

*Société Alzheimer Society*

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

# 2024 - 2025 ANNUAL REPORT

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*“Building dementia  
friendly communities,  
one connection at a  
time.”*

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**Our Team**

## Our Vision

"A world without Alzheimer's disease and other dementias."

## Our Mission

To alleviate the personal and social consequences of Alzheimer's disease and other dementias and to promote research.

## Our Values

**Collaboration:** We work together and with partners to fulfill our mission and achieve our goals, to ensure Canadians receive personal and responsive services throughout their dementia journey.

**Accountability:** We measure our performance and follow a process of continuous improvement. We are wholly accountable for our actions and must account to our stakeholders for our use of the financial and human resources available to us.

**Respect:** We set the highest standards of honesty, trustworthiness, and professional integrity for ourselves in all aspects of our organization and carry out our work with utmost respect for the dignity and rights of the people we serve.

**Excellence:** We strive to engage stakeholders in meaningful ways. To inform, listen, and be attentive to those we work with: people living with dementia, their families, community partners, donors, volunteers, and staff members.

## Our Guiding Principles

**1. Personhood:** A standing or status that is bestowed upon one human being by others in the context of a relationship and social being. Personhood implies recognition, respect, and trust. (Sourced from: Kitwood, T.M. Dementia Reconsidered: the person comes first. p. cm.- 'Rethinking Aging series')

**2. Dignity and respect:** To create favourable conditions where the person can live without fear of shame or ridicule; where people are treated with warmth and authenticity; listened to without judgment; and are given opportunity for self-determination and self-expression.

**3. Acceptance and understanding:** To accept each person with unconditional positive regard; to accept behaviour as a form of communication which expresses unmet needs or emotions; and to assist the person to continue to enjoy fundamental personal freedoms.

**4. Relationships:** To support and preserve present relationships; to support the person in the development of other positive relationships.

**5. Recognition and individuality:** To recognize the individuality of each person with their own unique life experiences, personality, values, beliefs, and opinions; to have these factors respected and incorporated in support planning.

**6. Relationships of trust:** To provide the conditions necessary to satisfy fundamental needs and create a climate for personal realization by giving a relationship based on trust. In a relationship of trust, the person knows confidences are respected, choice and control are maintained, and the person will not be abandoned.

## Land Acknowledgment

The Alzheimer Society Kingston, Frontenac, Lennox and Addington acknowledges that our work takes place on the traditional territories of the Algonquin, Anishinaabe, Haudenosaunee and Huron-Wendat and is home to Shabot Obaadjiwan First Nation, one of ten communities that make up the Algonquins of Ontario. We acknowledge the Mohawks of the Bay of Quinte and recognize that our region is home to First Nations, Métis, and Inuit from across Turtle Island, as well as Indigenous Peoples from other areas of the world.

# Board Chair Message

Dear Friends and Supporters,

As Chair of the Board for the Alzheimer Society of Kingston, Frontenac, Lennox and Addington (KFLA), I am honored to share a few reflections on the past year—a year defined by commitment, care, and the shared belief in our vision: a world without Alzheimer’s disease and other dementias.

This year, our incredible staff continued to bring that vision to life with unwavering dedication. Whether delivering frontline support, leading community education, or advancing advocacy efforts, their work has embodied the core values we hold dear—collaboration, accountability, respect, and excellence. On behalf of the Board of Directors, I extend our deepest gratitude. Your passion and perseverance continue to inspire, and we thank you for the meaningful difference you make every day.

Looking ahead, the Board is optimistic and energized. With a strong foundation in place, we are well-positioned to advance our strategic goals and expand our impact across the Kingston, Frontenac, Lennox, and Addington region. Together—with our staff, volunteers, donors, and community partners—we will continue striving toward a future where every person affected by dementia is supported, and ultimately, where Alzheimer’s is no longer part of our story.

Thank you for your continued trust and support.

With sincere appreciation,

**Ashley Miller**

Board Chair, Alzheimer Society KFLA



# Executive Director Message

This year has been one of both challenges and inspiration. Every day, I am reminded why the work of the Alzheimer Society of KFLA matters so deeply.

This past year, the Alzheimer Society of Kingston, Frontenac, Lennox & Addington (KFLA) has continued to stand alongside individuals living with dementia and the families who care for them. As the demand for our programs and services grows, so too does our commitment to providing compassionate support, education, and advocacy across our region.

We have expanded community outreach, strengthened partnerships with local healthcare providers, and enhanced opportunities for social connection through support groups and therapeutic programs.

I am profoundly grateful to our staff and volunteers who bring compassion and expertise to their work each day, and to our donors and community partners whose generosity makes it all possible. Your support allows us to respond with care, dignity, and hope.

As we look ahead, I remain committed personally and professionally to building a community where people living with dementia are understood, supported, and valued.

Warm Regards,

**Sarah Winkelman**

Executive Director, Alzheimer Society KFLA



# Executive Summary



**“This year was one of measured growth and meaningful impact.”**

We supported **hundreds of individuals and families** living with dementia across Kingston, Frontenac, Lennox & Addington.

Our volunteer program expanded fivefold, increasing from **4 to 20** active volunteers.

We invested in program quality, including the addition of a **second First Link Navigator**, expanded rural outreach, and the reintroduction of Sharbot Lake Aging Well at Home rounds.

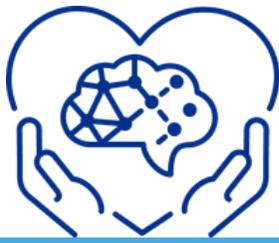
Minds in Motion reached **124 participants**, delivered **947 attendance days**, and initiated **virtual programming** to better serve rural areas.

**577** people attended Public Education sessions to deepen their understanding of dementia and reduce stigma.

Community fundraising remained strong, with the Walk for Alzheimer's raising **\$77,344** and Coffee Breaks and third-party donations contributing an additional **\$63,924**. Financially, ASKFLA ended the year with a small, planned deficit (**\$15,899**) due to intentional program investments.

Our net assets remain strong at **\$1.07M**, with healthy reserves.





**Empowering Change,  
One Step at a Time**

# A Year In Review



Finances

**\$96,416  
Dollars  
Fundraised**



Volunteers and  
Community

**16+**

Volunteers up from 4 to 20  
Contributing hundreds of  
hours to programs and  
events



Client Impact

**2,350  
Unique  
Visits**

## MINDS IN MOTION



**947 Total  
attendance**

13 eight week sessions delivered plus one new  
virtual program for rural reach

**124** Participants

**7** Locations

## EDUCATION

**577**

Participants

Traveling all through our  
catchment area

## FINANCIAL SNAPSHOT

**\$940,930** Revenue

**\$956,829** Expenses

**\$15,899** Deficit

## CLIENT STATEMENT

97.5% of clients said they  
were **highly likely** to  
recommend ASKFLA  
Programs and Services

**Net Assets \$1.07M**

# Operational Highlights



## During the postal strike

Our Board hand-delivered the Holiday Mail Out Program.



## Content Performance

Advanced Accreditation and Quality Management Systems  
Improved Cash Management and Receipting Systems.



## Volunteer Program

The volunteer program grew from 4 to 20 active volunteers.



## Client Services

Maintained Client Satisfaction with 97.5% recommending our programs and services.

- We are continuing with our education of staff and training as we work towards our accreditation goal.
- We are always seeking feedback as to how we can improve!





# Programs & Impact

## Minds in Motion:

- **124** Unique Participants
- **947** Attendance Days
- **13** Eight-Week Sessions
- Started **virtual programming** in January 2025



*"The program reduces feelings of isolation and keeps us connected to others in similar situations."*



## Peer and Caregiver Support:

Our Team delivered **over 20 caregiver groups** a month with an additional two evening groups a month and a ***Meet Me in the Middle*** event in Napanee in June 2024.

As always, we offer Support groups at all three offices, and also virtually.

# Programs & Impact



Lived Experience Network  
South East Ontario

2024-2025 proved to be another successful year for the Lived Experience Network, facilitated by our Lived Experience Facilitator.

There was an increase in the number of contacts as well as advisory conversations. An advisory conversation took place with participants from across the entire Southeast region, including Hastings Prince Edward, Rural Frontenac, Lennox & Addington, Kingston, Lanark, Leeds & Grenville, and outside the SE area, with a **total of 20 cities/towns represented.**

In the year ahead, our goal is to continue the work of “*Engendering Hope*” and to develop a knowledge tool that will be shared across the care system. We also aim to grow and equip a team of regional lived experience participants to act as speakers and presenters for Alzheimer Society caregiver education/support, BSO education, and other events as required.

We are excited about the year ahead and remain committed to our mission of “***Exchanging Knowledge, Partnering for Change.***”

## Public Education and Awareness:

577 + Unique Participants Educated.

Including Partnerships with Service Ontario, McDonald’s, and Indigenous Health Teams.





# Fundraising & Volunteers

## Fundraising & Community Events

Walk for Alzheimer's raised: **\$77,344**  
Coffee Breaks raised: **\$31,382**  
Third-party donations totalled: **\$32,542**



## Volunteers

Volunteer base grew from **4 to 20+** active volunteers  
We **thank all of our Volunteers** for their hundreds of contributed hours and commitment.



*"Our incredible volunteers are the heart of the organization."*

# 2024 - 2025 Fiscal Year Financial Review



This year saw steady revenue, thanks to strong government funding, donations, and successful fundraising events. We intentionally invested in program growth, adding staff and expanding services, which led to a small planned deficit (\$15,899).

## ASKFLA remains financially stable with:

Healthy cash reserves of **\$441,281**

Diverse revenue streams

A Fiscal Strength Fund of **\$303,839** to safeguard future operations

### Alzheimer Society of Kingston, Frontenac, Lennox and Addington Statement of Financial Position

As at March 31, 2025

	2025	2024
<b>Assets</b>		
<b>Current</b>		
Cash	441,281	388,046
Accounts receivable (Note 3)	4,705	120,646
Prepaid expenses and deposits	9,207	8,323
Short-term investments	55,989	90,869
	511,182	607,884
<b>Capital assets (Note 4)</b>	147,461	186,469
<b>Investments</b>	577,842	503,412
	1,236,485	1,297,765
<b>Liabilities</b>		
<b>Current</b>		
Accounts payable and accruals (Note 5)	147,775	178,889
Deferred contributions	438	12,722
Deferred contributions related to capital assets (Note 6)	17,872	19,855
	166,085	211,466
<b>Net Assets</b>		
Fiscal Strength Fund	303,839	303,839
Invested in Capital Assets Fund	129,589	166,614
Externally Restricted Fund (Note 7)	22,852	21,485
Unrestricted Fund	614,120	594,361
	1,070,400	1,086,299
	1,236,485	1,297,765

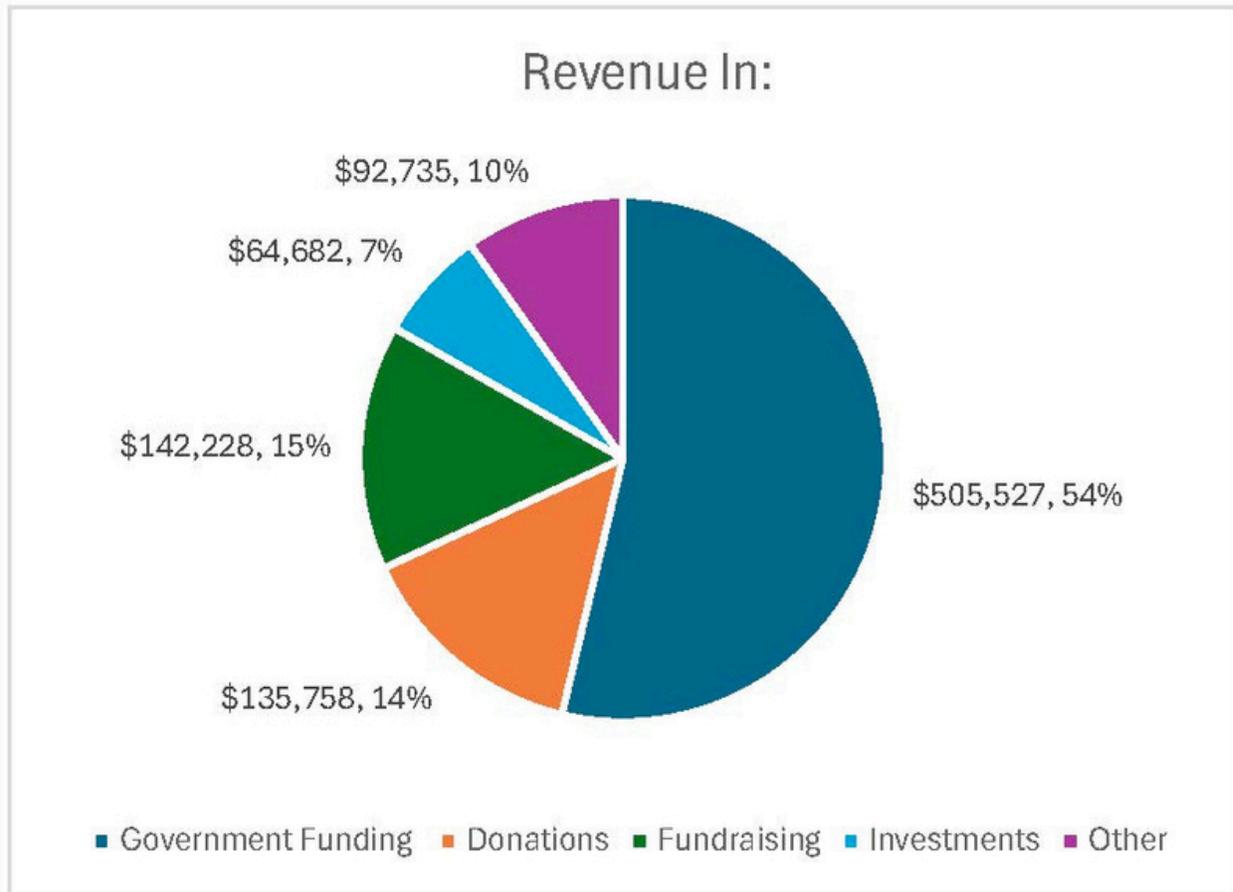
Approved on behalf of the Board

Director

Director



# 2024 - 2025 Fiscal Year Revenue



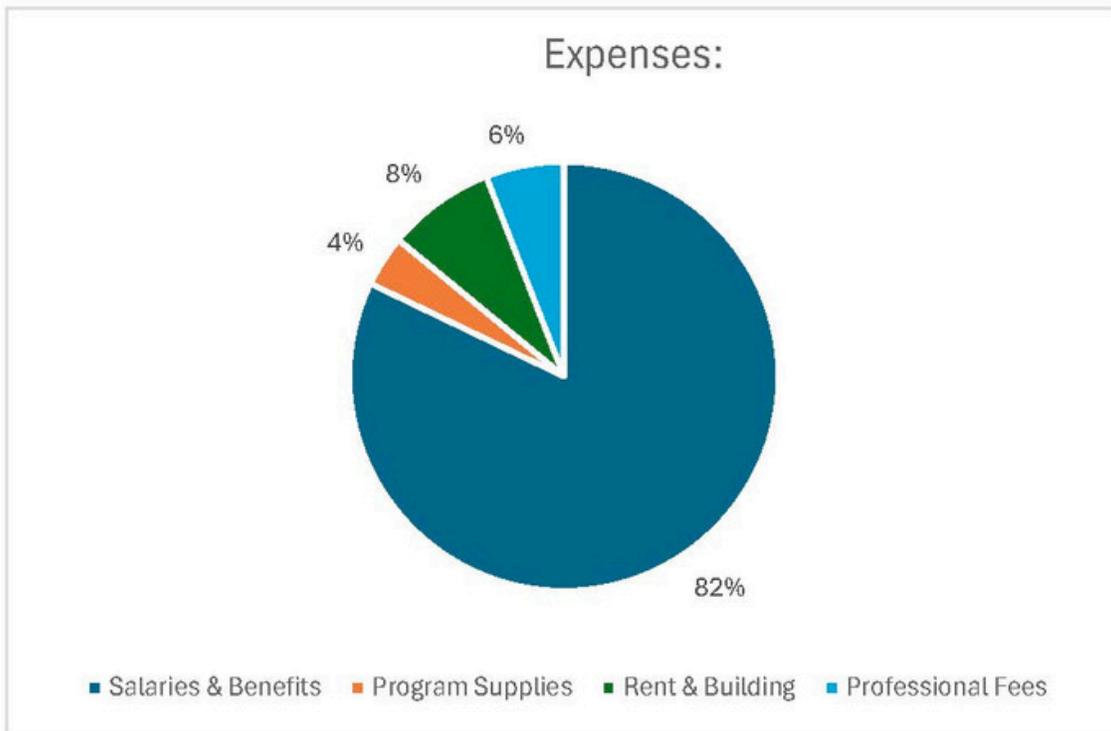
## Alzheimer Society of Kingston, Frontenac, Lennox and Addington

### Statement of Operations

For the year ended March 31, 2025

	2025	2024
<b>Revenue</b>		
Donations	135,758	187,833
Fundraising (Note 8)	142,228	133,420
Investment income	64,682	61,378
Ministry of Health and Long-Term Care	505,527	408,040
Other grants	36,112	85,159
Other revenue	56,623	47,893
	<b>940,930</b>	<b>923,723</b>

# 2024 - 2025 Fiscal Year Expenses



## Alzheimer Society of Kingston, Frontenac, Lennox and Addington Statement of Operations For the year ended March 31, 2025

	2025	2024
<b>Expenses</b>		
Advertising	580	1,475
Amortization	46,390	25,181
Bank charges and interest	2,607	2,558
Board and meeting expenses	3,238	1,538
Building maintenance	4,985	5,954
Building rent	66,570	87,007
Computer supplies and software	9,423	6,604
Education and program supplies	31,686	16,530
Equipment and software maintenance	10,410	9,489
Equipment rent	1,938	2,017
Fundraising and volunteer expenses	6,535	7,193
Insurance	5,761	4,381
Membership fees	400	400
Office supplies	26,057	14,106
Postage and courier	3,054	2,689
Professional fees	48,415	57,979
Salaries and benefits	673,387	711,385
Telephone and internet	3,556	6,127
Training and conference expenses	6,328	1,096
Travel	5,509	4,466
Utilities	-	1,941
	<b>956,829</b>	<b>970,116</b>
<b>Deficiency of revenue over expenses</b>	<b>(15,899)</b>	<b>(46,393)</b>



# Planning Ahead

## 2025-2026 will have focus on:

- Expanding program delivery, both in-person and virtually
- Strengthening partnerships with local businesses and service providers
- Continuing dementia-friendly community initiatives
- Growing volunteer and donor engagement

Together, we remain committed to supporting individuals living with dementia and their families, creating a more inclusive, understanding, and supportive community.

*"Together, we will expand programs, strengthen partnerships, and build more dementia-friendly communities."*



# Société Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON



## KFL&A Team

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[www.alzheimer.ca/kfla](http://www.alzheimer.ca/kfla)

### Executive Director

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Ext. 208

### First Link Care Navigator

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### Lived Experience Network

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### Minds In Motion Program Coordinator

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### Office Administration

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### Public Education Coordinator

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### Recreation Coordinator

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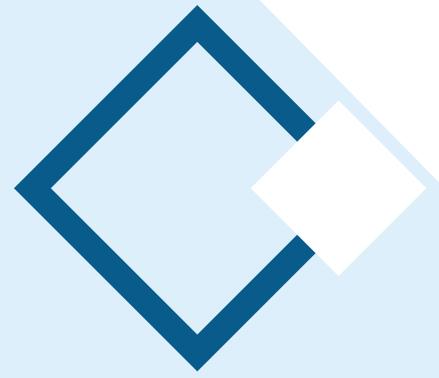
## Northbrook Office

*Pam Lemke* - Education & Support Coordinator  
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## Napanee Office

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Thank  
you!



*Société Alzheimer Society*

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Learn more, volunteer, or donate at :

[www.alzheimer.ca/kfla](http://www.alzheimer.ca/kfla)

