

2013 ANNUAL REPORT

Société Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Message from the President and Executive Director

Annual General Report Contents

| | |
|-----------------------------------|-------|
| Our Mission | 2 |
| Thank you to our Sponsors | 2 |
| Hello & Goodbye! | 3 |
| What's New and Upcoming | 3 |
| Programs and Services | 4,5 |
| Education and Support | 6 |
| Special Events and Highlights | 7,8,9 |
| Thank you to our Supporters | 9 |
| Leaving a Legacy | 10 |
| Board of Directors and Staff 2013 | 11 |

The Alzheimer Society of Kingston, Frontenac, Lennox and Addington (KFL&A) has been actively supporting individuals and families coping with Alzheimer's disease and related dementias since 1982. Our history of delivering quality programs and services to our families and community are well respected. We have a proven record of working collaboratively and in partnership with different agencies within the KFL&A region as well as working with other Alzheimer Society Chapters to service the needs of families and individuals living with Alzheimer's disease and related dementias as well as working with our community who provide support to those affected by Alzheimer Disease and related dementias.

Each year we are appreciative of the opportunity to come together with our community to reflect on the successes of the past year and to highlight the many activities of the Alzheimer Society of KFL&A. It also allows us the time to reflect on our achievements and to thank those who have played such an integral role in the success of the society.

We are extremely proud of the programs and services that our staff have delivered to our clients and community over the past year. Our team provides disease education, support and system navigation to clients and their families, both in our office locations as well as in the form of outreach in rural communities. These programs, and the many others that our motivated and enthusiastic staff offers are what make the Alzheimer Society of KFL&A such a valuable resource to our clients.

The necessary and worthwhile services that the society offers are funded by the generous donations from our community. Our two major fundraisers of the year, Coffee Break and the Walk for Memories took place throughout the fall and winter months of 2012 and 2013. We are pleased to announce that once again they were each a big success. It is this generosity and support from the community that allows us to continue to be a resource and support for those that have been diagnosed with a dementia and their families.

Many thanks to the staff for supporting our families and community. You are a dedicated group of very caring individuals. Thank you, also, to our Board members who have given their time and expertise to oversee the work of the Chapter. You are valued advocates to the Society.

We would like to send a heartfelt thank you to our past board members who have served as thoughtful mentors and advisors. We wish Elaine Davidson and Brent Bellamy the very best in their future endeavors. Their passion and dedication for the society and those we serve are admirable.

Sincerely,

Vicki Poffley, Executive Director
Korin Flindall, President, Board of Directors



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The Sharbot Lake Seniors Centre

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E-mail: ask@alzking.com

Our Mission

Is to alleviate the personal and social consequences of Alzheimer Disease and related disorders and to promote research.

Our Vision

Is a world without Alzheimer Disease and related disorders.

Our Values

Collaboration

Accountability

Respect

Excellence

What we do

Founded in 1981, the Alzheimer Society of KFL&A offers a wide range of programs and services designed for individuals with dementia, families of those diagnosed, care partners, health professionals and the general public. Both the individual and the family are provided with one-on-one.

Thank you to our Sponsors!



Hello & Goodbye!

This year we said good-bye to Jillian McConnell and Amy Van Steenburgh.

Jillian moved onto CDRAKE in September 2012 where she continues to provides education and resources to health professionals, frontline workers, general public and individuals supporting families living with dementia. We are also pleased to announce although having moved on Jillian continues to be a strong advocate of the society as she now holds a position on our board of directors and continues to support our mission and vision.

Amy, having decided to relocate to the Toronto area to be closer to family and friends this past April, continues to be a strong advocate in the not-for-profit sector.

Although we are sad to say good-bye we are extremely excited to welcome our two new education coordinators Catlin Norwhich-Stevenson and Melissa Kastenhofer.

Caitlin joined our team in September as a recent graduate of the Behavioural Science Technology program at St. Lawrence College and works providing education and support to our families both here in Kingston and South and North Frontenac.

Melissa joined the society in May after returning to her roots from several years living abroad. She brings with her an honours degree in gerontology and sociology from McMaster University as well as several years working at Shalom Village prior to her departing for Australia and the UK where she worked in the not-for-profit community sector providing services for the senior populations.

What's New & Upcoming:



- ◆ Elder Abuse Question and Answer session - July 16th in Kingston at Conservatory Pond Retirement residence from 1pm to 4pm
- Elder Abuse Question and Answer session - July 24th in Sharbot Lake at the United Church Parish Hall from 1pm to 4pm



- Responsive behaviours educational session- August 20th in Kingston at Conservatory Pond Retirement Residence from 1pm to 4pm
- Financial and Legal planning educational session- August 21st in Sharbot Lake at the United Church Parish Hall from 1pm to 4pm



- Financial and Legal planning educational session- September 24th at Conservatory Pond Retirement Residence from 1pm to 4pm
- Responsive behaviours educational session- Sept 25th in Sharbot Lake at the United Church Parish Hall from 1pm to 4pm

Our Programs & Services



Client Services

The Alzheimer Society of Kingston, Frontenac, Lennox and Addington offers a unique set of services to families affected by all stages of dementia. We meet with individuals, families and care partners to ensure that everyone has confidence and hope in maintaining the best quality of life possible.



Rural Outreach

While many of the clients we serve live within the city limits, there are new and existing clients in the rural community who need and deserve access to assistance, support and disease education. Our rural outreach programs are based out of our Sharbot Lake satellite office as well as a mobile education and support coordinator that covers Lennox and Addington. Not only does it offer similar programs to that of the Kingston office, such as support groups and information sessions, but it also ensures that the society has a presence in the community itself. Staff attend community service fairs, meetings with area health care personnel and engage the community in fundraising activities.



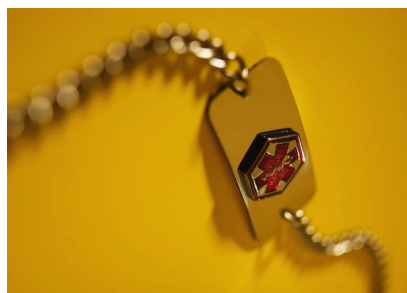
Professional & Public Educational Programs

The Alzheimer Society has become a valued member of the health care community with respect to providing education to professionals who work with those diagnosed. Staff at the society are able to link up community professionals with U First and Gentle Persuasive Approach (GPA) training as well as disease education within the medical and post-secondary communities and other established professional associations. Furthermore, the society has had the opportunity to sit on a variety of networks and organizational committees which allows our staff to advocate for the needs of the clients we serve.



Resource Centre

There is vast amount of literature and multi-media resources available to our clients - whether you are the person diagnosed, the care partner or a professional working in the field of dementia. Our library has resources added to its shelves on a regular basis and all are accessible at no cost. We invite you to take advantage of the wealth of information that is sure to improve your knowledge and understanding of Alzheimer's disease and related dementias.



Medic Alert Safely Home

The Alzheimer Society is always making efforts to provide valuable services for the local families that we so proudly serve. Medic Alert Safely Home® is a wandering registry program that assists police in finding a person with dementia who has become lost and returns them safely to their home. It is a nationwide program developed in partnership with the RCMP. Once a person is registered, vital information such as physical description, residence, and next of kin is stored confidentially on a police database, which can be accessed by police anywhere in Canada when a call is made for assistance.

Our Programs & Services



At Home and Safe Program

A program aimed at increasing the safety of individuals with Dementia who are living at home and may be at risk for safety concerns and night wandering. By supplying mats that can alert care partners to motion in areas of the home, we hope to bring some comfort to those affected by this disease. The “wander alert mat” appears the same as the average door mat but will send an alert to the care partner in the home if pressure from standing or walking is applied to the mat. This mat can be used at the bedside, by a chair, or at an exit door and will alert the caregiver when the person is up and mobile, or when it is no longer safe for them to leave the home unassisted.



Support Groups

The Alzheimer society hosts 15 support groups every month within the KFL&A region. A variety of themes means that each client can have a chance at finding a place of comfort and support. Staff and volunteer facilitators lead groups for women care partners, male care partners, those with early stage dementia, activity groups for person's with more advanced dementia, an evening group and many more. With such diversity in our support system we are able to deliver the right information at the right time.



A Changing Melody

This annual, one day event is an opportunity for attendees to learn from others experiencing the dementia journey. Additionally the forum provides a chance for everyone to share their own stories, so that participants feel heard and validated by their peers. A Changing Melody is planned and executed by person's with dementia and a committee consisting of staff and community volunteers.



Family Education Clinics

Clients of the Alzheimer Society are the best source of needs information, regarding the selection of topics for the seminars delivered. When discussions and questions show common concerns, facilitators are listening and respond with public seminars that focus on the subject matter requested. Over the past year, staff and guest speakers have addressed a variety of topics including: *Options for Care, Power of Attorney and Financial Issues and First Steps for Families and Clients – learning about dementia and what your diagnosis means*; to name a few. Each event brings clients together to not only gain strategies and tips for life, but also increases socialization and validation amongst peers.

Education and Support

Driving and dementia tip sheet

Does a diagnosis of dementia automatically mean the person has to stop driving? This is one of the first and toughest issues families and caregivers will face. Some people in the early stages of dementia can continue to drive safely and competently but because of the progressive nature of the disease, it's critical to be aware of any changes in their driving patterns.

Warning signs

As the disease progresses, the person's cognitive function, memory and visual-spatial orientation decrease and may lead to:

- Using improper speed or stopping in traffic for no apparent reason
- Being confused when to stop or change lanes
- Getting lost on familiar roads
- Driving in the wrong direction
- Using improper signaling
- Ignoring traffic lights and signs - thinking 'green' means stop and 'red' means go
- Relying on a co-driver or refusing passengers like family and friends
- Becoming nervous or irritated about driving
- Not being able to make sound judgments on the road – avoiding near misses, not braking in time, driving too fast in inclement weather
- Deteriorating eye, hand, leg coordination and reflexes
- Receiving increased number of traffic violations or police warnings
- Misjudging widths and distances, resulting in an unusual number of small dents or scrapes on the person's vehicle.



Note: Certain types and combinations of medications can further impair the person's reasoning and judgment.

As a caregiver you're not alone

- Talk to your family doctor. Physicians are legally responsible to report patients who have a medical condition that may impair their driving.
- Raise the issue of driving early to help encourage the person with dementia to participate in decisions about driving.
- Driver testing and licensing rules vary by province. It is best to check with your provincial Ministry of Transportation for current rules.
- Discuss your concerns with family or friends with similar experiences.

Contact your local Alzheimer Society. Staff are equipped to help you resolve challenging issues and point you in the right direction.

Special Events and Highlights

Golf Tournaments



Golf tournaments are a major source of revenue for the Alzheimer Society and we were blessed this past year to have had three tournaments held in support of the Society.

Jeff Hancock of Secura Financial held the 7th Annual Golf Tournament on June 5th in support of the Alzheimer Society at the Colanade Golf and Country Club. The day kicked off with a shotgun start at 1:00 pm with 100 golfers and wrapped up with a great dinner.

The Mortgage Professionals Golf Tournament was held at the Loyalist Golf and Country Club on June 18th and was wonderfully organized by Ron Earl. The tournament was a huge success with over 140 golfers, a silent auction, a live auction and over 170 guests for dinner.

The Rita McDonald Memorial Golf Tournament took place on September 9th 2012 and was organized by Bath resident Dan McGrath. This year the Society was privileged to be the recipient of this golf tournament which is held annually and rotates around each of our local golf courses. Vicki Poffley was there to thank all the participants at the tournament, which raised \$830 for the Society.

Coffee Break

We wish to thank all of the individuals and businesses who, year after year, continue to generously support our coffee break campaign by hosting a coffee break in their home or business with the proceeds coming to the Society. This year we raised \$35,000!

We wish to thank the administration and staff of CMC Microsystems for their generosity again this year as they hosted a fun-filled Coffee Break that raised over \$8,000. It was the largest Coffee Break held, and the Society is truly appreciative of their support. A special thanks to Lise Thomas for her efforts in organizing such a successful event.



Dressed as a witch, Lynda Moore was the auctioneer and kept the auction part of the event lively. Also in the picture are Nancy Marlow, Dianne Corcoran, and Claire Callendar.



Lennox & Addington Event

Earlier this fall the Alzheimer Society was contacted by Don Currier from the Napanee Curling Club. As the ice maker for the Club, Don offered to place our logo on one of the sheets of ice. On October 16th Bob Fisher and I visited the Club to see the final results. Don explained how the ice is made and it is truly a labour of love!



Awareness Month - January 2013

On January 17th, 2013, 55 people from the community joined the staff of the Alzheimer Society of

KFL & A at the Salvation Army Citadel for our annual public Awareness Night. This year we were fortunate to have Dr. Susan Ilkov-Moor, a Geriatric Psychiatrist with Providence Care, as our keynote speaker. She spoke about the need and value of leading a productive and purposeful life when living with a diagnosis of dementia. She highlighted the need to engage those members of our families and community who may be living with this disease.

Following her presentation, Susan Murphy, an Occupational Therapist, Wendy Harris, a Resident Support Services Manager, and Megan Hiltz, a Team Leader with the Geriatric Psychiatry Continuing Care Unit at Providence Care, joined Dr. Ilkov-Moor on stage for a panel discussion. At this point, the audience was encouraged to ask any questions that they had.

We would like to take a moment to say a heartfelt thank you to the community professionals who volunteered their time and expertise to help make awareness night a success.

Walk for Memories

On January 27th, 2013 the annual Walk For Memories was held at the Cataraqi Centre. It was a successful event that raised a total of \$34,969.85 of which \$19,416 were online pledges! There were 113 registered walkers this year!

The Master of Ceremonies was Adam Koven and the walk was led by Mrs. Peg Milliken who raised \$5,531 in pledges. The top two teams were the A-Team and Ken's Kin.

Many thanks to Adam, Peg and all the Walkers and Volunteers that helped to make the event a huge success!



Sharbot Lake Event

A fall fundraiser for the North Frontenac area was held on October 12, 2012. The event included a silent and live auction as well as a concert by Oh Susannah and her accompanying musicians.

The funds raised were donated to the Alzheimer Society, Sharbot Lake Service and the Central Frontenac Housing Corporation. The auction was overseen with gusto by Gary Drew. Attendees also enjoyed cheese from the Wilton Cheese Factory accompanied by wine provided and served by Sanbanks Winery.

It was well attended with over 120 guests, and the Alzheimer Society raised \$2,290 from the event. Many thanks to all the groups who attended and helped out in the organization and setup.

Special thanks to Jane Drew from the Housing Corporation for all her efforts in organizing such a wonderfully successful event.

Thank you to our Supporters!

Volunteers - an important resource.

Volunteers are the most important resource community organizations have. The ability of people to work willingly together for the betterment of their community and themselves is a valuable resource.

The image of the volunteer has changed over time. Gone is the stereotype of the middle-aged housewife with time on her hands. Now volunteers come from all walks of life: they may be a teenager learning to manage responsibility by caring for wounded wildlife, an executive sharing management skills with a community group or a retiree enjoying a new friendship as a volunteer reader at the community library.

Ideally, volunteers find the donation of their time and energy a meaningful experience for themselves as well as for the organization. A true win/win situation.

We would like to recognize and celebrate the incredible efforts of all our volunteers. The Alzheimer Society of KFL&A would like to take this opportunity to say "thank you!" to all of you. We truly appreciate all that you do for us.

Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another.

~Erma Bombeck



Leaving A Legacy

LEAVE A LEGACY™ is a national public awareness program designed to encourage people to leave a gift through their will or any other gift planning instrument to a charity or non-profit organization of their choice. LEAVE A LEGACY™ does not solicit gifts for any particular organization.

LEAVE A LEGACY™ is a donor-oriented education campaign to raise awareness of the importance of including a charitable gift in the estate planning process. A legacy gift can benefit all not-for-profit groups large or small.

81% of Canadians contribute to charitable organizations throughout their lifetime. However, research shows that only 7% continue this support through a gift in their will or estate plan. The intended result of LEAVE A LEGACY™ is to increase the number of planned gifts from donors to charitable organizations. By making a charitable gift as part of an overall estate plan, individuals can continue to help organizations that are making an important difference in their community. When we leave a gift, we ensure that help continues to be there for those who need it.

What will your legacy be?

We at the Alzheimer Society of KFL&A would be pleased to assist you in planning for your legacy. Through our Gift Planning Program, you can plan your charitable gift to provide the greatest benefit to you, your family and the Alzheimer Society of KFL&A. You may choose to make your gift during your lifetime or through your estate. You can also join together with a group of family and friends to create a named fund to honour or memorialize a loved one.

Talk to us to learn more about the options for planned giving:

- Bequests
- Life insurance
- Registered plans (RRSPs and RRIFs)
- Charitable annuities
- Charitable trusts
- Securities and mutual funds
- Named funds (expendable and endowed)

Our Staff

Vicki Poffley
Executive Director

Bernadette Abrams
Administrative Assistant

Taylor Knowles
Acting Administrative Assistant

Sharon McGrath
Fundraising & Volunteer Coordinator

Bob Fisher
Education & Support Coordinator

Caitlin Norwich-Stevenson
Education & Support Coordinator

Melissa Kastenhofer
Education & Support Coordinator

Our Board of Directors

Korin Flindall, President

Patti Dixon Medora, Past President

Jan White, Vice President

Elaine Davidson, Secretary

Brent Bellamy, Treasurer

Dr. Elizabeth Moore, Director

Rachel Herron, Director

Sharon Cowan, Director

Marcel Giroux, Director

Wayne Hilliker, Director

Jillian McConnell, Director

Ian Anderson, Director

Lorraine Kenney, Director

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