

Alzheimer Society

WATERLOO WELLINGTON

OUR CONNECTIONS MATTER

ANNUAL REPORT
2021/22





A MESSAGE FROM OUR PRESIDENT



On behalf of the Board of Directors, I extend warm greetings and immense gratitude.

To the individuals and care partners engaging with the wide variety of programs and services through the Alzheimer Society Waterloo Wellington (ASWW), the team continues to learn from you; the voices of individuals living with dementia and the care partner perspectives of support. This is valuable as the organization continues to evolve with agility to meet needs of those we support. Thank you.

To the team of staff and volunteers, the human spirit abounds, and we are grateful for your commitment, creativity, and care. Through the leadership of Michelle Martin, Executive Director, and the entire team who continue to collaborate to deliver quality programs and services, the organization blooms because of the seeds you plant to grow offerings and support to meet needs. Thank you.

As we look to the future, we continue to be guided by our Strategic Plan with a focus on providing exceptional services to isolated individuals and deepening our engagement with underrepresented groups such

as those who identify as part of LGBTQIA2S+ and other racialized communities. We seek continuous improvement to meet the changing needs of the community through responsive extended capacity. We know this work can be achieved together as we look to the future.

Warm greetings and immense gratitude to all. Helen Keller said, "Alone we can do so little; together we can do so much." Collectively, we create and foster a community of support. This is achieved by each of you and all of us. *Thank you.*



Kim Cusimano
President
Alzheimer Society
of Waterloo Wellington

A MESSAGE FROM OUR EXECUTIVE DIRECTOR

Dear friends,

Alzheimer Society Waterloo Wellington (ASWW) is proud to partner with people living with dementia, their care partners, and our community. It takes a collective effort to support people with dementia to "Live Their Best Day." We are honoured to provide quality education, social work services, and therapeutic recreational programs. We are grateful to our donors, sponsors, community partners, volunteers, and staff for their commitment and generosity, so we can assist people living with dementia.

The past couple of years have been challenging as we have all managed COVID-19, but it has also been an incredible time of strength and resiliency amongst our clients, staff, volunteers, and community. I have been continuously impressed by how people can change and adapt to new ways of doing things. Thank you to everyone for their commitment and support during the pandemic. Together, we are still strong and ready for our next challenge.

As service providers, we have learned and relearned many things during this pandemic. We have learned that we can deliver excellent programs and services virtually; many clients appreciate the ease of accessibility and ability to attend multiple sessions per week. Our staff thrived under this new medium. Over the past year, our team explored their options through virtual recreation. Together, we enjoyed videos and online resources from around the world. We even had guest speakers and entertainers from outside our local community join us for education and therapeutic recreation sessions.

We have also relearned how effective and appreciated in-person programming is to clients. Being back in our communities has been such a pleasure. By creating

new partnerships with community centers and local recreation locations, we hope to expand our in-person recreation to where our clients are—continuing to provide these services with the utmost safety. We look forward to a future model of service that includes both virtual and in-person offerings, allowing us to better serve our community in quantity and quality.

A key priority for the next couple of years is Accreditation. Alzheimer Society Waterloo Wellington is proud to work in a continuous quality improvement framework and is ready for the task. I want to thank our team of staff, volunteers, board members and community partners for the work at hand and look forward to stellar results. How can clients help in this process? Please keep completing your client satisfaction surveys and providing your feedback. As a team, we review these regularly and adopt improvements that genuinely make a difference in our clients' lives.

2022/2023 will be a year of redefining our "new normal" post-pandemic. Alzheimer Society Waterloo Wellington has remained strong and will continue working alongside our clients, volunteers and community partners to strengthen our health care system. Together, we can achieve anything!



Michelle Martin

Michelle Martin
Executive Director
Alzheimer Society
of Waterloo Wellington

“Thank you to everyone for their commitment and support during the pandemic. Together, we are still strong and ready for our next challenge.”

BUILDING CONNECTIONS IN-PERSON & ONLINE

2021-22 was another challenging year for the Alzheimer Society Waterloo Wellington (ASWW) as we adapted to the changing public health recommendations which impacted how we were able to offer programs and services.

Many of our programs and services continued to be offered virtually, but as community partners began opening their locations, we were able to continue offering **Minds in Motion®** in person at the Evergreen location in Guelph, Bridgeport Community Centre in Kitchener, Stork Family Y in Waterloo and Allan Reuter Centre in Cambridge. This was well received by clients and offered another option for those who did not want to participate virtually. We continue to promote the benefits of exercising at least twice a week and have also expanded offerings to include a Saturday program, programs designed for those living with Mild Cognitive Impairment, and a program for those living with Young Onset Dementia.

A new partnership was formed this year through receiving funding from the Research Institute of Aging's Supporting Inclusion through Intergenerational Partnerships project, or SIIP. Our project, **Sharing Our Voices**, brought us together with the Waterloo Public Library and the YMCA of Three Rivers. Through art based intergenerational programming on a Saturday, we have brought together people living with dementia, their care partners, and youth living in the community.

Other new **therapeutic recreational programs** that were offered included art, cooking, gardening, music, mindfulness, and photo memory books.

With our **social work offerings**, we continued to offer virtual counselling, follow-up calls and care partner

support groups. One new group offering was for care partners supporting someone living with Mild Cognitive Impairment. Our **Enhancing Care** offerings of TEACH and CARERS continued to meet client needs through a virtual format and we added in CARERS and TEACH for care partners supporting someone living in long term care.

Social and Recreational Programs

- Minds in Motion®
- Games Hour
- Morning Tea or Coffee Hour
- The Music Project
- Peer Connections Group
- Sharing our Voices – Intergenerational Program
- Creativity Workshops
- Cooking Program
- Green Thumbs Club
- SPARK
- SPARK a Memory Workshop
- Music Programs
- Catching Calm – Mindfulness in Everyday Life
- Activity Packages, Colouring Books

Groups for Care Partners

- TEACH Program
- CARERS Program
- Young Onset Care Partner Support Group
- Telephone Care Partner Support Group
- Spouses Care Partner Support Group
- Friends and Family Care Partner Support Group
- Long Term Care - Care Partner Support Group
- MCI – Care Partner Support Group
- Self-Compassionate Mindfulness Group
- Resilience in the Midst of Stress and Grief Group

“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.



WHAT WE DID OVER THIS PAST YEAR

478 new clients were referred for care partner support services

229 intakes were completed for **care partners** requiring services

1,509 care partners received **3,054** counselling sessions

176 individuals participated in **2281 Minds in Motion classes**

3,955 people attended **357 education sessions**

914 referrals were received from home & community care support services, memory clinics, primary & specialized care, and more.

241 new clients registered for educational and/or social recreation programs

1,728 individuals attended **357 groups** offering **education or social recreation sessions**

CURRENT LEADERSHIP TEAM

Michelle Martin – Executive Director
Gail Roth – Director of Programs and Services
Lorri Watamaniuk – Director of Fund Development

BOARD OF DIRECTORS

Kim Cusimano – President
Lisa Deguire – Vice President
Uzzam Riaz – Treasurer
Cheryl Sarnavka – Secretary
Rennie Brudnjak – Past President
Jesse Dugard – Director
David Bernstein – Director
Catherine Jones – Director
Len Carter – Director
Ian Kaufman – Director
Janis Randall Simpson – Director
Paul Kerr – Director

STAFF 2021-2022

Robin Smart – Public Education Coordinator
Janine Wilson – Public Education Coordinator
Jennifer Newsom – Minds in Motion Coordinator
Ashley Barton – Minds in Motion Coordinator
Kimberly Davidson – Minds in Motion Coordinator
Sydney Jarvis – Community Programs Coordinator
Ana Paret – First Link Coordinator/ Social Worker
Kaitlin Alcock – First Link Coordinator
Jaclyn Lebel – First Link Coordinator
Peter Morey – Virtual Program and Communications Coordinator
Lynelle Drudge – First Link Care Navigator
Jeanetta Grawbarger – Enhancing Care Clinician
Gisele Hauser – Social Worker /First Link Care Navigator (French Services)
Colleen Martin – Social Worker /Enhancing Care Clinician
Kayla Haas – Sharing our Voices Program Coordinator
Ayari Yokokura – Social Worker
Jill Ross – Finance and Site Systems Coordinator
Patricia Cerqueira – Receptionist
Kathy Irwin – Development Administration and Volunteer Coordinator
Travis Forbes – Events and Social Media Coordinator
Gina Dobben – Community Programs Coordinator
Barbara Eastman-Lewin – Volunteer and Special Events Coordinator

PUBLIC EDUCATION PROGRAMS

Educational programs are offered to people with dementia, their family members and friends, and professionals on the following topics:



Education forums
for care partners



Education series and
groups for persons
with dementia



Forums on caregiver
support, ambiguous
loss, taxes & legal issues,
palliative care, and more.



Learning and
support series for
care partners



Education for
professionals

This year, our public education offerings continued to provide sessions for the First Link Learning series as well as special topics. We were delighted that Dr. Didyk offered 2 virtual talks: May 2021 on After the Diagnosis and January 2022, Dementia FAQ. Given that many people were looking to online resources, we uploaded these sessions on our YouTube channel as well as one on Mild Cognitive Impairment.

A message from our Public Education Coordinators

"It is my privilege to work as an educator at ASWW. What an honour to journey with people as they learn about dementia, allowing them to have the best possible outcomes, in an ever changing new normal. Education is invaluable for people who are experiencing cognitive changes, for family, for friends, for professional staff and for the general public. Knowledge is power and information changes how we interact with people living with dementia as they change how they interact with the world. It is our tool to stay supportive and connected. It is always a pleasure to share material, so

please never ever hesitate to contact us with questions, or requests for education!" – Robin Smart

"Being a Public Education Coordinator at ASWW has enabled me to make a difference in the lives of People living with dementia and their care partners. Proving educational opportunities that make the journey a little less stressful is an essential for everyone who is living with or supporting someone who has dementia. It's so important that they are not alone and facilitating an opportunity to learn with other who are in similar situations is so powerful!" – Janine Wilson

Examples of Public Education Programs

- Overview of dementia
- Series on Other Dementias
- First Link® Learning Series
- Finding Your Way®
- Mild Cognitive Impairment
- U-First!®
- Special Topics

“As a result of my participation at the education sessions, I have learned to be patient with Mom when she is having a difficult time with her memory loss and to find bright moments in our time together. Dementia is a difficult journey, and we are all living with it.”
– Family Education Participant and survey responder.

MEANINGFUL SUPPORT FROM THE COMMUNITY



We celebrate those generous groups in our community who ran events to support the Alzheimer Society. Several groups held **Social with a Purpose** events including:

- The Township of Woolwich
- Farm to Paws – “Take Your Pet to see Santa” photos
- Seasons Retirement Home in Cambridge held a flower sale for Valentine’s Day

- Doon Village Retirement Residence
- Home instead (GIVE65 campaign)
- Royal Terrace Retirement Home
- Underground Flavour Group
- Schlegel Villages
- Granite Landing Retirement home
- Chartwell Elmira LTC
- Stirling Heights LTC
- LaPoint Fisher Nursing Home



THANK YOU TO OUR VOLUNTEERS!

Alzheimer Society Waterloo Wellington could not do what we do without our wonderful volunteers.

This year, **90 community members** gave of their time and talents this year, contributing over **15,000 hours!**

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 need as early as possible and throughout disease progression.

Just like the previous year, these vital supports continued to be offered virtually across all 27 local Alzheimer Societies in Ontario, for individual, family, and group supports when in-person supports were not possible due to pandemic protocols. In addition to providing individualized assessments, care planning, ongoing proactive follow-up, and communication between providers and across sectors along the continuum of care, First Link® staff supported clients to increase coping and safety through the pandemic.

This year an evaluation was completed in collaboration with BrainsCAN, a neuroscience research initiative at Western University that aims to transform the way brain diseases and disorders are understood, diagnosed, and treated. Evaluation data from almost 3,000 clients showed that First Link® and the Alzheimer Society's support



and services have an impact on care partners and those living with dementia by prolonging time lived at home, providing increased confidence to provide care, avoiding crisis events such as emergency room visits, and improving quality of life.

To learn more, please visit firstlinkontario.ca

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.



88%

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



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

Minds in Motion® is a community-based social program that incorporates physical and mental stimulation for people with early to mid-stage Alzheimer's disease or other forms of dementia and their care partners. The importance of social connectedness, cognitive stimulation, and physical activity has been especially highlighted over the past two years during the pandemic and many local Societies continued to offer this program online to engage clients.

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.

As a result of a successful Public Health Agency of Canada (PHAC) grant, we completed the first of two years on a project in collaboration with the University of Waterloo, six local Societies, and the Older Adult

Minds in Motion®

Centres' Association of Ontario (OCAO) to develop and deliver an adapted virtual version of Minds in Motion® that is an evidence-informed, person-centred, consistent, safe, and effective way to provide physical activity, cognitive stimulation, health and promotion and socialization for people living with dementia and their care partners. Several virtual sessions using enhanced methods were completed with positive feedback. Recruitment remains underway for additional people living with dementia and their care partners to join the project through 2022 with project results to be shared in early 2023.

To learn more, please visit: alzheimer.ca/on/en/help-support/programs-services/minds-in-motion

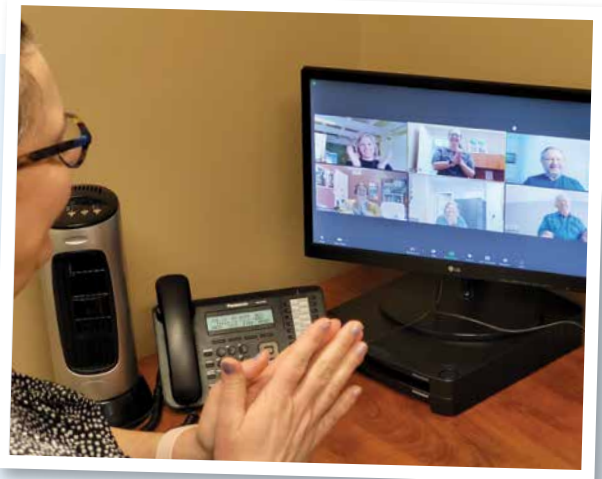
Financial contribution from



Public Health Agency of Canada Agence de la santé publique du Canada

“ The Minds in Motion program is a significant part of our daily lives. During COVID-19, it has provided us with stimulation, socialization, and a sense of belonging. We will always be grateful to the Alzheimer Society for making this program available.”

- Dollores & Don Wadden, participants.





WHERE WORDS FAIL... MUSIC SPEAKS



The Alzheimer Society Music Project was created in response to overwhelming evidence showing the beneficial effects of music and stimulation on people living with dementia.

The Music Project provides a music device with a personalized playlist created by our staff and volunteers, to an individual living with dementia. The music device is free of charge, and theirs to keep, listen to, and use to share moments with their family members and friends – helping them to live their best day.



“Enjoying music together with my Dad again and seeing the joy on his face was truly a gift.”

- Adult child of a person living with dementia.



IG WEALTH
MANAGEMENT
**WALK FOR
ALZHEIMER**

Alzheimer Society

**OUR COMMUNITY ONCE AGAIN ROSE TO THE CHALLENGE
AND MADE THEIR MOVE TO SHOW THE POWER OF
CONNECTION**

We raised over \$100,000 to support programs, services and education for people living with dementia and their families.

**THANK YOU FOR WALKING WITH US
AND HELPING OUR CLIENTS TO LIVE
THEIR BEST DAY.**





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 Namasivayam-MacDonald
- Birgit Pianosi
- Gillian Coughlan
- Jennifer Rabin
- Kate Kokoreloas
- Morris Freedman
- Taylor Schmitz

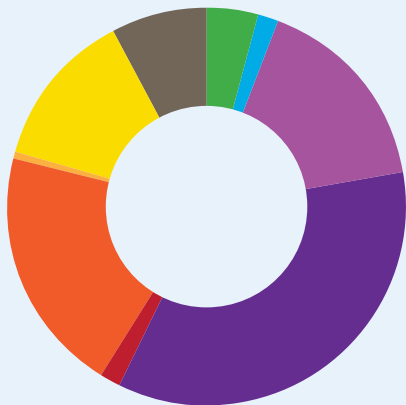
NATIONAL TOTALS

- 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: alzheimer.ca/en/research/alzheimer-society-research-program

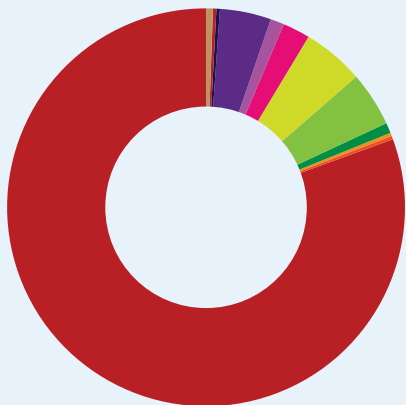
“ Without the generous support of the Alzheimer Society Research Program donors, this work simply would not be possible.”

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



● Alzheimer Society of Ontario	75,845
● Bequests	24,914
● General donations	284,403
● Grants	601,503
● Interest and other income	28,761
● Local Health Integration Network - Family Support	344,804
● Local Health Integration Network - One time funding	8,687
● Local Health Integration Network - Public Education	222,801
● Special events and fundraising activities	131,021

TOTAL REVENUE **\$1,722,739**



● Advertising and publications	1,444
● Bank charges	10,578
● Capital asset acquisitions	2,542
● Insurance	5,094
● Office, postage, telephone	71,622
● Professional development	15,419
● Professional fees	37,713
● Public awareness, programs and family support	85,330
● Rent and utilities	72,098
● Repairs and maintenance	12,501
● Special events and fundraising	3,608
● Travel and conferences	7,814
● Wages and benefits	1,331,845

TOTAL EXPENSES **\$1,657,608**

Complete audited financial statements are available at alzheimer.ca/en/on/About-us/Annual-Report.

You can do something about dementia.

DONATE TODAY

alzheimerww.ca

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