

2017

*Société*  
**Alzheimer**  
*Society*

BRANT, HALDIMAND NORFOLK,  
HAMILTON HALTON



**ANNUAL**  
**R E P O R T**

**Our Vision**

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

[WWW.ALZHH.CA](http://WWW.ALZHH.CA)



**Ontario**

Hamilton Niagara Haldimand Brant  
Local Health Integration Network  
Réseau local d'intégration  
des services de santé de Hamilton  
Niagara Haldimand Brant



Ontario Trillium Foundation Board Member Tim Jackson, Alzheimer Society (AS) CEO Mary Burnett, MPP Eleanor McMahon and Alzheimer Society Board vice-chair John Woods at the ribbon-cutting ceremony to celebrate receiving a \$12,500 Ontario150 Community Capital Program grant earlier this year. Funds were used to make the Society's Burlington location more accessible than ever.

## MESSAGE FROM CEO Mary Burnett

Our organization continues to experience increasing demand for our services. Last year, we served over 12,000 individuals, and received 4,575 **new referrals** of persons affected by dementia, an increase of 18%! The amazing staff of the Alzheimer Society found innovative ways to serve more people through enhanced use of group formats, new programs for the person living with dementia, and greater utilization of skilled volunteers. We recognize, however, that the constant increase in clients will continue to challenge our organization. We will work with funders and community partners to support sustainability of our services. We could not achieve what we do without the support of a highly skilled staff team, generous donors, volunteers, community partners and funders. Thank you!

## MESSAGE FROM FOUNDATION BOARD CHAIR Kirby Sheick



Our Foundation had a successful year, reaching its goal of raising more than \$1M to support the work of the Alzheimer Society and local research. It also devoted significant energy on shifting its focus from fundraising to philanthropy. We know that there is so much more that needs to be done, and thus, we are launching a five-year campaign to raise funds to expand the excellent work being done by our Society. Please consider a gift.....

## MESSAGE FROM SOCIETY BOARD CHAIR Claire Forster

This past year, our board critically considered how best to position our organization in a rapidly changing healthcare environment. Ongoing discussions and negotiations within the Federation of the Alzheimer Societies in Ontario has led to a new agreement where revenues are more equitably distributed and province-wide shared services will generate more efficiencies with increased levels of client support locally. We will continue to seek additional ways to collaborate and co-operate with other Societies and organizations to provide improved quality and quantity of support. We look forward to the increased support we will be able to offer under the new Ontario Provincial Dementia Strategy being supported by the Ministry of Health and Long-Term Care. Please stay tuned for upcoming information on its progress.

To my fellow board members, volunteers and our award winning staff team – a final note of gratitude- your commitment and support are so appreciated by all those we serve.

### Alzheimer Society Board of Directors 2016-2017

Chair- Claire Forster  
Past Chair- Phil Race  
Vice Chair- John Woods  
Secretary/Treasurer- Peter Szota  
Mary Burnett-CEO , Ex-Officio Director

|                  |                                                |
|------------------|------------------------------------------------|
| <b>Directors</b> | Dave Lane                                      |
| Kelly Bird       | David Stelpstra                                |
| Vickie Baird     | Dr. Irene Tuttle                               |
| Adam Borisko     | Edward Vance                                   |
| Frances LaForme  | Phyllis Fehr- <b>Client Experience Advisor</b> |

### Alzheimer Society Foundation Board of Directors 2016-2017

Chair-Kirby Shieck  
Past Chair- Martha White  
Vice Chair-Richard Hamel  
Secretary/Treasurer-Terry Bateson  
Mary Burnett- CEO, Ex-Officio Director

**Directors**  
Brett Kilian  
Roger Normandeau  
Lisa Pflieger  
Nick Popratnjak  
John Theurer

# Combined Statement of Operations

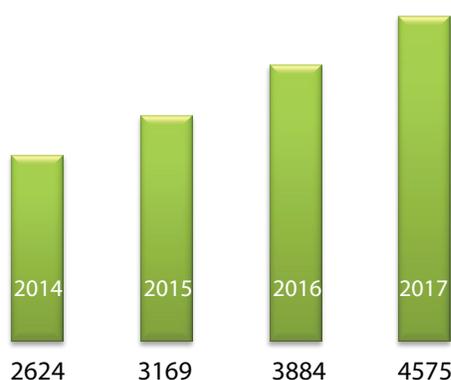
Year Ended March 31, 2017

| Revenue                          | 2017        | 2016        |
|----------------------------------|-------------|-------------|
| LHIN                             | \$4,288,391 | \$4,123,179 |
| Alzheimer Society Foundation     | \$1,083,819 | \$1,019,853 |
| Amortization of deferred capital | \$20,086    | \$26,362    |
| Grants                           | \$54,015    | \$133,636   |
| Other Revenue, Rent, ASO         | \$103,043   | \$92,231    |
| Total Revenue                    | \$5,549,354 | \$5,395,261 |



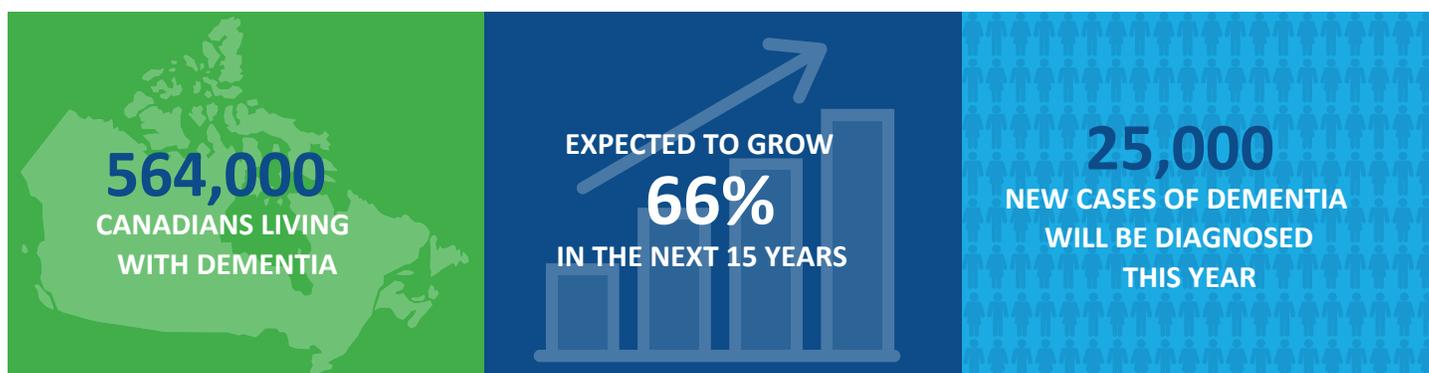
## Expenses

|                                 |             |             |
|---------------------------------|-------------|-------------|
| Social Work/Counselling Program | \$970,757   | \$970,582   |
| Behavioural Supports Ontario    | \$1,068,503 | \$984,895   |
| Education and Health Promotion  | \$1,136,117 | \$1,061,134 |
| Volunteer and Support Services  | \$292,282   | \$295,836   |
| Foundation costs                | \$578,223   | \$567,626   |
| Administration                  | \$515,619   | \$549,407   |
| Facility costs                  | \$218,204   | \$176,436   |
| Amortization of capital assets  | \$32,313    | \$38,319    |
| Professional Fees               | \$11,571    | \$15,684    |
| Grant Expenses                  | \$54,015    | \$33,636    |
| Transfer to Partner Agencies    | \$630,316   | \$626,926   |
| Total Expenses                  | \$5,507,920 | \$5,420,481 |
| Net Surplus (Deficit)           | \$41,434    | (\$25,220)  |



## New Referrals

The Audited Financial Statements for the Alzheimer Society and the Alzheimer Society Foundation are available on our website at [www.alzhn.ca](http://www.alzhn.ca).



# Service Excellence

This year, three of our colleagues were nominated for a Service Award for Geriatric Excellence.



Deb Bryson, Psycho-geriatric Resource Consultant in Hamilton, won the **Individual Award** for exemplary performance and accomplishments in geriatric care. Deb has worked with the Alzheimer Society since 2005, and provides education and consultative services to health care providers who support older adults. She is an innovative and creative thinker, and encourages all she encounters to optimize health, independence and quality of life of seniors.

Congratulations Deb!

*Other notable nominees from our organization*

**Kendra Eves - Student/New Learner Award.** Kendra did her student placement with the Society, and quickly developed strong counselling skills for supporting those affected by dementia.

**Doug Hauser - Volunteer Award.** Doug has devoted his experience of the caregiver's journey, to helping others who are coping with the challenges of the caregiving role.



## Support For Research

Our organization is committed to integrating research into our work. We helped four researchers recruit participants on the following topics: Ultrasound Therapy, Dance for persons with MCI or early Alzheimer's, How to be more inclusive of Persons Living with Dementia and Understanding the needs of persons with Young on-set dementia and partners. We collaborated with Lakehead University, McMaster University and the University of Toronto.

In addition our Foundation funded \$27,951.00 in grants to support the following local Research projects:

**Dr. Alexandra Papaioannou, MD, MSc (GERAS Centre) & co-investigators:** understanding the educational and support needs of caregivers and patients diagnosed with dementia.

**Dr. Jennifer Heisz:** Investigating psychological factors that promote physical activity in individuals with Alzheimer's disease and their care partners.

**Dr. Jennifer Heisz:** Uncovering the mechanisms that prevent dementia: Examining the effect of exercise on brain derived neurotrophic factor (BDNF) and memory.

**Dr. MacPherson:** Brain metabolic signaling and  $\beta$ -amyloid production in a clinically relevant model of obesity, type 2 diabetes, and heart failure.

**Annie Lam:** Transition Experiences of Caregivers of Older Adults with Dementia and Multiple Chronic Conditions: An Interpretive Description



Dr. Wiersma interviewed counsellor Maria Leitao at the Simcoe office in October 2016.

The Alzheimer Society of Ontario formed an inclusion task force to examine their own practices of the inclusion of people with dementia in the work of the Society. **Dr. Elaine Wiersma, Director of the Centre for Education and Research on Aging & Health,** Lakehead University interviewed focus groups of people with dementia and Society staff.

# Caring for our Communities 2016-17 Stats

## Counselling & Support Services

Our counsellors, intensive case managers, community outreach workers provide much needed supports to meet the needs of people in our communities whose lives have been affected by Alzheimer's disease and other forms of dementia.

**2409** persons living with dementia served

**4384** carers served

**17,439** hours of direct service provided

**30,995** visits provided

## Health and Wellness Programs

We know that regular exercise and opportunities for social engagement and respite benefit both the caregiver and the person with dementia.

**2,050** persons served

**5,121** hours of exercise provided

**105** exercise classes offered every week in community settings and retirement homes

We expanded our MoMA based Creative Arts program to Simcoe and Brantford.

## Education

Our educators teach families and professional staff about dementia and how to support those living with the disease. Research has shown that education can reduce stress and improve the quality of life for those affected, as well as those who care for them.

**6,742** hours of education provided

**1,665** education sessions

**30,148** education participants

We organized a conference with renowned American Occupational Therapist Teepa Snow. The event attracted more than 320 participants and taught new positive approaches in dementia care.

A new Behavioural Supports Ontario Specialist position was created to provide education and consultation to retirement homes in Hamilton.



"I like the openness of people. As a couple, we are accepted. Friends don't always understand that we're still here". – Caregiver



" You can still enjoy your life every day, even if you have been diagnosed or have a loved one that has. You have been given one life and being positive and proactive with food, exercise and challenging your mind are crucial" - client satisfaction survey.

# Volunteer Program



## Look What's Cooking!

Our volunteer program is always looking for new and innovative ways to engage volunteers that help support our clients in participating in meaningful ways that continue to utilize their skills and experiences but have fun at the same time.



We were incredibly fortunate to engage a new volunteer in Simcoe who had her own skills and ideas on how to engage our clients – Cooking! Judy MacIntosh is a retired Home Economics teacher and she asked if she could run a cooking program with some of our clients who may have an interest. Over the past year we have cooked shortbread, soup, jam and pizza. It has been a great experience for the volunteers who have supported the program, but most importantly the participants themselves have loved it. We look forward to continuing the cooking program throughout the year in Simcoe with the support of Judy, additional volunteers and the generosity of St. Paul's Presbyterian Church.

“It's nice to be able to be in the kitchen and not be in the way”

...cooking class participant

## Volunteer Impact!

Our volunteers support all aspects of our programs and services- from the leadership on our Board of Directors to helping run special events. Our Volunteer Visitors engage with clients in their homes and others keep us organized and operational throughout the day by adding office support.

Last year alone, if we were to add a dollar value equivalent to what we would spend on staffing it would be a staggering \$160,130 !

But that is only the monetary value – the intrinsic value of having volunteers means that caregivers get a break once a week to re-energize, persons living with dementia have places to go and things to do to that keep them engaged in their communities and maintain a quality of living that may not exist otherwise. The volunteers themselves enhance and develop skills and knowledge that help them while building a sense of accomplishment and fulfilling a need to help others.

We couldn't possibly meet the growing demands on our programs and services without the support of our community volunteers. We thank them for their participation, compassion and passion that they bring to all that they do!



**Susan Woods-Lovell**  
accepting certificate from  
Burlington MP Karina  
Gould's Volunteer  
Appreciation Event



Kerri Emberlin-Volunteer  
Engagement Team Lead  
(Left) honors Sandy  
Fletcher a volunteer of 18  
years in Brantford.

# Innovation

## Teepa Snow's Positive Approach to Care

It is Teepa's mission to help families and professionals better understand how it feels to be living with dementia and related challenges. Teepa's philosophy for living well with dementia focuses on the interpersonal dynamics of coping with a changing brain and is reflective of her diverse education, work experience, medical research, and first hand caregiving experiences. The Positive Approach® techniques and strategies she developed are delivered through 4 modes of comprehension. We are delighted to share that three of our staff are now certified trainers in this approach.



### Person Living with Dementia Advisor

Phyllis Fehr (left) , Vice Chair of the Ontario Dementia Advisory Group and new Client Experience Advisor to the board of our Alzheimer Society was invited to sit on a panel at the Re-imagine Dementia Conference in Georgia. Seen here with guest speaker Teepa Snow.

### Creative Expressions

108 persons living with dementia and a partner/friend took part in our Creative Expressions program in Brant, Simcoe, Oakville & Hamilton in 2016-17. 400 hours of Creative Expressions were offered by our two Professional Recreational Therapists. Quotes from participants: "I felt safe meeting new people, being with these people made it more enjoyable". "I liked the opportunity to be introduced to artwork and be able to enjoy all the different modes of Art".



### Taking Control of Our Lives

An 8 week group education program focused on empowering and supporting people living with dementia to develop and / or strengthen and put into practice the necessary knowledge, skills and attitudes to play an active role in living well with dementia. Critical topics such as memory strategies, finding meaning and purpose, adapting to change, communication, decision-making, building and keeping connections, emotional wellness, and staying well.



### Minds in Motion®

is a program designed for both individuals living with early to mid-stage Alzheimer's disease or other dementias, and their care partners.

Two main components make up the social program:

- 45 to 60 minutes of physical activity led by a trained physical activity program leader.
- 45 to 60 minutes of mentally stimulating activities facilitated by a Minds in Motion coordinator and volunteers.

The two-hour program is a great opportunity to establish new friendships with others who are living the same experiences.

# Making A Difference

The Alzheimer Society Foundation thanks the many individuals, businesses, foundations, employee groups and community groups that contributed so generously gifts of \$1,000 and over in 2016/17.



## Foundations

The David Hearn Foundation  
 The Jacob Speelziek Foundation  
 Audrey S. Hellyer Charitable Foundation  
 Lucky Lacey Foundation  
 The R & J Sokolowski Family Foundtion  
 Whitehead-Jarratt Family Foundation  
 RBC Foundation  
 Bradstreet Family Foundation  
 Aqueduct Foundation - Barrett Family Foundation

## Individuals Over 5,000

Vickie Baird  
 Terry Bateson  
 Dorothy Kerr  
 Edward Liptay  
 Bernie Neilson  
 Paul Williamson

## Over 1,000

Wally Anderson  
 Katherine Barclay  
 Judith Barlow  
 Greta Borsellino  
 Mary Burnett  
 Vera Clow  
 Helen Denton  
 Michael Deston  
 Don Ford  
 J. Paul Hurd  
 Rosalind MacPhail  
 Nadia Manes  
 Scott McNabb  
 Ethel Milkovits  
 James Montgomery  
 Gertrude Morganstein  
 Roger Normandeau  
 Cecelia Pavelka  
 Julie Peacock  
 Philip Race  
 Ilija Rajic  
 Vishan Sharma  
 Kirby Shieck  
 Ken Stead  
 Dr. Irene Tuttle  
 Doug Walker  
 Eleanor Watt  
 Martha White  
 Harry Witteveen  
 John Woods

## Bequests

Estate of William Arnice Bynum  
 Estate of Victor William Jones  
 Estate of Anna Frances Colter

## Organizations/Businesses

Barnard Family Fund  
 Betco Products Inc  
 Brooks Signs  
 Bulk Barn - Hamilton/Halton  
 Bulk Barn -Brantford  
 Central Haldimand Charities  
 Chartwell - ING Regency Master IP (Waterford)  
 Clarence Street Dental  
 Compass Point Bible Church  
 Copetown Lions Club  
 CSH Rymal Inc. O/A Deerview Crossing  
 Curves - Oakville  
 Donald & Joanne Wilkin Fund  
 Eastgate Ford Richter Social Club  
 Extencicare (Canada) Inc.  
 Freshco - Hamilton/Halton  
 Freshco Brantford  
 Friends of Dick Golf Invitational  
 Germania Choere 1864  
 Gerrie Electric Hamilton  
 Knights of Columbus Brantford  
 Mississaugas of the New Credit First Nation  
 National Steel Car Limited  
 Neelands Refrigeration Limited  
 Ontario West Insurance Brokers  
 Pass the Puck /Lise Giles  
 Queensview Retirement Community  
 Seasons Bell Lane  
 Scotiabank -Brantford  
 Scotiabank Simcoe & Caledonia  
 Telfer Place by Revera  
 The Race Family Fund  
 Turkstra Lumber Co. Ltd.  
 Waterous Holden Amey Hitchon LLP  
 Your Neighbourhood Credit Union

## Alzheimer Society of Brant

6 Bell Lane, Suite 701  
 Brantford, ON N3T 0C3  
 Phone 519-759-7692  
 Fax 519-759-8353

## Alzheimer Society of Haldimand Norfolk

Hazel Place  
 645 Norfolk St. N.,  
 Simcoe, ON N3Y 3R2  
 Toll Free 800-565-4614  
 Phone 519-428-7771  
 Fax 519-428-2968

## Haldimand Abilities Centre

42 Main Street South  
 Hagersville, ON N0A 1H0  
 Phone 905-768-4488  
 Fax 905-768-1034

## Dunnville Satellite Office

322 Broad St. West,  
 Dunnville, ON N1A 1T1  
 Phone 905-229-2035  
 Fax 905-229-2038

## Alzheimer Society of Hamilton Halton

1575 Upper Ottawa Street  
 Suite 700  
 Hamilton, ON L8W 3E2  
 Toll Free 1-888-343-1017  
 Phone 905-529-7030  
 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  
 Phone 289-837-2310

**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.