

# Alzheimer Society

GREY - BRUCE



## OUR CONNECTIONS MATTER

ANNUAL REPORT 22/23



## A MESSAGE FROM OUR EXECUTIVE DIRECTOR

People, partnerships, and progress was the focus of the Society's efforts in the 2022 – 2023 fiscal year.

The past couple of years have been incredibly challenging as we navigated the impacts of the pandemic, changing the way we work and support people. This past year, our staff and volunteers seamlessly adapted to a hybrid model of service delivery, allowing for flexibility while balancing the increasing complexity of our clients.

With a focus on enhanced capacity for client-centred care, the development of our first Client Advisory Committee was undertaken this past year. This will strengthen the quality of care and support we offer to our communities across Grey and Bruce counties. As we continue to enhance our services, we look forward to incorporating the voices of those with lived experience.

Our partnerships continued to strengthen over the past year nationally, provincially, regionally, and locally. The Alzheimer Society of Canada and Ontario continue to lead the way, demonstrating the importance of our efforts, and advocating for increased resources to support those we serve. Regionally, the nine Alzheimer Societies in the Ontario West region have embarked on a collective journey of collaboration, partnership, and advocacy. Locally, we were

proud to join the Grey-Bruce Ontario Health Team (OHT), and continued to work closely with local community support service organizations and other health care providers to enhance our services for the individuals who require our supports.

The Society has also made significant progress this past year towards strengthening our foundation to support our sustainability and future growth. A comprehensive fund development plan has been implemented under the guidance of the Fund Development Committee of the Board, enhancing our technology and resources to support our financial sustainability. The Society's technology infrastructure was also enhanced with the implementation of Microsoft Office 365, strengthening our security, and improving our efficiency, communication and collaboration.

On behalf of all the staff at the Alzheimer Society, I wish to express our gratitude to those we serve, our donors, and our volunteers for helping us provide meaningful support for persons living with dementia, their care partners, and their loved ones. Together we will create Dementia Friendly Communities where all are supported to live their best!

**Julie Johnston**



**As we continue to enhance our services, we look forward to incorporating the voices of those with lived experience.” – Julie Johnston, Executive Director**

## A MESSAGE FROM OUR BOARD PRESIDENT

They say that time flies as you get older, well it must be so because it does not seem that long ago that we assembled for the 2022 Annual General Meeting (ASO). We have certainly witnessed changes in our daily lives, especially with hybrid work conditions and the cost of living increases for such things as food, fuel and accommodation.

On the bright side, we are seeing changes to dementia and the continuing search for a cure. Statistics tell us that more than 600,000 Canadians are currently living with one form of dementia or another. Within the next quarter century, that number could rise to 2 million. If we just look at Ontario alone, it is anticipated that we will see more than 100,000 new Dementia diagnoses each year.

Are we prepared for these surges that will continue as we live longer and the population ages. I could go on but let us look at the bright side. Recently we have been told of the following:

Dementia could be spotted years earlier with a 30 minute Logic Test. ADUCANUMAB, a drug that removes toxic proteins from the brain that may slow cognitive decline has been approved in the United States. Also approved by the F.D.A. is LEQEMBI known as LECANEMAB. A third drug DONANEMAB is also in the testing process.

The future is getting brighter but the need for the work that we are doing as a Society each and every day is of paramount importance. When I reported at the 2022 AGM I was impressed with the services that we provide through our staff. Today I am more impressed than ever having experienced "Minds in Motion" and the ongoing Day Away program provided by our friends at Community Support Services.

As my tenure as President winds down following this AGM, I would like to thank our Executive Director, Julie Johnston and her wonderful staff for continuing to give outstanding services to the people of Grey and Bruce counties.

To my fellow Board Members, some of whom are completing their commitment at this 2022-2023 Annual General Meeting. Thank you all so very much for your friendship and support. Your dedication will not soon be forgotten.

**Gordon L. Eyre**



### OUR MISSION

The mission of the Alzheimer Society is to alleviate the personal and social consequences of the Alzheimer's disease and other dementias, and to promote research.



### OUR VISION

A world without Alzheimer's disease and other dementias.



## WORKING TOGETHER TO CREATE A DEMENTIA-FRIENDLY CANADA

The Alzheimer Society of Grey-Bruce strives to create dementia-friendly communities where individuals living with dementia, along with their care partners, feel welcomed, included, and fully supported. From 2020 to 2023, our organization, with the support of New Horizons grant funding from the Alzheimer Society of Ontario, embarked on a mission to standardize a program framework that addresses the social and physical needs of those living with dementia.

This framework is designed to be accessible and utilizes a wide range of resources, including the Dementia Friendly

Canada program. Through this initiative, we aim to standardize education and participant accountability based on individuals' specific roles and commitments within the dementia-friendly community, whether they are seeking dementia-friendly education, stand alone education, or they are dementia friendly supporters.

Some of the key achievements of this initiative include:

**221** community groups, not-for-profit organizations received education.

**590** individuals have attended enlightening Dementia-Friendly Community education sessions.

We are dedicated to fostering dementia-friendly communities across Grey-Bruce and beyond, and will continue to work tirelessly towards this goal. Together, we can make a significant difference in the lives of those affected by dementia.





## LIVING SAFELY WITH DEMENTIA

### Keeping your loved ones safe and sound

Finding Your Way is a program designed to assist people living with dementia, their families, care partners, and communities recognize the risk of individuals with dementia going missing, being prepared for such incidents, and ensuring their safety within the community. This initiative has been made possible through funding support provided by the Ministry for Seniors and Accessibility.

#### Key Achievements:

**1. Education and Awareness:** In the past year, the Finding Your Way program organized 80 education and awareness-raising events. These events included virtual staff-led education sessions and online learning opportunities, which collectively reached a total of 811 individuals.

**2. Rapid Response Advisory Group:** The program established a Rapid Response Advisory Group comprising police, first responders, Alzheimer Society staff, and individuals with lived experience. This group played a vital role in shaping the program's initiatives.

**3. E-Learning Modules:** A significant development under this program was the creation and finalization of e-learning modules for police personnel. These modules cover topics such as an overview of dementia, interaction strategies, policing and dementia, and search and rescue. These modules are now available to first responders across Ontario.

To learn more about Finding Your Way and its efforts to support people living with dementia, please visit the official website: [findingyourwayontario.ca](http://findingyourwayontario.ca)



“ [The] instructor presented the material in a manner which was easy to follow, informative. Excellent presentation. Good presenter. Brought some sense of humour to the presentation as well.” – First responder, participant.

# CULTIVATING CARE HEROES THROUGH EDUCATION

## Keeping your loved ones safe and sound

In my role as the Public Education Coordinator at the Alzheimer Society of Grey-Bruce, I am proud to offer a diverse range of educational programs tailored to benefit the public, community organizations, and healthcare provider organizations. These initiatives are designed to accommodate a variety of settings, including local community groups, senior centers, churches, schools, retirement homes, long-term care facilities, and service agencies, with a special emphasis on addressing cultural needs. The educational sessions revolve around the development of personalized knowledge and skills in dementia care, firmly grounded in best practices. The primary objectives include fostering awareness, reducing stigma, and encouraging individuals to seek help and support. One of our flagship programs is the "First Link Learning Series."

The First Link Learning Series represents a progressive educational initiative specially crafted for individuals living with dementia and their care partners. These series provide a platform for mutual learning and offer strategies to enhance the quality of life following a dementia diagnosis.

The program strives to promote peer support and empowerment throughout the dementia journey. It consists of five unique series, each tailored to different stages of the disease process and comprising multiple modules that cater to the specific needs of participants at various stages of their journey.

Over the past year, I am delighted to report that I have successfully conducted a total of 28 learning series sessions. These sessions were made accessible through both daytime and evening hours through the virtual platform Zoom, ensuring inclusivity for all. For those without internet access, participants were provided the option to visit our office or contact their local public library for support.

I am thrilled to share that these learning series sessions garnered the participation of 145 individuals from August 2022 to June 2023. Notably, during this period, I had the privilege of hosting Angela Yenssen, a staff lawyer from the Grey Bruce Community Legal Clinic, who provided invaluable insights on planning ahead.

In addition to the First Link Learning Series, we organized other educational programs. The general public was invited to attend the "Memory and Aging Program," with a total of 4 sessions offered and attended by 27 participants throughout the year. Furthermore, we collaborated with the Active Lifestyle Center for a hybrid model session, allowing couples to join either virtually or in person.

My commitment to education remained unwavering as I continued to offer the "Learn from Your Living Room" series consistently. Over the year, I presented a total of 24 sessions, attracting 42 attendees. The topics covered ranged from Planning Ahead and Communication Strategies to Prevention and Early Detection.

Over the past year, spanning from August 2022 to June 2023, I conducted 13 in-person sessions and fulfilled 3 requests for virtual sessions, collectively reaching a total of 368 participants. Our educational outreach extended to healthcare professionals and first responders, where I offered 4 Gentle Persuasive Approaches in Dementia Care sessions and 3 sessions dedicated to First Responders, with a total participation of 120 individuals.

To maintain close connections with our clients, I disseminate monthly emails that highlight upcoming learning opportunities for the following month. These emails also contain valuable information on adapting to brain changes to better support individuals living with dementia. I am pleased to note that this communication method has proven highly successful in engaging our clients and encouraging participation in our educational sessions.

As I move forward, I remain dedicated to adapting, modifying, and creatively reaching out to the residents of Grey-Bruce. My overarching goal is to provide unwavering support to individuals living with dementia and empower them to lead lives of the highest quality.

Thank you for your continued support in our mission to make a positive impact in our community.

**Sandra Hong - Public Education Coordinator**

## SUCCESSFULLY SUPPORTS AGING AT HOME IN THE COMMUNITY

First Link Support Counsellors provide supportive counselling and education to individuals and their care partners affected by Alzheimer's disease and other dementias, using a client-centered approach. Care partners can include spouses/partners, children, other relatives and friends. Support is offered one to one by meeting in person in the office or home, virtually through Zoom or telephone.

First Link Support Services are offered at the point of diagnosis. This ensures early education and support for individuals with Mild Cognitive Impairment or Dementia and their families.

First Link Care Navigation is offered to support care partners to access appropriate services as early as possible for the individual living with dementia. The care partner and person living with dementia will receive help navigating throughout the healthcare system.

First Link Support Counsellors build relationships with health care professionals throughout Grey and Bruce counties. Counsellors work closely with referral sources such as primary care professionals, Family Health Teams, Community Health Centres, Geriatricians, and the Geriatric Resource Team.

### Memory Clinics

First Link Support Counsellors are integrated team members at Memory Clinics across Grey Bruce. These clinics are held at Family Health Teams, South-East Grey Community Health Centre, and outpatient clinics conducted by specialists in Dementia Care. Support Counsellors receive specific training to support Memory Clinics, where the Support Counsellors conduct care partner interviews which is a critical component of diagnostic service for individuals undergoing cognitive assessments.

The Alzheimer Society of Grey-Bruce also has a Behavioural Supports Ontario mobile team embedded Social Worker. This partnership offers specialized behavioural supports to care partners and persons living with dementia across Grey-Bruce.



**81%**

of Care Partners said that connection with the Alzheimer Society of Grey-Bruce helped them to provide care at home longer.

**72%**

of people living with dementia reported that support from the Alzheimer Society of Grey-Bruce has improved their quality of life.

**90%**

of people living with dementia and 89% of care partners reported that the Alzheimer Society of Grey-Bruce assisted them in times of need.

**95%**

of people living with dementia and 98% of care partners indicated that they are likely or very likely to recommend the Alzheimer Society of Grey-Bruce to others affected by dementia.



# CATHERINE BOOTH & MICHAEL KIRK SOCIAL RECREATION FUND

## Monthly giving match to ensure no one faces dementia alone.

Monthly donors are extremely important to the Alzheimer Societies across Ontario. Through their donations, they ensure a steady source of support for social recreation programs and help create sustainable change through reliable funding. This allows us to stay focused on fulfilling our mission and planning for future projects without worrying about where tomorrow's funding will come from.

We are grateful for the new connections made; one-time and monthly donors who thanks to the matching support of the Catherine Booth & Michael Kirk Social Recreation Fund, made a significant impact in communities across Ontario. By making a gift and joining the Alzheimer Society monthly giving community, donors' commitments impact thousands of people living with dementia and their care partners who benefit from our social recreation programs and allow us to take these programs to the next level.

We want to say thank you to all of our monthly supporters. Your connection to the mission, and generosity allows us to take a planned, long-term approach. You continue to make

our connections matter when you work side-by-side with us, making long-lasting improvements to the lives of people living with dementia and their care partners.

We also want to thank Catherine Booth and Michael Kirk for the extraordinary contribution they have made to Alzheimer Societies across Ontario. The positive impact of this gift will be felt by people living with dementia and their care partners for many years to come.

### About the Catherine Booth & Michael Kirk Social Recreation Fund

The Catherine Booth and Michael Kirk Social Recreation Fund was created in memory of Catherine's father, Walter G. Booth, to support a variety of social recreation programs across the province. Through fundraising efforts, Alzheimer Societies across Ontario will match Catherine Booth and Michael Kirk's generous donation of \$100,000 a year, over five years, to bring the total impact of their gift matching to \$1,500,000.



CATHERINE BOOTH & MICHAEL KIRK  
SOCIAL RECREATION FUND

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

**Social Recreation** programs are designed for persons living with dementia and their care partners. These programs combine physical, mental, emotional, and social stimulating activities to promote the wellbeing of our participants.

**Minds in Motion®** and **Active Living** are eight-week programs delivered once weekly. Minds in Motion® is tailored to individuals with mild to moderate dementia and their care partners. Active Living programs are tailored to individuals and their care partners who are a little more progressed along their dementia journey. The programs are facilitated by an Alzheimer Society of Grey-Bruce Coordinator, and volunteers. They run virtually and in-person at community recreation centres.

Our Active Living website also offers online resources and activities for individuals and care partners to access in their own homes, at any time by visiting [www.activelivinggreybruce.org](http://www.activelivinggreybruce.org).

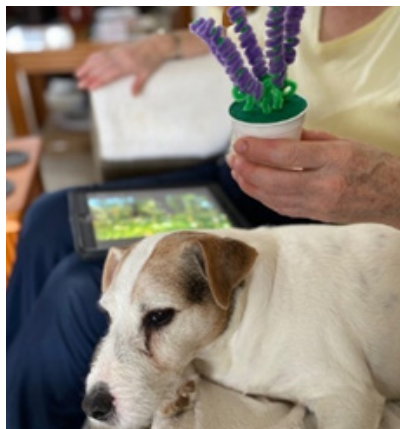
**In-home Recreation** provides respite for caregivers while engaging persons with dementia in social and recreational activities. This is done by identifying the person living with dementia's interests and abilities and providing the appropriate level of support from In-Home Recreation staff and volunteers.



Everyone enjoying the ups and downs of snakes and ladders at Minds in Motion®



Creating harmony in our Active Living, Musical Minds virtual group.



Exploring a spring garden sensory box during an In-Home Recreation visit.

Thank you to the James Goreski Private Foundation for financially supporting Minds in Motion® across Grey and Bruce counties.



Thank you to Walmart Canada for financially supporting the provision of activity kits through our Social Recreation Program.



**666 referrals were received for our services**

**2,271 persons living with dementia and 773 care partners received one or more of our services**

**1,340 people attended 191 education sessions**

**3,354 counselling sessions were provided**

**72 support group sessions were provided**

**174 memory clinics were supported by our First Link Support Counsellors**

**664 visits were provided to 55 persons living with dementia through our In-Home Recreation Program**

**137 clients attended our Minds In Motion® and Active Living Social Recreation Programs**

## Employees 2022-23:

- |  |   |
|--|---|
| Champagne Aulinger                     | In-Home Recreation Coordinator (Contract)         |
| Kirsten Camartin <span>10 years</span> | First Link Support Counsellor                     |
| Jennifer Coffey                        | First Link Care Navigator, Counsellor             |
| Linda Dakin                            | Administrative Secretary/Finance                  |
| Sheila Davidson                        | Office Administrator                              |
| Tim Deyarmond                          | Community Development Associate                   |
| Michelle Fleming                       | Community Development/Engagement Coordinator      |
| Rachael Fritsch                        | Office Administrator (until January 2023)         |
| Sandra Hong                            | Public Education Coordinator                      |
| Amber Jackson                          | First Link Support Counsellor (until August 2023) |
| Brooke Jay                             | First Link Support Counsellor                     |
| Julie Johnston                         | Executive Director                                |
| Andrea McKellar                        | First Link Support Counsellor (Contract)          |
| Hannah Niesen                          | In-Home Recreation Coordinator (Contract)         |
| Tamara Peters                          | First Link Support Counsellor                     |
| Krystle Pratt-Diodati                  | Social Recreation Coordinator                     |
| Janet Stephen                          | Recreation Lead, CSS Educator                     |
| Brett Stewart                          | First Link Support Counsellor                     |
| Stacey Polfuss                         | Minds-In-Motion® Coordinator                      |
| Cindy Zettler <span>5 years</span>     | Team Lead, First Link Support Counsellor          |

## 2022-23 Board of Directors:

### Officers

- |                   |                |
|-------------------|----------------|
| Gordon Eyre       | President      |
| Jason Lehtovaara  | Vice-President |
| Michael DeBrincat | Treasurer      |
| Barbara Carriere  | Secretary      |
| Sharon Galway     | Past-President |

### Directors

- Margaret Benedict
- Michele D'Angelo
- Nicholas Lovell
- Glenna Nixon
- Dr. Ralph Reese

# VOLUNTEERS, WE COULDN'T DO IT WITHOUT YOU



We would like to thank all our volunteers that give their time to assist the Alzheimer Society of Grey-Bruce. We are so grateful for your support and dedication.

From governance, programs and client support, administration, awareness, and fundraising activities, you all play such a valuable role that contributes to supporting families living with dementia in the communities across Grey and Bruce counties.



- 22 Programs & Services Volunteers
- 54 Fund Development Volunteers
- 9 Administrative Support Volunteers
- 10 Leadership & Governance Volunteers

**72**  
Unique Volunteers

**1,047**  
Volunteer Hours

Dollar value of  
volunteer engagement  
*(at \$25/hr)*

**\$26,175**

# RAISING AWARENESS AND FUNDRAISING

## IG Wealth Management Walk for Alzheimer's

Thank you for supporting the 2022 IG Wealth Management Walk for Alzheimer's.

The 2022 Walk was held in-person in 2 locations – Owen Sound and Saugeen Shores. We hosted a virtual walk for those who were not able to join us in person. The annual Walk for Alzheimer's is the largest fundraiser for the Society with more than 230 in-person and virtual walkers supporting the event. It was wonderful to return in person for the first time since May of 2019.

Thanks to the support of our local community, our generous participants, donors and sponsors, we were able to raise more than \$84,500. All monies raised stayed in our local communities, assisting families living with dementia to access programs, supports and services.

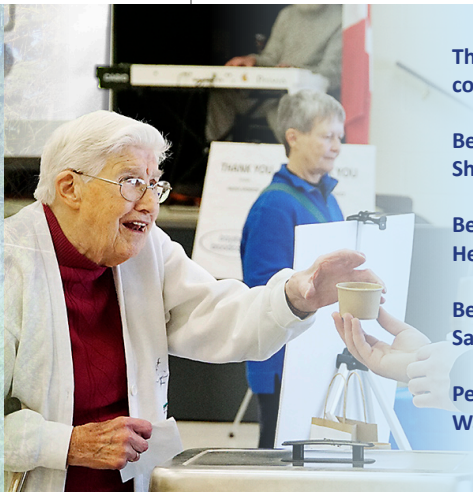
We thank you for coming together during these challenging times and continuing to show your support for people living with dementia and their care partners.

## 2023 Soup's On & Silent Auction

Our First Annual Soup's On and Silent Auction took place on Saturday, January 28, 2023. This event was held in Owen Sound, presented by our Platinum Sponsor, Canadian Tire, Owen Sound. Local eateries competed for titles such as Best Creamy Soup, Best Hearty Soup, Best Vegetarian Soup, and a coveted People's Choice Award. Our inaugural event in 2023 exceeded our expectations with 11 local vendors showcasing 27 soups to more than 340 people and 5 "local celebrity" judges, raising more than \$27,000 to support families living with dementia.

The Alzheimer Society of Grey-Bruce hosted the competition, alongside our silent auction, live entertainment, kid's area and more.

Our silent auction continued in a virtual format for 10 days. The silent auction items were featured at our Soup's On event on January 28, 2023. This provided increased visibility of the auction items and highlighted the generosity of our donors and sponsors.



**The winners of the 2023 SOUP's On competition were:**

**Best Vegetarian Soup:**  
Sheardown's, Meaford

**Best Creamy Soup:**  
Heat n' Eat, Shallow Lake

**Best Hearty Soup:**  
Sabitri's, Owen Sound

**People's Choice:**  
Walker's Catering, Tara

## 2023 AWARD RECIPIENT - KAYLA BEREN



This Award was established in 2021 in memory of Kelly Graham. Kelly worked her entire professional life as a lawyer in Owen Sound, serving many residents and institutions throughout Grey-Bruce. Dedicated to the practice of law, Kelly was also a generous volunteer, sharing her expertise with many charitable organizations such as the Alzheimer Society, where she served most recently as the President of the Board of Directors. Kelly's community interests also focused on the health and wellness of girls and women, including their career advancement and success. In addition to maintaining a fulltime practice and extensive volunteer commitments, Kelly and her husband Jeff raised four children. Their family enjoyed long trips in the car visiting family and sightseeing the countryside of North America, and above all, fishing in our local area.

In Kelly's memory, one \$1,500 scholarship is awarded annually to a Canadian citizen who resides or goes to school in Grey-Bruce who has shown exceptional drive in the areas of leadership, community volunteerism and supporting individuals living with dementia and/or their caregivers in other health and social services. We received several outstanding submissions this year and are pleased to congratulate Kayla Beren as the recipient of the 2022-2023 Kelly Graham Award.

Kayla's experience with Alzheimer's disease and other dementias began at a young age with her great grandmother. As Kayla explained, "I did not form much of a relationship with my great grandmother, but I saw the impact that her health condition

and memory loss had on my grandfather, and my father and uncle. We are all so grateful that Ma was able to receive the care she required in her final years – I understand that many are not as fortunate." This personal experience inspired Kayla's path of supporting others through extensive volunteer and mentorship work, education and ultimately a career in Occupational Therapy (OT). Kayla is currently obtaining her Masters of Science in Occupational Therapy at Queen's University, and volunteers in various capacities in Kingston and Grey-Bruce.

To quote Kayla, "My many relevant work and volunteer experiences exemplify my passion for inciting equity and accessibility-based community change, my collaborative nature, leadership skills, and my ability to collect information, listen, and adapt while providing physical and emotional support to older adults, as well as clients with disabilities, mental illness, and minority groups. My goal is to expand these passions and skills as an OT working in rural Ontario. Specifically, I hope to create more community programs and support older adults, individuals who have physical disabilities, individuals with substance use dependencies and individuals experiencing homelessness."

Kayla embodies many of the qualities and attributes that Kelly Graham ascribed to, and we cannot think of a more deserving individual for this Award.

## NAVIGATING THE PATH FORWARD

**Right now, we have an incomplete understanding of Alzheimer’s disease and dementia—more needs to be done.**

In September 2022, the Alzheimer Society of Canada released “Navigating the Path Forward for Dementia in Canada: The Landmark Study #1.” This report outlined that actions to reduce risk have the potential to change the future of dementia in Canada, if governments act now.

By the year 2050, more than 1.7 million Canadians are expected to be living with dementia, with an average of 685 individuals being diagnosed each day.

**The Landmark Study aims to achieve the following:**

1. Clarify the path forward. The first objective of the report is to update public knowledge of dementia numbers across Canada and how we expect these counts to change over the next 30 years.
2. Improve knowledge. Dementia is a complex condition with many established risk factors. This report aims to break down the complexity and highlight key areas for risk reduction.
3. Advocate for individuals, families, care partners, and service providers. Most individuals who develop dementia do not face the challenge alone. Family, friends and neighbours often help support people living with dementia. The people contributing both formal and informal care need support and resources.
4. Create action. Inspire individuals, researchers, health-care providers, funding agencies, and the various levels of governments to support and work toward programs and policies that promote better brain health for all.
5. Push for change. There is a need for action: more dollars for research, changes to our care systems, recognizing and reducing discrimination, stigma and stereotypes, and implementing equitable solutions for the challenges that come with the onset of dementia.



### The numbers generated by this report are staggering.

The impact of dementia on Canada’s health-care system will be huge. The time to act is now.

You can read the full report here: [alzheimer.ca/en/research/reports-dementia/landmark-study-report-1-path-forward](https://alzheimer.ca/en/research/reports-dementia/landmark-study-report-1-path-forward)

# FROM INNOVATION TO IMPACT

## Our Research Program puts innovative research into practice.

The Alzheimer Society Research Program (ASRP) is the only Canadian non-governmental organization that funds research exclusively on dementia. We fund 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 we fund engages people living with Alzheimer's disease and dementia at every turn. This way, we ensure that our findings will genuinely improve their quality of life. After all, that is the maxim that guides all our work—to increase the quality of life and care for those living with dementia.

The ASRP is one of Canada's most innovative hubs for dementia research. Put simply, we help the best and brightest Canadian minds bring their ideas to life. Right now, we have an incomplete understanding of risk

and protective factors for dementia development and the progression of dementia. There is so much work left to be done, but these innovative researchers are up-to-the-task.

### 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

If you'd like to invest in world-class dementia research, learn more here: [alzheimer.ca/en/research/alzheimer-society-research-program](https://alzheimer.ca/en/research/alzheimer-society-research-program).

## Thanks to your investment in dementia research, we supported 10 new and exciting research projects here in Ontario.

### Dr. Sherry Dupuis & Dr. Pia Kontos,

University of Waterloo & University Health Network

**Title:** Imagining and Promoting Compassionate End of Life Care for People Living with Dementia Using Documentary Film

### Dr. Marie Savundranayagam,

Western University

**Title:** Optimizing the foundation to transform dementia care training using virtual reality

### Dr. Aravind Ganesh,

University of Calgary

**Title:** Perspectives, Quality of Care, and Outcomes of People Living with Dementia who Experience Ischemic Stroke: A Mixed-Methods Research Program

### Dr. Shelley Canning,

University of the Fraser Valley

**Title:** Implementing a Dementia-Friendly Care Approach for Cancer Patients Living with Dementia

### Dr. Mariko Sakamoto,

University of British Columbia

**Title:** Dementia Friendly Communities: Including the Perspectives and Experiences of People with Dementia who Live Alone

### Dr. Annie Robitaille,

University of Ottawa

**Title:** An intergenerational volunteer program for persons living with dementia and their caregivers

### Dr. Connie Schumacher,

Brock University

**Title:** Exploring Caregiver Burden Strategies using the interRAI CaRE

Algorithm: A Pilot Feasibility Study

### Celeste Pang,

University of Toronto

**Title:** Stranger than Family: Guardianship and Ethics of Substitution for People Living with Dementia Going it Alone

### Marie-Lee Yous,

McMaster University

**Title:** Building a National Virtual Community of Practice to Support Family and Friend Caregivers of Persons Living with Dementia to Implement Namaste Care

### Adebusola Adekoya,

University of Waterloo

**Title:** Community Alert Systems for Missing Persons with Dementia: Policy to Implementation. Pushing the threshold of what can be done in dementia research doesn't just affect those living with dementia—it affects us all.



## ADVOCATING FOR A MORE DEMENTIA-FRIENDLY ONTARIO

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

In December 2021, the Alzheimer Society convened a panel of 21 experts across the spectrum of dementia care and asked a simple question: what are we doing wrong today in Ontario? This feedback led us to 77 fully costed recommendations, which we compiled into our Roadmap Towards a Renewed Ontario Dementia Strategy.

Throughout 2022 the Roadmap was promoted by the Alzheimer Society of Ontario (ASO) to elected officials, policy advisors, external stakeholders, and media. We met with nearly 200 major party candidates during last year's provincial election, and held one-on-one meetings with 41 Members of Provincial Parliament following the June vote. All major parties included some sort of commitment to improve dementia care in their election platforms, and when the government was re-elected it followed through on a promise secured by ASO to increase funding for the Ontario Dementia Strategy by \$5 million annually.

That wasn't enough, so we didn't stop there. Targeted lobbying efforts have caught the attention of senior civil servants, political staff, and Cabinet Ministers within the provincial government.

**We look forward to celebrating major investments in next year's annual report.**

The Roadmap continues to serve as ASO's flagship advocacy document. Multiple members of our expert panel expressed gratitude that such a project was finally being undertaken, saying that it was "about time". So, we decided not to disband the panel after the Roadmap was launched. The end result is a panel of 17 leading experts in dementia care across the province: the Ontario Dementia Care Alliance (ODCA).



ASO staff and Dr. Sharon Cohen, Medical Director with the Toronto Memory Program (second from left), present research findings at Queen's Park in September 2022.

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.

Launched in December 2022, the ODCA released its inaugural policy document just a month later.

We're excited to see where this takes us and honoured to be working alongside the brightest minds in dementia care to build a more dementia-friendly Ontario.

## A TREATMENT IS COMING

### Ontario isn't ready.

For the first time ever, a treatment for Alzheimer's disease—not just its underlying symptoms—has been submitted for approval to Health Canada. Lecanemab (Leqembi) is already approved for use in the United States. Within the next two years, it is entirely possible that Ontario will be tasked with getting Canada's first-ever approved treatment for Alzheimer's disease to thousands of recipients.

#### And we're not ready.

To be clear this drug is not perfect, and will likely only be prescribed to a small fraction of Ontarians living with Alzheimer's disease. It will not be for everyone, and comes with potentially serious side effects. But it is the first, and as we have seen with other chronic diseases the first approved treatment shows that breakthroughs are possible, leading to a fresh influx of research interest and clinical studies.

This first drug will lead to more. Future treatments will be safer, cheaper, more effective, and able to help more people. How we prepare for this first treatment will set the stage for how we implement future therapies, so it is crucial we get this right.

Last year the Alzheimer Society of Ontario released research showing that, if a treatment for Alzheimer's disease is approved for use in Canada, Ontario is poorly positioned to

deploy it. Ontario's lack of preparedness will cost the province nearly \$4 billion in avoidable hospital and long-term care admissions for people living with dementia whose cognitive decline could have been slowed had they had timely access to a treatment.

### Ontarians are watching. We have no time to lose.

The main bottleneck will be diagnosis. Today, it takes between 12-18 months on average to secure a diagnosis of Alzheimer's disease in Ontario. With the introduction of a disease-modifying therapy, this wait time will skyrocket to seven and a half years—by which time treatments that need to start during the earliest stages of Alzheimer's disease would no longer be effective.

Ontario must act now to prepare: providing education to primary care providers, where most Ontarians start their path to diagnosis; making more effective use of specialists' limited time; bolstering our MRI and PET scan capacity; and investing in research for emerging screening techniques, such as blood-based biomarkers and retinal scans.

# Alzheimer Society of Grey-Bruce Inc.

(summary of financial information taken from audited financial statements)

## Statement of Financial Position as at March 31st

	2023	2022
<b>ASSETS</b>		
<b>Current</b>		
Cash	\$ 378,524	480,420
Accounts Receivable & Prepaid Expenses	\$ 48,884	21,861
	\$ 427,408	502,281
<b>Capital</b>		
Land, Building and Equipment (net)	\$ 163,564	172,250
<b>Investments</b>	\$ 851,115	872,472
	\$ 1,442,087	1,547,003
<b>LIABILITIES &amp; FUND BALANCES</b>		
Accounts Payable & Deferred Revenue	\$ 38,749	108,737
Deferred Contributions for Capital Assets	\$ 68,657	74,037
Bridge to Tomorrow Fund Accumulated Net	\$ 765,443	786,800
Assets - General Fund Endowments	\$ 391,300	396,185
Invested in Capital Assets	\$ 82,451	82,451
	\$ 95,487	98,793
	\$ 1,442,087	1,547,003

## Statement of Operations for the year ended March 31st

	2023	2022
<b>REVENUES</b>		
Alzheimer Societies of Ontario & Canada	\$ 55,954	50,431
Donations & Memorials	\$ 109,705	113,419
Fundraising	\$ 147,900	168,531
Government Funding & Grants	\$ 839,904	905,862
Other Income	\$ 70,773	115,096
	\$ 1,224,236	1,353,339
<b>EXPENDITURES</b>		
Programs/Services	\$ 1,076,811	1,071,885
Public Awareness	\$ 2,447	5,547
Fundraising	\$ 23,784	26,987
Administration/Support	\$ 105,905	179,059
Amortization	\$ 8,686	9,711
	\$ 1,217,633	1,293,189
<b>SURPLUS</b>	\$ 6,603	\$60,150

You can do something about dementia.

**DONATE TODAY**

[alzheimer.ca/greybruce](http://alzheimer.ca/greybruce)

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