

Alzheimer Society

YORK REGION



BUILDING CONNECTIONS THAT MATTER

ANNUAL REPORT 22/23



OUR MISSION

The Alzheimer Society of York Region's (AS York) mission is to alleviate the personal and social consequences of Alzheimer's disease and other dementias and to promote research.



OUR VISION

We are committed to the care of families and the cure of Alzheimer's disease and other dementias. We will achieve excellence, innovation, and leadership in family-centred services; advocacy; education; and fundraising through caring professional staff, active volunteers, valued partnerships and a supportive community.

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ABOUT THE ALZHEIMER SOCIETY OF YORK REGION

The Alzheimer Society of York Region is a leader in actively supporting individuals and families living with Alzheimer's disease and other dementias since 1985. Our history of delivering quality, dementia-specific DAY program services, an enriched social work program and education opportunities within the

Region of York is well respected. We have a proven record of working collaboratively and in partnership with different agencies within the Region of York to service the needs of families and individuals living with Alzheimer's disease and other dementias.

Board of Directors

Chair

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Principal, Lone Oak Consulting

Vice Chair

Rachel Egan
Retired

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Partner, Fuller Landau LLP Chair
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Kathleen Jinkerson
Practice Lead, HR and Total Rewards Solutions
The Talent Company

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Geriatrician

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Stop BEC & Vendor Fraud - Abnormal Security
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Barrister and Solicitor
Wisener Law
Chair, Governance Committee



A MESSAGE FROM OUR CHAIR



fiscally strong and saw through the completion of its strategic plan.

In 2022-2023, we began systematically moving back to in-person programming at our D.A.Y. programs, public education sessions, staff meetings and home visits. Through necessary accommodation and planning, we were able to serve more clients, provide development opportunities to our staff and ensure the safety of our clients and staff remained our highest priority. Coincidentally, as we moved back to in-person programming, we expanded our virtual program offerings and saw an increased demand for online services. Being able to serve our community in-person as well as engage meaningfully online ensures we are adapting to provide support in a way that puts the client first.

Through this year of transition, we developed new, or sustained continuing community partnerships, including the introduction of the Enhanced CARERS program and Mindfulness-Based Stress Reduction Program in partnership with Mount Sinai Hospital. AS York is proudly Mount Sinai's partner in delivering this program province-wide.

Along with expanding our program delivery methods, increasing staff capacity, and continuing to enhance our client experience, we said goodbye to a longstanding member of our team. We wished Loren Freid, former Chief Executive Officer of AS York, a happy retirement after 15 years of service to this community. We were grateful to be able to honour and celebrate the legacy Loren leaves behind at the first in-person donor recognition evening since 2019.

As we reflect on the 2022-2023 fiscal year, it is incredible to think about the growth we have experienced in programs and services. While the past few years have been filled with uncertainty and change, the Alzheimer Society of York Region remains

In Spring 2023, the organization welcomed a new Chief Executive Officer, Kari Quinn-Humphrey. With a strong foundation in this community, AS York looks forward to strategic planning, and continuing to meet the growing needs of its clients, supporters and partners. As a supporter of AS York, we are grateful to have you along this journey with us and we look forward to working with you as we build upon the strength of this incredible community.

A handwritten signature in black ink, appearing to read "Scott C.", on a light-colored background.

Celebrating retired CEO, Loren Freid



Loren became CEO of the Alzheimer Society of York Region in 2008. Throughout his tenure, Loren has worked to alleviate the personal and social consequences of Alzheimer's disease and other dementias. Loren

has navigated the organization through significant milestones. Among his accomplishments, Loren oversaw upgrades in facilities for both clients and staff in multiple locations, led a multisector health care collaborative that developed the Caregiver Framework, established a dementia care focus in the Ontario Health Team structure in York Region and implemented an evaluative research partnership with York University.

Loren retired in April 2023 and marked the occasion by raising \$100,000 for AS York D.A.Y. programs through the Loren Freid Retirement Campaign. We are grateful for all of Loren's work and wish him well in retirement.

BY THE NUMBERS

Helping our communities



18,000
clients served



3277
families served
by programs



3105
people benefitting
from public education



1415
new referrals to the
caregiver support program




1047
new client referrals
from First Link®



229
Minds in Motion
sessions



209
clients attending
D.A.Y. programs



42
MP3 players distributed
through the music program

Programs & Services

Social Recreation Programs

- D.A.Y. program : Aurora, Stouffville and Thornhill
- D.A.Y. program at home
- VDC or virtual day centre
- Minds in Motion®
- The Kobo Book Club
- The Music Project

Education

- First Link® education series
- Finding Your Way
- U-First training for care partners and healthcare professionals
- GPA (Gentle Persuasive Approach) training for healthcare professionals
- Seminars for the workplace
- Dementia-friendly Communities

- Workshops for community groups and more
- Alzeducate online education for people living with dementia, care partners, healthcare professionals and the public.
- The Enhanced CARERS program
- Mindfulness-Based Stress Reduction Program (MBSR)

Support & Navigation

- Navigation and referrals with First Link®
- Confidential one-on-one counselling with a registered social worker
- Care partner support groups in person, online and in multiple languages for spouses, those caring for people living with young-onset dementia or in long-term care and those experiencing grief.

SOCIAL RECREATION PROGRAMS

D.A.Y. Programs

AS York has been delivering D.A.Y. programs since 1987. These programs, currently offered in Aurora, Stouffville and Thornhill, provide social stimulation for a person diagnosed with dementia and respite for caregivers.

While the landscape of the pandemic continued to change this past year, the health and safety of clients remained the primary concern for AS York. Program staff continued to work to adapt programs and meet the changing needs of clients.

The ADP@Home pilot project was introduced during the pandemic and completed in 2022. This project was originally launched by the Eastern York Region North Durham Ontario Health Team (EYRNDOHT) with our partners CHATS Community Home Assistance to Seniors and Unionville. The program enabled a recreation therapist to visit clients with dementia who required care beyond the limits of our regular D.A.Y. program and engaged them for 60 to 90 minutes with personalized activities including tossing a ball, colouring, puzzles, board games and music.

There were 272 clients receiving service through D.A.Y. programs this year.

The VDC or **Virtual D.A.Y. program**, a response to the pandemic, is meant to serve those who cannot come in-person to D.A.Y. programs and offers a daily email

with links to videos and digital programming delivered to registered, non-registered or uniquely identified ADP clients.

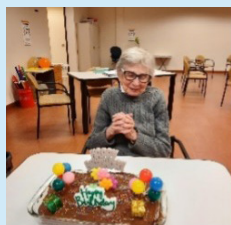
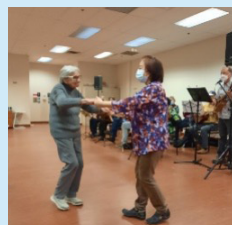
Expanded service in three D.A.Y. program locations

Last year, with COVID restrictions still a consideration, AS York continued its three D.A.Y. program in a modified format. Over the course of 2022, AS York worked to extend hours of operation and increase capacity to serve more clients for a longer period while adhering to strict safety protocols. In March 2023 AS York D.A.Y. programs were able to move to a non-cohorted format and client attendance increased to a maximum of 4 days per week. Attendance increased to 16 clients a day in each program with a total of 209 D.A.Y. program clients served this past year.

Pandemic Packages

AS York continued delivering packages and offering virtual meet ups so that clients remained engaged while staying safe. AS York made 95 special deliveries of personal hygiene and incontinence products, personal protective equipment, and holiday gifts.

With the support of a grant through the Ontario Trillium Foundation and in partnership with CHATS Community and Home Assistance to Seniors, AS York delivered 5,250 Meals on Wheels to 19 individuals in need of support this past year.



With COVID restrictions easing, clients safely enjoyed live music and celebrations. Aurora staff member, May was happy to return to dancing while staff member, Stella enjoyed once again delighting clients with birthday cakes and joint Halloween projects.

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

More than 240 people – both caregivers and people living with dementia – participated in virtual Minds in Motion® sessions through AS York this past year. There was a significant increase in demand for this program in a virtual format in 2022.

This program combines physical activity and mental stimulation in a social environment and can be offered in-person or virtually. This past year, with pandemic measures still in place, this program was only offered in a virtual format.

Minds in Motion operates with the support of individual donors, community groups, the Alzheimer Society of Ontario, and the Catherine Booth & Michael Kirk Social Recreation Fund.

In 2022-2023, AS York delivered Minds in Motion® to Mandarin and Cantonese speaking York Region residents as part of the collaborative project R.E.A.C.H. 55 for Living Well with Mon Sheong Foundation.



“ It is a wonderful program for both me and my wife. She finds it very difficult to concentrate on just about anything these days but is fully engaged for the hour. She is very social and loves the participation. And as a bonus I find it to be something we both can do and enjoy”. - caregiver



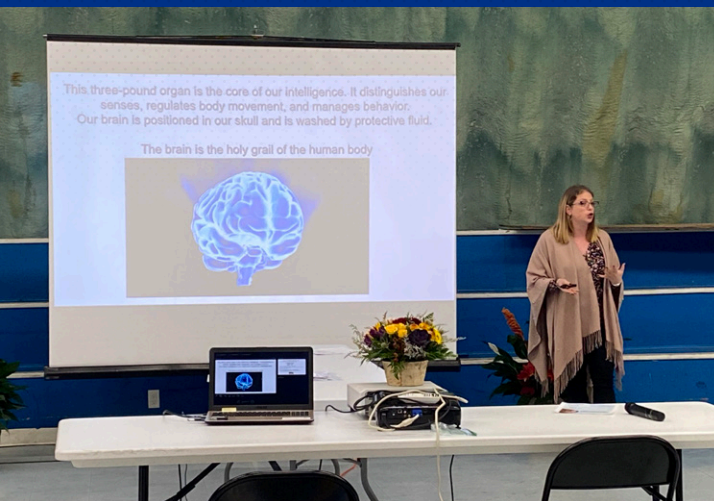
The Kobo Book Club

The Kobo Book Club is for caregivers and people with mild cognitive impairment. The club meets monthly to review books, support self-care and create an encouraging community of individuals who share their dementia journey.

The Music Project

The Music Project aims to help improve sleep, mood, cognition, communication and quality of life, people living with dementia by providing people living with dementia with an MP3 player loaded with a personalized playlist.

This past year 42 clients at AS York benefited from The Music Program.



EDUCATION

Public education coordinator, Jaime Cruz speaking at the Healthy Living in the Corridor event; an Elders fifty plus health fair at Shawanaga First Nation

In 2022-2023 AS York's public education team delivered educational programs to caregivers, people living with dementia, corporate and community groups, healthcare professionals and members of the public.

The First Link® Education Series

The First Link® Education Series is a progressive group of courses offered to people living with dementia and care partners. This series offers an overview of dementia, coping strategies, resources and support systems.

This past year, 475 attendees participated in the First Link® Education Series at AS York.

To learn more, please visit:

www.firstlinkontario.ca

Living Safely in the Community

Finding Your Way® helps people living with dementia, their families, care partners, and communities recognize the risk of going missing, be prepared for incidents of going missing, and ensure that people with dementia can live safely in the community.

Each year the AS York public education team hosts a Finding Your Way® workshop or workshop series. The 2023 virtual event invited Professor June Andrews, RN, to speak on family issues and relationships that may be impacted when making decisions for a family member living with dementia. Dr. Tamara Daly, M.A., Ph.D. provided findings from her research on age-friendly communities and AS York public education coordinator Jaime Cruz, SSWG., reviewed signs that indicate potential risks of going missing and how to approach someone who appears lost.

Ninety people attended this event.

To learn more, please visit:

www.findingyourwayontario.ca

EDUCATION (continued)

Working together to create dementia-friendly communities

AS York embarked on its first Dementia-Friendly Communities training using newly released education materials in York Region in 2023 with Markham Public Library.

The Dementia-Friendly Canada project is a partnership between Alzheimer Societies across the country. One of the project goals is to train Canada's workforce to be dementia-friendly by developing free tools

and resources that give Canadians knowledge and confidence to support and include people affected by dementia in their communities.

AS York aims to continue to roll out this exciting program across the region in 2023 and beyond.

For more information, please visit:

dementiafriendlyontario.ca

“ At MPL, we are always looking for ways to improve our spaces and services to better meet the needs of our diverse community. When we heard that our trusted partners at the Alzheimer Society of York Region were offering Dementia-Friendly Communities training, we were eager to participate. The training provided practical applications for staff in our branches to implement, empowers staff to take initiative and make improvements to our service delivery and allows us to better meet our library's mission of equity and inclusion.” - Melanie Cuhna - Training Librarian, Markham Public Libraries (MPL)

CULTIVATING CARE HEROES THROUGH U-FIRST!® AND GPA



U-First!® offers health care provider or car partners (family and friends) a problem-solving framework to help them understand and respond to behaviour changes that occur with cognitive impairment in a holistic, person-centred way.

Participants feel more confident and skilled in identifying causes of behaviour change and with this knowledge, respond more effectively leading to better quality care for the people they support.

As York has seen a growth in interest in the U-First!® program as people see the results and word spreads.

As York aims to increase the number of partnerships in the region to provide effective training that sets their staff up for success in providing high-quality care.

For more information, please visit:
u-first.ca

Gentle Persuasive Approach

This past year the team at AS York provided 72 frontline staff with GPA training.

GPA is an innovative dementia care education curriculum based on a person-centred care approach. It may be delivered in-person or online. Basic training includes four modules delivered over the course of a day and provides evidence-based, interactive and practical training. It includes respectful self-protective and gentle redirection techniques for use in situations at risk.

Customized training

In fiscal 2022-2023 the public education team customized/curated **training for 175 front line staff** at community partner agencies. These agencies sought training on person-centred care and communicating with people living with dementia.



Certified GPA coaches and AS York staff, Jaime and Stacey on the gentle persuasive approach.

Standing in as client is AS York CEO, Loren Freid.



THE ENHANCED CARERS PROGRAM AND MBSR

In cooperation with the Cyril & Dorothy, Joel & Hill Reitman Centre for Alzheimer's Support and Training at Sinai Health, AS York introduced the CARERS (Coaching, Advocacy, Respite, Education, Relationship, Simulation) program in 2018.

The Reitman Centre Online Enhanced CARERS Program focuses on practical skills and emotional supports needed to care for people living with dementia by teaching problem-solving techniques and a structured approach to addressing programs. The group also coaches care partners in communication skills using simulation.

AS York introduced the Mindfulness-Based Stress Reduction (MBSR) program in 2022. This program takes an evidence-based approach to managing stress. It offers caregivers training in formal meditation practices and mindful movement exercises drawn from yoga, with options to modify movements and poses for comfort and safety.

This course runs for 8 weeks with 2.5 hour sessions and culminates in a 4 hour retreat.

This past year, 95 people benefitted from these programs.

“ I believe it takes a village to help care for those living with dementia. I highly recommend the CARERS enhanced course as effective training for anyone who is struggling caring for the needs of their loved one.” - Laurie Donze-Allen

SUPPORT AND NAVIGATION

First Link® Navigation and Referrals

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. These vital individual, family, and group supports are offered both in-person and virtually at AS York. These supports include individualised assessments, care planning, ongoing proactive follow-up, and communication between providers and across sectors.

In 2022-2023 AS York facilitated 1047 new client referral through First Link®.

In partnership with the Eastern York Region North Durham OHT (Ontario Health Team) and the Western York Region OHT, AS York added two team members to the First Link® program.

To learn more, please visit:

www.firstlinkontario.ca



72%

of Care Partners said that connection with their local Alzheimer Society helped them to provide care at home longer.

31.9%

of care partners reported that support from the Alzheimer Society delayed their decision to access assisted living or long-term care homes

86%

of people living with dementia and **85%** of care partners reported that the Alzheimer Society assisted them in times of need.

97%

of people living with dementia and **94%** of care partners indicated that they are likely or very likely to recommend the Alzheimer Society to others affected by dementia.

“It was just a really bad day and thank goodness I called [my First Link Care Navigator]. She helped me calm down and think things through. I would have gone to the emergency department as I did not know what to do with her...I am so grateful to have such an excellent [society] close to home to support me and my husband.” – Care Partner

COUNSELLING

The Social Work Program

AS York's comprehensive social work program provides practical support to people diagnosed with Alzheimer's disease and other dementias and their caregivers. Professional, registered social workers with knowledge about Alzheimer's disease and other dementias and caregiving issues provide a holistic approach to the dementia journey.

AS York was pleased to offer in-person counselling once again to local families impacted by dementia while still offering virtual counselling for those for whom online meeting were preferred.

Caregiver Support Groups

Offered by the AS York social work team, caregiver support groups allow families going through similar

life experience to connect. Participants gain coping skills and find a place where they can share without judgement.

Throughout the pandemic, support groups were offered online for residents in Aurora, Keswick, Maple, Markham, Stouffville, and Thornhill.

Support groups were offered in Cantonese, Farsi, Mandarin and Russian and were also offered specifically for caregivers who are spouses, caring for someone with young-onset and a group for caregivers for those caring for someone in long-term care. AS York also offers a six-week bereavement support group to support those navigating grief.

This past year, AS York social workers returned to in-person support groups in Georgina.

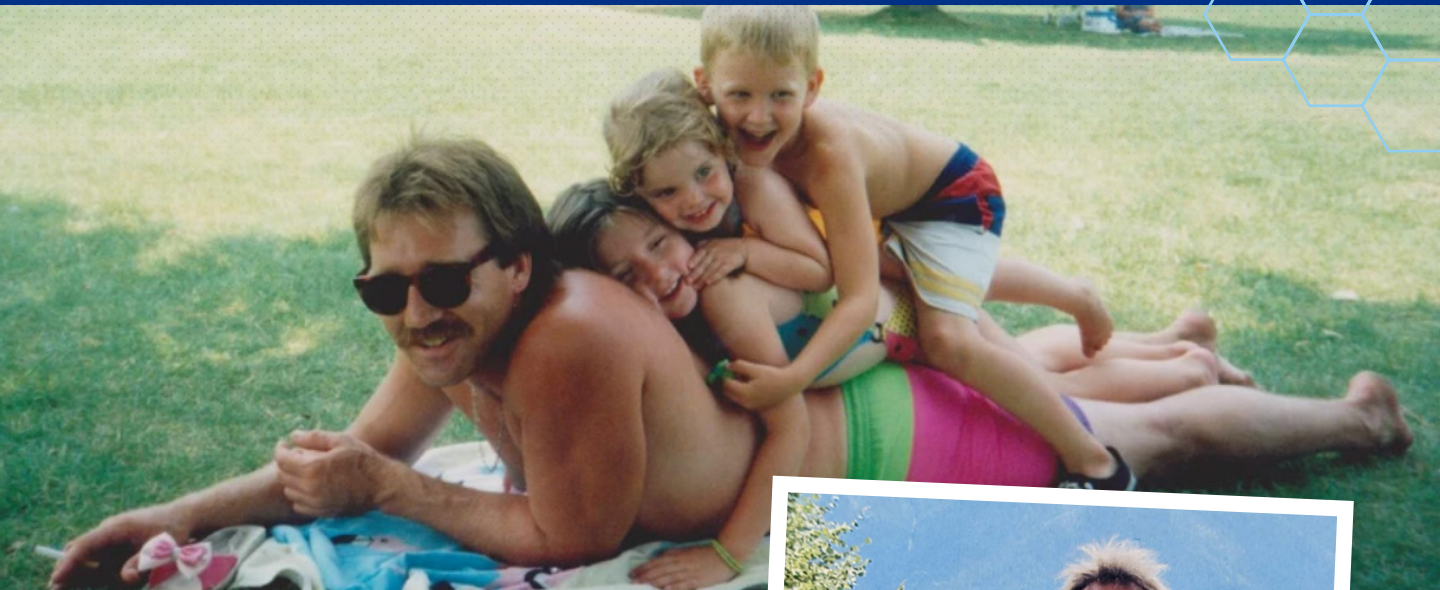


(from left to right) Stephen Cliff, Lori Cliff and Theresa Laird receive the Helen Carswell Leadership Award from Dr. Alan Carswell and son, Don Carswell.

The Helen Carswell Leadership Award

This year, AS York instituted The Helen Carswell Leadership Award in memory of Helen Carswell; a client and leader who lived a life of generosity, gratitude, optimism, and kindness. The award will be given annually to a family, business or group that demonstrates Helen's guiding values.

The 2023 inaugural award was presented to the Cliff family. Accepting the award were (from left to right) Stephen Cliff, Lori Cliff and Theresa Laird who are caregivers to dad/spouse Randy. Presenting the award were Helen's spouse, Dr. Allan Carswell and son, Don Carswell.



CAREGIVER STORY

Lori and Randy spent their careers at Bell Canada. Having worked and raised a family, they were looking forward to retirement. The long-time, Stouffville residents were eager travel and spend more time with their grandchildren.

Fun-loving Randy imagined playing in the snow with the grandkids or joining a game of road hockey. With his infectious smile and love for life, Randy enjoyed being active and loved just about anything that took him outdoors.

Shortly after his 60th birthday however, Lori noticed Randy lacked interest in the things that normally brought him joy. Soon after his 60th birthday, Randy was diagnosed with frontotemporal dementia or FTD. "I never imagined being a caregiver. I pictured Randy and I enjoying retirement together. Life can certainly be unpredictable but with dementia, you put your entire life on hold," says Lori.



Lori shifted focus, learning what she could about dementia and what lay ahead for Randy and for her as a caregiver. She reached out to AS York where she met Rebecca, a social worker who supports families in Stouffville and Markham.

As Lori's role as caregiver became more demanding, Rebecca recommended the D.A.Y. program so Randy could have structured recreational time while Lori benefited from respite. Randy attended both the Stouffville and Aurora D.A.Y. programs where staff enjoyed Randy's optimism and good nature.

CAREGIVER STORY (continued)

Lori attended workshops on caregiving and joined caregiver support groups. She even joined the Kobo book club.

"You learn a lot more about the disease through these groups than you would with any traditional research. You hear real stories direct from those who are living it. It's incredibly valuable in helping me get through my days and prepare for what's ahead," says Lori.

As it did for many caregivers, COVID-19 brought new challenges. Lori's two children, Theresa and Steven worked to support their mom in caring for dad, Randy. At the later stages of the pandemic, AS York piloted the D.A.Y. Program at Home and Randy received regular visits from a recreational therapist who customized activities to Randy's interests and physical ability.

Unfortunately, Randy's mobility began to rapidly deteriorate and Lori and her children decided that their husband and father's needs would best be met in a long-term care home.

D.A.Y. program staff still miss Randy and his positive energy but despite the move, Lori, Theresa, Steven and their families remain close to AS York staff and stay involved the society's programs and events.



“ I don't know what my family would do without the support we have received from AS York. They have been a lifeline for us when we all felt a little hopeless. I have learned so much about the disease and am better prepared to face the challenges ahead,” says Steven. “I encourage anyone with questions to reach out. The team at AS York are incredibly knowledgeable and will go above and beyond to get you the help you need.”

FROM INNOVATION TO IMPACT

The Alzheimer Society Research Program puts Innovative Research into Practice

Gifts designated to research donated to Alzheimer Society of York Region support the national Alzheimer Society Research Program (ASRP). The ASRP is the only Canadian non-governmental organisation that funds research exclusively on dementia and funds Canada's most promising researchers to pave new paths forward in dementia research.

All research conducted through the ASRP is people-centred; this means that every project engages people living with Alzheimer's disease and dementia at every turn. This ensures that findings will genuinely improve their quality of life.

The ASRP is one of Canada's most innovative hubs for dementia research. The ASRP has two goals:

- to encourage researchers to explore radical new ways to advance our knowledge of dementia;
- to improve the quality of life for people living with dementia, their families and care partners

To learn more about research projects the ASRP supports please visit: <https://alzheimer.ca/en/research/alzheimer-society-research-program/latest-funding-results>

AS York supports Local Research into the Efficacy of Day Programs

In 2019 the Carswell Family Foundation established the Helen Carswell Chair in Dementia Care at York University's School of Health Policy and Management. In May 2022, Dr. Matthias Hoben was named the

Helen Carswell Chair in Dementia Research. Dr. Hoben's research focuses on the effectiveness of dementia D.A.Y. programs, respite services, different models of care and the benefits of integrating support for caregivers into programming. This research is being undertaken in partnership with AS York D.A.Y. programs.

Andrea Ubell, AS York's director of programs and services is the co-chair of the advisory committee. Dr. Hoben has completed a literature review which emphasizes the need for substantial, robust research into DAY programs in Canada.

The next phase of this five-pillar research project. Researchers will follow families impacted by dementia and seeking DAY program services over time.

This past year, the AS York team also collaborated with Dr. Hoben as a co-applicant on additional grants to support research.



Dr. Matthias Hoben, Don Carswell, Dr. Alan Carswell and Loren Freid at the 2023 donor appreciation event.

ADVOCATING FOR A MORE DEMENTIA-FRIENDLY ONTARIO

The Ontario Dementia Care Alliance is committed to improving dementia care.

AS York is proud to advocate for and alongside York Region residents impacted by dementia. As a non-partisan health charity, we work with elected officials to advocate for a better dementia care system that will support those who work in it, and those who rely on it.

Today over 17,000 York Region residents live with dementia—a number that will only increase as our population ages and lives longer. Nearly one in three York Region residents have a close family member living with dementia, and many more know someone in their personal or professional lives who is affected by dementia. This disease impacts all of us.

In December 2021, the Alzheimer Society of Ontario (ASO) convened a panel of experts and asked a simple question: what are we doing wrong today in Ontario? This feedback was compiled into ASO's Roadmap Towards a Renewed Ontario Dementia Strategy.

The Roadmap continues to serve as Alzheimer societies' flagship advocacy document and experts that helped inform this document have created the Ontario Dementia Care Alliance (ODCA).

The ODCA provides proactive, tangible recommendations to the provincial government on how it can meaningfully improve interactions Ontarians affected by dementia have with the health and long-term care systems.

With the guidance and support of the Alzheimer Society of Ontario, AS York continues to engage representatives from federal and provincial levels of government serving York Region.

This past year CEO Loren Freid presented the Roadmap Towards a Renewed Ontario Dementia Strategy at local forums and government round tables.



CHATS CEO Christina Bisanz, MPP for Richmond Hill, Daisy Wai and CEO, Loren Freid.



MP for Aurora-Oak Ridges- Richmond Hill, Leah Taylor Roy and CEO Loren Freid. Photo credit: Christina Bisanz

COMMUNITY EVENTS

AS York is grateful to generous members of the community who rally to raise funds and support local families impacted by dementia. Thank you to everyone who hosted, participated in, and donated to community events in support of AS York this past year.

Here are just a few of the many unique events and projects that together raised over \$36,000.00 to support AS York programs and services.

Noteworthy Neighbours

Each year two neighbours in Aurora plan a backyard bash for friend and neighbours featuring local bands and games with proceeds donated to charity. Last year, AS York was the grateful recipient of these funds.

Youthful Inspiration

As York has been fortunate to benefit from a long-standing partnership with Holy Trinity School. Each year

marketing students are asked to create an awareness campaign to help end the stigma associated with dementia. On HTS's Giving Day and throughout the year, students help raise funds for AS York programs and services.

Care in our Communities

The Aurora Bridge Club hosted the longest day of the year bridge event on June 21. Over the course of the day's activities members of the bridge club were invited to make donations to AS York.

Families who Pay it Forward

Last year several families who celebrated significant events and milestones incorporated philanthropic goals into their festivities.



If you are hosting an event or celebrating a milestone and would like to raise funds to support local programs and services for families impacted by dementia please call (905) 726-3477 or email funddevelopment@alzheimer-york.com



IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S

Alzheimer Society

WALKING TO RAISE ALZHEIMER'S DISEASE AWARENESS

Each May, people from across the country rally together to raise funds and crucial awareness for those living with Alzheimer's disease and other dementias and their care partners in the IG Wealth Management Walk for Alzheimer's. The event is Canada's biggest dementia fundraiser and on a national scale, the 2022 event was the largest in its history.

In York Region the event was virtual with walkers encouraged to walk 17,000 steps thought the month of May – one for every York Region resident living with dementia. Walks in support of AS York were held locally in York Region and as far afield as British Columbia, the U.K. and Cuba.

More than \$79,000.00 was raised and approximately 170 individuals and teams registered to participate and raise funds to support local families. Money raised from local activities stays in York Region to provide programs and services including the D.A.Y. program, support groups and public education sessions.

AS York is grateful for the ongoing partners of IG Wealth Management offices in York Region for their

incredible support of this walk. The three local offices have a friendly competition to see who raises the most money and once again the Markham-Fairview office was victorious.

Thank you to our 2022 sponsors:

IG Wealth Management De Hart & Associates
Chartwell Retirement Residences
Nurse Next Door
Home Instead
105.9 The Region



TREASURER'S REPORT

Overall AS York ended the year with a surplus of revenue over expenses of \$210,449 for the current fiscal year.

With the surplus we contributed \$52,800 to the restrictive reserve for facilities and program expansion and are pleased to say that the funds used to invest in the Aurora facility renovation to expand programming eight years ago have now been fully replenished. Revenue increased to \$4,009,761 from \$3,416,490 primarily because of specialized programming, other government grants, revenue sharing from the Alzheimer Society of Ontario, and continued re-opening of adult day programs.

Expenses increased to \$3,738,339 (excluding amortization) from \$3,330,327 because of the increase in day programming and special initiatives resulting in an increase in staff and program expenses.

Statement of financial position includes cash and investments totalling approximately \$2,800,000 which is consistent with the prior year. We remain in a very strong cash flow and working capital position allowing us to invest in future initiatives.

Other highlights include a stronger than anticipated Walk for Alzheimer's and more opportunities and partnerships to expand the organization's reach to the public.

All government opportunities for funding are explored and applied for as applicable.

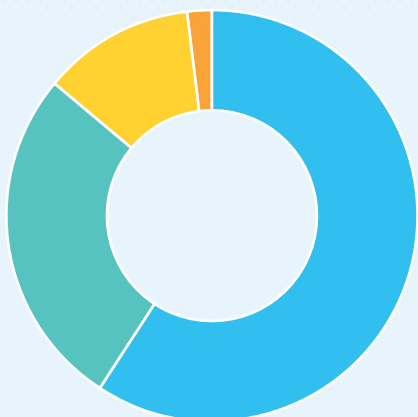
BDO conducted the audit for the fiscal 2023 financial results and the auditor's report contained no items of concern or substantive qualification.

The audit committee was pleased with AS York's fiscal performance and continued solid financial management.

I would like to thank the committee members for their ongoing support, contributions, and valuable ideas.



Simon Francis - Treasurer



REVENUE

- Ontario Health
- Donations, grants
- professional training
- Service fees
- Other income

2023

2022

\$2,378,857

\$2,184,199

1,079,128

967,103

478,622

245,953

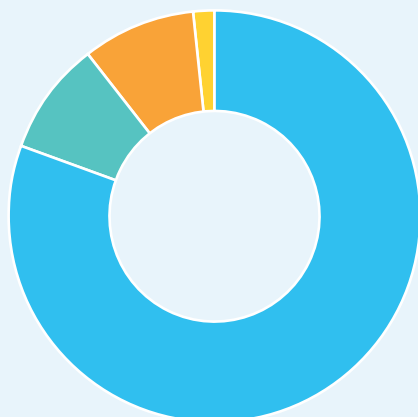
73,154

19,235

TOTAL REVENUE

\$4,009,761

\$3,416,490



EXPENSES

- Program and services
- Fund development
- General operations
- Amortization

2023

2022

\$3,062,993

\$2,770,934

344,075

292,426

331,271

266,967

60,973

62,623

TOTAL EXPENSES

\$3,799,312

\$3,392,950

**EXCESS OF REVENUE
OVER EXPENSES**

\$210,449

\$23,540



An agency of the Government of Ontario
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