

Alzheimer *Society*

ALBERTA AND
NORTHWEST TERRITORIES

CREATING PARTNERSHIPS



REPORT TO THE COMMUNITY 2018

Alzheimer Society

ALBERTA AND
NORTHWEST TERRITORIES

THE ALZHEIMER SOCIETY OF ALBERTA AND NORTHWEST TERRITORIES

is a provincial* and territorial organization with offices in Edmonton, Fort McMurray, Grande Prairie, Lethbridge, Medicine Hat, Red Deer and Yellowknife. Our programs and services provide information, education and support to individuals living with dementia, families and care partners. We offer *Help for Today* through our programs and services and *Hope for Tomorrow* by investing in research.

*Programs and services in Calgary and area are provided by the Alzheimer Society of Calgary.

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Michele Mulder

Partners in **CHANGE**

Today in Alberta, over 44,000 people have been diagnosed with dementia. But that number triples or quadruples with families and care partners who also 'live' with this disease. And, that number is steadily rising. That's why we are pleased there is now an Alberta Dementia Strategy and Action Plan, and in the Northwest Territories, the Aging in Place Strategic Framework, that helps focus our collective actions to have a greater impact on those we serve.

We are advocating for change to enable a better quality of life for all those who live with dementia. We are raising our voices in the fight to end the stigma associated with the disease and promote dementia friendly communities.

Thanks to the tireless efforts of our board, staff, volunteers, donors, and partners, we are making a difference in communities right across Alberta and the Northwest Territories. We are reaching more communities through the Dementia Community Ambassador program, and through First Link® – connecting people to resources and education, and the support they need throughout their dementia journey.

We also support dementia research here in Alberta through our partnership with Alberta Innovates, the Alberta Prion Research Institute and nationally through the Alzheimer Society Research Program.

We want to ignite a movement – making dementia not just someone else's problem, but everyone's concern. At the national level, we are part of a federation of provincial Alzheimer Societies across Canada enabling us to tap into and use best practices in dementia support and blend our advocacy efforts for greater impact.

We are proud of this work, and tremendously grateful to our board, staff, volunteers, donors and community partners for the courage, compassion, and leadership you continue to share.



Chris Lane
President



Michele Mulder
Chief Executive Officer



Alberta Health launched the Alberta Dementia Strategy and Action Plan on December 19, 2017. The Alzheimer Society was pleased to be asked to partner in the announcement.

What is **DEMENTIA?**

Dementia is a difficult diagnosis for individuals, families and health professionals. Dementia is progressive, which means the symptoms will gradually get worse as more brain cells become damaged. The causes of dementia are not fully known, and there is no cure or effective treatment to prevent or reverse the disease. Your brain health is important: exercise regularly, eat a healthy diet, manage your cardiovascular health and always continue to challenge your brain to help reduce the risk of dementia.

It is important that people living with dementia and their care partners have the support they need when they need it. The Alzheimer Society is here to help and provides information, support and education to all those living with the disease.

*A commonly
asked question is:*

*What is the
difference between
Dementia and
Alzheimer's disease?*

DEMENTIA

Dementia is not a specific disease.

It is an overall term for a set of symptoms that is caused by disorders affecting the brain including memory loss and difficulties with thinking, problem solving or language, changes in mood and behavior, and difficulty performing familiar tasks.

ALZHEIMER'S DISEASE

Alzheimer's disease is just one cause of dementia.

Other causes of dementia include, but are not limited to: Lewy Body disease, head trauma, frontotemporal dementia, Creutzfeldt-Jakob disease, Parkinson's disease, and Huntington's disease.

830

health professional
referrals

961

self referrals

FIRST LINK[®]

First Link[®] is an early intervention program that connects people living with dementia and their care partners to the Alzheimer Society for services and support.

First Link[®] removes barriers by ensuring people are connected directly to key supports at the time of diagnosis or as soon as possible after a diagnosis is made. Referrals from physicians or other health professionals to our offices provide early access to information, education and support and an ongoing connection throughout the progression of the disease.



3842

hours with clients

10,717

contacts
with clients

257

First Link[®]
outreach
presentations

510

education and
awareness
presentations

38

monthly support
groups

Partners in **SERVICE**

SUPPORT GROUPS & ACTIVITIES

Living with Alzheimer's disease or other dementias is often demanding and isolating for those with the disease and their care partners. Participating in support groups and activity based programs can help.

Support groups provide a safe environment to share ideas, introduce coping skills and offer encouragement to individuals and families facing similar situations. Specialized groups to meet specific client needs such as young onset dementia, adult children and male care partners are also available. We also offer telephone support groups and online support groups on ASANT Café.

Activity based programs such as Minds in Motion® and Opening Minds through Art (OMA) focus on physical and social activities where participants can express themselves in an environment that promotes active participation. These activities are offered thanks to many community partnerships.

THANK YOU to all our volunteers who assist us in the delivery of our programs and services – we couldn't do it without you! Your time and your commitment is very much appreciated.





Opening Minds Through Art

Opening Minds through Art (OMA) is a registered program where people with dementia (artists) are paired with volunteers (students, families or care partners) who are trained to build bridges across age and cognitive barriers through the expression of art.

The Alzheimer Society partnered with Red Deer College and Points West Living in Red Deer to offer this innovative approach to dementia care. Students from the BScN program, the Occupational and Physical Therapy Assistant program, and the LPN program at the college were each paired with one resident from the facility for a 10-week session. Each week, students grew in their ability to communicate, respond and care for their artists. As one student noted, “I see how OMA is allowing the artist to feel more like herself, making the decisions she wants, and having someone to talk about anything or even enjoying the silence together.”

Volunteers Helle Tees and Carlene Wagner are OMA facilitators and were instrumental in training the students and overseeing the program. During each session they discovered the “hidden creativity” that is still intact despite cognitive decline. “The artists were greeted by their student partner and one of us to begin each session,” says Helle. “Together we engaged in song, conversations, and a selected art process that was guided but not directed by the student.”

There is a growing body of evidence that suggests art therapy can improve the psychological wellbeing of people living with dementia and each week the facilitators saw first hand this positive impact.

To celebrate the artists and their creations, the artwork was displayed at an evening event for friends, families, and community members. Each painting had a title which had been chosen by the individual artist. A portion of the art pieces were auctioned off with the proceeds used to purchase more supplies for the program and the artists themselves were given a framed picture of their choice.



ART IN THE A.M.

is a partnership with the Red Deer Museum & Art Gallery and gives people with memory issues and their care partners the opportunity to reminisce and socialize while creating expressions of art in a group setting.

LOVE OF ART DEMENTIA THERAPY PROGRAM

is a partnership with the Esplanade Arts & Heritage Centre in Medicine Hat and includes a gallery discussion, an interactive component and an art making activity.

Minds in Motion®

Minds in Motion® (MIM) is a program that combines physical activity and brain stimulation for people with early to mid-stage dementia and their care partners. It includes 45 to 60 minutes of physical activity and 45 to 60 minutes of cognitive activities facilitated by trained leaders and volunteers.

This year we were excited to offer Minds in Motion® in the Edmonton area as a pilot program thanks to funding from the Canadian Centre for Aging & Brain Health Innovation. The program, combining activities in a social environment, helps foster a sense of independence for people living with dementia and promotes the well-being of those who support them. Staying socially, physically and mentally active can help to reduce the risk of dementia and slow the progression of the disease.

Sara Brooks volunteers with the program and is encouraged by the support and progression she has seen in the participants. “Not only do we see increased mobility and cognition, we watch new friendships form and see how each interaction is a connection and each activity brings the group together,”

says Sara. “Minds in Motion® is a highlight of my week. It is such a joy for me to be able to share my skills and be a part of each participant’s journey. It fills my heart.”

In addition to seeing the initial benefits of the program, a number of participants are now accessing other education programs and services offered by the Society. This was the case for Debby and Hugh Kerr. “Minds in Motion® couldn’t have come at a better time for us. Hugh and I felt lost,” says Debby. Since attending MiM, Hugh is now participating in a Men’s Support Group and together they are benefiting from our education series Seeds of Hope.

“Meeting the other participants, the staff and volunteers from the Alzheimer Society, and having the opportunity to join in activities has made a big difference in our attitude and outlook,” says Debby. And for Hugh, he has left his mark by assisting others or by sharing a smile or hug for those who need it.

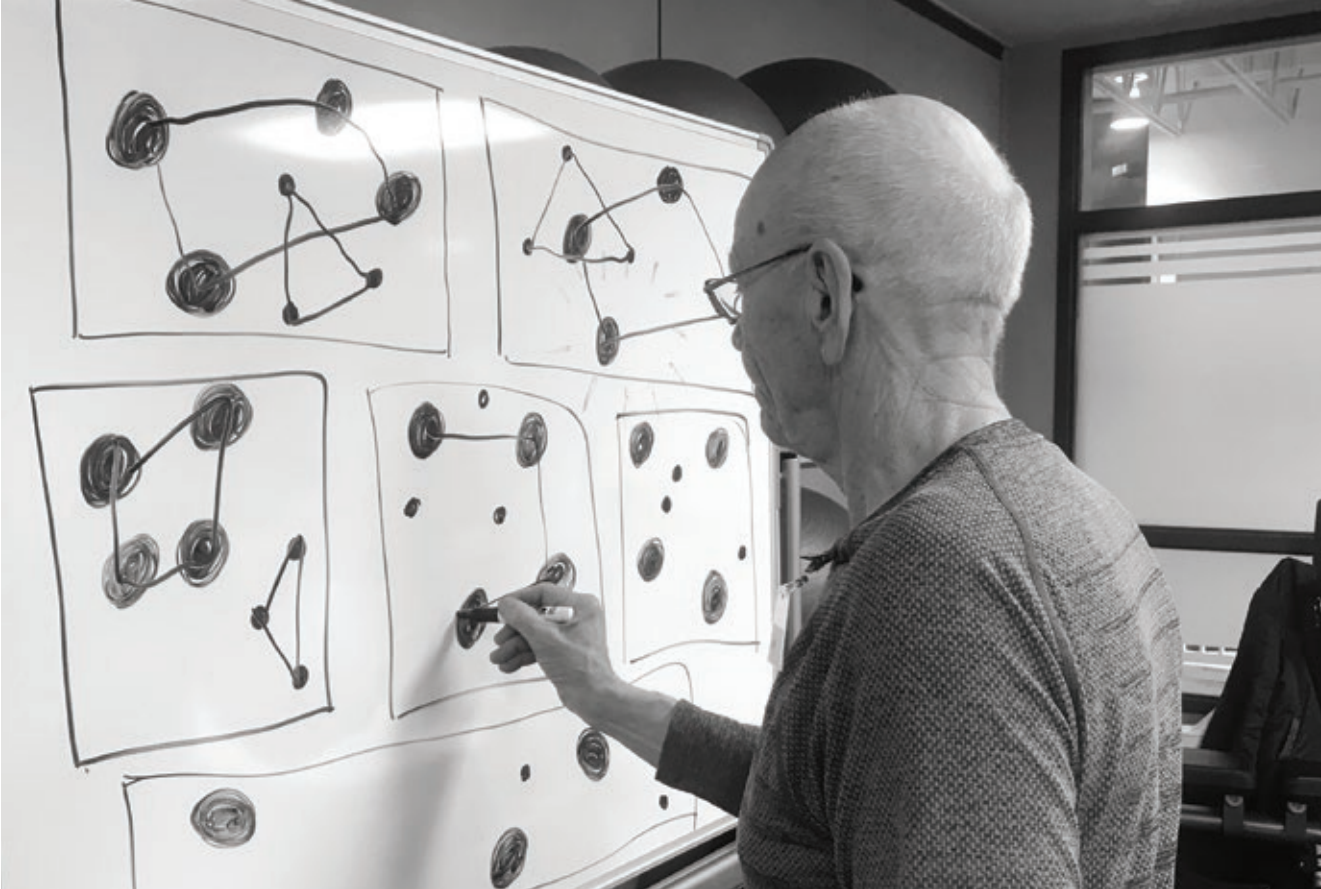


79
PARTICIPANTS



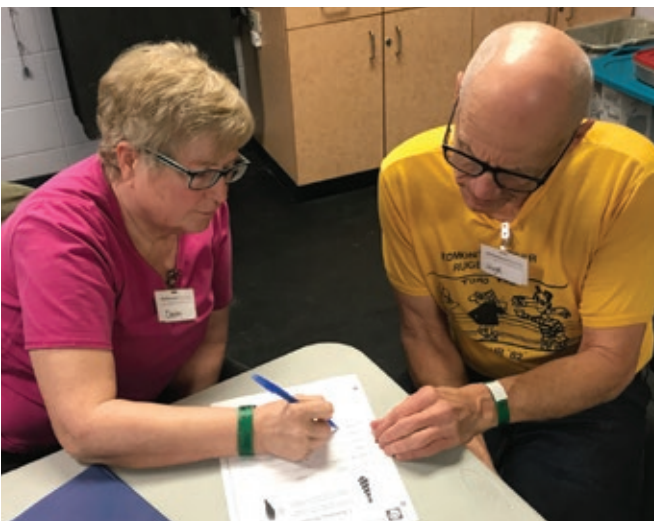
7 SESSIONS
DELIVERED IN
3 PARTNERING
COMMUNITIES





MEMORY TREKKERS,

in partnership with Collicut Centre in Red Deer, is a walking group for people living with dementia that encourages both fitness and social activity. Each week the participants keep track of their distances for a bit of friendly competition and comradery.



CARPET BOWLING

is an activity to help seniors stay active and connect with others in a social setting. In partnership with St. Aiden's Society in Fort McMurray, the program encourages intergenerational relationships, helps prevent isolation and promotes an active lifestyle for all seniors, including those with dementia.

Partners in **COMMUNITY**

COMMUNITY DEMENTIA AMBASSADOR PROGRAM

This past year saw the creation of the Community Dementia Ambassador Program in the Northwest Territories. Funded in part by the Government of the Northwest Territories, the program connects care partners with trained volunteers to provide a listening ear and information about services and supports available to them.

In October 2017, representatives from the communities of Behchoko, Fort Smith, Hay River, Inuvik and Yellowknife participated in a three-day intensive workshop. During the training session the volunteer Ambassadors learned about the core services of the Society and reviewed additional resources about dementia as it relates to indigenous populations. They had hands-on training to practice facilitation skills and had the opportunity to learn from experienced staff and each other.

The goal of the Ambassador Program is to ensure people living with or caring for someone with dementia have access to resources and support they need where they live. By building connections and relationships in their communities, the Ambassadors address cultural values about dementia and community norms at a local level.

In Hay River, the program has been welcomed in the community. Mary Buckley, a home care support worker in the region, is one of the local community dementia ambassadors. “My community of Hay River has really embraced having an extension of the Alzheimer Society here. Providing a helping hand for families looking for information and support is very rewarding,” Mary says. “I know that people appreciate a familiar face, knowing that I can help them with what they need and point them in the right direction for services.”



The Hay River community has shown incredible support for the Alzheimer Society and the Community Dementia Ambassador Program. Their support enabled Mary to host a successful Walk for Alzheimer's event this year.





PRIMARY HEALTH CARE — INTEGRATED GERIATRIC SERVICES INITIATIVE

The Primary Health Care – Integrated Geriatric Services Initiative is a collaborative effort to enhance the capacity of health providers to recognize, diagnose and provide ongoing care and support for people living with dementia or other geriatric syndromes in the community.

The Initiative is spearheaded by Alberta Health Services – Senior Health Strategic Clinical Network partnering with Central Zone Primary Care Networks (PCNs) and the Alzheimer Society.

To kick-off the Initiative, a series of educational workshops were held to determine the best ways to increase capacity within primary healthcare to support people living with dementia and their care partners. Our role has been to provide expertise from a care partner perspective and represent community supports, both informal and formal that help support people living with dementia in the community.

This partnership has resulted in the Alzheimer Society working more closely with the PCNs as a key member of the geriatric team with other health providers. Together the team ensures individuals have access to our services and other supports in the community. People living with dementia are receiving proactive, personalized support from the time of diagnosis and throughout their journey.



DEMENTIA ADVICE SERVICE

The Alzheimer Society continues to see referrals from the Alberta Health Services specialized dementia advice service through Health Link - 811. Specialized dementia nurses provide an assessment to gain an understanding of each individual situation and provide personalized support and advice. Those needing community-based dementia supports are referred to the First Link® program.

Our Resources



Get to know ASANTCAFÉ.CA

ASANT Café is an online community where individuals living with dementia, family, friends and care partners can connect and participate in discussions and educational forums.

MEET PEOPLE



DISCUSSION groups are a great way to meet others to ask questions, share experiences and find support for many dementia related topics. You can join a discussion or start your own and reach out to others.

ASK



We have gathered the most common **FIRST QUESTIONS** we get and provided answers and a list of resources for individuals and families when a dementia diagnosis is anticipated or been made.

LEARN



Our **EDUCATION** programs allow you to learn at your own pace about Alzheimer's disease and other dementias through video presentations and reflection. Topics range from lifestyle and brain health to finances and helping families cope.

WATCH



Through **LIVE MEETINGS**, our team brings together presenters to share knowledge, experiences and resources on a vast number of topics. These webinars provide real-time learning opportunities and encourage participation.

ASANTCAFÉ.CA WAS ACCESSED ON AVERAGE 600 TIMES MONTHLY AND MEMBERSHIP HAS GROWN BY 27%



EDUCATION RESOURCES

SEEDS OF HOPE: FAMILY LEARNING SERIES is an educational series that addresses the emotional and educational needs of individuals impacted by dementia. Offered online and in person, Seeds of Hope features eighteen sessions that are designed to reflect the progression of the disease at all stages.

Over 210 people attended Seeds of Hope in our regional offices.

BRAIN HEALTH – EDUCATION SERIES is offered on ASANT Café for anyone wanting to keep their mind active and vibrant. Research has shown that keeping your brain active and making better lifestyle choices can improve the brain’s ability to sustain long-term health. The *Brain Health Series* offers eight sessions with a number of modules with each session.

MY TOOLS 4 CARE* was developed to help care partners with what to expect in caring for a person with dementia. Topics range from responding to a changing relationship to advocating for a loved one.

MY TOOLS 4 CARE – IN CARE* will help care partners prepare for a transition to full-time care in a residential setting. Topics include information for family members to consider and how best to support their family member when in care. “In care” means receiving 24-hour care in a care home.

*The My Tools 4 Care online resources were developed by researchers at the University of Alberta and brings perspectives and direction from care partners and families who have lived experience.

Partners in **RESEARCH**

Dementia research brings hope to those living with the disease. We are committed to promoting excellence in research, both bio-medical and non-clinical, to improve the quality of life for those with dementia and their care partners.

THE ALBERTA ALZHEIMER RESEARCH PROGRAM

This program is a partnership between the Alzheimer Society of Alberta and Northwest Territories and Alberta Innovates, Alberta Prion Research Institute. Since beginning the partnership in 2012, there have been six-rounds of dementia research funding and approximately **\$4.2 million has funded 26 research projects in Alberta.**

We have a strong partnership with Campus Alberta Neuroscience and were pleased to be the signature partner of the Healthy Brain Aging and Dementia International Conference. We also work with them to support smaller research projects and have helped fund Post Doctoral Fellowships.

In addition, our involvement in non-clinical research continues to evolve and grow. The Society assists researchers by recruiting people for studies and participating on various advisory committees.

ALZHEIMER SOCIETY RESEARCH PROGRAM

A national partnership, the Alzheimer Society Research Program is a collaborative initiative of the Alzheimer Society Federation, partners, and donors who support research directed at both eradicating dementia and improving the lives of those affected by the disease.

In 2017/18, Alberta contributed \$141,594 in funding to the program.

OUR RESEARCH COMMITMENTS FOR 2017/18 TOTALLED OVER \$711,000

HOPE FOR TOMORROW

Dementia Research Catalyst Grant

In 2017, our Board of Directors created a one-time funding opportunity to further advance dementia research in Alberta. The *Hope for Tomorrow Dementia Research Catalyst Grant* offered up to \$1 million to Alberta researchers. Two proposals were awarded funding of \$500,000 each and the dollars were matched by partner funders, meaning an additional \$2 million is being invested in dementia research in the province.

The successful projects were: *Hope for Tomorrow, New Synergies Today: Enhancing Research in Alzheimer's Disease and Related Dementias at the University of Alberta (SynAD)* and *Catalyzing Fundamental Dementia Research at the University of Lethbridge.*

**HOPE
for
Tomorrow**

DEMENTIA RESEARCH CATALYST GRANT

IMAGING RESEARCH PROGRAM

Capturing Alzheimer's Disease in its Earliest Stages



Researchers surmise Alzheimer's disease can start 20 to 30 years before any signs or symptoms appear, but they don't know exactly what's going on in the brain in those early stages of the disease.

University of Lethbridge neuroscientists — Dr. Robert Sutherland, principal investigator, and co-investigators, Drs. Robert McDonald, Bruce McNaughton and Majid Mohajerani — want to track the gradual emergence of Alzheimer's disease through a state-of-the-art imaging research program that could ultimately lead to earlier diagnoses, prevention strategies and evaluation of new treatments. The researchers will try to understand the underlying biological processes associated with the development of Alzheimer's disease.

“Knowledge of the mechanisms at work in Alzheimer's disease will be extremely useful for finding early diagnostic methods, discovering interventions that are effective earlier in the course of the disease, and for finding new preventive strategies,” says Dr. Sutherland.

“We are very grateful to the Alzheimer Society of Alberta and Northwest Territories for the Hope for Tomorrow Dementia Research Catalyst Grant and to our generous donors who have provided matching funds. This grant will enable us to gain an understanding of the mechanisms at work in the earliest stages of the disease.”

Partners in **FUNDRAISING**

Our annual events raise funds to support our programs and services and our investment in research. These events let us build partnerships in the community and provide a valuable opportunity to continue the conversation about dementia and its impact. Together with our donors and sponsors we are dispelling the stigma associated with dementia and fostering a greater understanding and acceptance for those living with the disease.



FUNDRAISING BY PLAYERS AND
SPONSORS RAISED OVER

\$1.1M



11 COMMUNITIES PARTICIPATED
AND RAISED OVER

\$220K



187 INDIVIDUALS AND
ORGANIZATIONS RAISED OVER

\$22K





THANK YOU. We recognize and thank the hundreds of volunteers who give their time and talents to the success of our events. We couldn't do what we do without their commitment, dedication and passion.

ALZHEIMER'S FACE OFF PRO-AM HOCKEY TOURNAMENT

Alzheimer's Face Off Pro-Am Hockey Tournament is our signature fundraising event. It kicks off with a gala luncheon followed by a weekend of hockey that pairs amateur players with members of the NHL Alumni in a friendly, yet competitive, round-robin tournament.

Teams raise a minimum of \$25,000 each for the opportunity to lace up their skates and play with some of their favourite NHL Alumni and raise money to fund dementia research and the programs and services offered by the Society. Through the amazing fundraising efforts of the players, and the generosity of our sponsors, \$1,109,593 was raised last year.

Community **SUPPORT**



Many individuals and organizations choose to host their own fundraising events to support the work of the Alzheimer Society.



FORGET-ME-NOT

New Horizon Co-op serves many Albertans in northern Alberta and is also committed to raising money to support community organizations through their Coin Box program. In March of this year, our Grande Prairie regional office was chosen as the charity of choice giving us the opportunity to share information about Alzheimer's disease and other dementias in 13 participating stores.

The Coin Box program is a point of purchase program. In recognition for their donations, individuals put their name on a forget-me-not flower cut out displayed in the store. Almost \$6200 was raised to support programs and services in the Grande Prairie area.

According to Holly Winsor, Marketing Coordinator at New Horizon Co-op, the Coin Box program was a great way to highlight the work of the Society and build support in the community. "We were pleased to bring the Alzheimer Society of Alberta and Northwest Territories on as a recipient of the program. We were thrilled by the amount raised and thank our members and customers who supported such a great cause," says Holly.

We are very thankful for the added promotion the company provided and the support of their wonderful staff. We are excited that the Co-op has committed to helping the Society again next March.

**THIRD-PARTY EVENTS
RAISED OVER**

\$113K



AWARENESS MONTH

Yes, I live with Dementia, let me help you understand.

Throughout the month of January, Alzheimer Societies across the country embarked on an awareness campaign to reduce the stigma surrounding the disease. Stigma significantly impacts the well-being of those living with the disease, often leaving individuals feeling excluded or treated differently because of their diagnosis. This campaign took aim at changing the conversation about the disease and encouraging more compassion and understanding to help people living with dementia feel safe and included.

Stigma and discrimination are huge barriers for people with dementia, but the disease does not define the person. People living with the disease can continue to do the things they love and remain active in their communities with the right help and support.



Community **INVESTMENT**

Each year we help hundreds of individuals and families in Alberta and the Northwest Territories because of the generosity of our donors. Every contribution is an investment in our programs and services, enabling us to support individuals living with dementia and their families. Whether a gift is a direct donation, in memory of a loved one, or through pledges for the Walk for Alzheimer's or another event – they are all important and make a huge difference in our ability to serve those who come to us for help.



THANK YOU TO OUR DONORS.

We appreciate the generous gifts we receive from our donors who faithfully give financially to make us stronger.



7672 INDIVIDUALS
AND ORGANIZATIONS
DONATED OVER
\$3M



LEAVING A LEGACY

Planning for a gift to the Alzheimer Society in your will is an easy way to leave a lasting legacy and represents a significant contribution to support the work we do, while providing tax and estate planning benefits. This year we received six bequests totalling over \$266,000. Future planning makes a huge impact on the types of investment we can make into education programs, services, and research.

Planned gifts include:

- Will Bequest
- Gifts of Publicly Traded Stock
- Mutual Funds
- Gifts of Registered Assets – RRSP and RRIF
- Life Insurance
- Annuity
- Charitable Remainder Trust
- Real Estate
- Residual Interest



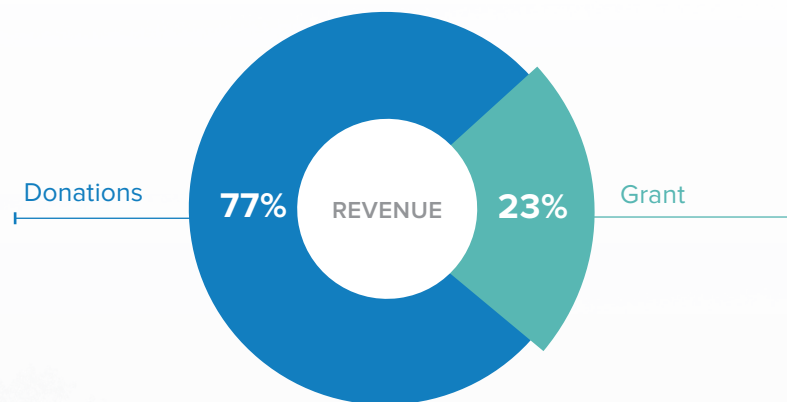
6 BEQUESTS
TOTTALING OVER
\$266K

Financial Highlights

Statement of Operations for the year ended March 31, 2018

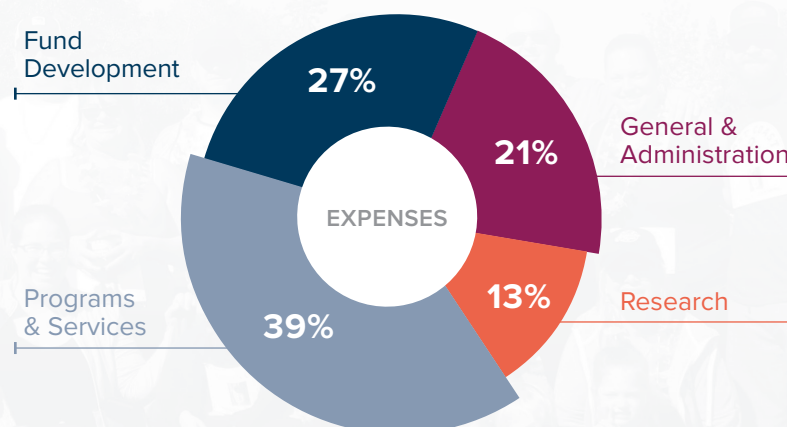
REVENUE TOTALS

Fundraising	1,433,127
General Donations	1,245,481
Grants	782,146
Investment Income	93,221
	<u>3,553,976</u>



EXPENSE TOTALS

Programs & Services	1,700,635
Fund Development	1,190,535
General & Administration	897,764
Research	570,087
	<u>4,359,021</u>



Excess of Revenues over Expenses from Operations **- 805,045**

This information has been extracted from the Audited Financial Statements reported by our auditing firm, DeGraves Pallard & Associates LLP. The full report can be found at alzheimer.ab.ca

Alzheimer Society

ALBERTA AND
NORTHWEST TERRITORIES

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780-791-0077 Ext 3042

Grande Prairie

#102, 9823 - 116 Avenue
Grande Prairie, Alberta T8V 4B4
780-882-8770

Lethbridge

#40, 1202 – 2nd Avenue South
Lethbridge, Alberta T1J 0E3
403-329-3766

Medicine Hat

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403-528-2700

Red Deer

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alzheimer.ab.ca **1-866-950-5465**