

Soci t  Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

ANNUAL REPORT

2018-2019



*A Message from
AKKFLA's Board President
Kyle Plumb*



To begin, I would like to report a salient and significant milestone for Canadians living with a dementia and their care partners – the inclusion of a national dementia strategy. We now have a national plan with a concerted and targeted approach to increase awareness, ensure timely diagnosis and intervention and enhance care and community supports. It is unclear how this will directly affect the society but the dementia strategy's priorities certainly further justify and support the work our staff does in our community. Although the past year was marked by systemic changes for healthcare delivery in Ontario, AS KFLA has persisted in its consistent delivery of invaluable services in Kingston and surrounding communities.

The recent expansion to include locations in Napanee, Sharbot Lake and Northbrook has been a great success on all fronts, allowing us to better address the needs of our surrounding rural areas alongside those in Kingston. Board members have been working diligently all year to rejuvenate our foundational Governance approach to make sure that we are entering turbulent political/structural changes with a firm but nimble underpinning. Additionally, we have been working hard to establish and build upon partnerships in the community to embrace recent structural changes in Ontario's health care system. I believe that the society is well situated to thrive as a key component of any health team as our services are a vital part of any system that strives for a high quality of life for those living with a dementia and their care partners.

Looking forward there is much work to be done, and much to be excited about for the upcoming year. The board will continue to seek and build upon community partnerships to enhance an integrated and community-based approach. We are particularly excited about a possible partnership with Providence Village that would provide us with an ideal location to work with our clients. A renewed focus on research will bring about partnerships with academic institutions and the ability to oversee as well as conduct reflexive and evaluative research projects to further justify existing programs as well as the need for new ones.

I would like to thank our staff, volunteers, donors, partners, sponsors and the South East Local Health Integration Network, without which this would not have been possible. The following pages reflect 2018-19 achievements and milestones and as we continue our journey we look forward to your support.

Thank you:

Kyle Plumb, President of the Board



*A Message from ASKFLA's
Executive Director
Vicki Poffley*



What an exciting year this has been! The opening of our satellite offices proved to be a great success and we look forward to continuing to serve those living in Frontenac, Lennox and Addington. Here in Kingston we have also had much excitement, we have increased our programs to offer many more social and recreational opportunities for our

families, designed new groups to support those living with and caring for those diagnosed with early onset. In addition, we were fortunate to receive funding for two new programs First Link which is currently being funded through the Ontario Dementia Strategy, First Link provides early connection with those being diagnosed. We have also embarked on a partnership with Mt. Sinai Hospital, the Cyril and Dorothy, Joes & Jill Reitman Centre for Alzheimer's Support and Training to provide two education and support programs to caregivers CARERS and TEACH. We look forward to continuing to provide these and other programs to our community.

With all the growth and opportunities this past year, we are also mindful of the current transition of our healthcare system. ASKFLA has signed onto the expression of interest to be part of the new Ontario Health Team structure with two organizations we look forward to the further development of the system and supporting our community as they navigate their journey with dementia. Our hope is for positive change that will benefit all Ontarians. Thank you to our dedicated staff, volunteers, donors and the Local Health Integration Network for your continued support.

Kindest regards,

Vicki Poffley, Executive Director

VISION

Is a world without Alzheimer Disease and related disorders

MISSION

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

ROLE

Is to be a primary source of awareness, support and information concerning Alzheimer Disease and related disorders

VALUES

**Are Care:
Collaboration
Accountability
Respect
Excellence**

Prepare for the Road Ahead & LIVE WELL WITH ALZHEIMER'S

For Jan Darbey and Fred Arnold, an Alzheimer's diagnosis wasn't earth shattering. Fred was told he had developed the progressive disease that causes memory loss nearly two years ago. While the prognosis was frightening, the couple has stuck to a mantra: don't see the end of the road, but all the good living along the way.

Both Fred and Jan are active in their hometown of Kingston, Ontario, and particularly within the Alzheimer's community where they have made connections with families in the same situation.

The couple are advocates for dementia awareness and use their voice to educate both the general public and people directly impacted by the disease. They say it's vital to read up on safety-related topics to help people with dementia live safely. Pointing to the Finding Your Way® Living Safely with Dementia Resource Guide developed by the Alzheimer Society of Ontario, Jan and Fred say that life with dementia can be safe, fulfilling and joy-filled.

The Finding Your Way® Living Safely with Dementia Resource Guide provides tips and strategies to help people live safely at home. People living with Alzheimer's and dementia often experience changes in balance, visual perceptions, memory and judgement. Through community outreach and with tools like the Resource Guide, the Alzheimer Society of Ontario seeks to prepare people to manage incidents of getting lost and address potential safety issues. The Resource Guide is a critical tool given sixty percent of people living with dementia will go missing at some point, often without warning.

The Resource Guide allows users to explore safety plans, helps them assess their living environment and encourages people living with dementia to remain engaged in their communities and stay active. Jan Darbey says education through tools like the Resource Guide is instrumental in keeping people living with dementia safe and happy. She stresses ongoing affirmations of love and respect and to ensure that people living with dementia know that their opinions matter, because they do more than ever.

Since 1983, the Alzheimer Society of Ontario has been dedicated to improving the quality of life for Ontarians living with Alzheimer's disease and other dementias and advancing the search for a cure. To learn more about the Finding Your Way Living Safely with Dementia Resource Guide, visit

FindingYourWayOntario.ca.



Soci t  Alzheimer Society
ONTARIO

Funded by  Ontario

Alzheimer Society Kingston, Frontenac, Lennox and Addington
400 Elliott Avenue, Suite 4 Kingston ON K7K 6M9
PH: 613-544-3078 TF: 1-800-266-7516 FAX: 613-544-6320
www.alzheimer.ca/kfla Email: ask@alzking.com

EDUCATION & SUPPORT

5778

Connections made to
persons living with
dementia or care partners



44

**Businesses
Reached**

BLUE UMBRELLA PROGRAM

Businesses & organizations received education
and training to provide good customer service
to people living with dementia

1196

Individuals
Supported

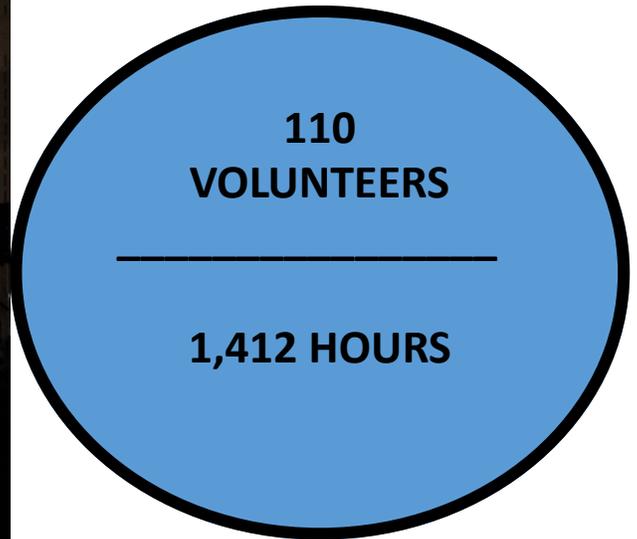
1921

Attended
Support Groups

2661

Connections
made through
education

RECREATION & VOLUNTEER



192

SOCIAL & RECREATION
PROGRAMS RUN

192

SUPPORT GROUPS
FACILITATED

768

INDIVIDUALS PARTICIPATED
IN SOCIAL & REC PROGRAMS

Programs with Volunteer Support

Intergenerational Choir

Care Partner Support Groups

Administration

Drop-In Program

Bus Trips

Dances

Events

RECREATION PROGRAMS

Over
900 Program
HOURS For

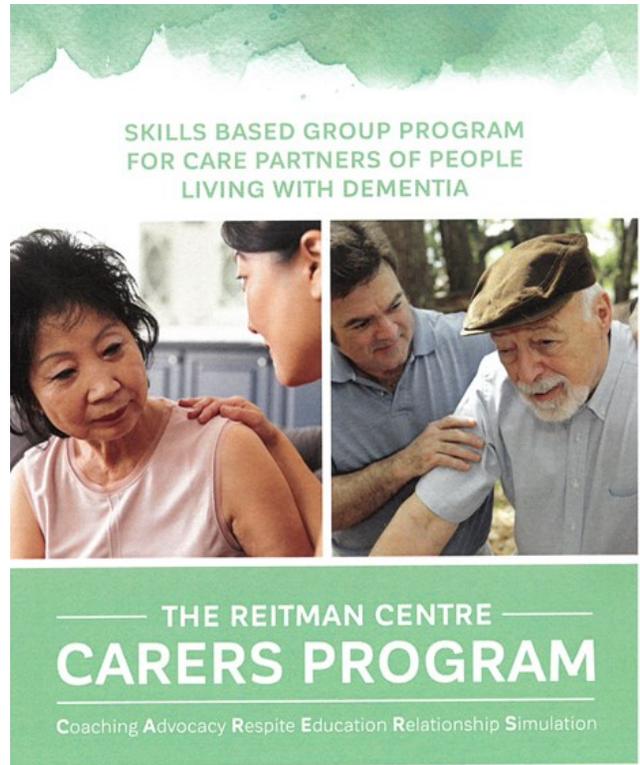


FUTURE GOALS: Offer Dances x3 per year (Fall, Winter &Spring), Christmas Church Hall Banquet, Offer Minds in Motion Music and Exercise Program for caregiver and PWD.

Continue to develop more Original artwork and develop more products for Boutique.

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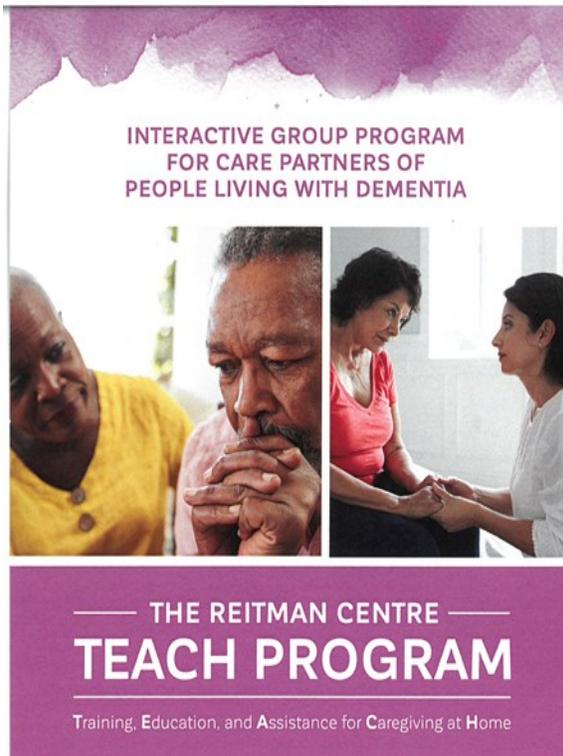
NEW Programs this year CARERS and TEACH
 Are presented with partnership with the
 Reitman Centre.
 The programs provide outreach and support
 To our clients and have been a huge success.



SKILLS BASED GROUP PROGRAM
 FOR CARE PARTNERS OF PEOPLE
 LIVING WITH DEMENTIA



THE REITMAN CENTRE
CARERS PROGRAM
 Coaching Advocacy Respite Education Relationship Simulation

INTERACTIVE GROUP PROGRAM
 FOR CARE PARTNERS OF
 PEOPLE LIVING WITH DEMENTIA



THE REITMAN CENTRE
TEACH PROGRAM
 Training, Education, and Assistance for Caregiving at Home



Alzheimer Society

KINGSTON, FRONTENAC,
 LENNOX & ADDINGTON



Sinai Health System

THE CYRIL & DOROTHY, JOEL & JILL
 REITMAN CENTRE FOR ALZHEIMER'S
 SUPPORT AND TRAINING



The Vision: Every Ontarian diagnosed with dementia and their care partners will have access to information, learning opportunities and support when and where they need it, leading to better patient experience, greater care partner capacity, reduced demand on institutional care and improved health outcomes.

5 Key Elements

Outreach

Building partnerships with physicians, health professionals and community service providers

Referral

Directly from physicians, health professionals, & community service providers or Self-Initiated

Contact with Clients

Education, Support & Social Engagement

Connection to Services

Connecting clients to Alzheimer Society information & assisting them in navigating health & community services

Intentional Follow-Up

Offering follow-up to all clients throughout the continuum of the disease

Highlights from ASO Year 2 Report

New First Link Care Navigators (FLCN) served over 7,000 new clients and over 3,000 existing clients and completed over 24,000 client visits.

Client surveys and focus groups demonstrate that FLCN are helping clients to reduce crisis situations and achieve better outcomes.

Almost 9,000 referrals were made to internal and external services – an increase of almost 7,000 or 450%!

100% of system partners interviewed reported that clients are satisfied with the supports they receive from FLCN

Increased support for FLCN is increasing the demand for other supports, programs & services.

Local Impact

Since October 2018 our FLCN has:

served just under 300 new clients

completed over 400 client visits.

Made over 200 internal and external referrals

Next steps

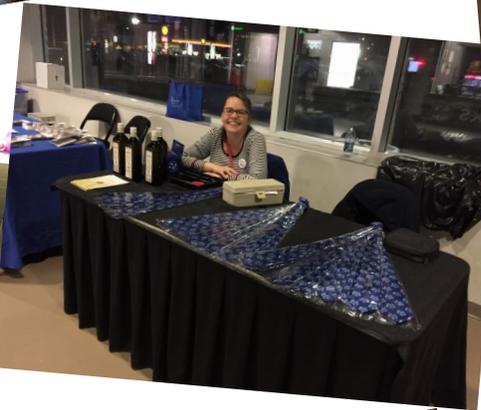


EVENTS & FUNDRAISING

Walk for Alzheimer's - \$43,925.83 (Napanee, Kingston and Northbrook)

Coffee Break - \$52,042.80

Third Party Events - XXXXXXX



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FINANCIAL REPORT



Alzheimer Society of Kingston, Frontenac, Lennox and Addington Statement of Operations

| For the year ended March 31 | 2019 | 2018 |
|---|-------------------|-------------------|
| Revenue | | |
| Fundraising (Note 7) | \$ 96,269 | \$ 125,578 |
| Donations | 245,975 | 175,928 |
| Ministry of Health and Long-Term Care (Schedule 1) | 257,903 | 210,881 |
| Other grants | 118,975 | 53,370 |
| Investment income | 17,265 | 9,416 |
| Other revenue | 2,486 | 2,356 |
| | 738,873 | 577,529 |
| Expenditures | | |
| Advertising | 2,729 | 3,872 |
| Amortization | 2,911 | 1,455 |
| Bank charges and interest | 3,544 | 3,348 |
| Board and meeting expenses | 2,364 | 3,249 |
| Building maintenance | 3,441 | 3,455 |
| Building rent | 45,838 | 31,450 |
| Computer supplies and software | 3,685 | 1,885 |
| Education and program supplies | 9,158 | 7,410 |
| Equipment and software maintenance | 11,023 | 6,623 |
| Equipment rent | 5,285 | 5,238 |
| Fundraising and volunteer expenses | 11,593 | 13,352 |
| Insurance | 2,203 | 2,511 |
| Membership fees | 514 | 2,148 |
| Ministry of Health and Long-Term Care - One Time Expenses | - | 27,485 |
| Office supplies | 19,538 | 10,227 |
| Postage and courier | 3,208 | 4,422 |
| Professional fees | 29,571 | 37,748 |
| Salaries and benefits | 406,567 | 271,913 |
| Telephone and internet | 6,572 | 2,720 |
| Training and conference expenses | 18,517 | 17,416 |
| Travel | 14,750 | 7,569 |
| Utilities | 4,361 | 4,402 |
| | 607,372 | 469,898 |
| Excess of revenue over expenditures for the year | \$ 131,501 | \$ 107,631 |

The accompanying summary of significant accounting policies and notes are an integral part of these financial statements.



**Alzheimer Society of Kingston, Frontenac, Lennox and Addington
Statement of Cash Flows**

| For the year ended March 31 | 2019 | 2018 |
|--|-------------------|-------------------|
| Cash flows from operating activities | | |
| Excess of revenue over expenditures for the year | \$ 131,501 | \$ 107,631 |
| Adjustments for items not involving cash | | |
| Amortization of capital assets | 2,911 | 1,455 |
| Increase in externally restricted funds | 438 | 160 |
| | <u>134,850</u> | <u>109,246</u> |
| Changes in non-cash working capital balances | | |
| Accounts receivable | (18,981) | (315) |
| Prepaid expenses | 2,063 | 1,002 |
| Accounts payable and accrued liabilities | 1,638 | 9,599 |
| Deferred revenue | 7,050 | (7,947) |
| Deferred capital contributions | (2,911) | 7,277 |
| | <u>123,709</u> | <u>118,862</u> |
| Cash flows from investing activities | | |
| Decrease (increase) in short-term investments | (63,458) | 890 |
| Decrease (increase) in long-term investments | (42,507) | (10,259) |
| Purchase of capital assets | - | (8,732) |
| | <u>(105,965)</u> | <u>(18,101)</u> |
| Increase in cash and cash equivalents during the year | 17,744 | 100,761 |
| Cash and cash equivalents, beginning of year | 256,651 | 155,890 |
| Cash and cash equivalents, end of year | \$ 274,395 | \$ 256,651 |

The accompanying summary of significant accounting policies and notes are an integral part of these financial statements.

Société Alzheimer Society

KINGSTON, FRONTENAC, LENNOX & ADDINGTON

Board Members 2018-2019

Board of Directors

Kyle Plumb, President
TBC, Vice President
Sam Kapoor, Past President
Lorraine Kenney, Secretary
Natalia Manaeva, Treasurer
Susan Ablack, Director
Tricia Dominik, Director
Susan Ilkov-Moor, Director
Shauna Sweeney, Director

Staff

Vicki Poffley, Executive Director
Lesley Kimble, Volunteer and Fundraising Coordinator
Mary Kratzer, Reitman Centre Carepartner Counsellor
Pam Lemke, Education and Support Coordinator
Sharon Lewis, Education and Support Coordinator
Candice McMullen, Program Coordinator
Kim Parkinson, Administrative Assistant
Mari Vepsalainen, Program Coordinator
Danielle Weir, First Link Care Navigator
Jan White, Client Services Coordinator

Alzheimer Society Kingston, Frontenac, Lennox and Addington
400 Elliott Avenue, Suite 4
Kingston ON K7K 6M9

Registered Charity # 12940 1683 RP0001

Napanee

307 Bridge St. W, Unit 1
Napanee, ON K7R 2G3
PH: 613-544-3078
TF:1-800-266-7516

Northbrook

Lower Level Lions
Community Hall, 12328
Hwy #41 Northbrook ON
613-544-3078
TF:1-800-266-7516

Sharbot Lake

Rural Frontenac
Community Services
1020 Elizabeth St.,
Sharbot Lake, ON K0H 2P0
613-544-3078
TF:1-800-266-7516

