

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



2022
Annual Report

Our Vision: is a world without Alzheimer's Disease and related disorders.

Our Mission: is to alleviate the personal and social consequences of Alzheimer's Disease and related disorders and to promote research.

Société Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Our Vision: A world without Alzheimer's disease and other dementias.

Our Mission: To alleviate the personal and social consequences of Alzheimer's and related diseases and to promote the search for causes, treatments and a cure.

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 for ourselves the highest standards of honesty, trustworthiness and professional integrity in all aspects of our organization and carry out our work with the utmost respect for the dignity and the 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, 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 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 positive 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 basic 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 providing a relationship based on trust. In a relationship of trust, the person knows confidences are respected; choice and control is maintained; and the person will not be abandoned.

Land Acknowledgement

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.

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A Message from the President

Alzheimer's Society - Kingston, Frontenac, Lennox & Addington are well positioned to enter into the post-pandemic world and be able to meet the changing needs of our community. We remain in a good financial position thanks to many generous donors, but we rely on local donations to cover close to 60% of our annual operating costs, so please continue to keep us in mind when planning your charitable donations. All funds raised locally stay local and are used to fund programs and services in our community.

This past year we finalized our local strategic planning process and are now working on operationalizing those plans. We had some excellent facilitated engagement sessions with the board, staff and clients to gather input into the strategy to ensure it meets the needs of those we serve. The Policy & Governance Committee has been busy preparing a new set of by-laws, to ensure that we are compliant to the latest Ontario Not-for-profit Corporations Act, which will be presented for approval at our 2023 Annual General Meeting. The accreditation process is officially underway with a target date of late 2024 to obtain accreditation. There is a significant amount of administrative effort required to go through this process, but the effort will pay returns through improved governance and operational policies, procedures and processes.

Finally, we are very excited to announce that we will be moving our Kingston office to Providence Village located at 1200 Princess St. in summer 2023. We have long outgrown our current office space on Elliot Avenue. This is an exciting opportunity to have new space for our team to work and provide services in. There is potential for greater collaboration with community partners who share the Providence Village mission of being a community of hope, belonging and wellbeing for the vulnerable where diverse partners offer compassionate care and support services. We are excited to see how this partnership grows over the coming years.

Chris Mackey, Board President

2023-2023 Board Members

President:	Chris Mackey
Vice President:	Ashley Miller
Treasurer:	Jim Kennedy
Secretary:	Lynda Moore
Director:	Glenn Griffiths
Director:	Anne -Marie Kooiman

Staff Directory:

Vicki Poffley -Executive Director
Kim Parkinson -Administrative Assistant
Michelle Moore – Fundraising Coordinator
Sarah Winkelman RPN – Client Services Manager/FLCN
Krystian Martin – First Link Care Coordinator Navigator
Justine Carlson – Programs Coordinator
Colton Sedore– Recreation Coordinator
Pam Lemke –Education and Client Services Coordinator
Jan White –Education and Client Services Coordinator

A Message from the Executive Director

We are excited to have resumed in person services, although we continue to host some of our support groups virtually at the request of those attending it is wonderful to be back in the community seeing familiar faces and meeting many new people.

Through our First Link program we continue to connect with primary care, hospital staff, home and community support and other community partners to ensure those that are newly diagnosed are connected to supports as early as possible. This year we completed 188 new assessments and connected those clients to support groups, one-on-one support, education, and program as well as external services and supports in our community.

With the return to in person groups, we realized that our space was not large enough to host our groups so after spending the summer at Lake Ontario Park, we moved our Peer Groups to Crossroads United Church. Groups will continue there until we move into our new space at Providence Village summer 2023. We continue to offer several social and recreational opportunities throughout the community to compliment these groups.

We are thankful to the Community Foundation for Kingston & Area for the \$25,000 grant to assist in the launching of our in-home recreation program. This program caters to the needs of those that are no longer able to participate in our other programs. It offers individuals twelve one-week sessions specifically designed to their interests and hobbies. Through this program we provided service to 24 clients equaling more than 432 hours of in-home service. Through our reserves we have made the commitment to continue offering the program for the coming year while we look for sustainable funding.

We continue to be an active partner at the Frontenac, Lennox and Addington Ontario Heath Team (FLA OHT) and are part Ageing Well at Home working group. The FLA OHT plans to launch their five-year strategic plan later this year. As part of our Alzheimer Society in Ontario (ASIO) federation agreement we are required to be accredited by 2024. We certainly have a lot of work ahead of us but are excited to continue and have made a great deal of progress to date.

After a lengthy process created by the pandemic, we are excited to announce that we will be moving into Providence Village the summer of 2023 and look forward to more than doubling our current footprint. This will allow us to bring our programs back under one roof and host education and training onsite. We feel that the mission and vision of Providence Village closely align with ours and we look forward to being part of the PVI Community.

Our mission could never be fulfilled without the dedication of highly skilled individuals. We would like to acknowledge the staff for their commitment and compassion to our clients, our Board Members for their leadership and the contributions from our volunteers, donors and community partners.

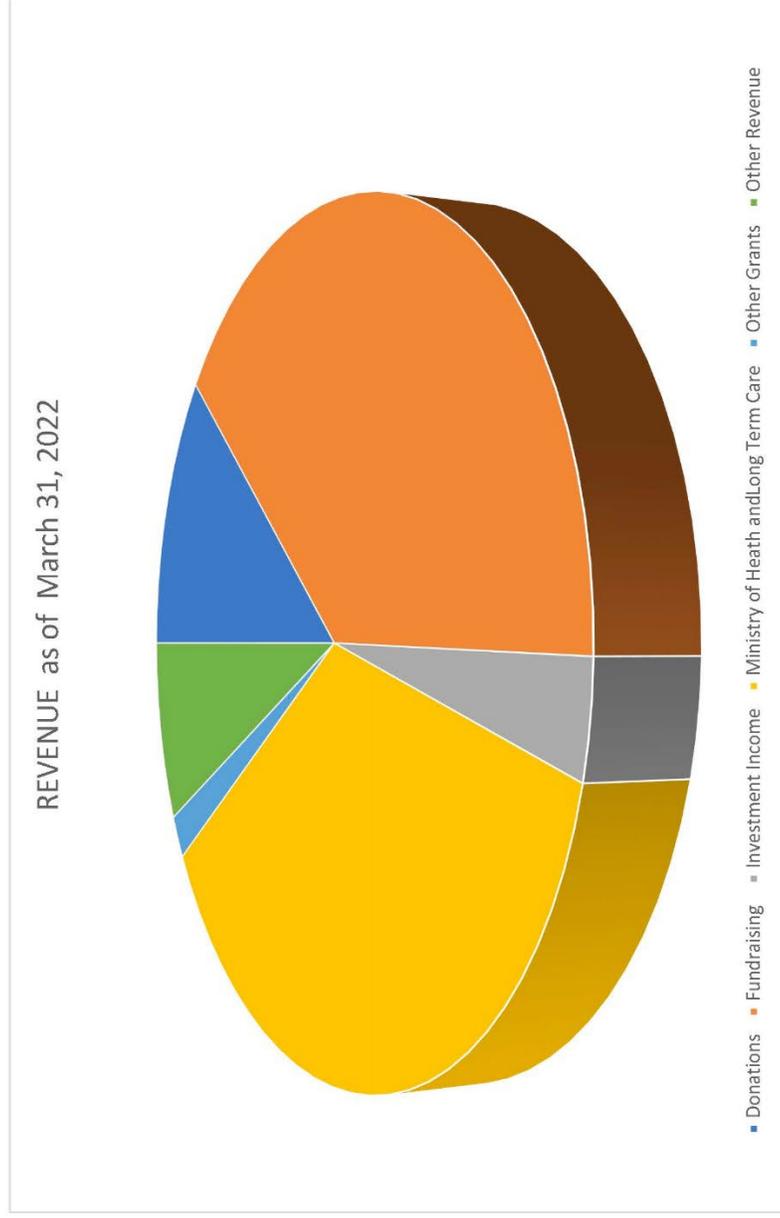
Thank you.



Vicki Poffley - Executive Director

REVENUE as of March 31, 2022

Donations	\$86,327	11%
Fundraising	\$291,472	39%
Investment Income	\$28,331	4%
Ministry of Health and Long Term Care	\$273,486	36%
Other Grants	\$13,500	2%
Other Revenue	\$56,633	8%



Expenses as of March 2023

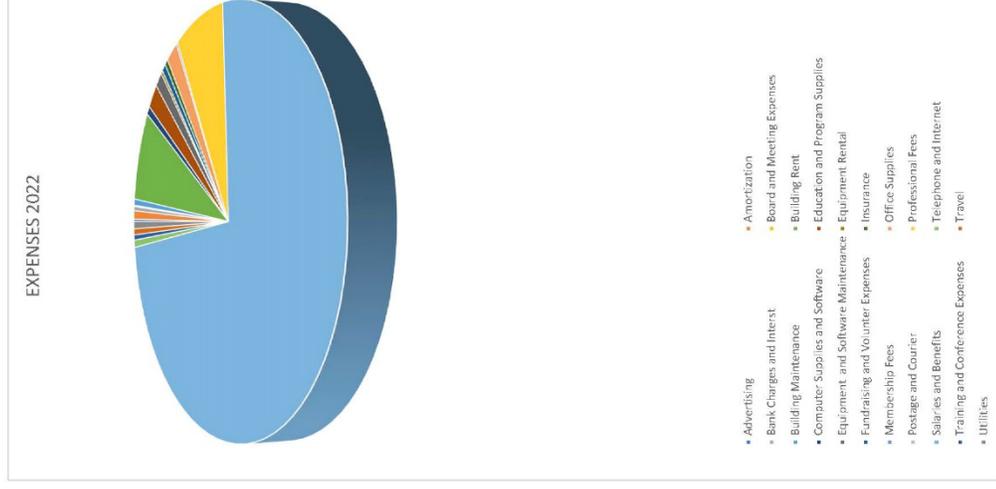
Expenses 2022-2023	Totals	
Advertising	\$1,350	1%
Amortization	\$4,882	2%
Bank Charges and Interest	\$2,507	2%
Board and Meeting Expenses	\$661	1%
Building Maintenance	\$3,667	1%
Building Rent	\$51,178	3%
Computer Supplies and Software	\$4,882	1%
Education and Program Supplies	\$14,323	3%
Equipment and Software Maintenance	\$9,096	3%
Equipment Rental	\$2,017	1%
Fundraising and Volunteer Expenses	\$4,659	1%
Insurance	\$3,760	2%
Membership Fees	\$0	0%
Office Supplies	\$13,282	9%
Postage and Courier	\$1,769	1%
Professional Fees	\$55,073	5%
Salaries and Benefits	\$529,234	68%
Telephone and Internet	\$4,232	3%
Training and Conference Expenses	\$2,993	1%
Travel	\$3,562	1%
Utilities	\$4,209	1%

Excessive of Revenue over expenses before other items
Other items (Government Assistance)

\$48,064

Excess Revenue over Expenses

\$48,064



Caregiver Story Anna & Steve:



Life's a journey and we never know where we will end up. I certainly never thought I'd end up happy that there was an Alzheimer's society support group in my smallish town.

My journey is really about my life with my husband, Steve, whom I met in an airport in Martinique in 1971. In 1972 we were ensconced in a flat in Auckland, New Zealand and building a trimaran. When it was finished we sailed off into the sunset.....well, off to Fiji and then on to Australia, South Africa (where Steve had grown up though he was born in England), on up to the Caribbean and Bermuda and finally to Toronto.

And so, our life went. We worked for a while then took off for months at a time to travel to Europe for seven months in a camper van. Another time to southern Africa for seven months in a camper borrowed from Steve's friend from his school days there.

In between we worked, we sailed, we went back to New Zealand to visit my stepdaughters, or they came to stay with us or to travel with us. Later we bought a place in Florida and went there for half the year (when we weren't travelling, that is). Life was good.

But then, one day when we were in Malta, I found Steve looking in the mirror and talking to himself saying "I won't forget. I won't forget". That kind of scared me so when we came home, I talked to our GP (we had one then) who gave Steve the usual dementia test. That was in 2017. Steve failed. He lost his driver's license. But dementia is strange. Steve was able to get his driver's license back.

That started our journey with the Alzheimer's Society though at the time I didn't realize how important it would be to us.

But we kept travelling. Finally, after we returned from a trip to Scandinavia in 2019 Steve admitted more and more to memory loss.

And more and more he was unable to do things for himself, mainly because he couldn't remember how. This was really hard to witness since this was a man who built boats (more than one), had sailed around the world, had a beautiful, well admired garden, had been a Big Brother, could talk to anybody about anything but suddenly, or so it seemed, he could no longer tell anyone his address or decide which tool to use to work in his garden. I watched him use a rake to clear snow off our lawn.

I'm not even sure when Alzheimer's Society really became a part of our life. After Steve's assessment by Providence Care, we were connected with the Society. We were given information and pointed in the direction of help with caregiving.

It was a harrowing time for me. I was fortunate to be able to get Steve into a Daycare program and I had a wonderful PSW who came twice a week to help.

Because of the stress in my life at that time, I really don't remember when I first met Jan White who runs our little Alzheimer's support group in Napanee. I do know she has been a guiding light to me and my family. She met with my stepdaughter, Nicky, when Nicky was here from New Zealand and I know that Nicky feels that, should she need to, she could call Jan with her concerns. For myself, I know that I can call on Jan — or if she is not available or someone else in the Society — for direction in this challenging journey. I sure feel I need that direction.

By the way, Steve is a resident at Extencicare Kingston now but every once in a while, he packs up his belongings and tells the PSWs that he has to be ready for that flight to London or wherever.

WHAT WE DO

2021-2022 Overall



3189

Total Visits Across
the organization



2195

Hours of
Programs
Provided



251

Virtual Education
and Social Groups



757

Total Attendance at
Education



914

Registered Individuals
Served Across
All Department



663

Unique Individuals
Served



1993

Direct Client
Service Hours



24 Clients/ 432 Hours

In Home
Recreation Hours
of Service

Our Programs and Services:

- Support Groups for Caregivers and Clients living with a Diagnosis
- One on One Caregiver and Family Support
- Music for Memories
- Minds in Motion
- Armchair Traveler
- Music Project
- Lending Library of books, assistive devices and electronic pets
- Reminiscing Kits (in collaboration with Kingston Frontenac Public Library)
- U-First Training
- Finding Your Way
- In Home Recreation Therapy Program (new in 2022)
- Musical Happy Hour with Max and Friends (bimonthly)
- Special Events including dinner dances, movie matinees, picnics golfing and bowling
- Online weekly exercise programs



Fundraising Highlights

We would like to thank everyone who has donated and participated in our fundraising efforts.



Ladies Curling Royal Club	\$144.65
Snow Road Snowmobile Club	\$727.00
Fairmount Home County of Frontenac	\$745.00
Pickleball Tournament	\$3940.00
Spin To Win Napanee	\$2500.00
Secura financial group	\$6500.00
Ron Earl Golf Tournament	\$8225.00
Day of Bridge	\$325.00
Trinity United Church, Elginburg.	\$1620.00
Holy Cross Secondary School	\$350.00
Kingston Community Credit Union	\$1000.00
MacDonalds Coffee Day	\$7811.00
National Skate Day for Alzheimers	\$1371.46
Total Diva Spa	\$3125.00
Coffee Break North Brook Office	\$2175.00
Cooke's Old World Shop Limited	\$1000.00
Lions Club Of Land Lakes	\$1000.00

\$42559.11

2022

IG WEALTH MANAGEMENT
WALK FOR ALZHEIMER'S

Special Thanks to Our Sponsors



Cataraqi Heights
Retirement Residence™

Napanee Lions Club



Media Sponsors



...and to the Kim Pollard Band and King Sound

\$38000.00

North Roast Coffee Fundraiser

medium roast coffee blend



"FORGET ME NOT"

\$5.00 of the proceeds from the sale of each bag of coffee will go to the Alzheimer Society of KFLA.



World Alzheimer's Day
September 21st, 2023
McDonald's generously donates
.50¢ OF EVERY COFFEE SOLD

YOUR CONTRIBUTIONS ARE ESSENTIAL TO WHAT WE DO - WE COULDN'T DO THIS WITHOUT YOU!

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2022

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2022

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DONORS \$1000.00 +

2022

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2022

Estate of John William Cook
Estate Of Sage McCrae
Estate of Wyona Darlene Thompson



Thank you!



**Pictures are Worth a
1000 Words!**



“THOUGH THOSE WITH
ALZHEIMER’S MIGHT FORGET
US, WE AS A SOCIETY MUST
REMEMBER THEM.”

- SCOTT KIRSHENBAUM

