

Alzheimer *Society*

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

Annual Report For the Fiscal Year 2014-2015

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Help For Today. Hope For Tomorrow ...

**Alzheimer Society of Peterborough, Kawartha Lakes,
Northumberland and Haliburton**

Vision: *To be a leader in the Alzheimer Movement and recognized by our community as an essential provider of dementia-related services and support.*

Mission: *The Alzheimer Society of Peterborough, Kawartha Lakes Northumberland and Haliburton is a person-centered agency dedicated to advocating for and improving the quality of life for those affected by Alzheimer’s disease and other dementias throughout their journey.*



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Report of the President and Executive Director

It is a great pleasure to present the 2014-2015 Annual Report. We are very proud of our activities and results over the last year. Looking back over the statistics from last two years we are seeing the evidence and experiencing the realities related to the increasing awareness of dementia in our communities. In Peterborough, Kawartha Lakes, Northumberland and Haliburton it is apparent there is increasing public understanding of Alzheimer's disease and other dementias, more media stories focusing on the disease, an increase in referrals to our First Link Program and an increase in general inquiries to our offices.

We feel our agency continues to evolve to better serve our clients and communities. In the last year the learning series increased from 18 sessions per year to 36 sessions. We offer 34 support groups for persons with dementia and caregivers across the 4 counties. The annual MacQuarrie educational event that was only held in Peterborough is now offered across our geographical area. The "Living Well with Dementia" program piloted in Bobcaygeon has given Societies across Ontario and Canada the desire to have their own "dementia friendly" communities in their areas. Our program led to the Alzheimer Society Ontario to hire an administrator (our former Executive Director, David Webster) to help establish "Dementia Friendly" communities across Ontario.

The combination of LHIN funding and local donations work together to ensure we can meet our growing needs, while continuing to deliver services to clients and the community at no cost. Our Fund Development team work diligently undertaking special events and enhancing our profile to help increase donations and give each community an awareness of our services.

The Alzheimer Society continues to revisit capacity concerns and how best to make every effort to meet the needs of clients. The term 'staff team' is certainly appropriate as we wouldn't be able to deliver various and dynamic support services without everyone working together towards our mission. We are extremely appreciative of the ongoing support and commitment of our volunteers, donors, and staff.

Please accept our sincere appreciation to all clients, staff, volunteers, donors and community partners for your continued contributions. You make it possible for us to provide support to individuals and their families traveling the dementia journey.

With Kindest Regards,

Colin Chambers

President

Carolyn Hemminger

Interim Executive Director

Organizational Overview

Who We Are: We are a non-profit agency that provides local services to support those affected by Alzheimer's disease and other dementias.

What We Do: We provide a basket of services designed to support those travelling the dementia journey.

How We Do It: We work in partnership with those affected by dementia through individual and group support activities, education programs, and advocacy.

Our Clients:

We provide support, education and advocacy to persons with Alzheimer's disease and other dementias, their family members and partners in care, as well to professionals within the community who support those affected by dementia.



Programs and Services

We provide information and support for clients in the following areas:

- Understanding Alzheimer's disease and other dementias, its symptoms and progression
- Strategies for living well after diagnosis
- Understanding and interpreting healthy brain strategies
- Increasing safety for persons with dementia
- Reducing stress
- Dementia education for children, youth and family members
- Navigating the health care system
- Understanding options for care and transition to long term care
- Advanced care planning
- Researching and advocacy
-

Our services include:

- Support and education for individuals and families, tailored to their unique situations
- Support and activity groups for persons with dementia and their care partners
- Friendly Visiting Program (Peterborough City/County only)
- MedicAlert® Safely Home® Program
- Education programs for individuals with dementia, care partners, professional and semi professional caregivers, and community groups
- Library loan service of resource materials
- Step Out Walking Club

The Dementia Caregivers Daily Plan

1. Make a plan.
2. Plans are good.
3. Follow the plan.
4. Unless the plan doesn't work, then ditch the plan.
5. Create new and different plans often.
6. Have a back-up plan.
7. And a back-up plan for your back-up plan.
8. Be OK with having no plan sometimes.
9. Repeat above as needed.



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"When Caring Takes Courage"
www.amazon.com

Outcome-Based and Client-Focused Programs

We anticipate the following outcomes from our client support activities:

- With early detection of dementia, our clients are provided with an opportunity to adjust to the diagnosis and to participate actively in planning for their future, and are provided with an opportunity to remain engaged in their community for a longer period of time
- Our clients will be more educated about healthy living that could result in a delay of the onset of the disease; earlier diagnosis translates to earlier access, and earlier access translates to earlier diagnosis, with the potential to slow down the development and progression of the disease through an increased connection to community resources
- Our caregiver clients will be provided with education and skills that will support them through their struggles with the overwhelming emotional and financial hardships of providing care
- Our caregiver clients will be better able to cope with their responsibilities, which may translate to being able to care for their loved one, in their home environment, for a longer period of time
- Our clients will be educated about, and supported in obtaining access to, community support services within the health care system that can help to alleviate pressures and may delay the need for admission to a Long Term Care home.



The 72%.

Key Education Focus

What is dementia? Dementia is a set of symptoms which includes loss of memory, understanding and judgement. When looking at “dementia in Canada” at a glance you will find 747,000 Canadians are now living with Alzheimer’s disease or some other form of dementia. Within a generation (25 years), that number will reach between 1 million and 1.3 million. More than 71,000 Canadians living with dementia are under the age of 65. Women make up 72 percent of Canadians with Alzheimer’s disease. Women are doubly affected by Alzheimer’s disease in that 72% of women are living with disease but they also account for 70% of family caregivers. A woman’s chance of developing Alzheimer’s disease is now greater than her chance of developing breast cancer.

Who is affected by dementia? Grandmothers and their grandchildren, wives and their husbands, mothers and their children, sisters and their siblings, friends and their friendships.

Why are more women affected by Alzheimer’s disease than men? Statistics show that women on average outlive men and that age is a significant risk factor for developing dementia. We therefore encourage women to take a moment to learn the disease’s 10 warning signs, not only for themselves but those they care about.

The two biggest risk factors known to be associated with Alzheimer’s disease are age and family history. Statistics show that after age 65 the risk of dementia doubles every 5 years. Risk increases with family history or family members with early onset Alzheimer’s disease (symptoms that appear under age 65).

To help decrease the risk, we encourage people to delay the onset by managing relevant medical disorders, engage in healthy eating, exercise regularly, have a socially interactive lifestyle, pursue intellectual activities, engage in close caregiving relationships and protect your head.

If you are concerned about Alzheimer’s disease or other dementias, or notice changes in yourself or someone close to you, see your doctor and get the facts early. Early diagnosis can make a big difference in the lives of people affected by dementia. It opens the door to treatment and help and gives you time to plan ahead.

The Alzheimer Society invites everyone, especially women to visit www.alzheimer.ca/pklnh/the72percent.

Education Activities

The Society provides educational support to individuals and families, professionals, community partners and various community groups – anyone directly or indirectly affected by Alzheimer’s disease and other dementias.

Educational activities are provided to the following priority groups:

- Individuals living with dementia and their care partners;
- Staff and volunteers of the Alzheimer Society
- Staff and volunteers of community agencies, retirement and long term care homes providing service to those affected by dementia
- The broader community who indicate an interest in knowing more about dementia

Support Group Activities

Support groups are held monthly and have consistent formats while still remaining flexible for local community needs:

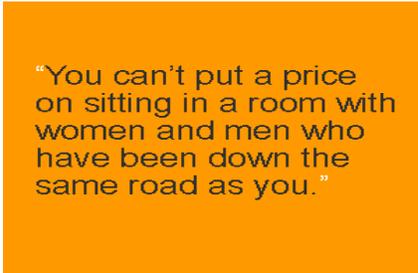
Changes – a group for persons with early-stage dementia who are able to attend independently;

Milestones – a group for persons with middle-stage dementia whose care partners need to be available (in close proximity);

Caregiver Support Group – a group for caregivers of individuals with dementia;

Activity Club – a session for persons with dementia and/or caregivers, with a focus on healthy brain stimulation activities

With the conscious effort made to ensure services are available equitably to all residents and the decision to provide increased services to individuals living with dementia and their care partners, we have increased our support groups from 18 monthly groups to 34 groups happening over the four counties.



“You can’t put a price on sitting in a room with women and men who have been down the same road as you.”

Client Picnics

Four successful client picnics were held this year, in Fenelon Falls, Haliburton, Peterborough and Cobourg. All four events were very well attended, and successful in bringing together clients for an opportunity to socialize, enjoy some delicious food and dance.



Step Out Walking Club

The Step out Walking Club continues to be a terrific success in both Peterborough and Kawartha Lakes. This is still a wonderful expansion of our Friendly Visiting Program, not only linking those living with dementia with a “walking buddy”, but also linking them to others in a social setting, and providing them with opportunities to be active outdoors. Fresh air, heart healthy activity, and socialization – good for anyone!

Living Well with Dementia Update

The Bobcaygeon LWWD program is ongoing. To date the Alzheimer Society has trained more than 60 business participants and more than 40 persons with dementia are wearing the blue umbrella pin. The Alzheimer Society will continue conducting education sessions every 2 months for businesses and the public. New members are currently being trained to work with the educator and to fulfill other roles with the program in the community. Volunteers are being sought and are needed to support administration of the program. A second pilot is being discussed and will begin to roll out within the next few months. Feedback from the community has been very positive about the program and we are noticing a change in people's perceptions and attitudes towards dementia. The Alzheimer Society of Ontario has invited us to be a 'piloteer' along with 4 other communities across Ontario.

Volunteers

Volunteers continue to play an integral role in allowing the organization to meet the demand for service! We have expanded roles into the fund development, education and administrative centres. The Alzheimer Society is looking for convenors to organize the "Walk for Alzheimer's", Tag Days and Coffee Break. We are looking for office volunteers, education ambassadors and support group facilitators.

The Fund Development Committee is looking for committee members to assist the Fund Development team in advising and providing leadership to the fundraising activities for the agency.

Listed is just a few of the opportunities that we have, for more information please call Shawna Peddar, Volunteer/Friendly Visiting Coordinator.



Fund Development and Donors

Generous gifts go a long way!

Over the past year we were grateful to have received a number of major and planned gifts, totalling more than \$167,000. These funds will be placed into our reserve fund account, and will be available for short term and long term future needs that may include new premises, increased staffing, and/or new programs not funded by the Central East LHIN.

Thanks to all our supporters!

This past year we have seen continued growth in our support from both past and new members to our family, demonstrated by more unique events in our communities, more individuals and families making donations. We are grateful for all these contributions that allow us to continue providing service at no cost to our clients.



Partnerships

Relationships with our partners continue to play a critical role in allowing us to deliver our client services – we are truly grateful!

- We receive referrals from community partners, linking individuals and families needing help to our organization
- We refer our clients to community partners for additional services
- Community partners allow us to use space at no cost for delivery of programs and hosting of meetings
- Community partners provide us with respite services, increasing participation of caregivers in our group programs

Communication

We have launched into *social media* world through Twitter and Facebook. We are offering more ways to keep in touch with our organization and share upcoming events and educational information. You will find us on twitter at [alzheimerpklnh@](#) and on Facebook at Alzheimer society Peterborough Kawartha Lakes Northumberland Haliburton.



Appendix One: Program Statistics and Financials

Number of active clients (persons with dementia and caregivers) registered with the organization on March 31st.

	Mar 31 st 2014	Mar 31 st 2015
Peterborough County	821	850
City of Kawartha Lakes	621	733
Northumberland County	335	416
Haliburton County	118	137
Other	179	135
Total	2,074	2,271

Number of individuals served, by function center, within the fiscal year, in all 4 Counties.

	2014/15
Caregiver Support	1603
Family Support (persons with dementia)	984
Education (registered clients)	1706
Education (non-registered participants)	2374
Friendly Visiting	65

Financials

With client volumes increasing, meeting the funding needs of the organization continues to be a challenge for the future.

The Society is appreciative of the continued support from the Central East LHIN.

	2014/2015 (pre-audit)
Government Funds	\$ 634,010
One-time Government Funds	16,577
Local Fundraising	330,000
Local Misc Funding	28,541
Total Revenue	1,009,128
Total Expenses	985,000
Balance	24,128

Putting the Numbers Together:

	2014/2015
Clients Served	2934
Education Learning Series	30
Support Groups (meeting monthly)	34
Government Funding	\$ 634,010
Govt One-Time Funding	\$ 16,577
Local Funding	\$ 330,000
Total Revenues	\$ 1,009,128
Total Expenditures	\$ 985,000

Appendix Two: Board of Directors 2014/15

President: Colin Chambers

Vice-President: Dr. Robert Kyle

Vice-President: Michelle Tabour

Secretary: Joan McCormick

Treasurer: Sheila Thompson

Directors: Ray Johnson

Donna MacDonald

Christopher Rooney

Judy Matte-Thompson

Carol Urbach

Jeff Waite

Nick Delpellaro

Appendix Three: Staff Team 2014/2015

Program Staff:

Betty Batten	Friendly Visiting Coordinator
Pat Finkle	Client Support Coordinator
Bonnie Fitzgerald	Client Support Coordinator
Carolyn Hemminger	Client Support Coordinator
Lisa Morasse	Public Education Coordinator
Diana Primavesi	Client Support & Public Education Coordinator
Jennifer Stubbart	Client Support Coordinator
Danielle Vernon	Client Support Coordinator
Denise Ansell	Client Support Coordinator
Shelby Downer	Client Support Coordinator

Resource Staff:

Betty Batten	Volunteer Resources Coordinator
Nancy Bozak	Administrative Assistant
Debra Bumstead	Bookkeeper
Susan Dunkley	Fund Development Coordinator
David Webster	Executive Director

Changes This Year:

This past year, we have said goodbye to David Webster, Executive Director, Betty Batten, Volunteer/Friendly Visiting Coordinator and Debra Bumstead, Bookkeeper. We welcomed Sarah Cook back from maternity leave. We have welcomed Lorraine McCallum, Fund Development Coordinator, Shawna Peddar, Volunteer/Friendly Visiting Coordinator, Tracey Rodgers, bookkeeper, Robin Arnott, Public Education Coordinator and Carolyn Hemminger, Interim Executive Director to the team.