



CONNECTIONS MATTER ANNUAL REPORT

2022-2023

Alzheimer Society
PRINCE EDWARD ISLAND

TABLE OF CONTENTS

- 01. Contents
- 02. Mission & Vision
- 03. A Message from the CEO
- 04. We're in this Together
- 05. Incredible Growth in New Clients
- 06. Serving Islanders
- 07. Caregiver Support Groups
- 08. Education
- 10. Wellness, Connect, & Care
- 14. IG Wealth Management Walk for Alzheimer's
- 16. Special Highlights
- 17. Honouring our Volunteers
- 18. Special Thanks



Mission & Vision

The mission of the Alzheimer Society of PEI is to alleviate the personal and social consequences of Alzheimer's disease and other dementias, as well as promoting the search for a cause and a cure.

Our vision is a world without Alzheimer's disease and other dementias.

The Alzheimer Society of PEI comprises a team of caring and dedicated professionals committed to fulfilling this mission and making a difference in the lives of Islanders impacted by dementia.



ASPEI is governed by a volunteer Board of Directors. Through the generous commitment of their time and expertise, they guide the organization's strategic priorities and ensure sound, ethical, and legal governance, and financial oversight.

2022-2023 Board of Directors

President: Nelson Hagerman

Vice President: Keith Merry

Treasurer: Val MacLean

Secretary: Carol Reid

Past President: M. Lynn Murray, QC

Directors: Martie Murphy

Dr. Martha Carmichael

Dr. Jackalina Van Kampen

Matthew McKenna

Carmel Donaldson

Joan Turner-Adams

Gary Evans

A Message from the CEO

Dear Islanders,

This past year it truly felt wonderful to fully re-open our in-person services and events like the annual IG Wealth Management Walk for Alzheimer's, and the 11th annual Alzheimer Awareness Conference. Though we weren't out of the woods yet, and we continued to take precautions, we were deeply grateful to gather with Islanders and battle the effects of the isolation from recent years. We are keenly aware now of the importance of connection to our health and mental health, to our happiness.

I am particularly proud of our newly launched program Wellness, Connect, & Care. This program features dementia friendly Walking Groups and Social Activities for seniors. Not only does the program support brain health for seniors and for those living with dementia through regular exercise, meaningful and cognitively stimulating activities, the program's central feature was creating opportunities for people to connect and feel less alone. Profound thanks to the many volunteers who offered their time, their skills, and their passion for helping others by co-leading these walking groups and activities.

As you will read about in the following pages, we have made considerable progress this year in reaching and providing support to more Islanders impacted by dementia than ever before. I extend a deep thanks to a dedicated, caring, and passionate staff for everything they do.

The upcoming year will bring further expansion in our education program for caregivers, the public, and health care providers, and the return of our Dementia Friends Leadership Luncheon where we honour excellence and leadership related to Alzheimer's and dementia, and recognize volunteers. We will continue to support Islanders, and advocate for greater awareness, less stigma, and best-practices in care.

Sincerely,



Jaime Constable - CEO



We're in this Together

Receiving a diagnosis of Alzheimer's disease or dementia is a difficult time for families, often marked by uncertainty, feelings of grief, and the search for hope. Families don't know where to turn, what they need, or what they can do to help their family member/friend live well with dementia. We're here to help.

In 2022-2023, the Alzheimer Society of PEI (ASPEI) focused largely on expanding to ensure essential supports to family caregivers across the Island. ASPEI also increased education to health care providers to build capacity for best practices in dementia care, and launched new programs to help persons living with dementia to stay engaged in the community, stay active, and have meaningful connections with others.

“ My support services coordinator provided direction on what steps I needed to take, shared familiar stories and quite often researched information that I needed to act upon. Most importantly, she managed to lift my spirits during the more difficult moments of being my mother's care person. I am grateful for the support we have received and would highly recommend anyone that is in a similar situation to reach out to the Alzheimer Society. - Client ”



Graduates of Dementia Care Training for Health Care Providers



Social Activities for Seniors - Birdhouse Making in Charlottetown

91%



indicated they were satisfied with the information they received about dementia

94%



of clients indicated they were satisfied with the one on one support they received

80%

were satisfied with the counselling for tough issues they received



84%

felt ASPEI support helped them to avoid distressing situations

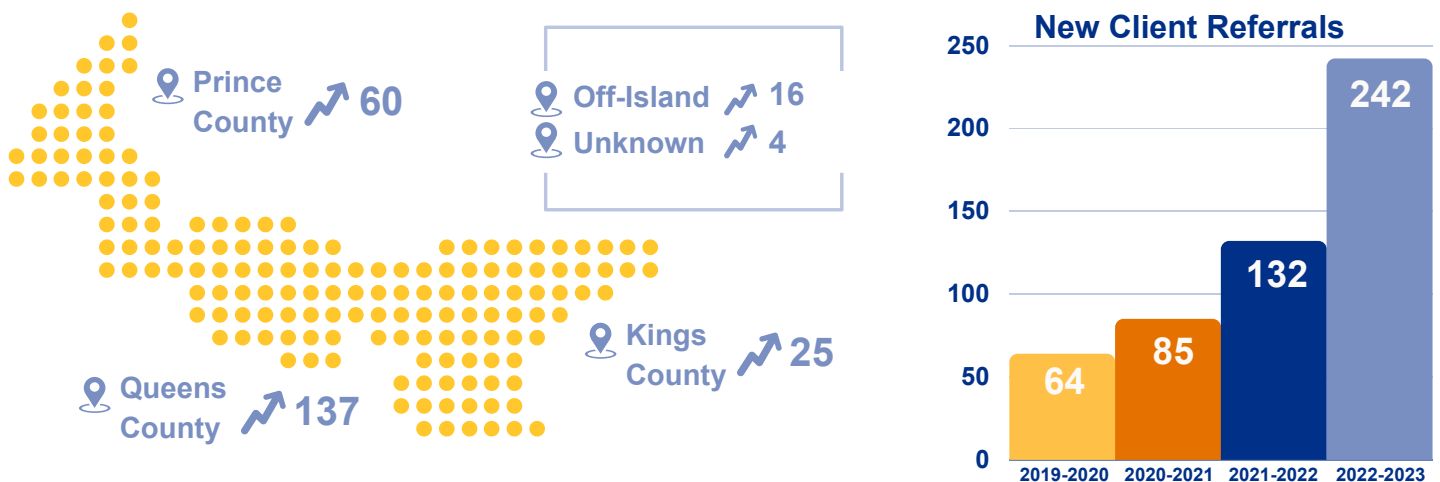
Incredible Growth in New Clients

Whenever there is a diagnosis of Alzheimer's or dementia it is considered best practice to ensure the family is referred to their local Alzheimer Society. When families access services earlier in the disease journey they can be more prepared for the changes and challenges that come as dementia progresses.

One critical part of our mission is to build awareness so all Islanders know where to turn if they receive a diagnosis of dementia. This year we served more new families than ever before, with an 83% increase in new clients being referred by a health care provider or reaching out for support.

Every new client is invited into the First Link program where they receive information, supportive counselling, regular follow-up by phone or in person, and access to support groups, education, social activities, and other programs as needed.

New Clients - Referrals increased by 83% over last year



79% of new client direct referrals are from the Provincial Geriatric Program

“From the very first day we spoke, you have been a constant source of comfort and reassurance for us, always there to answer our questions and provide us with the resources we need to ensure my mother's care and wellbeing. - First Link Client”

96% of respondents to the annual client satisfaction survey said they would recommend ASPEI to someone needing support when a family member/friend has dementia.

Serving Islanders

This year ASPEI served more people than ever before across PEI. Programs and services are designed to meet a broad range of needs and help persons and families to live better with dementia.

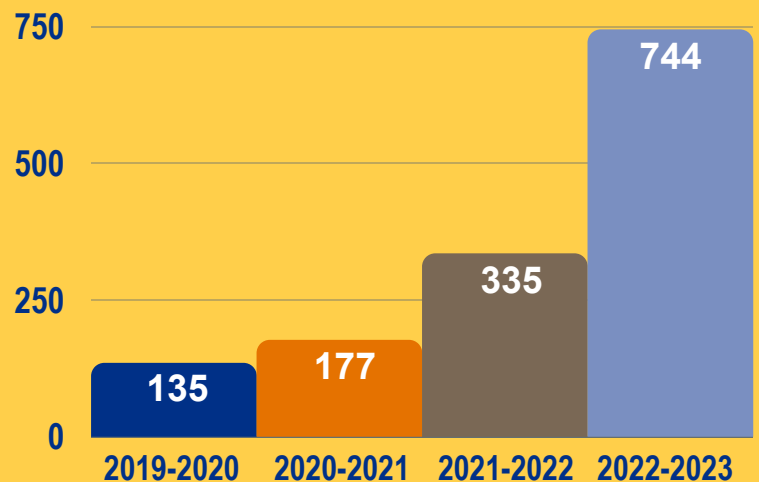
The First Link program includes one-on-one and family support, caregiver support groups, and in-depth education. Other special programs like Wellness, Connect, & Care PEI (Dementia-inclusive walking groups and social activities for seniors), and the Volunteer Companion Program are also available.



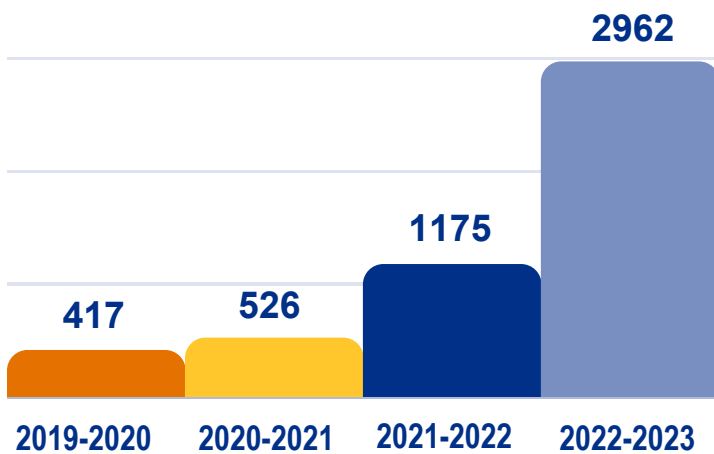
Your compassionate and dedicated approach to your work has made all the difference in our lives. You have helped us navigate the complex world of caregiving, provided emotional support, and connected us with resources that have made a significant impact on my mother's quality of life. You have truly been a shining light in the midst of a difficult journey. - First Link Client



of Individuals Served



Support Service Contacts



Refers to an instance of client service. All service interactions are counted here except education statistics.



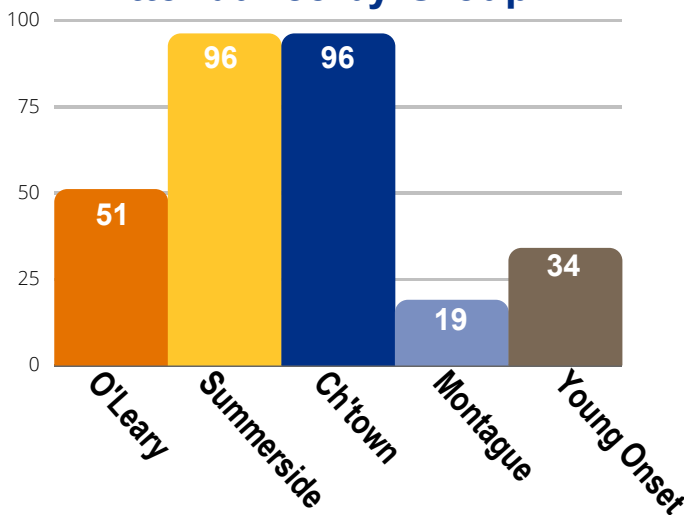
Caregiver Support Groups

Caregiver support groups are the place family members and friends go to share their experience, learn from others, and connect with people who really understand the impact of caring for someone with dementia.

In our last report we shared that we would be launching new groups in 2022-2023. We did it! There are now new caregiver support groups in O'Leary, Summerside, and Montague.

We also now offer a special group for caregivers of those living with Young Onset Dementia (under age 65). Dementia does not only impact seniors, and the needs along the journey can be very different in a Young Onset Dementia care situation.

Attendance by Group



“ Support Group has allowed me to feel far less isolated in my role of caregiver, providing me a sense of shared connection, [...] Help with understanding medical, pharmaceutical, and level of care options; financial concerns; end of life and health care directives have all been incredibly helpful parts of the support group for me. So too have been the times of shared tears, sitting in understanding, and well-being check-ins. - Wendy ”

Special Thanks!



Giselle MacKinnon

Summerside Support Group Leader

8+ years volunteering!

“ I appreciate getting to meet others going through similar experiences. We support and learn from each other. I've found the group very helpful and that's why I keep coming back. - Charlottetown Support Group Member ”



Education



870

**Education
Attendances**

Throughout 2022-2023 ASPEI focused on delivering quality in person and virtual education to persons and families impacted by dementia, health care providers, and the general public.

Highlights 2022-2023

Lunchtime Learning Series: Special Topics in Dementia

ASPEI offered a series of 30 minute virtual sessions covering special topics in dementia. These sessions were well attended by health care providers, family caregivers, and persons living with dementia. The recorded sessions can be accessed on the Society's YouTube page.

World Alzheimer Day 2022

On World Alzheimer Day, Sep 21st, ASPEI gave an update on the newly released World Alzheimer Report.

11th Alzheimer Awareness Conference

ASPEI held their first in-person conference since before the pandemic with over 190 attendees. Special thanks to Hon. Ernie Hudson, Minister of Health and Wellness for opening the day, and to Dr. Donald Weaver, the keynote speaker who shared emerging research on treatments, and the impact of Covid-19 on the brain and dementia.



Dr. Donald Weaver
Senior Scientist at the
Krembil Brain Institute



Education Continued

Education for Healthcare Providers

ASPEI offered many presentations to our partners across health and community care to raise awareness about dementia, services available to support families throughout the journey, the importance of early referral to those supports, and best practices in dementia care.

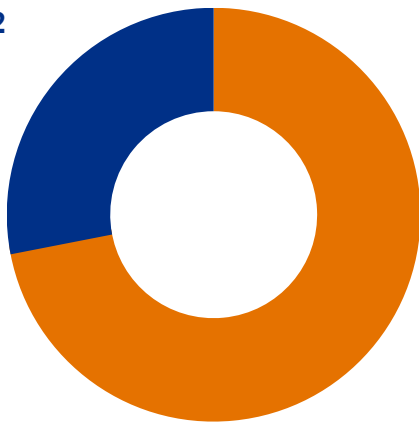
Dementia Care Training

ASPEI supports continuous improvement in dementia care across our health care system. To promote best practices in dementia care, ASPEI provides certification for specialization in dementia care for health care providers. DCT covers everything from the basics of understanding dementia, to leading theories and hands-on care techniques. Islanders deserve the best, most informed care possible.



57 new health care providers were certified in Dementia Care Training

DCT 102
16



DCT 101
41

“ Awesome facilitator - exciting awareness, look forward to seeing all the differences this amazing Society will make towards improving our health care crisis.
- DCT Student ”

Coming up in 2023-2024!

A new on-demand model for DCT will be created in addition to the in-person program. Through an exciting partnership with the Provincial Home Care Program, up to 200 Home Care workers will become certified!



Wellness, Connect, & Care

Last year ASPEI launched an innovative new project called Wellness, Connect, & Care, funded in part by the Government of Canada's New Horizons for Seniors Program. The project involved the implementation of two new programs, dementia-friendly Walking Groups for Seniors, and Social Activities for Seniors. These hugely successful programs were open to all seniors, and were dementia-inclusive ensuring persons living with dementia and their caregivers had a safe space to stay connected to others and engage in meaningful activities in their communities.

Walking Groups for Seniors

Volunteer-led Walking Groups for Seniors were piloted in O'Leary in partnership with Go West! PEI, in Charlottetown, and in Montague.

Program Goals:

Seniors

Promote a healthy lifestyle, reduce the risk of dementia, and reduce isolation. Reduce the stigma around dementia through an inclusive environment and education. Foster relationships between seniors and ASPEI.

Persons Living with Dementia

Promote physical and brain health, build strength to reduce the risk of falls, reduce isolation, encourage meaningful activities and connection to the community.

Caregivers

Promote physical and brain health, reduce isolation, provide a safe and understanding environment for continuing to engage in activities outside the home.

“ My favourite thing about the walking group was getting to meet new people and not being alone all the time.

- Participant



100% of respondents said the walking group improved their physical health



Wellness, Connect, & Care

Charlottetown - Last summer, in partnership with volunteers Ron Pringle and Margie Cain, ASPEI launched two new weekly Walking Groups for Seniors in Charlottetown. Tuesdays mornings offered a casual experience to walk, chat, and connect. Saturday mornings combined walks with historic guided tours around some of the city's more interesting and significant locales. These groups continued into fall, and expanded to explore places of interest in rural areas.

O'Leary - In partnership with Go! West PEI we offered a series of walks for seniors on the beautiful trails near Mill River.

Montague - A small but mighty group of walkers led by volunteer Marnie Johnston have been meeting to walk outside when weather is good, or inside at the Cavendish Wellness Centre.

86%

of respondents said the walking group:

- Improved their mood, mental health & wellbeing
- Reduced feelings of isolation & loneliness
- Helped them meet new people and make new friends



Wellness, Connect, & Care

Social Activities for Seniors

Volunteer led Social Activities for Seniors were held in O'Leary, Summerside, Charlottetown, and Montague. These activities ranged widely in focus and involved: storytelling, a strawberry sundae social, arts and crafts, gardening, dances, concert sing-alongs, baking, and more.

Program Goals:

Seniors

Promote social connections and reduce isolation. Offer opportunities for seniors to engage in meaningful activities. Reduce the stigma around dementia.

Persons Living with Dementia

Promote brain healthy meaningful activities to provide cognitive stimulation and to reduce isolation.

Caregivers

Decrease isolation, and provide a safe and understanding environment for continuing to engage in meaningful social activities outside home



“ My favourite thing about the social activities was that I liked being out with people. I'm shy, over 65 and new to the island so I know very few people. - Participant ”

100% of respondents said the social activities improved their mood and mental health and wellbeing

100% of respondents said the social activities decreased feelings of isolation and loneliness

Wellness, Connect, & Care

ASPEI would like to extend warmest gratitude to the many volunteers across the Island who offered their time to consult and help to guide the Wellness, Connect, & Care program, and who led social activities in their communities. We could not have done this without your generous support, creativity, and expertise.



2022 IG Wealth Management Walk for Alzheimer's

At the 2022 IG Wealth Management Walk for Alzheimer's we raised over \$35,000 locally, breaking previous records. During the month of May we held a province-wide scavenger hunt in partnership with local businesses, and gave away amazing prizes. For the first time since 2019 we held 4 in-person walks across the Island. We had a perfect sunny day in Charlottetown, Montague, Summerside, and O'Leary.

A special thank you to the Local Pub & Oyster House for donating \$1 to ASPEI from some menu items during the month of May, and for raising awareness by sharing our information and forget-me-not flowers. The Local raised and donated a total of \$2,400!



Alzheimer Society

**+\$35,000
raised locally**

Top Individual Fundraiser:
Stephanie Pipes

Top Team Fundraisers:
McKenna's

**Top Long Term Care Home
Fundraisers:**
Andrews of Stratford





Special Highlights



Jim Landry completed his 5th Forget-Me-Not Cycling Tour with all proceeds donated to the Alzheimer Societies of PEI and New Brunswick with a total of \$2,200. This solo bike tour is in memory of his mother who lost her battle with Alzheimer's disease in 2016. Thank you, Jim!

Special thanks to Wendy Chappell for sharing her story as a caregiver for her mother who is living with dementia and to those who donated to the 2022 Holiday Mail Campaign which resulted in over \$9,500 in donations!

“ The Alzheimer Society has a breadth of expertise to help each caregiver and can sometimes feel like a place of grounding and sanity in an often-topsy-turvy life circumstance. - Wendy ”



Across Canada every year in January we bring recognition and awareness on behalf of those whose lives are touched by Alzheimer's and dementia by celebrating Alzheimer's Awareness Month. Thank you to Premier Dennis King who signed the proclamation for Awareness Month in PEI with Jaime Constable, CEO of ASPEI.

We were delighted to be joined for the summer by two Students, Olivia MacAuley - Administrative Assistant and Allison Vandaele - Education Program Coordinator. They both made incredible contributions to our work over the summer. We thank them both and wish them success as they continue their post-secondary education.



Honouring our Volunteers



From left to right. - Joy Smith (Knitting Group - Summerside) Lisa Freeman Messy Crow - Felting workshop - Montague) and Ann Campbell (Concert-sing along - Charlottetown.)

Volunteers really help make the world go around at ASPEI, and we're so grateful for their support and presence. This year we had a large number of new volunteers join, and it's been a pleasure to get to know each of you.

Special thanks to:

Blair MacKinnon - Completed his 31st year assisting in the Door to Door Campaign!!

Walking Groups for Seniors

The dementia-inclusive Walking Groups for Seniors were extremely popular, and the Charlottetown groups thrived through summer, fall, and into winter thanks to a dedicated, passionate, enthusiastic, and generous couple.

Connecting with Ron Pringle and Margie Cain felt like the best kind of synchronicity.

Ron and Margie brought a wealth of knowledge and experience and helped us design the program from the ground up to ensure processes, safety, efficiency, and a positive experience. Margie also volunteered and taught Walking Poles workshops!

Except in the case of severe weather, Ron has led walking groups twice per week since July 2022. Tuesdays is a casual walk and talk format, and Saturdays' included a guided tour to historic locations around town and beyond.



Thank you Ron & Margie!

SPECIAL THANKS

Title Sponsor

IG Wealth Management

Gold/Silver Walk Sponsors

Key Murray Law

Parkdale Sherwood Lions Club

Summerside Chrysler Dodge

Jeep Ram

Nelson Hagerman

Kickham Properties

Bronze Walk Sponsors

King's County Produce

Tops to Floors

Garden Home

PEI Brew Co

Cox & Palmer

Bradley Handrahan & Associates

Browns Volkswagen

Maritime Electric

Evermoore Brewing Company

In Kind Gifts

Bogside Brewery

Casa Mia

City of Charlottetown

Claddagh House

Old Dublin

PEI Potato Museum

C&B Corner Cafe

Bloom House Flowers

Sunny's Dairy Bar

Lobster Barn

The Local Pub & Oyster House

The Lucky Bean

Mill & Birch

The Deck at Ocean Acres

What's the Scoop?

The Dunes Gallery, Garden
& Cafe

Exit Realty

Francis MacKenzie

Famous Peppers

Grand Senses Spa

Hearts and Flowers

Holman Grand

Inn at Bay Fortune

Leigh Jenkins

Media

CBC PEI

Coffee News

Saltwire Network

Major Gifts & Grants

Over the Bridge Club

Summerside Duplicate Bridge Club

United Way of PEI

Don's Bottle Exchange Ltd

Benevity Community Impact Fund

UPSE

Scottish Rite Charitable Foundation -
Valley of Summerside

Tignish Community Member

Relations Inc

StandardAero

Metro Home Building Center

Kinsmen Club of Summerside

Harding Medical

PEI Mutual Insurance Company

Lone Oak Brewing

Messy Crow Studio

Nature Space Resort

Pressed4Time

Redwater Rustic Grille

Sask Rambler Rods

Sign Craft

Veseys Seeds

Vinny's Fish & Chips

Wheelhouse