

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

Alzheimer Society
FOUNDATION

BRANT HALDIMAND NORFOLK
HAMILTON HALTON

Annual Report 2015/16



OUR VISION People affected by dementia live well as vital and integral members of their community.

Alzheimer Society of
Brant, Haldimand Norfolk,
Hamilton Halton

Board Chair:
Phil Race

Chief Executive Officer:
Mary Burnett

www.alzhn.ca



Alzheimer Society Foundation of
Brant, Haldimand Norfolk,
Hamilton Halton

Board Chair:
Martha White

Chief Executive Officer:
Mary Burnett

www.alzheimersocietyfoundation.ca

A MESSAGE FROM OUR CEO Mary Burnett & BOARD CHAIR Phil Race

Dear Friends,

Our Society received over 3,800 new referrals last year. In response to this high demand and feedback from those we serve, we launched many new social and recreational programs that help people live well with dementia in the community.

Key accomplishments in 2015/2016 include:

- Serving more people through the expansion of our Living Well programs for both the person with dementia and carers: Art Therapy programs across our communities; Music for Memory available now in Brant, Haldimand Norfolk and Halton; and Living Well/Minds in Motion exercise and social programs in all of our settings



Phil Race



Mary Burnett



Martha White

- Piloting a Dementia Friendly Community Project in Paris, Ontario to educate local businesses and organizations on how their services can better meet the needs of those affected by dementia

- Successfully preparing for our first four-year Accreditation through the Canadian Centre for Accreditation

- Launching our new Program Guide to provide an overview of our services for the next 6 months

As we reflect on the many accomplishments during the year, we would like to extend sincere appreciation to our staff, clients, volunteers, community partners and funders for continuing to support our vision.

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Alzheimer Society of Haldimand Norfolk

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Hagersville, ON N0A 1H0
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Fax 905-768-1034

Dunnville Satellite Office
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Dunnville, ON N1A 1T1
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Alzheimer Society of Hamilton Halton

1575 Upper Ottawa Street
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Hamilton, ON L8W 3E2
Toll Free 1-888-343-1017
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Fax 905-529-3787

4391 Harvester Road, Unit 8
Burlington, ON L7L 4X1
Phone 289-837-2310
Fax 905-681-7783

St. Luke's Community Centre
3114 Dundas Street West
Oakville, ON L6M 4J3 (opening Nov 2016)

A MESSAGE FROM OUR FOUNDATION CEO Mary Burnett & BOARD CHAIR Martha White

Dear Supporters,

The Foundation completed its first Strategic Plan this year. Our mission is clear: to fund and support the Alzheimer Society in the communities we serve. The plan outlines directions for the next five years that will help us transition from a culture of fundraising to one of philanthropy. Much work has been done to develop a strong case for support that outlines why we require additional funds and how donor dollars can make a difference. We know that the Society requires much more funding if it is to meet the increasing demand for its services – and we are working hard to develop stronger relationships with our current and future donors.

Many thanks to our staff, volunteers and donors who are helping us to make a difference in the lives of people living with dementia.

Our Financial Highlights

Revenue

LHIN	4,123,179
Alzheimer Society Foundation	1,019,853
Amortization of deferred capital grants	26,362
Grants	133,636
Other Revenue, Rent, ASO	92,231

Total Revenue 5,395,261

Expenses

Social Work/Counselling Program	970,582
Behavioural Supports Ontario	984,895
Education and Health Promotion	1,061,134
Volunteer and Support Services	295,836
Foundation costs	567,626
Administration	549,407
Facility costs	176,436
Amortization of capital assets	38,319
Professional Fees	15,684
Grant Expenses	133,636
Transfer to Partner Agencies	626,926

Total Expenses 5,420,481

Net Surplus (Deficit) -25,220

Alzheimer Society Board of Directors 2015-2016

Philip Race - Chair	Directors
Dave Lane - Past Chair	Kelly Bird
Claire Forster - Vice Chair	Vickie Baird
Peter Szota - Secretary/Treasurer	Adam Borisko
Mary Burnett - CEO, Ex-Officio Director	Mary McKenzie
	Gary Nelson
	Al Osborne
	Edward Vance
	John Woods

Alzheimer Society Foundation Board of Directors 2015-2016

Martha White - Chair
Kirby Shieck - Vice Chair / Treasurer
Mary Burnett - CEO Ex-Officio Director

Directors

Terry Bateson
Richard Hamel
Brett Kilian
Lisa Pflieger
Nick Popratnjak

In 2015-16
we served
10,745
Individuals

2223 seniors
took part in
one of our
weekly
fitness classes

2040 persons with
dementia
used our services
last year.



Research

Our organization is committed to supporting and integrating research into our work. We are especially interested in looking at ways research helps those affected by dementia live better with the disease. We continually ask our clients how to improve our services, and we helped nine researchers recruit participants for their studies.

Topics included: Advance care planning; the Dementia Journey; highlighting the experience of great women who have dementia; health technology design for persons with dementia and the effects of exercise on cognitive functions. We collaborated with McMaster University, Lakehead University and the University of Toronto.

Our Foundation funded \$10,270.00 in grants to support the following local research projects:

Melanie Elliot: Exploring the role and meaning of music among community dwelling older adults with dementia

Rebecca MacPherson: the effects of acute exercise on B-site amyloid precursor protein cleaving enzyme 1 (BACE 1)

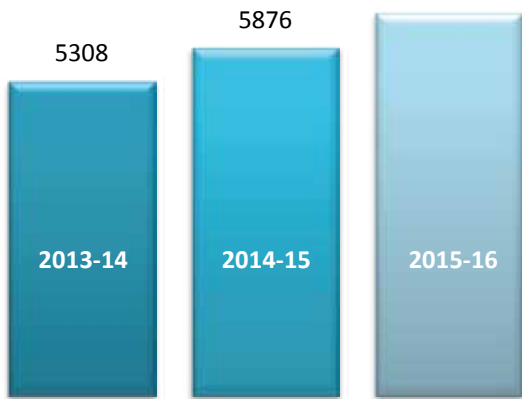
Annie Lam: Transition experience of caregivers of Persons with Dementia and multiple chronic conditions

"The best research you can do is to talk to people"

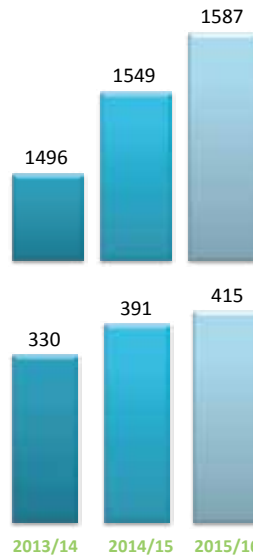
Terry Blanchett

Increasing Numbers

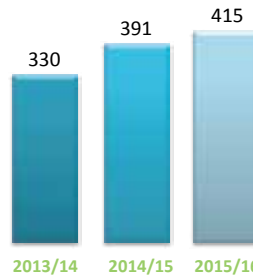
Active Clients



New Caregivers Served



New Persons with Dementia Served



Staff Profile

Anne Swift First Link Coordinator



Anne Swift celebrated a major milestone of 25 years of service with the Alzheimer Society this August! Anne has performed many roles since she was originally hired, including but not limited to: Program Coordinator, Psycho-geriatric Resource Consultant, Volunteer Coordinator, Public Education Coordinator, and now in her current role as First Link Coordinator for Hamilton and Halton.

Throughout her career, Anne has received numerous accolades for her work, including a Service Award for Geriatric Excellence nomination in 2007. An educator and passionate supporter of those affected by dementia, as one retiring Director of Care noted, "You've always gone over and above the call of your duties to do best! This demonstrates your passion and love for what you do. You have a facility to share/teach your knowledge and made my job so much easier after to teach my staff, families and residents...You may not be aware but you have been instrumental in my professional growth. I've learned so much from you and will never forget it".

Thank you Anne for 25 great years of service!

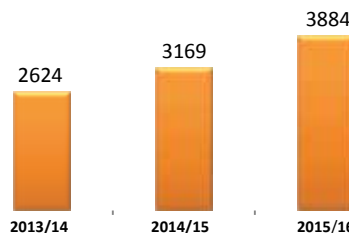
Increased referrals from Health Care Professionals

2007 **5%**



2015

75%



New Intake Coordinator

roles were introduced to meet the needs of the increasing amount of referrals.

New Referrals

What are clients saying about us

‘We really appreciate the programs you work so hard to offer, like the Minds ‘N’ Motion program we have participated in and found it most beneficial. We look forward to the hour exercising to preserve our strength for our activities in our years of ‘aging’ ahead. And we love the social benefit where we in the group can meet and become friends with those in like-situations so we have shoulders to lean on in uncertain times ahead. We are all blessed’.

Minds in Motion Program, Halton

‘I’m writing to tell you that the bonus in all this is that the group stays for "Sit and Be Fit", and I want to stay with them, because I need it. (I lost 40 pounds last year, much of it muscles). The lovely lady who leads the fitness. Samantha does a magnificent job. She is sensitive to the needs and energy level of the group, and does not push them. She makes it fun, and paces them really well’.

Exercise Program, Haldimand

‘We are grateful there are donors, who recognize the needs of those with memory loss and their caregivers, who share their abundance with those who understand and work with individuals diagnosed with any of the various dementia diseases’.

Minds in Motion Program, Halton

First Link Survey....Says

95% of clients surveyed were satisfied with services received

99% of organizations who refer to the Alzheimer Society would recommend the Alzheimer Society to their family and friends

80% of clients reported an improved ability to manage challenge of dementia

96% of our exercise program participants reported feeling an improved range of motion since they started coming to the program

96% of persons surveyed would refer family and friends to the Alzheimer Society

“I don’t feel so alone anymore. There is someone I can confide in and help me work through it. I also feel very good about what I have learned in the support group.”

Counselling Program, Norfolk

‘I have spoken with a wonderful PRC and we are going to work out a plan. She has such a great rapport with our staff and knows our resident intimately, so she can help the staff members apply what they learn. I DO NOT KNOW WHAT WE WOULD DO WITHOUT HER!’

Long Term Care Facility , Brantford

‘No words can express how grateful I am for all your ongoing concern and support, Julie. Navigating the system of care for the elderly has been very emotional and often disheartening. Your kindness and compassion have made a huge difference. Thank you!’

Counselling Program Hamilton

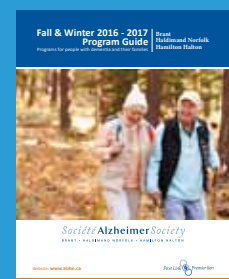


Macassa Lodge

Self-Care for the Caregivers group

We have a new

Program Guide that lists all of our programs and services and distributed.



Learning the R.O.P.E.S., A Mild Cognitive Impairment (MCI) 8 week series aimed at older adults who are experiencing MCI. The program was already being offered across the regions of Haldimand and Norfolk and will now be offered in Brantford, Brant County, Halton and Hamilton.

Recognized for Excellence

Accredited by
Canadian Centre
for Accreditation



Agréé par
Centre canadien
de l'agrément



ACCREDITATION

The Canadian Centre for Accreditation is a national, not for profit organization offering accreditation specifically tailored to community based health and social service organizations. We are very proud to have successfully achieved accreditation.

Here are some of the accreditation highlights

We formed 4 accreditation teams with staff and managers; 20 employees and managers were involved in Accreditation interviews.

We reviewed, improved and approved all of our Policies; Governance, Human Resources, Finance and Programs.

We offered staff training on several topics: Workplace Harassment and Violence Prevention; Safety when conducting home visits; Routine Practices; InterRAI CHA (assessment tool); Canadian Centre for Activity and Aging; Learning the R.O.P.E.S.

We improved communications (addition of a part time Communication Coordinator position and Intake Coordinators).

We increased the health and safety of our staff.

Key Strengths Noted

We are a healthy and effective organization

We use a strong governance approach

We have an impressive range of Programs and Services

We are client and family centred, flexible and nimble

We have a high number of partnerships and we are reaching many communities

We use a consistent service delivery model across multiple sites

The number of programs we offer with the amount of funding we receive is remarkable

We are dedicated to the safety of staff and program participants



The Regional Geriatric Program Central and St. Peter's Hospital, Hamilton Health Sciences presented Mary Burnett with the Executive/Senior Leadership award at the 13th Annual Service Awards for Geriatric Excellence (SAGE).

SAGE celebrates the outstanding contributions of individuals and organizations committed to providing the highest quality of care to older adults in our communities to ensure they can age with optimal health, independence and dignity.



As a member of the Provincial Dementia Advisory Group, Mary advocates for the voices of persons with dementia to be heard and strives for a social versus health system that puts the needs of these persons first and foremost. The Behavioural Supports Ontario and the ALC Committee are both excellent examples of Mary's commitment to addressing gaps in the system and optimizing the health, independence and quality of life for seniors.

Also nominated for a SAGE award this year were Jeanette Tootell and Nicole Zinn-Schadenberg. Jeanette was nominated for her many years of volunteering her time to run a support group for carers in Hamilton, and Nicole was nominated as part of a team at Brantford General Hospital that is developing better ways to help people return home from hospital. Congratulations to these worthy nominees!

Volunteers Drive Programming

Music for Memory Program

Dr. Sandra Reid has a background in music as a professor from Nipissing University and she had just recently read an article about the Music and Memories program from the Alzheimer Society Toronto. When Sandra came to us 2 years ago there were conversations about the program but no funding to make it a feasible service. Sandra explained that she would still sign on and that her mother had been diagnosed with Alzheimer's disease and she would trial with using some downloaded music she had that she felt was important to her mother. The trial was a great success; Sandra's mother smiled, wiggled her feet to the music and sometimes sang along!

Several months later, the Alzheimer Society received funding through the Simcoe Lions Club and we co-hosted a viewing of the movie "Alive Inside" showing the impact of the iPod Project with those affected by dementia that are living in long-term care. In attendance was Diane Luke, who became intrigued with the program. Because her mother-in-law has Alzheimer's and had received support through the Society she wanted to give back.

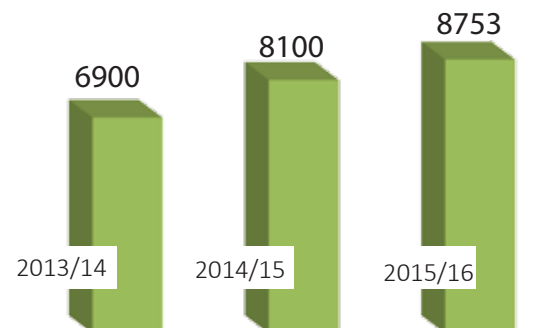


The dynamic duo of Sandra and Diane, have kept the wheels in motion and provided clients in all of our communities with personalized playlists. Regular check-ins with the clients who have received the loaned iPods has provided us with meaningful information and stories that show that the music is helping those with dementia in improving moods, helping to calm when agitated and it is felt that "their special music brings back memories, and is like a muscle message of the brain."

With the generous donations from community groups, we have been able to hire a part-time staff to help support Sandra and Diane in broadening the reach of the Music for Memory program into long-term care facilities, Norfolk General Hospital and to those living with dementia in their own homes.

L-R: Dr. Sandra Reid, Devan Millard (2015-16 Program Support - Student Placement), Diane Luke

We are very proud of our Teleconnect program that was developed by our Volunteer Engagement team two years ago. This program is designed to increase social interaction in seniors living with dementia and/or their carers through friendly visiting by phone. We are now the leaders of a movement that is seeing Teleconnect programs being developed by other Alzheimer Societies across the province. Over 1300 persons were contacted last year alone.



Volunteer Hours continue to Rise

Dementia Friendly Communities

was launched in Paris on January 20th, 2016. Community businesses were contacted by volunteers from the Alzheimer Society to inform and educate business owners and their staff on supporting customers with memory loss. Being knowledgeable about the effects of dementia and knowing how to offer support; enables those with living with Alzheimer's disease or other dementias to continue to remain independent in the community.

To date, over 100 individuals representing the Brant County Library, LCBO, Brant Family Eye Care, Telfer Retirement and the Anglican and United faith communities have been trained and are proud to support our movement towards a Dementia Friendly Community.



St. James Group, Paris

BEQUESTS

Estate of Donna Margaret Huff
Estate of Blair McAulay
Estate of Mr. Malvern Diggins

FOUNDATIONS

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Brampton and Caledon Community Foundation
Glenn Robert Anderson Foundation
Hamilton Community Foundation
Hamilton Health Sciences Foundation
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INDIVIDUAL/ORGANIZATIONS

A. De Pompignan
Ann Pagliuso
B H C Medical
Bertha W. Church
Blackheath Binbrook Lions Club
Brett Kilian
Brian Burke
Cama Woodlands
Carole Sasseville
Catherine (Vickie) Baird
Cheryl Major
Chris Denney
David Dube
David and Mary Lane
Deb Barrett
Dr. Francis Scallan &
Dr. Josephine Smith
Don Ford
Doris Trisc
Doug Clark
Doug Gibb
Douglas Walker
Dundas Valley Men's Senior Invitational
Ebenezer Christian Reformed Church
Elizabeth A. Titus
Elma Gowland
Ethel Milkovits
Frank Bury
Frank Provenzano
Gates Canada Inc
Gerrie Electric
Gil Standish
Gisele Rapley
Grace United Church Caledonia
Hagersville Christian Reformed Church
Hagersville Lions Club
Horizon Employee Charity Fund
Investors Group
James Harrison
James Potter
Jane Beckett

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The Medicine Shoppe
Terry A. Bateson
Vishan Sharma
Wally W. Anderson
Walter Boyd
William Hutson
William Langdon



Thank You

...to all our donors, sponsors, 3rd party organizers and Forget Me Not Partners. You have made a real difference in the lives of the people we serve.

If we have missed your contribution in this list please accept our apology and thanks.