



**Yes. I live with dementia.** Let me help you understand.

We are very fortunate to have acquired the resources needed to meet the unprecedented growth we have seen over the past year.

It has been another year of growth and development at the Alzheimer Society of Sarnia-Lambton (ASSL). We are very fortunate to have acquired the resources needed to meet the unprecedented growth we have seen over the past year.

To start the year, we hired our first full-time Fund Development and Communications Coordinator, Marie Marcy-Smiths. Marie set to work immediately and has not stopped! Over the past year, Marie has been instrumental in raising our profile and has helped to bring in the largest amount of fundraising revenue to date. We closed out the year with fundraising revenue up by nearly sixty percent and donated dollars up by thirteen percent. We know that continued advertising and marketing efforts will result in increased revenue and exposure for ASSL, which in turn will allow us to serve more clients in need.

We also introduced another new role to the agency this past year, and welcomed Ann McLean into her new role of First Link Care Navigator. This position was introduced within each Alzheimer Society in Ontario, and is funded by the Ministry of Health and Long-Term Care. This investment shows us that the government is acutely aware of the need for services in dementia care and that the Alzheimer Society is a trusted partner in the delivery of front line dementia services and in particular navigation services. Ann's caseload has quickly filled up and within her first year she

served 270 clients, helping them to navigate and coordinate care.

The commitment of our staff to developing existing services and enhancing the quality of all services is something to note. We have seen a great response to the expansion of our First Link Learning Series, and our staff have worked diligently to ensure that education on dementia is received in a timely manner and is offered on an ongoing basis throughout the progression of the disease.

Another accomplishment this year was our partnership with the Sarnia Police and Lambton County OPP to register those living with dementia as a vulnerable person at risk of going missing. This registry allows for a quick response should someone go missing, which we know to be three out of five people living with dementia. This is part of our work with the Finding Your Way program that helps people live safely with dementia.

Without the support of the board, our volunteers, our staff, our community and our funders, we would not have been able to meet the needs of our clients. We truly appreciate the dedication and support of everyone in our community who contributes to the success of the Alzheimer Society of Sarnia-Lambton.

We look forward to another great year ahead!



Melanie Bouck

**"Coming together is a beginning, staying together is progress, and working together is success." - Henry Ford.**

## BOARD CHAIR STATEMENT

After six years on the board, with the past three as Chair, I am so very proud of what has been accomplished by the board and staff at this agency.

We have added additional staff through our own funding to provide even more programs and services for our community. The enthusiasm of the staff continues to be impressive as they educate us on the initiatives they want to start as a result of working directly with our community and understanding the needs of our clients.

Melanie has been extremely successful in securing additional funding for the First Link Care Navigator position and our new Day Program -- a vision this board has had for several years.

Equally important is our need to create sustainability independent of government changes reflected in our 68% economic dependency statistic.

Our Fund Development and Communications Coordinator, Marie, and her committee have worked tirelessly to help us achieve that metric through their efforts and events promoting the agency and spreading the word about the services we provide.

Those additional dollars have allowed us to serve our community with much needed respite hours, more educational events, and the ever-popular Minds in Motion and Mindful Music programs.

Lastly, congratulations to the board as well as Melanie and her staff for their recognition on the Mayor's Honour List in 2018. It is a testament to our growing presence in the community and illustrates our commitment to providing education, and programs and services to the families of Sarnia-Lambton living with Alzheimer's and dementia related diseases.

**I wish the incoming board and all the staff continued success in driving the agency forward in its mission to serve the families of Sarnia-Lambton**



A square image containing a handwritten signature in black ink, which appears to read 'Julie Brady Campbell'.

Julie Brady Campbell



## Mindful Music Research Project Results

This year we saw the wrap up of our Mindful Music Research Project that was started in 2017 in partnership with Lambton College.

This aim of the project was to determine the effectiveness of music as a non-pharmacological, community based intervention for those living with dementia who experience behavioural symptoms arising from the disease.

The project followed four individuals living with dementia and their primary care partners. Each of the project participant dyads took part in an intake assessment and the development of a personalized music playlist. They then received three weekly visits without music for three weeks from a project researcher. This was followed by three weekly visits with music for three weeks with the same researcher. An exit assessment was conducted following the in home visits.

The participants were measured for responsive behaviours, quality of life, caregiver burden,

vocalizations/quietness and happiness/unhappiness.

The results show that all participants benefited from using music as an intervention. The personalized music playlist appeared to play a valuable role in the success of the intervention.

The key outcomes of the research are that participants were happier when the music was playing; the effects persisted for at least ten minutes after the music was turned off; and, very few responsive behaviours were observed over the course of the visits.

A full report of the project will be available soon. We wish to thank all research participants who took the time to participate and allowed us into their homes; Nicole Domonchuk, lead researcher from Lambton College and her team of researchers; and Celia Conroy, Vanessa Barnes and Karen Riley from the Alzheimer Society for assisting with the project.

# FINDING YOUR WAY.®



3 out of 5 people living with dementia will go missing at some point during their dementia journey.

The Finding Your Way program aims to get those who go missing home quickly and safely, and helps education first responders as well as the larger community on how to interact with someone who may be lost.

Saturday May 12, 2018 marked our first ID Registration Day in partnership with the Sarnia Police Service. This partnership has continued to date and has also seen us partner with the Lambton County OPP in a similar effort.

As part of the ID Registration Day, we gather important information that will help in the search for someone who goes missing. The police log this information, along with a recent photo, into their Vulnerable Persons Registry. Should a report come in that a person living with dementia is missing, the police can access the information and get it out quickly to aid in the search.

To date we have over 150 people living with dementia registered with the Sarnia Police.





## Minds in Motion® Program Evaluation

Minds in Motion is an eight-week program for people living with mild to moderate dementia and their care partners. It engages participants in exercise and social activities in a safe, supervised setting.

We introduced our Minds in Motion program in 2017 through a grant from the Centre for Aging Brain Health Innovation (CABHI). This pilot project allowed us to get started by training staff and volunteers and purchasing necessary equipment to run the program. We are happy to report that the program has continued past the pilot project with funding from our fundraising efforts and generous donors.

The original grant was facilitated by the Alzheimer Society of Canada, who collected data for a full evaluation of the program. We recently received the results of the evaluation and are happy to have evidence that confirms what we see in each and every

program that we run -- participants are getting stronger, increasing their physical capabilities and are having fun and making valuable social connections with their peers.

The evaluation showed that 99% of participants agreed that they enjoyed the program, with 93% agreeing that they would recommend it and would participate again.

The full report can be accessed by contacting our office at [info@alzheimersarnia.ca](mailto:info@alzheimersarnia.ca)

This evaluation demonstrates the importance of exercise and socialization and will allow us to appeal to funders for program sustainability.

# FUNDING RECEIVED FOR INCREASED RESPITE SUPPORTS

## Adult Day Programming to be offered in 2019

We are very fortunate to have received additional funding this past year for increased respite supports. This funding from the Erie St. Clair Local Health Integration Network (LHIN) allowed us to increase the number of respite hours offered to our clients and also allowed us to offer a program for people living with dementia whose care partner is attending a support group session.

Supporting care partners is imperative as we aim to help those living with dementia to live well in our community. Respite services, whether offered in home or in a group setting, allow the care partner a break and an opportunity to take care of their own health needs so that they are better prepared to continue supporting the person living with dementia.

We look forward to expanding our respite services to include an Adult Day Program in 2019, while we continue to support those who need care in their own home.

2018-2019

7738 hours of In-Home Respite provided to 62 clients

## CLIENT SATISFACTION

### Survey Results

Each year we survey our clients to gain an understanding of what we are doing well and to gather insight into what we might need to do to improve our programs and services.

Surveys are distributed by hand, during group and activity sessions, and also by mail. This year, our response rate was 30%.

The majority of survey respondents have been connected with the Alzheimer Society of Sarnia-Lambton for one to three years, with all indicating that they are either satisfied or very satisfied with the overall programs and services provided.

#### Survey Highlights:

- 80% of respondents indicate that their quality of life has improved since connecting with us.
- 87% of respondents indicate that they know more about services offered by other community organizations since connecting with us.
- 95% of respondents say that they are more confident in managing their own dementia, or providing support to their partner who lives with dementia since connecting with us.

- 77% of respondents indicate that the support, education and programs offered by ASSL have helped them to avoid a crisis situation.

#### Client comments about how we are doing:

- "The society, groups and workers are like my lifeline, they help me greatly"
- "There were a few times that without the support of the ASSL staff...I would have broken down."
- "Bringing my husband into long-term care was the most difficult decision, and I give a lot of credit to the staff for helping me get through this transition."

#### Other supports respondents would like us to provide:

- More support groups
- More exercise programs, yoga, meditation
- Day program in Forest
- Transportation help (unspecified)

# FINANCIAL LAYOUT

This financial layout is a summary of the complete financial statements of the organization, which were audited by BDO Canada LLP, dated March 31, 2019, and as such does not contain all disclosures required under Canadian accounting standards for not-for-profit organizations. A copy of the complete financial statements are available from ASSL upon request to: [info@alzheimersarnia.ca](mailto:info@alzheimersarnia.ca)

## REVENUE



## EXPENSES







A heartfelt THANK YOU to all of the donors and volunteers who helped us to serve our clients and make this past year a success.



#### OUR MISSION

To alleviate the personal and social consequences of Alzheimer's disease and other dementias and to promote research



#### OUR VISION

A world without Alzheimer's disease and other dementias

# Alzheimer Society

S A R N I A - L A M B T O N

[www.alzheimer.ca/sarnialambton](http://www.alzheimer.ca/sarnialambton)

## WHAT WE OFFER

### CORE SUPPORT SERVICES



CAREGIVER  
SUPPORT



EDUCATION



SUPPORT  
GROUPS



CAREGIVER  
RESPITE



SYSTEM  
NAVIGATION

### ACTIVE LIVING/SOCIAL PROGRAMS



VOLUNTEER  
VISITING



MINDFUL MUSIC  
PROGRAM



INSPIRATIONAL  
MOMENTS



MINDS IN  
MOTION



FORGET ME NOT  
SOCIAL CLUB

### Contact information

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### Follow us:



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