

ANNUAL  
REPORT  
2015-2016

FEDERATION OF QUEBEC   
**Alzheimer** *Societies*

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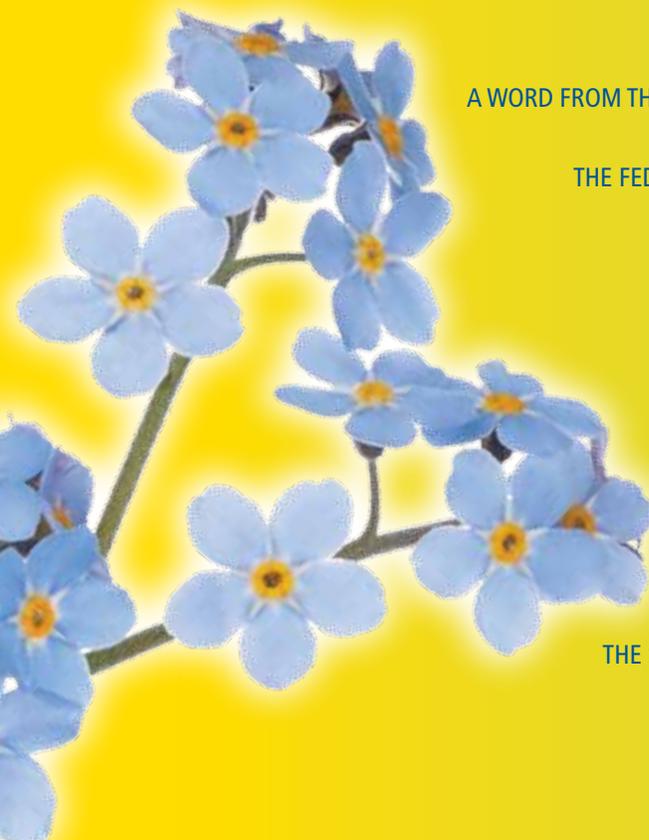
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# A WORD FROM THE CHAIRMAN AND GENERAL MANAGEMENT

## A YEAR OF GROWTH ...

As the rising tide wave representing the growing number of people living with the disease begins to take shape in Quebec and around the world, the 20 regional Alzheimer Societies member of the Federation of Quebec Alzheimer Societies (FQAS) are stepping up now more than ever before. In the last year, the Alzheimer Societies have reported an increase in the number of people served, offered new services, opened new service center, and stood on the front lines facing the disease, either directly or indirectly.

We are therefore both pleased and proud to present you with the highlights of the last twelve months, which, in addition to helping you get to know us better, always serves to motivate us and provides us with a springboard towards the next actions to take. Our annual report recounts all the year's activities, from our Walk for Alzheimer's to the various events and operations organized by the FQAS.

## ...FOR OUR FINANCIAL RESOURCES

In a bid to increase the revenues of the Federation and the regional Alzheimer Societies, several hours were dedicated to organize and implement a federated fundraising campaign to meet the ever-growing requests and needs stemming from the massive increase in people living with the disease. Our movement needs to equip itself with more substantial means to face this growing tidal wave.

To that end, our headlining activity, the Walk for Alzheimers, which took place in all regions of Quebec, was a huge success and raised nearly to one million dollars for the cause.

## ...FOR OUR PARTNERSHIP WITH ALZHEIMER CANADA

While no new agreement was reached with Alzheimer Society Canada regarding governance and the contribution of provincial Societies, the provinces showed support for a new structure proposal where the Federation Partners Council made up of representatives from each province would establish the main lines of action for the Alzheimer Movement of Canada and suggest mandates to further advance the Movement. This Council would ensure provincial representativeness, while the Alzheimer Canada Board of Directors would assemble the necessary competencies to ensure a better performance of the organization, regardless of the provincial origins of board members.

Furthermore, it was decided that the Alzheimer Canada budget would be frozen for the next three years with a maximum possible growth of 5% in response to a request of provincial Societies for projections that are closer to what they would pay Alzheimer Canada, thus allowing for better budget planning.

In early April 2016, the provinces, Alzheimer Canada and the Federation Partners Council also agreed to put aside, at least for the time being, discussions on governance and contributions to concentrate more on the quality of services provided to people living with dementia and their caregivers.

We are fully behind this decision since, according to our guiding philosophy, it puts the person back at the centre of the Alzheimer Movement's concerns across Canada.

## ...FOR OUR RELATIONSHIPS WITH VARIOUS GOVERNMENTS

Regarding government relations, we initiated discussions with those in charge of Alzheimer matters at the Ministry of Health and Social Services in an effort to work together on the various issues that arise, in particular with regards to service offers. Given our drive to continually meet the demands of an increasing number of requests, we vigorously support the actions of Alzheimer Canada to create a national Alzheimer plan and a National Coalition including all stakeholder. Also to be noted is our participation in the National Research Program managed by Alzheimer Canada and the promotion of the Dementia Friends initiative.

## ...FOR OUR PROGRAMS

Regarding programs, we are pleased to announce that Music & Memory<sup>MD</sup> is now available in the 20 Alzheimer Societies of Quebec, thanks to a major donation from the legal firm Fasken Martineau.

The Music & Memory<sup>MD</sup> program is even more relevant since it offers moments of pure enjoyment to those who participate and who take pleasure in listening to music and songs that are meaningful to them. The benefits are many and improve the quality of life for those living with the disease, their loved ones and caregivers.

With this donation, we were able to proceed with the certification of regional Societies and purchase the necessary equipment to offer the program, including iPods and earphones lent to families. Music & Memory<sup>MD</sup> was officially launched in November 2015, the first time this New York-based program was introduced to Quebec and a French-speaking population. The Federation of Quebec Alzheimer Societies and the regional Societies are proud to have pioneered this initiative. Thanks again to Lise Lalande from the Alzheimer Society Laval, who mapped out the path to Music & Memory, and to Fasken Martineau, who made it all possible.

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Last year, we called attention to the professional training program now available in all regional Alzheimer Societies. This harmonization allowed us to bid with the Société de gestion pour le soutien aux proches aidants (the national APPUI), an organization that seeks to provide training to all those working on projects sponsored by regional service points. The program presented was approved by the selection committee, which means that our Movement's expertise will be used and shared with those who accompany families affected by Alzheimer's disease. This outreach of our practices and knowledge is part of our primary mission and aligns with our core philosophy. We are very proud of the opportunity given to us.



## ...FOR OUR GOVERNANCE

We would like to thank the governing committee who accomplished another colossal job this year, with, among other things, the complete review of the FQAS administrative policies. Special mentions go to Lisette Joly, Lorraine Sauvé and Catherine Stace, whose tenacity allowed us to successfully complete this task. Let us not forget the commitment and generosity of members of the Board of Directors, the Finance, Audit and Investment Committee as well as all the volunteers who believe in the cause and who support us without fail. Thank you!

The year 2016 marks the Federation of Quebec Alzheimer Societies' 30th anniversary, a special moment that we want to commemorate with you as a tribute to what has brought us together for the past three decades. We also want to use this opportunity to thank our partners and consolidate our vision regarding what we hope to achieve in the upcoming years. A special event will be organized in fall 2016 to celebrate this important milestone in our history.

We would like to thank our outgoing Board members for their unflagging contribution to the governance and development of our Movement throughout their mandate.

Finally, the Board of Directors would also like to offer their heartfelt thanks to Josée-Lisa LeFrançois, who served as Acting General Manager for most of the year with an effectiveness recognized by all. We would equally like to take this opportunity to welcome our new General Manager, Jean-François Lamarche, who has been in office since February.



**Réal Leahey**  
Chairman of the Board



**Josée-Lisa LeFrançois**  
Acting General Manager  
(June 2015 to January 2016)



**Jean-François Lamarche**  
General Manager and CEO  
(since February 2016)

# THE FEDERATION OF QUEBEC ALZHEIMER SOCIETIES

The Federation of Quebec Alzheimer Societies is the provincial spokesperson for the 20 regional Alzheimer Societies offering various services to people living with Alzheimer's disease and related diseases. The Federation represents, supports and defends the rights of the 125,000 Quebecers living with dementia.

## OUR MISSION

To consider the provincial and national context to alleviate the personal and social consequences of Alzheimer's and related disease, to help people affected, their family and caregivers, as well as to promote research on its causes, treatment and a cure.

## OUR VISION

To be recognized in Quebec for the excellence of our Alzheimer Movement.

To stand out for our humanitarian approach in supporting people living with the disease and their caregivers.

## OUR PHILOSOPHY

To promote a person-centred approach demystifying Alzheimer's disease and breaking stigmas that surround it to offer a better quality of life to all those affected by this disease.

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## OUR VALUES

- Responsibility
- Counselling and collaboration
- Equity
- Integrity
- Priority to people

## OUR HISTORY

**1979:** Founding of the Alzheimer Society of Canada

**1979 to 1986:** Creation of five Alzheimer Societies in Quebec

**1986:** Affiliation of the five Alzheimer Societies to establish the Federation of Quebec Alzheimer Societies (FQAS)

**20** Alzheimer Societies in Quebec, 46 service centres and 4 care facilities

**The FQAS actively fosters the strengths and resources of each Alzheimer Society in Quebec.**

Note 1: Related illnesses include vascular dementia, frontotemporal dementia, Creutzfeldt-Jakob disease and Lewy-body disease. All mention of Alzheimer's disease in this report includes these related illnesses.

# OUR SPOKESPERSONS

These are caring people who offer their time, energy and talent for a cause they hold particularly close to their hearts. Since the disease has affected one of their loved ones, this is their way of perpetuating that person's memory. We appreciate each one of their words, personal accounts and actions to help others living through a similar experience.

## Ingrid St-Pierre,

Composer, singer and songwriter

## Gilberte Labrie,

Caregiver whose husband, now passed away, benefitted from the services offered by the Alzheimer Society Laval

## Isabel Petit and her daughter Sabrina Lacoste,

Caregivers whose husband and father respectively lives with Alzheimer's disease



# OUR TEAM

## BOARD OF DIRECTORS

**Réal Leahey**, Chairman

**Lisette Joly**, Vice-President

**Richard Morris**, Treasurer

**Lorraine Sauv **, Secretary

**Mario Harvey**, Administrator

**Claude C t **, Administrator

**Marie-Christine Dufour**, Administrator

**Marie-Claude Laquerre**, Administrator

**Genevi ve Gr goire**, Administrator

**Tonya Thibodeau**, Administrator

**Guillaume Parent**, Administrator

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## STAFF

From left to right:

**Marie-Claude Pageau**,

Director Communications and Special Events

**Jean-Fran ois Lamarche**,

General Manager and CEO

**Jos e-Lisa LeFran ois**,

Director Programs and Services

**Aissatou Samb**,

Executive Assistant



# THE 20 ALZHEIMER SOCIETIES OF QUEBEC

## SOCIÉTÉ ALZHEIMER **BAS-SAINT-LAURENT**

301-235 av. Saint-Jérôme, Matane (Québec) G4W 3A7

Tél. : 418 562-2144 1 877 446-2144

sabsl@alzheimer-bsl.com / www.alzheimer-bsl.com

### **Maison J. Arthur Desjardins - Matane**

Tél. : 418 562-2110

### **POINTS DE SERVICES**

#### **Matapédia / Mitis**

Tél. : 418 536-5404

#### **Kamouraska / Rivière-du-Loup / Témiscouata**

Tél. : 418 862-3448

#### **Rimouski / Les Basques**

Tél. : 418 724-7204, poste 5618

## SOCIÉTÉ ALZHEIMER **CENTRE-DU-QUÉBEC**

880 rue Côté Drummondville (Québec) J2C 4Z7

Tél. : 819 474-3666

myosotis@alzheimercqca.ca / www.alzheimer.ca/fr/centreduquebec

### **Maison Myosotis - Drummondville**

Tél. : 819 474-1160

### **POINTS DE SERVICES**

#### **Arthabaska et de l'Érable / Victoriaville**

Tél. : 819 604-7711

#### **Bécancour et Nicolet / Yamaska**

Tél. : 819 293-4478

## SOCIÉTÉ ALZHEIMER **CHAUDIÈRE-APPALACHES**

440 boul. Vachon Sud, C.P. 1, Sainte-Marie (Québec) G6E 3B4

Tél. : 418 387-1230 1 888 387-1230

info@alzheimerchap.qc.ca / www.alzheimerchap.qc.ca

### **POINT DE SERVICES**

#### **Lévis**

Tél. : 418 837-6131

## SOCIÉTÉ ALZHEIMER **CÔTE-NORD**

373 av. Jolliet, Sept-Îles (Québec) G4R 2B1

Tél. : 418 968-4673 1 866 366-4673

salzheimercn@globetrotter.net

### **POINTS DE SERVICES**

#### **Baie-Comeau**

Tél. : 418 296-2498

#### **Havre-Saint-Pierre**

Tél. : 1 866 366-4673

## SOCIÉTÉ ALZHEIMER **ESTRIE**

112-740 rue Galt Ouest, Sherbrooke (Québec) J1J 1Z3

Tél. : 819 821-5127

info@alzheimerestrie.com / www.alzheimerestrie.com

### **POINTS DE SERVICES**

#### **Lac Mégantic**

Tél. : 819 582-9866

#### **Coaticook**

Tél. : 819 238-5128

#### **Asbestos**

Tél. : 819 238-5128

#### **Cookshire**

Tél. : 819 238-5128

#### **Windsor**

Tél. : 819 821-5127

#### **Magog**

Tél. : 819 212-1755

## SOCIÉTÉ ALZHEIMER **GASPÉSIE / ÎLES-DE-LA-MADELEINE**

114 av. Louisbourg, Bonaventure (Québec) G0C 1E0

Tél. : 418 534-1313

info@sagim.ca / www.alzheimer.ca/fr/gim

### **POINTS DE SERVICES**

#### **Matapédia**

Tél. : 418 865-2740 poste 6

#### **Maria**

Tél. : 418 759-3131 poste 6

#### **Chandler**

Tél. : 418 689-6480

#### **Bonaventure**

Tél. : 418-534-1313 poste 2

#### **Gaspé**

Tél. : 418 368-1616

#### **Grande-Vallée**

Tél. : 418 393-2689

#### **Îles-de-la-Madeleine**

Tél. : 418 986-3881

#### **Sainte-Anne-des-Monts**

Tél. : 418 763-7038

## SOCIÉTÉ ALZHEIMER **GRANBY ET RÉGION**

Local 3-356 rue Principale, Granby (Québec) J2G 2W6

Tél. : 450 777-3363 1 844 623-3363

info@alzheimergranby.ca / www.alzheimer.ca/fr/granby

### **POINTS DE SERVICES**

#### **Acton Vale**

Tél. : 450 847-3363 1 844 623-3363

#### **Cowansville**

Tél. : 450 955-3338 1 844 955-3338

## SOCIÉTÉ ALZHEIMER **HAUT-RICHELIEU**

211 rue Mayrand, Saint-Jean-sur-Richelieu (Québec) J3B 3L1

Tél. : 450 347-5500 514 990-8262

info@sahr.ca / www.sahr.ca

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### SOCIÉTÉ ALZHEIMER LANAUDIÈRE

190 rue Montcalm, Joliette (Québec) J6E 5G4  
Tél. : 450 759-3057 1 877 759-3077  
info@sadl.ca / www.sadl.org

### SOCIÉTÉ ALZHEIMER LAURENTIDES

100-31 rue Principale Est, C.P. 276, Sainte-Agathe-des-Monts  
(Québec) J8C 3A3  
Tél. : 819 326-7136 1 800 978-7881  
admin@salaurentides.ca / www.alzheimerlaurentides.com

#### POINTS DE SERVICES

##### Ste-Thérèse

Tél. : 450-818-7136

##### Mont-Laurier

Tél. : 819-818-7136

### SOCIÉTÉ ALZHEIMER LAVAL

2525 boul. René-Laennec, Laval (Québec) H7K 0B2  
Tél. : 450 975-0966  
info@alzheimerlaval.org / www.alzheimerlaval.org

#### Maison Francesco Bellini

Tél. : 450 975-0966, poste 224

### SOCIÉTÉ ALZHEIMER MASKOUTAINS VALLÉE DES PATRIOTES

2270 avenue Mailhot, Saint-Hyacinthe (Québec) J2S 4G3  
Tél. : 450 768-6616  
info@alzheimermvp.com / www.alzheimermvp.com

#### POINT DE SERVICES

##### Mont Saint-Hilaire

Tél. : 450 281-1035

### SOCIÉTÉ ALZHEIMER MONTRÉAL

4505 rue Notre-Dame Ouest, Montréal (Québec) H4C 1S3  
Tél. : 514 369-0800  
info@alzheimermontreal.ca / www.alzheimer.ca/fr/montreal

#### POINTS DE SERVICES

##### Centre-Sud de Montréal

Tél. : 514 369-0800

##### Est de Montréal

Tél. : 514 369-0800

##### Nord de Montréal

Tél. : 514 369-0800

##### Centre-Ouest de Montréal

Tél. : 514 369-0800

##### Ouest de Montréal

Tél. : 514 369-0800

### SOCIÉTÉ ALZHEIMER OUTAOUAIS QUÉBÉCOIS

440 boul. Maloney Ouest, Gatineau (Québec) J8P 6W2  
Tél. : 819 777-4232 1 877 777-0888  
saoq@saoq.org / www.saoq.org

### SOCIÉTÉ ALZHEIMER QUÉBEC

201-1040 av. Belvédère, Québec (Québec) G1S 3G3  
Tél. : 418 527-4294 1 866 350-4294  
info@societealzheimerdequebec.com / www.societealzheimerdequebec.com

#### POINTS DE SERVICES

##### Charlevoix

Tél. : 1 866 350-4294 poste 7

##### Portneuf

Tél. : 418 527-4294 poste 31

### SOCIÉTÉ ALZHEIMER RIVE-SUD

1160 boul. Nobert, Longueuil (Québec) J4K 2P1  
Tél. : 450 442-3333  
info@alzheimerriresud.ca / www.alzheimerriresud.ca

#### Maison au Campanile - Longueuil

Tél. : 450 442-3333

#### POINTS DE SERVICES

##### Brossard

Tél. : 450 445-6660

##### Sorel-Tracy

Tél. : 450 742-7333

### SOCIÉTÉ ALZHEIMER ROUYN-NORANDA / TÉMISCAMINGUE

58 Mgr Tessier Est, C.P. 336, Rouyn-Noranda (Québec) J9X 5C3  
Tél. : 819 764-3554  
sarn@cablevision.qc.ca

#### POINT DE SERVICES

##### Ville-Marie

Tél. : 819 622-1515

### SOCIÉTÉ ALZHEIMER SAGAMIE

1657 av. du Pont Nord, Alma (Québec) G8B 5G2  
Tél. : 418 668-0161 1 877 668-0161  
alzheimerisag@bellnet.ca / www.alzheimerisagamie.com

#### POINTS DE SERVICES

##### Lac-Saint-Jean-Est

Tél. : 418 668-0161

##### Chibougamau-Chapais

Tél. : 418 770-3443

##### Chicoutimi

Tél. : 418 549-2620

##### Jonquière

Tél. : 418 695-7794

##### Domaine-du-Roy

Tél. : 418 275-0110, poste 8412

##### St-Félicien

Tél. : 418 274-1234, poste 6309

##### Maria-Chapdelaine

Tél. : 418 274-1234, poste 6309

##### Labaie-Bas-Saguenay

Tél. : 418 544-2853, poste 756

### SOCIÉTÉ ALZHEIMER SUROÏT

101-340 boul. du Havre, Salaberry-de-Valleyfield (Québec) J6S 1S6  
Tél. : 450 373-0303 1 877 773-0303  
info@alzheimeruroit.com / www.alzheimeruroit.com

#### POINT DE SERVICES

##### Vaudreuil-Soulanges

Tél. : 450 455-3373

### SOCIÉTÉ ALZHEIMER VALLÉE DE L'OR

734 4<sup>e</sup> Avenue, Val-d'Or (Québec) J9P 1J2  
Tél. : 819 825-7444  
sco.alz.valdor@tlb.sympatico.ca



## SOME STATISTICS ON ALZHEIMER'S DISEASE

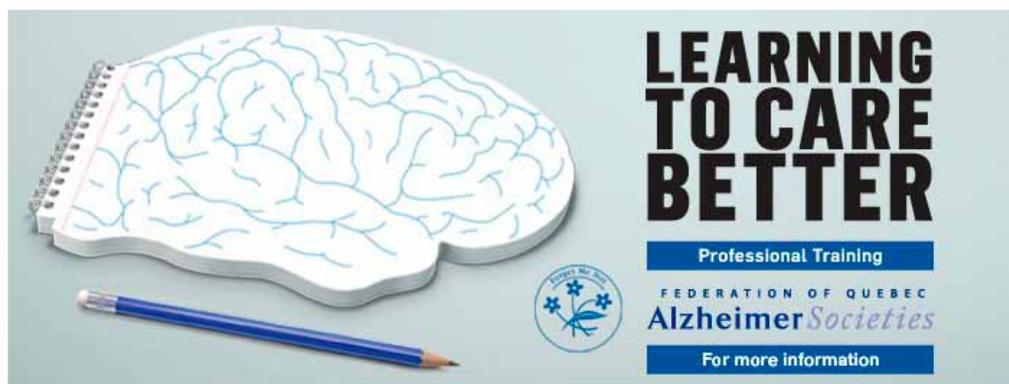
- Alzheimer's disease is the **MOST COMMON FORM** of dementia, representing over **60%** of cases.
- Approximately **747,000 Canadians**, including about **125,000 Quebecers**, live with Alzheimer's disease or a related illness.
- **Within one generation**, the number of people living with the disease will have practically doubled, affecting some **1.4 million** Canadians, including **260,000** Quebecers.
- The **COSTS RELATED** to Alzheimer's disease and related illnesses represent **1.2 billion dollars** for our health system.
- Nearly **50% of people living** with dementia, including Alzheimer's disease, are diagnosed at a **VERY LATE STAGE** of the disease.
- Today, **72%** of Canadians living with dementia **ARE WOMEN**.
- **WOMEN** represent **70%** of all caregivers.
- The **RISK** of suffering from Alzheimer's disease **DOUBLES every five years after age 65**.

**THE DISEASE CAN REMAIN DORMANT IN THE BRAIN FOR UP TO 25 YEARS BEFORE THE FIRST SYMPTOMS APPEAR.**

# ABOUT OUR ACTIVITIES

## LAUNCH OF A PROFESSIONAL TRAINING PROGRAM

On **April 28, 2015**, the Federation of Quebec Alzheimer Societies launched a professional training program for caregivers as well as health and social service workers in contact with people living with Alzheimer's disease or a related illness. With the funding support of the *Secrétariat aux Aînés* program entitled *Québec Ami des Aînés* (QADA), the FQAS was able to provide the 20 Alzheimer Societies of Quebec with the material and tools necessary to provide the training on their respective territories. The FQAS professional training program aims to debunk myths and combat prejudices about Alzheimer's disease and related illnesses, to initiate participants to the warning signs and risk factors of dementia, and to better understand the diagnosis and the various stages of cognitive decline following a person-centred approach.



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## CELTIC MONTREAL

On **May 2, 2015**, the first Celtic assembly in Canada was held at Concordia University in support of Alzheimer's. For two days, conferences and concerts open to the general public took place in a festive environment. The FQAS hosted an information and awareness booth. The Montreal Celtic Society also organized a few other events to support the Federation, raising \$5,000 for the cause.



## 9TH EDITION OF THE WALK FOR ALZHEIMER'S

On **May 31, 2015**, thousands of Quebecers across the province took part in the **9th edition of the WALK FOR ALZHEIMER'S** to help those living with Alzheimer's disease and to support their families and caregivers. Over 6,892 Quebecers came together and participated in one of 50 Walks for Alzheimer's organized by the Federation of Quebec Alzheimer Societies and the 20 Alzheimer Societies of Quebec, raising \$982,898.

### Our heartfelt THANKS to all participants!

This family-friendly, festive and rallying event could not have been possible without the commitment of several honorary presidents, our spokespersons, hundreds of volunteers, and our generous sponsors: Quebec City's **Hôtel Château Laurier**, **John Street** and the **Ordre des denturologistes du Québec**.



## DEMENTIA FRIENDS

**June 10, 2015**, marked the launch of **Dementia Friends**, an initiative of the Alzheimer Society of Canada and the Canadian government inspired by the Dementia Friends program (England) and a similar program in Japan. The program aims to provide all Canadians with the information necessary to better understand the everyday realities of dementia and the actions they can take to help people living with the disease remain active and live their lives fully.  
<https://youtu.be/BI-cGkZv1uA>



## LA LÉGENDE DE NINI

La Légende de Nini, a French-language multidisciplinary play incorporating music and dance geared for both young and old, was presented in **June 2015** at Montreal's *Centre Calixa-Lavallée* to support the FQAS. This story about happiness and Alzheimer's was penned by Bernard Dagenais, who wished to present and demystify the disease to young and old alike.

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## CHARLES RIVER LAB HEALTH DAY

The Federation of Quebec Alzheimer Societies was invited to the **Charles River Lab** in Senneville to distribute documentation and to provide information to staff during their Health Day.

Marie-Claude Pageau  
and Josée-Lisa LeFrançois  
from the FQAS.





## SEMINAR AT THE GALERIE EXHIB-ART

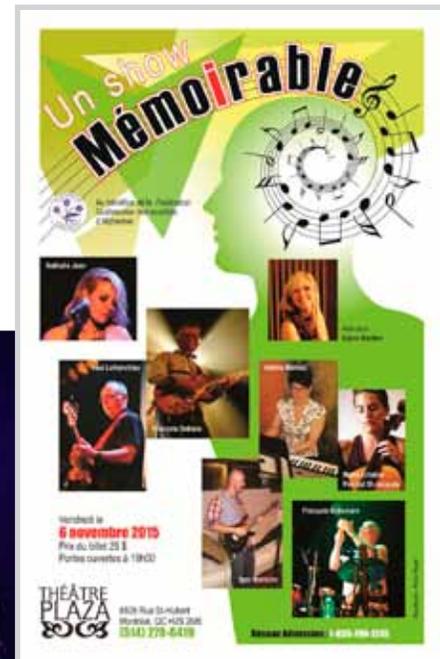
On **Friday, September 25, 2015**, the Galerie Exhib-Art presented a seminar on Alzheimer's disease given by the neurologist Dr. Alain Robillard as part of their days celebrating culture.



The event also served as an opportunity to exhibit a series of holed panels created by professional artists entitled "*Trous de mémoire - Vivre au passé composé dans un présent décomposé*" (translated as "Memory Blanks - Living the Past Tense in a Decomposed Present") to raise funds for the Federation of Quebec Alzheimer Societies

## MÉMOIRable

On **November 6, 2015**, the show **MÉMOIRable** with François DeBlois and friends was presented at the *Théâtre Plaza*. The event raised \$5,000 for the Federation of Quebec Alzheimer Societies.



From left to right:  
Valérie Moreau, Nathalie Jean,  
Marie-Christine Pelchat-St-Jacques,  
Paul Lafranchise, Igor Marincic,  
François DeBlois, François Bellemare,  
Marie-Claude Pageau from the FQAS  
and Sylvie Bardier.

## MUSIC & MEMORY<sup>MD</sup>

On **November 17, 2015**, thanks to the generous financial support of the internationally renowned law firm Fasken Martineau, specialized in business law and litigation, the Federation of Quebec Alzheimer Societies (FQAS) celebrated the official launch of the **Music & Memory<sup>MD</sup>** program in several certified Alzheimer Societies across Quebec. The program uses the magic of music and personalized pieces to improve the quality of life of people living with Alzheimer's disease and serves to help revive memories in people living with dementia.



## #StillHere

According to half of Canadians, it's not possible to still enjoy a meaningful life when living with Alzheimer's disease or a related illness. The Alzheimer Society of Canada wanted to change this negative and defeatist attitude towards people living with the disease by creating its national campaign **#StillHere**, launched on **January 5** as part of **Alzheimer Awareness Month**.

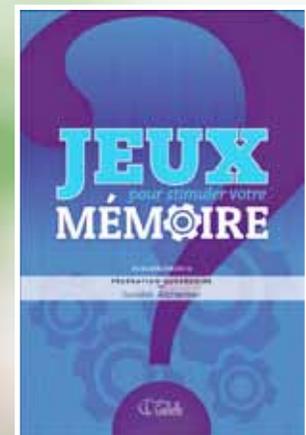


The message conveyed is that life doesn't end with the onset of Alzheimer's disease and that people with dementia can continue to have a social life and contribute to their communities, in their own way and at their own pace, both after the diagnosis and as the disease progresses.

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## MEMORY GAMES

For the third year in a row, *Les Éditions Goélette* raised funds for the FQAS with sales from the French-language book **JEUX pour stimuler votre mémoire**.



# OUR PROGRAMS AND SERVICES

We would like to highlight the exceptional work of the employees and volunteers of the 20 Alzheimer Societies of Quebec, who all played a role in the quality of services provided. Once again this year, their empathy, personal contribution, commitment, and openness to others were at the heart of each activity.

## A PERSON-CENTRED APPROACH

### RAISING AWARENESS ABOUT ALZHEIMER'S DISEASE AMONG THE GENERAL POPULATION

Our goal is to inform the general population about Alzheimer's disease, its symptoms and its personal and societal consequences. We also wish to extend the social support network required to maintain a quality of life among people living with the disease and their loved ones.

### COUNSELLING AND FOLLOW-UP

This service aims to offer an empathetic ear, to answer questions, to provide guidance on accompanying and communication with the person living with the disease, and to suggest appropriate measures to take. It also ensures follow-ups are made at the desired frequency.

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### RESPIRE-STIMULATION WORKSHOPS

These workshops can take various forms in terms of duration, frequency and location, and are a means for caregivers to replenish themselves. Stimulation helps maintain existing capacities in the person with the disease in respect of individual values and daily routines.

### SUPPORT GROUPS

Support groups are available for those living with the disease and their caregivers to improve their knowledge and aptitudes in order to optimize their quality of life and to help them find comfort and solace through peer support and solidarity.

### HOUSING

Housing is offered in some Alzheimer Societies allowing residents to live in a family-like environment that facilitates participation to daily living activities while respecting individual values, pace and tastes.

### MEDICALERT® SAFELYHOME™

This national program developed by the Alzheimer Society of Canada is accessible through the Canadian MedicAlert Foundation. The program helps identify those who get lost to return them safely home.

### FIRST LINK™

This reference program aims to help partners in health and social services redirect people living with Alzheimer's disease, their families and caregivers to the services offered by the 20 Alzheimer Societies in Quebec as soon as they are diagnosed and throughout the illness.

### EDUCATION

The education program includes a series of workshops geared to help participants better grasp the reality of the person living with the disease and better accompany them as a consequence. In addition to offering greater understanding of Alzheimer's disease, the program takes an in-depth look at several important subjects regarding how to manage responsive behaviours, how to use communication methods adapted to the person with the disease, how to recognize that each individual experiences the disease differently, and how to take a critical look at oneself in order to better accompany the other.

# THE STRENGTH OF OUR MOVEMENT IN NUMBERS

## OVERVIEW OF THE WORK AND SCOPE OF THE 20 REGIONAL SOCIETIES OVER THE LAST YEAR...

People served (references or service agreements): **7 461**

People served (spontaneous and direct counselling): **30 399**

Hours of respite-stimulation: **217 957 heures**

Number of volunteers: **2 374**

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## THE ALZHEIMER MOVEMENT IN THE MEDIA

A special edition of the French-language weekly magazine *La Semaine* featuring Alzheimer's disease was published in collaboration with the Federation of Quebec Alzheimer Societies.



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**September 20, 2015, article in the French-language newspaper Journal de Montréal:**

<http://www.journaldemontreal.com/2015/09/20/deux-fois-plus-de-malades-dalzheimer-dans-20-ans>

**December 8, 2015, interview on the French-language radio station RADIO M** to talk about the Music & Memory program now available in Quebec Alzheimer Societies:

<http://canalm.vuesetvoix.com/wp-content/uploads/sites/2/2015/12/2015-12-08-MARDI-CBPLS-CBPLS-A-ARCHIVES-2015-12-08.mp3>

**January 12, 2016, interview with Joane Prince for the show Info-Matin on ICI Radio-Canada Première** as part of Alzheimer Awareness Month:

[http://ici.radio-canada.ca/emissions/info\\_matin/2015-2016/archives.asp?date=2016/01/12&indTime=0&idmedia=7408553](http://ici.radio-canada.ca/emissions/info_matin/2015-2016/archives.asp?date=2016/01/12&indTime=0&idmedia=7408553)

**January 13, 2016, interview on the French-language radio station CHIP FM 101.7** about the #StillHere campaign as part of Alzheimer Awareness Month:

[http://www.chipfm.com/web2f/e107\\_plugins/content/content.php?content.5103](http://www.chipfm.com/web2f/e107_plugins/content/content.php?content.5103)

**January 21, 2016, interview on Radio M** as part of Alzheimer Awareness Month:

[http://canalm.vuesetvoix.com/wp-content/uploads/sites/2/2016/01/20160121\\_Josee-Lisa-LeFrancois\\_entrevueCBPLS.mp3](http://canalm.vuesetvoix.com/wp-content/uploads/sites/2/2016/01/20160121_Josee-Lisa-LeFrancois_entrevueCBPLS.mp3)

# ALZHEIMER SOCIETY RESEARCH PROGRAM

The Alzheimer Society Research Program (ASRP) is an initiative of provincial Alzheimer Societies, the Alzheimer Society of Canada (ASC) as well as numerous partners and generous donors to support research on Alzheimer's disease and related illnesses.

**Biomedical** focuses on the science of the brain and the changes that are associated with dementia, as well as on identifying therapeutic targets to reverse, stop or cure the disease.

**Quality of Life** explores issues that impact the lives of people with dementia and their caregivers (risk factors, behavioural and cognitive changes, physical support, caregiving and health service delivery).

## THE ASRP IN NUMBERS

Since 1989,  
**\$47 million** has been funded  
in grants and awards

In 2015,  
**\$4.2 million** for Canada  
**\$1,083,113** for Quebec

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## QUEBEC'S GRANTS AND AWARDS:

### BIOMEDICAL – DOCTORAL AWARDS

#### Philippe Bourassa

- › Laval University
- › \$66,000

**Using gene therapy to treat Alzheimer's disease by targeting RAGE receptors in cerebral capillary endothelial cells**

This project is jointly funded by the Alzheimer Society Research Program and the Fonds de recherche du Québec – Santé

#### Eva Vico Varela

- › McGill University
- › \$66,000

**Modulating memory circuits: electrophysiology of Deep Brain Stimulation treatments to improve memory function**

## BIOMEDICAL - POST-DOCTORAL AWARDS

### Amanpreet Badhwar

- › University of Montréal
- › \$83,000

**Patient-specific measures of resting-state functional connectivity based on the individual cortical and tract anatomy for improved sensitivity to the progression of Alzheimer's disease**

### Sylvain Williams

- › McGill University
- › \$150,000

**Causes and functional impact of amyloid-independent alterations in hippocampal circuits in a mouse model of Alzheimer's disease**

### Paul Brassard

- › McGill University
- › \$137,993

**Influence of the structural differences of statins on the risk of incident Alzheimer's disease**

### Sébastien Hébert

- › Laval University
- › \$150,000

**MicroRNA-132 replacement therapy for Alzheimer's disease in a mouse model**

### Andrea LeBlanc

- › McGill University
- › \$150,000

**Using stem cell-derived neurons for sporadic Alzheimer Disease modeling and drug discovery**

### Claudio Cuello

- › McGill University
- › \$148,800

**Nerve Growth Factor Dysmetabolism and Early Inflammation in Preclinical Alzheimer's Disease**



## BIOMEDICAL – NEW INVESTIGATOR GRANTS

### Timothy Kennedy

- › McGill University
- › \$224,952

#### **Novel Cellular and Molecular Mechanisms Regulating Synapse Dysfunction in Alzheimer's Disease**

This project is jointly funded by the Alzheimer Society Research Program and the Brain Canada Career Change Grant

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## QUALITY OF LIFE – GRANTS

### Gina Bravo

- › University of Sherbrooke
- › \$118,943

#### **Attitudes of stakeholders towards medical aid in dying for patients with advanced Alzheimer's disease**

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## QUALITY OF LIFE – NEW INVESTIGATOR GRANTS

### Véronique Provencher

- › University of Sherbrooke
- › \$83,854

#### **Optimizing post-hospitalization home safety for people with Alzheimer's disease: learning from the experience of patients and their caregivers**

Recipient of the Fasken Martineau New Investigator Grant

### Marjorie Silverman

- › University of Ottawa
- › \$59,921

#### **The everyday experiences of place, space and neighbourhood of care partners of people with dementia**

This project is jointly funded by the Alzheimer Society Research program and the Fasken Martineau New Investigator Grant

### Sébastien Grenier

- › University of Montréal
- › \$175,974

#### **Evaluation of a new cognitive behavioural therapy (CBT) to reduce psychological distress and improve quality of life for patients living with Alzheimer's type dementia and their caregivers**

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## CCNA TRAINING AWARDS

### Saisampath Thammisetty - Biomedical Doctoral Award

- › Laval University
- › \$75,000

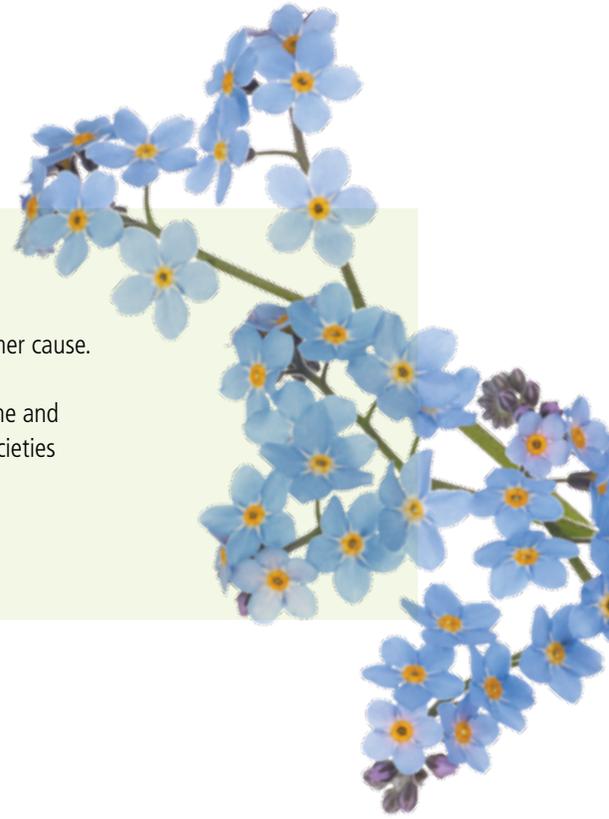
#### **The role of TDP-43 protein in early neuroinflammation and in the onset of cognitive deficits**

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On the photo, from left to right:  
Josée-Lisa LeFrançois (FQAS), Robert Girard (Lawyer, Fasken Martineau), Mimi Lowi-Young (ASC), Éric Bédard (Lawyer, Fasken Martineau) and researchers Marjorie Silverman (University of Ottawa) and Véronique Provencher (University of Sherbrooke).

# ACKNOWLEDGMENTS



There are many great and noble causes, and we are very aware of the extent to which people are solicited for their support. We therefore believe it is crucial to express our gratitude to all those of you who have chosen to commit to the Alzheimer cause.

Whether as a volunteer, a donor or as a partner and sponsor, your investment in time and money is essential to carry out our mission. The Federation of Quebec Alzheimer Societies deeply appreciates the support of all of your generous and committed souls.

**A million thanks go out to you!**

## OUR INVALUABLE SPONSORS





FEDERATION OF QUEBEC   
*Alzheimer Societies*

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