

Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON



2018-2019

ANNUAL REPORT

Together you've helped us grow to support the increasing number of people living with Dementia and their families.

Whether donors, volunteers, funders or community partners, your generosity and commitment has enabled us to continue to offer excellence in Dementia care.

This past year was particularly exciting as together we were able to sustain, expand or introduce three exciting new programs and services.

We're thrilled that we have realized the long-held vision to increase our footprint and expand our space to accommodate our new and existing programs. Our move to 360 George Street includes two new program spaces and a new private client meeting room.

In this report you will hear about the effect your support has had from the very people who are most invested in our success; people living with Dementia and their families.

5 Ways the Alzheimer Society Peterborough, Kawartha Lakes, Northumberland and Haliburton Grew in 2018-2019

1. Strengthened our Partnerships with Primary Care - This past year we received annualized funding to embed our team in Primary Care Collaborative Memory Clinics at the Northumberland Family Health Team, Port Hope Community Health Centre and the Haliburton Highlands Family Health Team. – see page 4 for the story

2. Committed Social and Recreation Programming to our Core Services - In 2017 we introduced Minds in Motion® as part of a pilot research project with Baycrest and the Canadian

Centre for Brain Health and Aging Innovation. In 2018-2019, after an extremely successful pilot, we committed to offering this fitness and brain health program in all counties throughout the year. – see page 6 for the story

3. Recognized as a Dementia Leader by the Central East LHIN by Piloting a Young-onset Day Service - In the fourth quarter of the past fiscal year the Alzheimer Society was given the nod to pilot a day service (or program) for people living with Dementia under the age of 65. This unique service was so successful that the LHIN continued funding for the next fiscal year. - see page 5 for the story

4. We got a Home Makeover in Peterborough - Our head office in Peterborough at 183 Simcoe Street had long outgrown not only the number of staff but the capacity to host our many groups, education sessions and meetings. In February 2019, we moved to a new 6700 square foot location in the lower level of Peterborough Square. - see page 7 for the story

5. Investment in Financial Sustainability - We're committed to be a responsible, sustainable charity who takes great care with the assets, investments and funding we're given. To that end, the Board has invested in the Fund Development program whose goal is to see that our long-term financial portfolio is incrementally diverse. - see page 8 for a financial snapshot

Together we're making a difference. Thank you!

BOARD CHAIR STATEMENT

Once again, this past year has been a time of transition and growth for the Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland and Haliburton. We have been very fortunate to be able to bring new services, expansion of existing programs, and a new staff member to enhance our offerings to the communities to which we serve. It is an honour to work with such a wonderful group of people, assisting them in helping another wonderful group of people.

Over the past year, the Alzheimer Society has made outstanding efforts to attain a new level of service and quality for our clients. During the year we have continued the Primary Care Collaborative Memory Services which is very well received. We have implemented the new Minds in Motion project, which was a huge success and we are fortunate to be able to say we are continuing with this project as it has helped so many in our community. We hosted the Summit on Aging: Spirit Unforgettable...a huge thank you to all who participated and made this such a successful evening. And to top it all off, the relocation to another location for our Peterborough office. All the additional work performed during 2018 to prepare for the move in 2019 was magnificent. A huge thank you to the staff and volunteers that made this possible and apparently seamless into the move early 2019. Such a great space and a great job well done!

The continued focus by our dedicated staff and volunteers allows us to provide programs to better serve our clients that are living with dementia and their families. Alzheimer's is a disease that touches so many people, not just those that are diagnosed, and they all need the champions that they find here. Without our dedicated volunteers, students, wonderful and enthusiastic staff, and devoted family, we would not be able to provide the exceptional care that we do.

I also want to especially thank our generous donors. The funding that you provide will help us to enhance the critical role that the Society plays in assisting those living with dementia and their care partners, so they are connected to the support, services and resources they need. Our heartfelt gratitude for your outstanding support of such a worthy cause.

Thank you for your support and all the best for 2019/2020.

Sincerely,



Barb Goodwin
President and Chair of the Board of Directors

WE ARE FAMILY

Primary Care Collaborative Memory Services are a community-based memory clinic with a Family Physician lead with a team of allied health professionals and two Alzheimer Society Staff who meet with patients to assess their memory concerns.

Below is one story of the support Alzheimer Society staff embedded in a memory clinic can provide.

Elinor Kerman¹ lived alone, her neighbours were her only connection to support. She'd been to the Memory Clinic once before; neighbour Joan² was close to Elinor and joined her. Joan was worried, Elinor had been forgetting things.

Elinor and Joan met with the Memory Clinic team including Danielle, Client Support Coordinator with the Alzheimer Society. While there were no major concerns at that time there was evidence of some cognitive changes. What did come to light was that Elinor trusted Joan more than she trusted her family. Old family conflicts and wounds complicated the situation.

A few months later Elinor and Joan were back at the Clinic. This time things were progressing and during the re-assessment they met with Anne-Marie, the Alzheimer Society Social Worker. Anne-Marie understood that the most important task was to build trust and rapport with Elinor, her neighbours and family. Anne-Marie made a follow-up appointment to meet with Elinor in her home. Through many cups of tea and conversations she, as Elinor's trust built, was able to get a better picture of how Elinor was managing and where she was having difficulty. Over time, Elinor

trusted Anne-Marie to communicate with her estranged family, talk to her physician and contact Home and Community Services with a consistent message of the wraparound support needed.

Some of the changes and plans set in place included a communication plan should there be a crisis, support and education for Elinor and her carepartners about her diagnosis. Working with family and facilitating set-up of in-home supports and planning for a time should Elinor not be able to remain in her home.

Around Christmas time Elinor experienced a significant health crisis and required support for her medication and resulting physical decline. At this point, through a great deal of hard work from the family and neighbors, everyone let go of their past conflict to support Elinor. Guided by Anne-Marie and working with the family doctor, pharmacist and Home and Community Care, Elinor moved to a Long-term Care home. Safe, Elinor celebrated her 85th birthday surrounded by her children and grandchildren.

¹ Pseudonym

² Pseudonym

Safe, Elinor celebrated her 85th birthday surrounded by her children and grandchildren.



WHAT A DIFFERENCE A DAY MAKES

Imagine you are 59 and you are forgetting things. Not just your iPhone password but significant things like what University your daughter attends, your youngest grandson's name and your route to work. You are worried but your doctor tells you it's just depression. Your employer is getting frustrated, you seem distracted and quick to anger. You are told to take a few weeks off. You later find out you have Young-onset Dementia, a disease that affects 3%¹ of the Canadians diagnosed with Dementia. You can't believe your 60th Birthday is in two weeks...

In January 2019, the Alzheimer Society was given the exciting opportunity to deliver a 12-week

pilot program for people living with Young-onset Dementia (diagnosis prior to the age of 65). The program, affectionately named by the participants Triple F (Funny, Forgetful, Friends), ran twice weekly and the seven participants represented all four of our counties. Triple F delivered the age appropriate programming that traditional "day programs" don't offer.

One such Triple F attendee had been to a traditional day program and told his family he would never go back...

¹ Canadian Institute for Health Information Website

"I have been wanting to let you know how much what you are all doing means to both of us. He loves to tell me all about his day and I enjoy the enthusiasm he has! He can't wait to go again. He feels such a connection to everyone because you all understand. I have seen an improvement in his health and well-being. He was getting lonely on the days I have to work. The group gives him somewhere to go where he can shine! We have appreciated all the of the wraps, pizza and soup you have sent home. He walks to the house like he is carrying gold. He was so proud the day you all prepared the meal to bring home. I can't thank you enough!! I was at a point of total burn out and discouragement. Having some time to myself has helped me tremendously!! I have been able to regain my energy and I am now accomplishing tasks that will help us get back on our feet!! Thanks!! We are so very grateful for the opportunity to participate."

Minds in Motion[®]

A physical activity and brain stimulation program for people with dementia and their care partners.



Date: May 18, 2018
To Whom It May Concern
From: Elaine and Henry Keeler
Re: Testimonial of Minds in Motion Program

Minds in Motion is an amazing program and we would highly recommend that anyone considering the program sign up without delay. You will not be disappointed.

Jennifer is a gifted instructor who incorporates fun, laughter and exercises that are effective and easy to follow. From the moment that both mom and I walked into our first class, Jennifer made us feel like we were at home. The classes allow people to exercise according to their ability and pace and within any individual medical restrictions the participants may have. Each week the classes become slightly more challenging and it brings such a sense of accomplishment to both of us after each class.

Since beginning this program, my mom's balance and flexibility has improved tremendously and she has also seen physical changes in her weight as a bonus. Mom is now exercising or as she likes to say "doing her homework" on her own almost daily, and walking has once again become enjoyable for her.

The second half of the program may have had an even bigger impact on my mom's life. We enjoy a coffee and snack after a workout, and get to socialize, laugh and meet new people while playing games. Before going into Minds in Motion my mom was not comfortable going outside of the house and being around strangers. I have seen her coming out of her shell around new people and this program has become not only one of the highlights in her week but in mine as well.

Two weeks ago my mom decided to join a day program with Community Care and she loves it. I can honestly say that this would not have happened if she had not participated in Minds in Motion first.

We would like to thank Jenn and all the wonderful people involved in Minds in Motion and look forward to being a part of this program for many years to come.

Yours truly

Elaine and Henry Keeler



United Way
Northumberland

Without you this
wouldn't be possible!



I FEEL THE EARTH MOVE

“We had several clients share how much they enjoy the new space and comment on how bright and open it is.”

So not the earth, but the Peterborough head office of the Alzheimer Society Peterborough, Kawartha Lakes, Northumberland and Haliburton.

10 years ago, the Board and Staff identified that future growth coupled with an increasing staff team and need for program space would make residing at the current location untenable. By 2018 the situation was critical! We were no longer able to host education and support programs or regularly meet privately with clients.

In late 2018, after an exhaustive assessment and property search, we signed a lease for half of the former Peterborough Public Library in the lower level of Peterborough Square. Not only can we now host support groups, public education, Minds in Motion® and the new day service but we have space for all staff, students and volunteers.

A unique feature of lower level of Peterborough Square is the informal community “hub” that has developed. Our neighbours include; Victorian Order of Nurses, Carepartners (formerly Red Cross) and Princess Gardens Retirement Residence.

After hosting the first public education event at the new location Sarah Cook, Education Coordinator, had the following to say;

“We held our first large group education event in the

Activity Room last week. We had 25 people attend and the response was very positive! We had several clients share how much they enjoy the new space and comment on how bright and open it is. Being able to host these events in a room that we can set up early, where refreshments and handouts can be prepared and provided on-site is very helpful. It also allows our clients and members of the public to become comfortable and well-acquainted with our office space, our resources and our staff and volunteers.”

Thank you to the staff, volunteers and generous supporters who helped make this move possible:

- Curtis Wong from Brant Basics
- Durham Region Health Department for the donation of desks
- Masterbrand Cabinets Inc. & Dale Bateman; for the donation of beautiful Thomasville cabinetry for the kitchen and meeting rooms
- Peterborough Square, Owners Management and Maintenance Staff
- Photographers: Ken Powell and Steven Rose
- The Relocation Committee: Colin Chambers, Barb Goodwin, Nancy Mitchell, Leslie Parham and Pamela Wilson
- Special Thanks to the Move Committee: Shelby Barrie, Lisa Hughes, Nancy Mitchell and Danielle Vernon whom without their patient leadership NOTHING would have moved!

FINANCIAL LAYOUT

The Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland and Haliburton's external audit firm, Baker Tilly KDN, LLP provides an annual report to the Board of Directors and Members at their Annual General Meeting on June 27, 2019.

Were committed to being fiscally responsible, transparent and accountable to our stakeholders and the general public. Our long-term financial plan is to diversify our revenue sources to decrease our economic dependence on the Ministry of Health and Long-term Care via the Central East Local Health Integration Network.

Note: The information below has been extracted from our organization's operating financial statements. You may obtain a copy of our approved and complete Financial Statements after June 27, 2019 on our website at www.alzheimer.ca/en/pklnh/About-us/Annual%20Report or by requesting a copy at 705-748-5131.

REVENUE

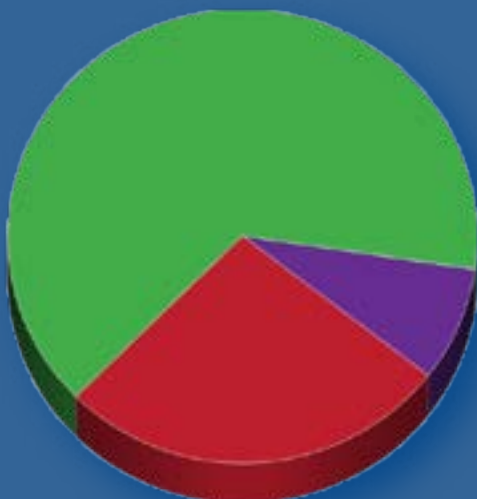


Individual giving	\$131,646.00
Bequests	\$66,283.00
Fundraising Activities	\$77,887.00
Local Health Integration Network	\$883,112.00
Alzheimer Society of Ontario	\$18,184.00
Investment and other income	\$62,521.00

TOTAL REVENUE

\$1,239,633

EXPENSES



Programs and Services	\$786,614.00
Research and awards	\$300.00
Fundraising	\$99,206.00
Operations	\$327,314.00

TOTAL EXPENSES

\$1,213,434



Thank you to all the board members who've shared their time and expertise to advance the Alzheimer Society Mission. On behalf of the board and staff we'd like to thank the following outgoing members; Sheila Thompson, Nick Delpellaro and Jennifer Lamantia. A warm welcome to new members Lisa Rundle and Melanie van Asten.

Board of Directors 2018-2019

- Barbara Goodwin, President
- Pamela Wilson, Vice-President
- Sheila Thompson, Treasurer
- Wendy Bulloch, Secretary
- Nick Delpellaro, Director
- Jennifer Lamantia, Director
- Gary Lounsbury, Director
- Pat O'Brien, Director
- Anand Shah, Director

Staff Team 2018-2019

Administration

- Leslie Parham, Executive Director
- Lynn Muller, Administrative Assistant
- Tracey Rodgers, Bookkeeper

Client Support:

- Denise Ansell, Support Program Supervisor

Client Support Coordinators

- Shelby Barrie

- Pat Finkle (until 11/2018)
- Susan Fisher
- Bonnie Fitzgerald
- Jennifer Gooderham
- Allison Walsh
- Diana Primavesi, MSW (until 05/2018)
- Anne-Marie Peters, MSW
- Jennifer Stubbart, Minds in Motion Coordinator

Education

- Sarah Cook
- Carolyn Hemminger

Friendly Visiting/Volunteers

- Shawna Peddar (until 09/2018)
- Susan Simmons

Fund Development

- Lorraine McCallum
- Robert Tonus (until 02/2018)



OUR MISSION

The Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland and Haliburton is a person-centered agency dedicated to advocating for and improving the quality of life for those affected by Alzheimer's disease and other dementias throughout their journey.



OUR VISION

To be a leader in the Alzheimer Movement and recognized by our community as an essential provider of dementia-related services and supports

Help for Today, Hope for Tomorrow.

DONATE TODAY

www.alzheimer.ca/pklnh



Ontario

Central East Local Health
Integration Network