

2016/17 ANNUAL REPORT



Annual General Report

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Message from the Board Chair and Executive Director

As you know, Dementia is one of the fastest growing diseases today. The number of cases of diagnosed dementias is on the rise in Canada. Currently, there are 594,000 individuals diagnosed, with that number expected to double in the next 15 years.

In the KFL&A region, there are over 4000 people diagnosed. The demand for our programs and services continues to increase, and with them, the number of families and caregivers who are also seeking our support.

Recently the Provincial Government announced substantial funding for the Ontario Dementia Strategy; \$100 million over three years. The areas of focus for the funding will be on : day and evening programs, caregiver respite and training, dementia training and education for businesses and work places, behavioural supports in the community, memory clinics and primary care collaboratives, patient navigation, physician education in geriatric care and dementia awareness campaigns. Not an easy task for those of us working in the fields of elder care and dementia, but one we welcome with open arms!

This year, our local office has seen numerous changes and some new faces to assist with program delivery and fundraising. In September, Stephanie Haughian, our Fund Development Coordinator joined Queens University in a similar position, Casey Peters, Client Services returned to the Sir James Whitney School for the Deaf, and Melissa Kastenhoffer moved to a position with Service Canada. We wish Steph, Casey and Melissa all the best in their new endeavours.

In July of 2016, we were fortunate to have Jan White join us as Client Services Coordinator on a part time basis. Jan brings with her an incredible amount of experience in the field of geriatric psychiatry and is a welcome addition to the staff. In addition, Sharon Lewis and Lesley Kimble have joined our small group in the positions of Public Education Coordinator and Fundraising & Volunteer Coordinator respectively, both seasoned veterans in their fields. These staff additions, combined with our current staff members, Sara Peter, Admin Assistant, Candice McMullen, Program Coordinator (whom we welcome back with us after a three month leave of absence) and Caitlin Stevenson, who will return from her maternity leave in September, makes our little office a hive of activity! We congratulate Caitlin and her husband on the now 'not so new addition' Ferguson!

On the Board front, we are fortunate to have our members continue in their various endeavours, with some taking on new roles this year. There are some exciting projects on the go and the board is going full steam ahead. A full roster of current board and staff members is available at the end of this report.

We thank all of our Board members, staff, program and event volunteers, sponsors and most of all , our generous donors, for their support over the past year. Alone, we can each make a ripple in the 'sea' of dementia care, but together we can make a tidal wave!

Sincerely,

Vicki Poffley,
Executive Director

Sam Kapoor
Chair of the Board

Contact Us!

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Our Mission

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

Our Vision

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 support throughout the disease process, and well past the initial diagnosis.

Currently we employ six staff members and we are fortunate to have a growing team of volunteers who assist in running our events, education and support programs.

A Huge THANK YOU to our 2016 Sponsors

Can Wealth Financial Services

Secura Financial Group

CMC

Paradiso Pizza

Costco

Tim Hortons

Metro (West End)

David's Tea

Barton Chiropractic Centre

Pams Flowers

Total Diva Boutique Spa

Panera Bread

Via Rail

Georgette Photography

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Kelseys Kingston

Giant Tiger

UFit Kingston

Rogers Communications

Your support is greatly appreciated

Our Programs & Services

YOLD (Young Onset Living with Dementia)

Our newest program addition! We run a monthly group for clients and care partners in their 40's, 50's and 60's. We meet at a local restaurant and enjoy socializing and supporting one another. We are always looking for new members! To join please contact 614-544-3078

Day Trips

This year we received a generous grant from the City of Kingston Heritage Fund. We will be taking 40 clients and their care partners to four local museums and for lunch. This year we have partnered with the Museum of Health Care at Kingston, Pumphouse museum, MacLachlan Woodworking Museum and the Military Communications and Electronics Museum. Sharon Lewis Education & Support Coordinator will be providing Dementia Friendly Training to each site to enhance the museum experience for our clients and their families, as well as educated staff on dementia.



The Music Project

Our music project has exploded! In the past year we have partnered with the Alzheimer Society of Toronto which has provided us with over 50,000 songs, as well as advertising materials to enhance our program. Our Music Project has reached clients living in the community, Long Term Care facilities, Retirement Homes and Providence Care Hospital. We are excited to announce that we have recently partnered with the Waterford Retirement Residence Kingston on their Windsong unit where many clients are now enjoying the benefits of personalized music!



Support Groups

Our support groups remain the anchor to our programs and services at the Alzheimer Society of KFL&A. We currently have twelve support groups that run each month by our wonderful volunteers as well as staff. We work hard to continue to meet the needs of our clients.

Drop In

Our Drop In program is in its 2nd year! We are excited to announce that all four programs are currently full. Within our Drop In we have a men's group, ladies group and a mixed group. We are enjoying arm-chair travels, listening to everyone's favourite music, dancing, having afternoon tea and enjoying a lively group discussions.

Volunteer Companion Program

In January we received funding from the United Way KFL&A for the Volunteer Companion Program. We are recruiting and interviewing volunteers and providing dementia training. We are also matching clients living with dementia in the community, with a volunteer for a weekly social visit. Our goal for the first year is to match 25 clients living with Dementia with volunteers. The first couple of months of the program have been spent developing and/or revising program criteria and policies, and we got a good start on recruiting clients, training volunteers and making some successful companion matches. To date, we have identified 15 volunteers and 16 clients in various stages of the process with 5 successful matches having been made thus far.

Special Events and Highlights

2016 was a year of change in the fundraising and event area, with the departure of the Fund Development Coordinator, Stephanie Haughian who relocated to Queens. Lesley Kimble began in September on a part time basis to oversee the Coffee Break Campaign and remained with us to take on a portion of the fundraising efforts for 2017 and well as some volunteer coordination.

The Alzheimer Society of KFL&A hosted a number fundraising and awareness events over the year as well as being involved in some third party events for which we were the recipient of the proceeds including:

- The Walk for Alzheimers - The Walk was changed this year from the usual January date, in the mall to May, as part of a move by ASC to rebrand the walk and take advantage of spring weather. A total of \$24,100.00 was raised with 150 participants involved.
- 7th Annual Can Wealth Financial Services Golf Tournament - This tournament is an annual tournament run by Ron Earl and David Haggerman, in memory of several friends who passed away from Alzheimers. The tournament raised \$11,995.00 in 2016, bringing the total raised over 7 years to \$71,500.00
- The Secura Financial Group Golf Tournament - Another golf tournament sponsored and organized by Jeff Hancock and his partners at Secura, in memory of a family member who died from Alzheimers. The tournament raises money for three different charities, of which we are one. This year we realized \$7000.00 from the tournament.
- 2nd Annual The Home Run Digger Derby is organized by the Gabriel family in honour of their Dad Bruce, who lives with Alzheimers. The proceeds of the tournament, \$2210, were donated to the Alzheimer Society.
- The Coffee Break campaign is our largest fundraiser, engaging community members, and businesses who host coffee breaks, silent auctions, bake sales, dress down days etc, with proceeds all coming to the Alzheimers Society. This years coffee break campaign raised a total of \$46,010.00. There were 49 different events hosted in the fall as part of the campaign, with 16 new groups participating.
- Christmas Open House - We hosted an open house for the community in December which featured live music, and Christmas treats. The first in many years, the event was enjoyed by many of our clients, staff and board members.

The Alzheimer Society of KFL&A appreciates the efforts of all the volunteers, participants, businesses and sponsors who come together to support our events throughout the year. The money raised from all events stays in the KFL&A area and allows us to maintain and enhance our current level of support to clients, families and caregivers throughout the region. These funds will allow us to continue to meet the ever increasing demands for our services.



Christmas Open House



CMC Coffee Break Silent Auction



Patricia & friends, 2016 Walk

Blue Umbrella



The Blue Umbrella Program assists persons with dementia to feel included and supported in the places they work, live and play. We are building a community that is inclusive and accessible for those with Alzheimer Disease and other dementia's and is supportive of care partners. We focus on stigma reduction and inclusion of persons with dementia.

The Blue Umbrella Program educates our community about dementia and identifies that a person with dementia may experience the world differently.

When you see, or meet a person wearing a blue umbrella pin, you will know that they have chosen to self identify themselves. This is your chance to engage and ask if they need help. A chance meeting could be in a bank, grocery store, recreation facility or school.

When you see a blue umbrella logo in a store, bank, restaurant, leisure facility or a community gathering place this identifies that the staff working within this facility have been trained in communication strategies and techniques to support independence to those persons with Alzheimer Disease or a related dementia. These organisations are helping to build a community that understands dementia and allows those persons and their caregivers feel valued and welcomed, thus reducing the risk of social isolation.

To date there have been over 30 presentations to local businesses. Training will commence with City of Kingston staff in July with expected numbers of 1200 employees attending.

Testimonials have been communicated to the staff at the AS, KFL&A providing feedback that those diagnosed who wandered away from their loved ones when out in the community were quickly located by identification of blue umbrella.

Finding your Way

The Alzheimer Society of Ontario (ASO) in partnership with the Ontario Seniors Secretariat (OSS) developed Finding Your Way (FYW) to reduce adverse safety events and improve responsiveness through education and training.

The Finding Your Way program allows care partners and those diagnosed to meet with an Education and Support Coordinator here at Alzheimer Society KFL&A to complete a wandering package which includes all the important personal information for the diagnosed, along with a recent photo of themselves.

The service also includes education around wandering and how to reduce its occurrence as well as information about the Medic Alert Safely Home Program which is a nationwide program designed to help identify the person who is lost and assist in their safe return home.

In 2016 training was provided to 1000 Emergency Services Providers within the KFL&A region which included Police, Fire & Rescue as well as Community Workers in the supportive housing complex Napanee.



Our Staff

Vicki Poffley
Executive Director

Sara Peter
Administrative Assistant

Candice McMullen
Program Coordinator

Sharon Lewis
Education & Support Coordinator

Caitlin Norwich-Stevenson
Education & Support Coordinator

Jan White
Client Services Coordinator

Lesley Kimble
Fundraising & Volunteer Coordinator

Our Board of Directors

Sam Kapoor, President

Kyle Plumb, Vice President

Lorraine Kenney, Secretary

Evan Hall, Treasurer

Susan Ablack, Director

Susan Ilkov-Moor, Director

Tricia Dominik, Director