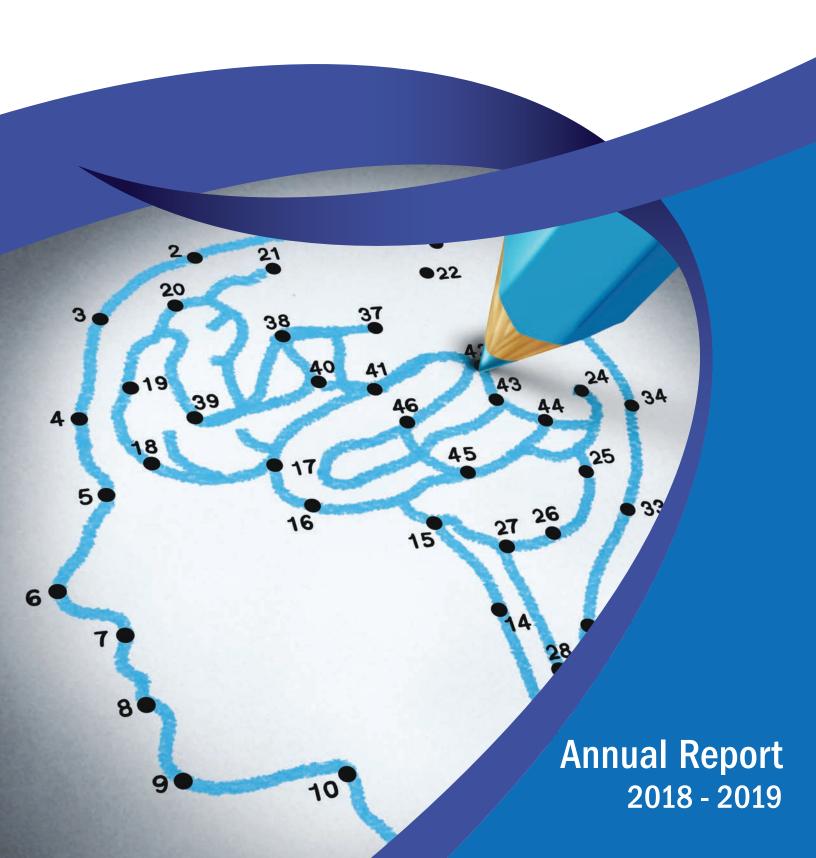
# Alzheimer Society YORK REGION



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## Mission Statement

The Alzheimer Society of York Region's mission is to alleviate the personal and social consequences of Alzheimer's disease and other dementias and to promote research.

## **Vision Statement**

We are committed to the care of families and the cure of Alzheimer's disease and other dementias. We will achieve excellence, innovation and leadership in Family-Centred Services, Advocacy, Education and Fundraising through caring professional staff, active volunteers, valued partnerships and a supportive community.

# About Alzheimer Society of York Region

The Alzheimer Society of York Region (AS York) is a leader in actively supporting individuals and families coping with Alzheimer's disease and other dementias since 1985. Our history of delivering quality, dementia-specific D.A.Y. program services, an enriched social work program and education opportunities within York Region is well respected. We have a proven record of working collaboratively and in partnership with different agencies within York Region to service the needs of families and individuals living with Alzheimer's disease and other dementias.

## **Board of Directors 2018-2019**

Chair Zahid Salman President and CEO

Vice Chair Stuart Pasternak Associate, Part-Time CFO Services Inc. Chair, Governance

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Treasurer Simon Francis Partner, Fuller Landau LLP Chair, Audit and Risk Committee

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June Smyth Senior Consulting Actuary and Practice Leader Baynes & White

Sheldon Wisener Barrister and Solicitor Wisener Law

Loren Freid

Thank you to outgoing board members Zahid Salman and June Smyth for their volunteer leadership and commitment to help improve the lives of York Region residents living with dementia. Zahid has served AS York for nine years and held the chair position for the last three years. June joined the board in 2017 and remains a member of the Audit and Risk Committee.

Loren Freid, CEO

# **Board Chair and CEO Message**



Zahid Salman Board Chair



Loren Freid

Dear Friends,

In 2018/2019, the Alzheimer Society of York Region (AS York) team deepened our community impact by increasing existing services and establishing new ones, which improve the well-being of people diagnosed with dementia, their caregivers and families who support them.

Our strategies for growth and improvement are grounded in AS York's practice of acting upon the insights it gains from reaching out, seeking input and listening to the feedback from clients and caregivers. Using information received from more than 800 survey responses from people who participate in our D.A.Y. programs, support groups, education groups and social work services, AS York responded by:

- Becoming the first community service provider in York Region to offer D.A.Y. programs seven days a week for individuals living with dementia. This means we can deliver more care to existing clients and offer D.A.Y. program services to new clients. Caregivers describe the D.A.Y. program as a "lifeline".
- Piloting Minds in Motion®, a program that benefits people with early to mid-stage dementia and their caregivers.
   This community-based and socially interactive program incorporates physical activity, social and cognitive stimulation for clients and caregivers.

Both the expanded D.A.Y. program services and the Minds in Motion® align with the recommendations in the Caregiver Support Framework (2018) and Central LHIN Dementia Strategy (2018) reports. AS York co-led and facilitated these extensive stakeholder consultations that culminated in the directions contained in both of these health system planning documents. We are pleased to share the Caregiver Support Framework has been implemented by others, such as Cancer Care Ontario.

Thank you to our generous donors, funders, service partners, volunteers, and especially our valued clients, for your outstanding support. We invite you to read our annual report to learn how you have helped improve the lives and well-being of our families, friends and neighbours living with dementia.

Sincerely,

Zahid Salman Board Chair

Salman

Loren Freid CEO

# **How We Help Families**

## **Caregiver Support**

2,135

families supported

## **Education**

individuals benefit from

education sessions

## Adult D.A.Y. **Programs**

clients participated

groups









Youngest Man Oldest Man

93

Youngest Woman 43 Oldest Woman

## **Transportation**



45,418 km

driven by van drivers

5,072 trips

in our vans to deliver clients safely to and from the D.A.Y. program

## **Volunteers**

board of directors volunteers

**50** event volunteers

program volunteers contributed

1,938 volunteer hours

## **Training**

front-line staff benefited from dementia-specific training in York Region and across the province

students from high school to postsecondary school benefited from

3,352 hours of training

# 2018-2019 Achievements



From Left: Caregiver Jane Kennedy; CHATS board chair Ian Hilley; CHATS CEO Christina Bisanz; Honourable MPP Christine Elliott, AS York board chair Zahid Salman and AS York CEO Loren Freid.

The Honourable MPP Christine Elliott, Deputy Premier and Minister of Health and Long-Term Care, visited with CHATS and AS York to learn about programs and services as well as the partnership between the two organizations. CEO Loren Freid spoke with Ms. Elliott about why dementia care should be a health-care focus.

#### **New Strategic Plan**

AS York's new five-year strategic plan focusses on maximizing service delivery to York Region residents impacted by dementia. Client centred excellence is at the centre of everything AS York does with the No. 1 priority of the plan to be the primary access point for care and support and creating an inclusive, dementia-friendly community.

## **PROGRAMS**

#### **D.A.Y. Program**

Thanks to the Ontario government, the Aurora D.A.Y. program is now open seven days week, making it the only one in York Region open every day.

#### **New Vans**

Thanks to the generous support of the Ontario Trillium Foundation (OTF), AS York purchased two new vans to transport clients to the Thornhill and Aurora D.A.Y. programs.



## **CARERS Program**

Ensuring the health of spouses who care for their partners living with dementia is the goal of The Cyril and Dorothy Joel and Jill Reitman Centre CARERS Program, which is now in York Region. AS York is also offering a CARERS program for children of those living with dementia.

#### Minds in Motion®

Minds in Motion® is a community-based social program that provides people living with early to mid-stage dementia and their care partners an hour each of physical exercise, cognitive activity and social stimulation. Thanks to the Ontario Trillium Foundation, AS York is delivering the Minds in Motion® program to north York Region.

## **The Music Project**

AS York is bringing The Music Project to York Region thanks to money received from its #GivingTuesday campaign, Capital One, J.P. Bickell and other generous donors. Those living with dementia can receive an MP3 player and customized playlist. Music is said to decrease anxiety and increase happiness in people living with dementia.

## **EDUCATION**

## **Memory Café**

AS York and Mosaic Home Care and Community Resource Centre in Markham host a Memory Café, where people interested in memory loss and healthy aging can listen to guest speakers. The Vaughan Library reached out to AS York to offer the program to its patrons. This Memory Café runs monthly.

## **Finding Your Way**

AS York hosted two Finding Your Way sessions aimed at caregivers to help keep their family member safe. The public education team delivers presentations to staff at retirement homes to educate them on how to keep residents safe.

#### Reena and AS York

AS York and Reena took a cross-province road trip teaching family caregivers and health professionals about aging with a developmental disability, making eight stops including Thunder Bay, Windsor and Ottawa.

## **ADVOCACY**

AS York co-led the development of the Caregiver Support Framework, a 10-page document with the goal of providing better support to caregivers. More than 850 caregivers and healthcare staff participated in surveys, focus groups and consultations over a two-year period. The framework has been implemented by other organizations including Cancer Care Ontario.

# **Cynthia and Shirley**

For Sutton's Cynthia Wallbank, the worst part about her mom's mixed dementia diagnosis more than a year ago is the change of relationship.

"I don't want to be the mother of my mother," Cynthia said. Every generation should look up to the generation before it for advice and guidance. Instead, as her mom's disease progresses, Cynthia said she is becoming the parent.

"It's very difficult to deal with that in my head. Our roles are reversed. When do you become the parent of the parent? I expect her to give me advice."

Shirley was born Nov. 28, 1934 in what is now Cambridge. She met her husband, Robert, when she was 14. He was the boy next door, her childhood sweetheart and her soulmate. The couple married in 1955 and had three children - Cynthia, Shelley and Jeffrey, whom Cynthia calls her support system. In 1974, Robert had a life-changing accident, breaking his back. Shirley became his caregiver and the brawn of the family, while her husband was the brains, Cynthia said, quoting her mom.

In November 2014, Robert was hospitalized with pancreatic cancer and that is when Cynthia and her siblings began to notice something was wrong with their mom.

"We noticed she told us the same things every time we visited."

Two months later, and shortly after the couple's 60th wedding anniversary, Robert died.

Shirley lived alone for the next two years until Cynthia and her family convinced their mom to move closer. She moved to a seniors apartment in Mount Albert in October 2017.

Shirley's disease has progressed to the point where Cynthia and her siblings are again trying to convince her to move to a retirement community setting where she will be safer and receive more supervision.

As Shirley doesn't think there is anything wrong, Cynthia said she has to be sneaky with her mom.

"As a kid, I never lied to my mother. I didn't do it well then and can't do it well now. I'm learning how to make up stories to try to manipulate my mother's decisions," Cynthia said.

When Shirley was diagnosed, Cynthia began to research everything she could about the disease and what she can expect.

Cynthia said she finds the entire process scary and said the journey is hard on everyone involved.

"I want to make it easier for her, but I can't. I want to fix this and I can't. There is nothing I can do except be there."

Cynthia attends the Keswick support group and has taken part in The Cyril and Dorothy Joel and Jill Reitman Centre CARERS Program for children of parents living with dementia.

Cynthia and her mom participated in the Minds in Motions® program, funded by the Ontario Trillium Foundation. Cynthia, who has signed up for a second program, said her mom really enjoyed Minds in Motion® when she was there and she enjoyed doing it with her. One of the best parts, Cynthia said, is for the first time in a long time she has seen her mom's true personality come out.

"Sometimes she shows me she is still in there."





# Signature and Community Events

## **SIGNATURE Events**

## **Coffee Break**

York Region residents hosted bake sales and coffee breaks, raising about \$15,000 for neighbours impacted by dementia.

Coffee Break launched Sept. 21, World Alzheimer's Day, and continued throughout November.

FreshCo again supported the initiative with a number of stores asking for donations. Congratulations to the Markham location, which raised the most amount of money for the second year in a row.



## IG Wealth Management Walk for Alzheimer's



IG Wealth Management Walk for Alzheimer's takes place in May in Jackson's Point and in June in Richmond Hill. Last year, more than \$90,000 was raised to support York Region residents.

## **COMMUNITY Events**

## 10 Charities in 10 Days

AS York was the grateful recipient of the Jay Miller Real Estate teams' 10 Charities in 10 Days Christmas fundraiser. Members of the team visited AS York to learn more about our programs, share their experiences with the disease and drop off dolls, stuffed animals and craft supplies for clients of the D.A.Y. programs. They also donated money to support The Music Project.



## **Red Sullivan Hockey Camp**

The Red Sullivan hockey camp, led by Inside The Den Hockey, provided hockey instruction to players looking to improve their game. The camp encouraged donations to AS York and put up a table with information about dementia, the organization and services it provides.

#### **Dish Events**

Heather Di Santo opened up her new event space in Aurora, called Dish Events, and raised money in support

of AS York. AS York also had a table in the event space and answered questions and listened to stories of people impacted by AS York.



# Treasurer's Report



**Simon Francis** 

Chair, Audit and Risk Committee

Simus Turus

## Overview

BDO Chartered Accountants provides an annual audit report to the Audit and Risk Committee (the "Committee"). The fiscal 2019 financial results and the auditor's report contained no items of concern or substantive qualification. The Committee was pleased with AS York's fiscal performance and continued solid financial management. A strong financial foundation ensures the capacity to maintain and deliver existing services while supporting growth plans and leadership initiatives. As always, the financial focus was on the prudent and effective use of the resources entrusted to AS York by our clients, donors, government and funding partners.

AS York ended the year with a surplus of revenue over expenses of \$320,575 for the current fiscal year. The Committee and Board determined that it was prudent to allocate a significant portion of the surplus to internally restrictive reserves of \$200,000 to contingencies and \$52,800 to facilities and program expansion given the uncertainty of the future direction of the Central Local Health Integration Network (Central LHIN). We will deploy the funds in future years as determined by management and the Board to continue growth of programming, education and awareness activities.

## Revenue

AS York's revenue was \$3,458,721, an 11.2% increase from the prior year. We were fortunate to receive a renewed commitment from the Carswell Family Foundation as well as many other donors and funding partners. AS York is dependant on the Central LHIN to provide approximately 62% (64% in 2018) for its programs and services. The Board continues to believe that generating revenues from alternative sources of funding including donations, pledges of major gifts,

grants and events is important for the sustainability and growth of the organization. The current year results show an increase of \$209,646 (18.7%) for these sources of revenue as compared to the prior year.

## **Expenditures**

Operating expenditures were \$3,099,154 or 89.6% of total revenue for the current fiscal year compared to \$3,075,067 or 98.9% for the prior fiscal year, representing an increase of \$24,087. Although the financial statements present a decrease in caregiver support and education of \$45,702, it should be noted that the prior year expenditures included one-time expenditures of approximately \$100,000 and therefore there was increased spending for these initiatives during the year of approximately \$55,000.

## **Balance Sheet**

AS York has a healthy balance sheet and is in a strong financial position. Current assets plus restricted cash and investments exceed current liabilities by a ratio of approximately 2.3:1 compared to 2.4:1 last fiscal year, well exceeding the 1:1 ratio indicative of organizations with sound liquidity.

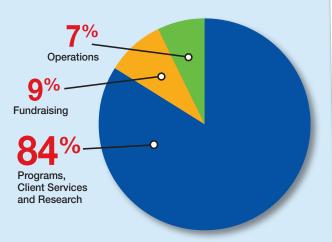
## Conclusion

The Committee looks forward to continuing the growth of revenue from all sources enabling AS York to service more families and caregivers, raise awareness and provide deeper education to all stakeholders of Alzheimer's disease and other dementias.

I would like to thank Stuart Pasternak, committee members June Smyth, Hannah Zhang and Loren Freid for their ongoing support, contributions and valuable ideas.

## **Financials**

## **Return on Investment**



Financial support to the Alzheimer Society of York Region results in a subtantial return on investment. As the diagram illustrates, 84% of our expenditures are allocated to programs, services and research.

BALANCE SHEET	2019	2018
Assets Cash and cash equivalents Accounts receivable Harmonized sales tax recoverable Prepaid Expenses	\$ 529,455 \$ 112,021 33,801 37,941 713,218	279,967 78,856 43,324 22,141 424,288
Restricted cash and cash equivalents Tangible capital assets (Note 3) Artwork	681,936 320,042 13,775 \$ 1,728,971 \$ 3	427,508 359,042 13,875 1,224,713
Liabilities  Accounts payable and accrued liabilities Government remittances payable Current portion of deferred revenue	\$ 211,904 \$ 27,205 348,590 587,699	242,650 50,773 63,025 356,448
Deferred revenue	323,791 911,490	371,359 727,807
Net Assets Internally restricted Unrestricted	681,936 135,545 817,481 \$ 1,728,971 \$	427,508 69,398 496,906

## STATEMENT OF OPERATIONS

Revenue	2019	2018
Central Local Health Integration network funding Donations, grants, professional training and events Service fees Interest income	\$ 2,125,831 770,864 529,362 32,664	\$ 1,986,346 668,454 450,021 4,769
Expense Adult D.A.Y. program	3,458,721	3,109,590
Caregiver support and education	1,727,312 869,099	1,575,302 914,801
Fund development General operations	284,214 218,519	286,478 298,486
	3,099,144	3,075,067
Excess of revenue over expenses from operations	359,577	34,523
Amortization	39,002	42,046
Excess of revenue over expenses	\$ 320,575	\$ (7,523)
Fund balance beginning of the year Fund balance end of year	496,906 \$ 817,481	504,429 \$ 496,906

The statement of operations and financial portion presented here have been extracted from our organization's audited financial statements. Our auditors are BDO Canada LLP in Newmarket, Ontario. The Alzheimer Society of York Region is committed to transparency and accountability to our stakeholders and general public. Our complete audited financial statements are available upon request.

## **Carswell Family Foundation** surprises AS York with transformative gift

October's Donor Appreciation night was an emotion-packed evening. AS York honoured long-time IG Wealth Management Walk for Alzheimer's supporter Ken Hackenbrook for his dedication in helping those living with dementia. Guests listened to a powerful caregiver story from Bruce Rhodes, who talked about his wife's journey with youngonset dementia. At the end of the evening. Dr. Allan Carswell and his son Don talked about the impact the organization has had on their lives. Dr. Carswell's wife. Helen. attends the Thornhill D.A.Y. program and Dr. Carswell attends support groups.

Dr. Carswell pledged \$600,000 over three years, including a matching program, and challenged fellow donors and caregivers to make their own gifts.

"Matching doubles the impact of the **Carswell Family Foundation support as** well as the contributions of all matching donors." Dr. Carswell said.

This means for every new donation made to AS York, the Carswell Family Foundation will match it dollar for dollar to a maximum of \$600,000.

"From personal involvement with my wife Helen, I know the outstanding value of the D.A.Y. program to clients, caregivers and families...."



Don and Dr. Allan Carswell from the Carswell Family Foundation.

# Celebrating

Thank you to the many families, corporations, foundations and community groups that generously supported the Alzheimer Society of York Region's mission through generous gifts from April 1, 2018 to March 31, 2019.

#### **ANNUAL DONORS:**

#### \$100,000 - \$499,999

Carswell Family Foundation Ontario Trillium Foundation

#### \$50,000 - \$99,999

The Leonard and Gabryela Osin Foundation United Way of **Greater Toronto** Regional Municipality of York Region

#### \$10,000 - \$19,999

105.9 The Region de Hart and Associates Private Wealth Management Golf2Remember

#### \$5,000 - \$9,999

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Dr. Allan and Helen

Carswell

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Jane Casey

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Our sincere thank you to those who donated anonymously. We strive for accuracy in this list of donors, however, if your name is missing or incorrectly listed, please contact 905-726-3477.

We value our donors' privacy.

#### LIFETIME **DONORS:**

We are honoured to recognize the following families, corporations, foundations and community groups for their cumulative lifetime giving.

#### \$500.000+

Carswell Family Foundation United Way of Greater Toronto

#### \$100,000 - \$499,999

The Leonard and Gabryela Osin Foundation

Ontario Trillium Foundation Regional Municipality of York Region

#### \$50.000 - \$99.999

Caldwell Securities Ltd.

#### \$20,000 - \$49,999

105.9 The Region

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#### \$10,000 - \$19,999

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Bill Wylie

11

# Art and memories created through The Artwell Project



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#### **LOCATIONS IN**

Aurora Thornhill (Markham) Georgina Whitchurch-Stouffville Vaughan Richmond Hill

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This project is funded by the Government of Canada



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