

Alzheimer Society
WATERLOO WELLINGTON

ANNUAL REPORT 2018/2019

TO LIVE THEIR BEST DAY



Alzheimer Society
**music
project**

Where Words Fail... Music Speaks

The Alzheimer Society Music Project was created in response to overwhelming evidence showing the beneficial effects of music and stimulation on people living with dementia.

The Music Project provides a music device with a personalized playlist created by our staff and volunteers, to an individual living with dementia. The music device is free of charge, and theirs to keep, listen to, and use to share moments with their family members and friends – helping them to live their best day.

"It's nice" Gerard said when asked what he thought of his iPod. Gerard has had his iPod for over 3 years now, and still finds the iPod beneficial to him. He said when he gets agitated, he put on his iPod and a calm relaxing feeling comes over him. He finds listening to music is relaxing for him.

Gerard highly recommends that people with dementia should try the Music Project. "The iPod it is a good form of relaxation, whether you like music or not, certain songs can bring back good memories". "I find the iPod is beneficial as I said before, it's nice" Gerard said with a chuckle.



GERARD LADEROUTE

2018/2019 has been an amazing year for the Alzheimer Society Waterloo Wellington (ASWW) as we continue to implement quality improvement initiatives and increase capacity to better serve our community. 'It has been a pleasure to serve as board president for the past two years. We have a strong board of committed volunteers with diverse skills and perspectives.'

'On behalf of the board, I would like to personally thank Michelle and staff for their ongoing dedication and professionalism in serving our community'.

Our relationships with our Board, staff and community stakeholders including the Ontario Health Team and the Older Adult Strategy tables are strong. We look forward to a changing and improved health care system that puts the client at the centre of care processes and decision making. The future is bright.

This year we continued to deliver against the four pillars of our strategic plan:

- Deliver a meaningful client experience
- Generate revenue to meet the growing demand for our services
- Attract, retain and engage exceptional employees and volunteers
- Maximize our impact of programs and services in the community

ASWW continues to work closely with other Ontario Alzheimer Societies and the Alzheimer Society of Ontario to ensure best practice, standardization and strong risk management processes are in place for all

programs and services delivery across Ontario. ASWW is planning on starting the Accreditation process in 2020 and working together to achieve excellence puts us in a great position to succeed.

The Alzheimer Society Waterloo Wellington Board of Directors is proud to be on this quality improvement journey with you. Thank you to our donors, funders and sponsors as without you we would not be able to offer our high-quality client centred services across Waterloo Wellington. Thank you to our clients, volunteers, community partners and staff. Together we are supporting people living with dementia to "Live Their Best Day" each and every day.



Warm regards,

A handwritten signature in blue ink, appearing to read 'S. Wahl'.

Scott Wahl,
President

The Alzheimer Society Waterloo Wellington (ASWW) celebrates a strong and healthy 2018/2019. Partnering with people living with dementia, their care partners and our community has helped us support people “To Live Their Best Day”.

Through best practice, standardized and effective programming, we have supported thousands of individuals to live well with dementia as they access our social work support, education and social/therapeutic recreational opportunities. Thank you for partnering with us.

ASWW continues to work in a continuous quality improvement environment and our most recent client satisfaction surveys in March 2019 indicated over a 95% satisfaction rate with programming. This amazing result is part of a collaborative approach utilizing client feedback to improve processes. Thank you to everyone who completed their evaluation forms. Your feedback truly makes a difference.

Minds in Motion spread across Waterloo Wellington this past year with 9 locations running simultaneously thanks to the generosity of the Ontario Trillium Foundation. People living with dementia and their care partners reported 100% that they would recommend this program to others. I hope you come and check it out. Peer Connections continues to thrive in Kitchener and Elora and I want to thank the City of Kitchener and the Community Resource Centre of North and Centre Wellington for their continued partnership.

The Enhancing Care for Care Partners program including TEACH and CARERS continues to grow with amazing outcomes for care partners. This program was developed in partnership with the Sinai Health System Reitman Centre made possible with funding from the Ministry of Health and Long-Term

Care. “This program has taught me how to effectively communicate with my husband again. Thank you for giving me my relationship back”, Care partner who participated in the CARERS program. I would strongly recommend this program to any care partner who is experiencing changes supporting a person living with dementia.

Our health system is changing and ASWW is ready for the challenge. As an active partner of Ontario Health Team and the Older Adult Strategy tables, we are excited to be part of this pivotal system change that will put the client at the centre of our newly evolved system. ASWW has a solid track record of providing client centred care and looks forward to the future where everyone supports the client together.

We will continue to operate in a continuous quality improvement culture, working alongside with our clients and community partners to offer the best programming possible in our community. Let’s continue the journey together.



Warm regards,

Michelle Martin

Michelle Martin,
Executive Director

EXERCISE THE MIND

Living well and keeping active

Jennifer Newsom, Minds in Motion Coordinator, stated "this friendly Minds in Motion participant has been attending the program for about a year, initially at the Fergus location and currently at the Victoria Road Recreation Centre in Guelph. Throughout his life he's been very active, enjoying plenty of outdoor activities. He naturally performs the exercise portion of the program with skill and enthusiasm. He and his wife attend the program together and both have expressed how much they enjoy it."

The participant's care partner shared with Jennifer that her husband "...loves coming and can't wait to get there each week." She feels that by coming to the program her husband has remained far more independent than he would have otherwise. They are enthusiastic walkers and try to live active lifestyles and they agree that Minds in Motion has encouraged them to move more in their day to day lives and attending is an important part of their week.

Both are very sociable people who enjoy being around others making connections, friendships and sharing a laugh. The Alzheimer Society recently had

Minds in Motion®



a therapeutic recreational program focussing on the Netherlands, where this gentleman was born and grew up. He responded so favourably to the program and shared many personal memories and experiences much to the delight of the rest of the group. Jennifer shared "It's a pleasure to have met this couple and learn how much they are benefitting from Minds in Motion."

MEET MELISSA

Minds in Motion Program Coordinator and participants Larry and Leone.

"We have had such a positive experience participating in Minds in Motion. Every week we find ourselves learning something new and being challenged in new ways. It is an awesome way to be part of a community of people in the same situation as ourselves. Everyone gets along so well and we all enjoy each other's company. There is also so much respect for one another in the group, we always feel very respected and valued. Not to mention there is great leadership and the volunteers are great. The whole program is just so fun; we just love coming! "



IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S



A year of change for our **2019 IG Wealth Management Walk for Alzheimer's!** A new date and a new home for 3 of our 4 walk locations (two of them outdoors!) saw our largest fundraiser of the year raising over \$98,000 for Alzheimer Society Waterloo Wellington!

We host four walks in four cities across Waterloo Wellington region all on the same day! These walks are our largest fundraising activity for our Society and help to ensure that we can continue to offer

our core programs and services at no cost to our clients. We hope that you will join us on an exciting journey to help people live well with dementia in our communities.





Announcing the first-ever Canadian Charter of Rights for people with dementia

The landmark Charter is the culmination of over a year's work by the Alzheimer Society's Advisory Group of people with dementia, whose members represent different walks of life from across the country. The number of Canadians with dementia is expected to hit nearly one million in less than 15 years. The Charter will help people with dementia as well as their families challenge situations where they experience stigma, are treated unfairly, discriminated against, or are denied access to appropriate care.

The Charter empowers Canadians with dementia to self-advocate while also ensuring that the people and organizations that support them know and protect their rights.

These include the right:

- to be free from discrimination of any kind.
- to benefit from all of Canada's civic and legal rights.
- to participate in developing and implementing policies that affect their life.
- to access support and opportunities to live as independent and engaged citizens in their community.
- to be informed and supported so they can fully participate in decisions affecting their care and life, from the point of diagnosis to palliative and end-of-life care.
- to expect that professionals involved in all aspects of their care are trained in dementia and human rights and are accountable to uphold these rights.
- to access effective complaint and appeal procedures when their rights are not protected or respected.



The Alzheimer Society Waterloo Wellington offers a variety of programs and services to persons living with dementia, their family members, and friends, and professionals throughout the Waterloo Wellington area.

Social and Recreational Programs

Minds in Motion®
The Music Project
Peer Connections Group

Education for People Living with Dementia

Overview of Dementia
Mild Cognitive Impairment
Taking Control of Our Lives
First Link Learning Series

Education for Care Partners

Series on Other Dementias
First Link Learning Series

Groups for Care Partners

TEACH Program
CARERS Program
Young Onset Care Partner Support Group
Care Partner Support Group
OTN Care Partner Support Group
Coping with Stress and Grief Group
Care Partner Self Care Group
Groupe de soutien pour les aidants naturels

Education for Professionals

Training and Education
Dementia Friendly Communities

COMMUNITY PARTNERS



Thank you to our community partners

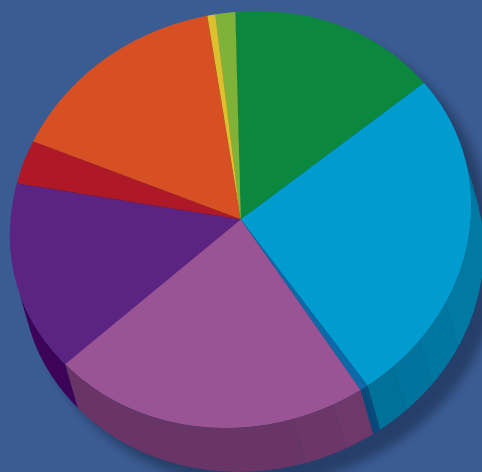
Throughout the year, Alzheimer Society Waterloo Wellington was supported by many community partners who assisted by fundraising through organizing and hosting their own 3rd party events, or sponsoring and supporting one of our Society events. Thank you Community Partners!



FINANCIALS

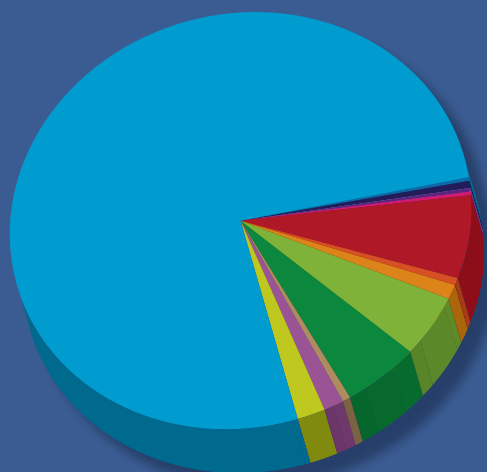
We are pleased to present the Alzheimer Society of Waterloo Wellington's Statement of Financial Activities for 2018/2019 fiscal year. Our financial position and fundraising activities support our ability to fund vital programs for individuals with dementia and their care partners.

REVENUE



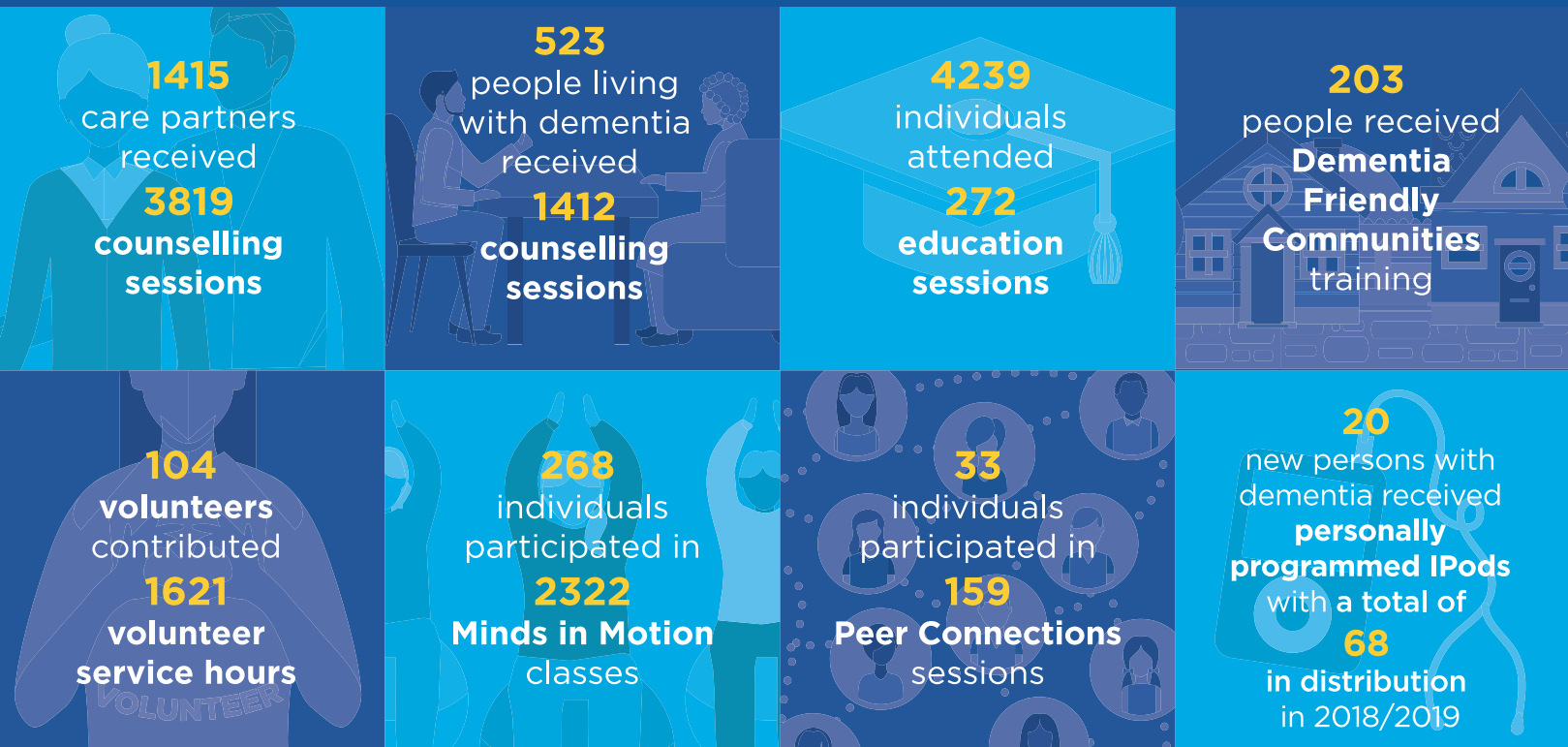
Alzheimer Society of Ontario	9,369
Bequests	22,373
General donations	220,309
Grants	385,959
Interest and other income	9,952
Local Health Integration Network - Family Support	331,704
Local Health Integration Network - One time funding	1,100
Local Health Integration Network - Public Education	222,801
Local Health Integration Network - VCP -	48,980
Special events and fundraising activities	227,025
TOTAL REVENUE	\$1,429,492

EXPENSES



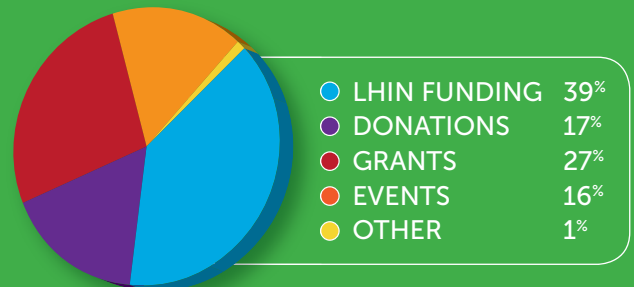
Amortization	5,064
Bank charges	7,223
Capital asset acquisitions	374
Insurance	4,248
Miscellaneous	1,190
Office, postage, telephone	83,976
Professional development	6,616
Professional fees	15,178
Public awareness, programs and family support	61,490
Rent and utilities	65,724
Repairs and maintenance	9,164
Special events and fundraising	17,789
Travel and conferences	23,463
Wages and benefits	988,077
TOTAL EXPENSES	\$1,289,576

WHAT WE DID OVER THIS PAST YEAR



FUNDING AT A GLANCE

This is a brief snapshot of the Alzheimer Society Waterloo Wellington's major sources of funding and financials for the 2018/2019 fiscal year. Detailed information on revenue and expenses is provided, and our audited financial statements are available upon request. Please contact us for more information.



BOARD OF DIRECTORS 18/19

Scott Wahl – President
 Rennie Brudnjak – Vice President
 Pamela Krauss – Past President
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 Cathy Harrington – Director
 Mary Pat Hinton – Director
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 Brian Hummel – Director
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 Samantha Martin – Director
 Sharron Pidduck – Director

CURRENT LEADERSHIP TEAM

Scott Wahl – President
 Michelle Martin – Executive Director
 Gail Roth – Manager of Programs and Services
 Lorri McDermott-Holmes, Director of Fund Development

CURRENT STAFF TEAM

Patricia Cerqueira – Receptionist
 Jill Ross – Finance and Site Systems Coordinator
 Barb Eastman-Lewin – Events and Volunteer Coordinator
 Gina Dobben – Fund Development Assistant
 Robin Smart – Public Education Coordinator
 Janine Wilson – Public Education Coordinator
 Claire Brown – Social Worker
 Cara Dowhaniuk – Social Worker
 Lynelle Drudge – Social Worker
 Gisele Hauser – Social Worker
 Colleen Martin – Social Worker
 Ayari Yokokura – Social Worker
 Melissa Borgdorff – Minds in Motion Coordinator
 Jennifer Newsom – Minds in Motion Coordinator
 Thayna Walter – Community Programs Coordinator
 Jeanetta Grawbarger – First Link Coordinator

To live their best day

DONATE TODAY

www.alzheimerww.ca

CAMBRIDGE

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KITCHENER

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