017, positions us well to work collaboratively with other local Societies in Ontario and ultimately help grow our services.

Our fund development team had an excellent year with successful special events. And our "Bridge to Tomorrow" campaign to support the long term financial needs of our local Society is well underway with good support being shown from our community.

As we look to the year ahead there is much to look forward to. We have a new Federation Agreement among 30 Alzheimer Societies in Ontario and we are hopeful that this will lead to new opportunities for partnerships and growth. A Dementia Strategy has been approved by our provincial government and we are hopeful that funds will soon follow to increase our staffing needs. We are looking forward to a re-branding of Alzheimer Societies in Canada to increase our profile and awareness of the impact of this disease on our families, friends and communities. Locally a grant from New Horizons for Seniors will allow us to bring a Photovoice Project to provide our clients a new way to share how their lives have been impacted by dementia. We have 2 more years of Ontario Trillium Foundation funding for the Minds in Motion program.

Thank you to all our staff for your outstanding dedication to our clients. Thank you to board members and all volunteers for committing your personal time to support persons with dementia and their care partners. And very special thanks to our donors for believing in our work, for your ongoing commitment to the Alzheimer Society of Grey-Bruce and for your amazing generosity.

Sincerely,



Kelly Graham
Acting President



Deborah Barker
Executive Director



Living Well with Dementia

Receiving a diagnosis of dementia can be an overwhelming and a very difficult time for the person newly diagnosed, as well as for their family and friends. They have many questions about the disease and how their life will change. The Alzheimer Society of Grey-Bruce supports persons living with dementia and their families. Our programs and services are designed to help them remain supported, active, informed and safe.



Providing Support to our clients

Our regulated health care professionals provide counselling and support to individuals and their families when and where they need it to address their specific goals.

Counselling – we are where you are

Our counsellors travel to meet clients as needed. Counselling appointments are available to persons with dementia, care partners, family members and friends either in person, by telephone or email as preferred by the client. Our counsellors and Behavioral Supports Ontario social worker, help clients understand the diagnosis, navigate the health care system, problem-solve individual challenges, connect them to services and support them throughout the disease.

New to the Society is our secure on-line video conferencing where clients can receive support from their own personal computer.

Support Groups across Grey-Bruce

At Support Groups held monthly in 6 different communities our counsellors help clients learn about the different stages of the disease, discuss topics relevant to their situation, and connect care partners with others going through similar experiences.

Specialized Support Groups

Memory Café:

This group of persons with dementia and their care partners meet twice monthly to learn, share, and socialize; key activities to living a healthy life with dementia.



Ambiguous Loss and Grief Group:

Ambiguous loss is a type of loss you feel when a person with dementia is physically here, but may not be mentally or emotionally present in the same way as before. This time limited group provides strategies for maintaining meaningful connections and to live positively with losses and grief while caring for someone with dementia.



Supporting Research and Evaluation

Over the past two years we have participated in two research projects funded through the Ontario Brain Institute. This year we finalized the Quality Improvement Plan for our 2015-16 Core Services Evaluation Project and undertook a new project with seven other local Alzheimer Societies to evaluate our participation in Primary Care Memory Clinics. These projects are informing our client care support and coordination as well as learning services.

Quote: "The AS staff provides an extremely valuable role in our community clinic. Patients/caregivers would not receive the same follow up without them..."
Memory clinic provider

Helping People Stay Active & Engaged

We encourage our clients and the public to take action for a healthier brain. Our Public Education Coordinator speaks to community groups about living a healthy life and reducing your risk for developing dementia.

Minds in Motion

We have completed the first year of a three year grant from the Ontario Trillium Foundation which provided funding to offer Minds in Motion in Owen Sound, Hanover, Markdale and Southampton. This eight week program offers physical activity and fun social activities focused on building personal skills. The program helps couples stay physically active, get involved in their community and have fun.



We are grateful for our community partners in each location: YMCA Owen Sound Grey-Bruce, P&H Centre, SBG Community Health Centre and St. Paul's Anglican Church.

Music and Memories

Clients can enjoy a personalized music experience that eliminates distractions, stimulates memories, facilitates meaningful engagement and supports identity and self-expression. We loan free of charge iPods and headphones with personalized play lists.

Art Therapy:

We offer group creative sessions for persons with dementia throughout the year. This life enriching activity has been shown to support sensory stimulation, self-expression and improve overall quality of life.

Dementia Statistics

- 564,000 people living with dementia in Canada
- 16,000 people under 65 living with dementia
- 3652 people diagnosed with dementia in Grey Bruce
- 915 registered clients in Grey-Bruce
- 5054 client contacts in the past year
- 1194 people attended education and information session
- 1003 Minds in Motion visits
- 99 group sessions held

Helping People Stay Informed

Alzheimer Society of Grey-Bruce offers opportunities to learn in a variety of formats to ensure that persons with dementia, care partners, the general public and health care professionals all have the information they need when and where they need it.

First Link Learning Series

Our five different education series are tailored to the various stages of the disease. They are designed for persons living with dementia as well as for care partners. Each session builds on the learning from the one before and discusses topics to help you live well with dementia.



Virtual Dementia Tour

This unique interactive education session is an opportunity to have a hands-on experience and learn what a person with dementia may go through while trying to complete simple tasks.



Did you know?

Our office has a resource library with books, movies, and activity resources that you can borrow



Helping People Stay in Control

Persons with dementia have the right to be included in their own care, but they need support and information to do so. Care partners also need help as they support their family member or friend. Receiving education, information and support are key components to living with a dementia diagnosis.

Supporting clients through the Cognitive Assessment process.

Alzheimer Society of Grey-Bruce has partnered with 12 Memory Clinics offered through Family Health Teams, Grey Bruce Health Services and the Community Care Access Centre. Meeting people as early in the diagnosis as possible enables them to be connected to services and engaged in their own care early in the disease.

Learning the Ropes of Mild Cognitive Impairment

A 6 week program designed for those with a diagnosis of Mild Cognitive Impairment. Participants learn various memory strategies as well as positive lifestyle changes that can benefit them in decreasing or delaying the risk of Alzheimer's disease.

Taking Control of Our Lives

An 8 week program designed to empower individuals diagnosed with Alzheimer's disease or other dementia to continue to participate in those activities which they feel are meaningful and purposeful in their lives while they are continuing to adapt to brain changes.

Helping People Live Safely

Finding Your Way

is a program that offers practical advice on how people with dementia can stay safe while staying active. It informs people with dementia, care partners and the broader community on how to reduce the risk of someone with dementia going missing and emphasizes the importance of having a plan, what to look for, and appropriate interaction techniques as well as who to call if such an event were to occur.



Social Media

We're active on Facebook, Twitter, and Instagram. Follow us to stay up to date.



Volunteers

We have over 85 active volunteers supporting our programs, board governance, fund development, and administrative needs. Over 3,000 volunteer hours were worked this year. Thank You!

OUR VOLUNTEERS ARE #INITFORALZ!



Facts & Stats about Alzheimer Society Grey-Bruce 2017

1. You do not need a referral from a health care professional to access our services
2. We are the premier support for all types of dementia, not just Alzheimer's disease
3. Our core services are available at no cost to clients
4. Our staff help you navigate the health care system
5. We can provide education sessions at your work place or community group
6. We are part of 12 Memory Clinics each month across Grey-Bruce
7. We are available to support you as long as you need— from pre-diagnosis throughout the disease
8. We offer support groups monthly in 6 different communities
9. Our counsellors do home visits throughout Grey-Bruce
10. We offer Minds in Motion in 4 communities

Growing our Resources

Only 60 % of our budget is funded by the Southwest Local Health Integrated Network. Our Community Development Coordinators and Coordinator of Volunteer Services work as a team to grow our financial and volunteer resources. We are so very grateful for the many community sponsors and volunteers who help make these events such a success.

Walk for Alzheimer's: This year our Walk raised \$60,000 to help fund services. The Walk is our largest fundraiser, enabling us to offer our core programs and services across Grey-Bruce at no charge to our clients. We hope to see you at our May 2018 Walk in Owen Sound and Hanover.



Coffee Break: With close to 200 Coffee Break hosts, together we raised over \$38,000 with all funds supporting our support, counselling and education services. Ask us how you can host a Coffee Break!



Alzheimer Gala; We held our second annual Gala this year in October with over \$43,000 raised to support local programs and services. This year our “Night to Remember” will feature a 15 piece swing band.

Fore The Memories Golf Tournament; Our 10th annual golf tournament was well attended with over \$31,000 raised.



Bridge to Tomorrow

Our board of directors is working to ensure the long term sustainability of our organization as we strive to meet the growing number of persons living with dementia. We have launched our “Bridge to Tomorrow” campaign to raise \$2 million dollars to ensure we can be here to support those now and in the future. Our goal is to raise \$1 million dollars to support and increase our operations and \$1 million dollars for our endowment fund.



Financial Report

Statement of Financial Position as at March 31st

	<u>2017</u>	<u>2016</u>
ASSETS		
Current		
Cash	88,528	21,751
Accounts Receivable & Prepaid Expenses	11,453	17,199
	<u>99,981</u>	<u>38,950</u>
Capital		
Land, Building and Equipment (net)	189,067	199,563
Investments	581,349	504,563
	<u>870,397</u>	<u>743,076</u>
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LIABILITIES & FUND BALANCES		
Accounts Payable & Deferred Revenue	25,291	23,269
Deferred Contributions for Capital Assets	71,545	77,481
Bridge to Tomorrow	(85,380)	(47,305)
Accumulated Net Assets - General Fund	629,629	508,315
Endowments	111,209	58,654
Invested in Capital Assets	118,103	122,662
	<u>870,397</u>	<u>743,076</u>

Statement of Operations for the year ended March 31st

	<u>2017</u>	<u>2016</u>
REVENUES		
Alzheimer Societies of Ontario & Canada	22,000	22,566
Donations & Memorials	220,293	78,430
Fundraising	196,901	144,640
Grants	549,056	469,627
Other Income	59,844	53,593
	<u>1,048,094</u>	<u>768,856</u>
EXPENDITURES		
Programs/Services	781,326	727,241
Public Awareness	4,169	3,083
Fundraising	53,104	48,012
Administration/Support	76,006	67,448
Amortization	10,495	10,302
	<u>925,100</u>	<u>856,086</u>
SURPLUS (DEFICIT)	<u>122,994</u>	<u>(87,230)</u>

Alzheimer Society Grey-Bruce Board of Directors

President—Ken Loucks *
Vice President—Kelly Graham
Secretary—Lloyd Wilson
Treasurer—Doug Bierer

Directors at Large
Pauline Diemert
Joe Dietrich
Gord Eyre
Sharon Galway
Kimberly Love
Lori Parkinson **

Alzheimer Society Grey-Bruce Staff

Executive Director-Deborah Barker
Team Leader-Susan Pouget
Counsellor—Kirsten Camartin
Counsellor—Jennifer Coffey
Counsellor—Tamara Peters
Counsellor—Kathy Sleeth
Counsellor—Brett Stewart
Counsellor—Jane Thurston (retired)
Public Education - Sandra Hong
Minds in Motion—Carol McCurdy
Volunteer Services-Jennifer Isber-Legge
Community Development - Bill Twaddle
Community Development—Chris Doyle
Administrative Assistant-Doris Hodgson
Administrative Secretary/Bookkeeper-Linda Dakin

*Ken Loucks resigned March 20, 2017. Kelly Graham is now Acting President, Sharon Galway Acting Vice President. **Lori Parkinson resigned March 7, 2017.

Alzheimer Society of Grey-Bruce
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www.alzheimer.ca/greybruce Charitable registration # 118784982RR0001