

Alzheimer Society

Y O R K R E G I O N



2012 |
2013 |

Annual Report

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Help for Today. *Hope for Tomorrow...*

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
- Fundraising

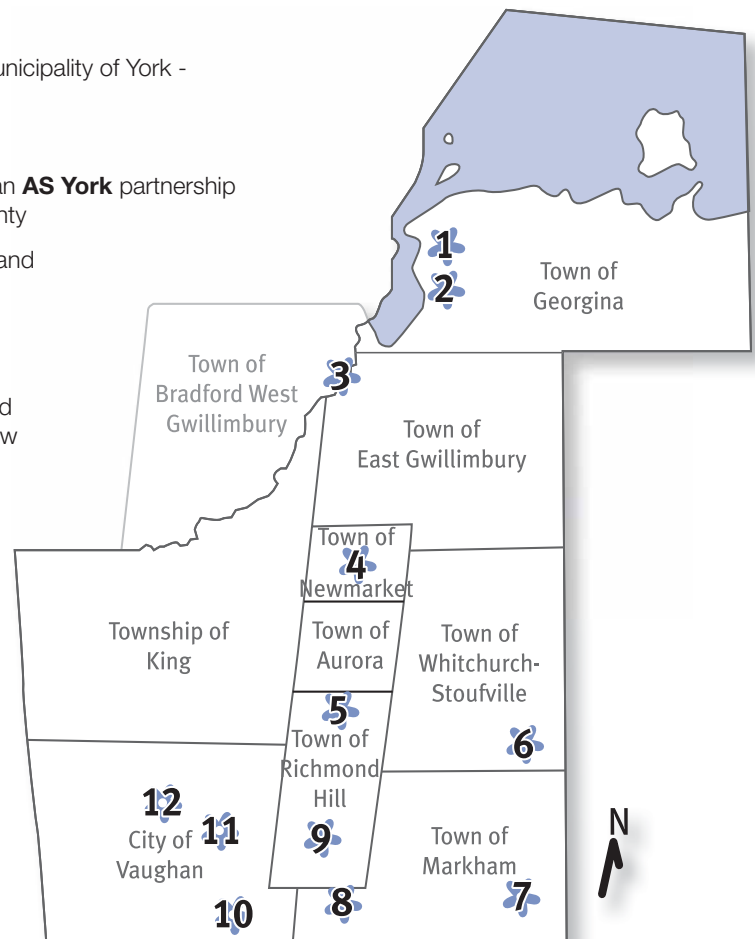
Through caring professional staff, active volunteers, valued partnerships and a supportive community.

Alzheimer Society of York Region

The Alzheimer Society of York Region 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 day program services, an enriched social work program and education opportunities within the Region of York is well respected. We have a proven record of working collaboratively and in partnership with different agencies within the Region of York to serve the needs of families and individuals living with Alzheimer’s disease and other dementias.

Service Area Map and legend

1. Keswick Gardens Adult Day Program, Regional Municipality of York - an **AS York** partnership
2. **AS York** Georgina Satellite Office
3. CHATS Rural North adult day program, CHATS – an **AS York** partnership with the Alzheimer Society of Greater Simcoe County
4. **AS York** head office, Newmarket D.A.Y. Program and caregiver support offices
5. Adult Day Program, York Central Hospital – an AS York partnership
6. **AS York** Whitchurch-Stouffville D.A.Y. Program and caregiver support office in partnership with Parkview Services for Seniors and CHATS
7. **AS York** Family Support Group meetings in Markham at Woodhaven LTC
8. **AS York** Thornhill (Markham) D.A.Y. Program and caregiver support offices
9. Balance of Care Adult Day Program, CCAC and CHATS - an **AS York** partnership
10. The Circle of Care and Baycrest Day Centre for Seniors, an **AS York** partnership with JIAS and Reena
11. Maple Health Centre Adult Day Program, Regional Municipality of York - an **AS York** partnership
12. **AS York** Vaughan Satellite Office



York Region

Alzheimer Society of York Region by the Numbers

D.A.Y. Centres

Three D.A.Y. Centre Programs: Thornhill (Markham), Newmarket and Stouffville

275 participants in total attend the D.A.Y programs

13.3 months is the average stay in a D.A.Y. Centre

Vans drove **47,873 kilometres** providing **4,769 shuttle trips**

D.A.Y. Centre Participation Profile

55% clients who attend the Adult Day Program (ADP) are female

57% clients at A.D.P. are living with and cared for by spouses

36% clients at A.D.P. are living with and cared for by adult children

7% clients at ADP reside alone or with paid caregivers

Participants from **36 ethnic communities**

Oldest client: **97** years

Youngest client: **48** years

Average age: **80** years

Service Integration

All 9 cognitively impaired programs in York Region directly integrate our social work program

Alzheimer Society of York Region (AS York) works with partner agencies across York Region

AS York maintains 7 locations across the Region, Thornhill (Markham), Newmarket, Stouffville, Georgina, Richmond Hill, Vaughan, and Bradford West Gwillimbury (see back cover for details)

Glossary of Acronyms

A.D.P.	Adult Day Program
A.S. York	Alzheimer Society of York Region
B.S.O	Behavioural Support Ontario
C.C.A.C.	Community Care Access Centre
D.A.Y.	Day Centre for Alzheimer's in York
L.H.I.N.	Local Health Integration Network

Support and Education

1,841 families supported with Alzheimer Society of York Region (AS York) social work programs (AS York plus partner agencies)

841 new support referrals

184 new links to AS York through First Link

4,054 hours of service provided by our partner agencies

3,418 home, community and office visits provided by social workers (including partner agencies)

7689 hours of counseling provided (phone, home visits, office visits, client visits) by social workers (including partner agencies)

78 support group sessions facilitated with

713 participants

127 education sessions provided to **3,157** participants

25 awareness events attended by **6,445** participants

Fund Development

4,072 separate financial gifts were received from wonderful supporters

Volunteers

7,960 volunteer and student hours were contributed to D.A.Y. Centre programming, special events and office activities

Training

3,495 hours of training provided to students

Message from the President and CEO



It was a year of progress for the Alzheimer Society of York Region in 2012/2013: Progress in helping more individuals with the disease and their caregivers than ever before meet the challenges of Alzheimer's disease and other dementias; Progress in planning a more hopeful future for those now living with dementia in York Region, and those who will; and progress in supporting efforts that will someday unlock the cure to this cruel disease.

The Alzheimer Society of York Region put your vital support to work across several fronts during the past year as new programs and services were launched to meet the needs of clients in the varying stages of the disease process. More than 1800 families received support and education from our social work team, representing an increase of 8% over last year. This was largely the result of an increase in referrals to our agency as awareness about Alzheimer's disease and other dementias continue to be raised.

The development of "First Link," which advocates diagnosis earlier in the disease process, has led to strengthening linkages with primary care providers and others in health care and in turn has contributed to the increase in referrals. Other new services this past year included: in partnership with Mosiac Home Care & Community Resource Centre, the "First Link Memory Café," a relaxed social setting for people with early stage dementia; two new family support groups, one tailored to the unique circumstances relating to early on-set; another, conducted in Italian in order broaden the scope of services to a significant sector of our population; in partnership with the Alzheimer Society of Ontario, a new project called "Finding Your Way" that offers practical advice on how people with dementia can stay safe and stay active while showing how to best deal with the risk of going missing; as well, an information technology upgrade was implemented that allows our social workers to more efficiently serve clients in the field; and security upgrades were added for our D.A.Y. program facilities in Thornhill (Markham) and Newmarket.

During the year, we listened to our stakeholders to gauge how our services and programs are doing. In surveys, fully 87 per cent of caregivers who completed the Dementia Foundation program with us acknowledged an increased feeling of confidence in their ability to care for their loved one, while more than 80 per cent affirmed that they were able to delay admission to Long Term Care because their loved one participated in one of our D.A.Y. programs.

The Alzheimer Society of York Region has played a significant role in initiatives geared to creating greater efficiencies within the health care system, as they relate to Alzheimer's disease and other dementias, such as: being invited by the Central Community Care Access Centre (CCAC) to work on its expanded role of coordinating access to day centre programming across the Central LHIN to ensure it has transitioned as smoothly as possible; and working with Mackenzie Health and LOFT Community Services on the Behaviour Support Services Ontario initiative. (See description on pg 4,5)

We're pleased with the work done over the past year, but we haven't lost sight of the future. Within ten years, there will be more people in Ontario over the age of 65 than under the age of 15. While dementia is not a normal part of aging, it is its most significant risk factor. Within our service area, over the next twenty years, the incidence of dementia is expected to increase by 43%, which is larger than the national average. With this in mind and with the support of the board and leadership team the Alzheimer Society of York Region undertook a comprehensive process to revitalize the strategic plan and set direction for the next 3 years. The outcome is a focus on: strengthening an understanding that AS York is an efficient and effective resource for meeting system needs regarding dementia; using AS York as a vital resource to develop and expand dementia services across the region and along the continuum; a focus on research as a source of evidence to inform our work, evaluation data to demonstrate our value and improve our effectiveness, and quality measures to facilitate quality improvement and service integration; and, building capacity to strengthen dementia services in the community.

Finally, we offer our heart-felt thanks to the donors, partners, volunteers and staff who have helped make all of this progress possible. There is no limit to what we can accomplish with such a dedicated team.

Shelby Fisch, President of the Board



Loren Freid, Chief Executive Officer



Program Highlights



People with dementia risk losing their way, even in the early stages of the disease. It's not always possible to predict when it might happen, but it's wise to plan ahead to mitigate the risk.

Finding Your Way, a government funded initiative, is a new program that offers practical advice on how people can stay safe while staying active. It shows how to best deal with the risk of going missing. This program outlines simple steps for the caregivers to understand the risks, develop a plan and, if necessary, execute that plan. This platform brings peace of mind to caregivers by knowing the facts, and planning in advance while giving the person with dementia the freedom to live safely and actively with the disease.

AS York has been involved with the Finding Your Way program for the past several months and working closely with Alzheimer Ontario and the pilot Alzheimer chapters to craft the message and help create the information presented. Working with other GTA Alzheimer Society chapters we will raise awareness about this issue and the program will help facilitate AS York partnering and working closely with the diverse communities with in York Region.



First Link, a program funded by the Central Local Health Integration Network (LHIN), is a referral program that links individuals diagnosed with Alzheimer's disease or a related dementia to a community of learning, services and support. Our First Link Coordinator actively engages primary care providers by linking them to a network of professionals, community partners and support groups therefore, allowing for a quicker, streamlined process. Since our First Link program launched, we have linked 184 new individuals and their families to the services at Alzheimer Society of York Region.

Alignment of Broader Health Care System

Two significant system service delivery changes have demonstrated the important role the Alzheimer Society of York Region has to play as advocate and service provider for persons living with dementia and their care partners.

1. Community Care Access Centre (CCAC) Expanded Role

Working in partnership with the Central CCAC and the Central LHIN, AS York has been a key player and early adopter in ensuring that CCAC's expanded roles with regard to Adult Day Programs (new model of coordinated access) has transitioned as smoothly as possible. We played an active role on the Advisory Steering Committee, Operation & Implementation Committee and on various working groups. Our decision to be an early adopter has ensured steady cooperation and input into the new process. In addition, all CCAC Care Coordinators and the Information & Referral team members have received training on the services that AS York provides.

2. Behaviour Support Ontario (BSO) Initiative

BSO enhances the health care services of seniors across Ontario, their families and caregivers, who live and cope with responsive behaviours associated with dementia, mental illness, addictions and other neurological conditions, when they require it and wherever they live, at home, in long-term care or elsewhere. The BSO initiative has also enabled AS York to represent the concerns and voices of persons living with Alzheimer's disease and related dementias and their care partners. Active representation on both the Steering Committee, & the Operations Committee along with providing professional training opportunities for all members of the CLHIN BSO teams occurred during our last fiscal year. The voices of Alzheimer care partners were heard at two focus groups organized by AS York for the BSO project. The BSO has become an effective tool to raise awareness among family practitioners about First Link.

Fund Development Highlights

Two Fundraises that made cents... sense.

Grass Roots: Student Penny Drive

The discontinuation of Canada's penny inspired two teenagers to collect the coppers as a fundraiser for the Alzheimer Society of York Region. The goal of Lindsay Craven and Lauren Dynes of Aurora High School was to raise \$200 and raise awareness about Alzheimer's disease and other dementias among peers in other volleyball clubs. It was a simple idea that just made cents.

Storm Lightning U15 boys team kicked off the fundraiser by donating a 45-litre water bottle full of pennies and \$28.08 of rolled pennies. The team's estimated 23,458 pretty pennies helped push the total over \$600, proof that pennies do bring good luck.



Collection of pennies with Lauren Dynes and Lindsay Craven with staff of Alzheimer Society of York Region

Corporate: Magna Sensory Garden

Another collaboration between a corporate giant, a landscaper and some master gardeners also made sense, but in a different way. With funds from Magna International's Wild Wild West Hoedown, a design by landscaper Robert Barbowski and plantings by the Thornhill Garden and Horticultural Society, a beautiful sensory garden has been created at the Thornhill Daycare for Alzheimer's in York (D.A.Y.).

The garden features raised flower beds where clients can plant vegetables and herbs that are harvested for meals served at the centre. Sensory plants, bushes and flowers attract birds and butterflies and provide a variety of rich scents and textures. A 635- kilogram stone donated by Stoneman's Valley of Kettleby commemorates our longtime partner and project funder Magna International Inc.



Partners in planting: Alzheimer Society CEO Loren Freid (far left), Magna's Director of Community and Government Relations Steve Hinder, landscaper Robert Barbowski and members of the Thornhill Garden and Horticultural Society unveil a stone to commemorate their collective role in creating the Magna Sensory Garden at the Thornhill D.A.Y. Centre

Treasurer's Report



The Society's independent auditor, Hogg, Shain & Scheck Chartered Accountants, audit our financial statements and report the audit results to the Finance Committee on an annual basis. This year's financial statements and audit reflect the first time adoption of the new financial reporting standards in Part 3 of the CICA Accounting Handbook for not-for-profit organizations.

The Finance Committee was very pleased with the audit findings and auditor's report, which contained no items of concern or substantive qualification, and with the Society's fiscal performance and continued solid financial management overall.

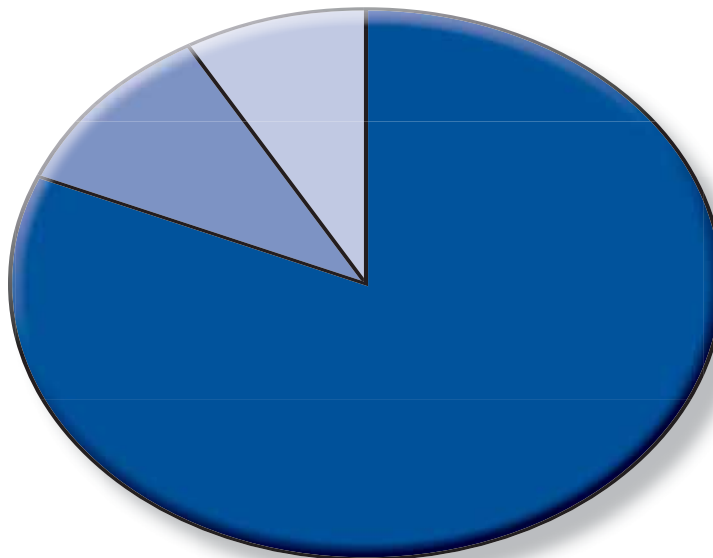
In the last fiscal year, AS York's Total Revenue was \$2,608,929 which is an increase of about \$220,000 over the previous year. The increased revenue was mostly attributable to the annualization of new funding from the Central LHIN for the First Link Program and enhanced staffing for our existing D.A.Y. Programs.

In direct correlation, Total Expenses also increased by a corresponding amount to \$2,548,722 and the Society was left with an operating excess/surplus of \$60,157 of revenue over expenses. However, as a result of the Amortization of assets in the amount of \$49,200, the actual excess of revenue over expenses was only \$10,957.

Shawn Turner, Treasurer

Great Return on Investment

A donation to the Alzheimer Society of York Region results in a substantial return on investment. As the diagram illustrates, 81% of our expenditures are allocated towards programs and services.



Programs, Client Services and Research	81.40%
Fundraising	10.30%
Administration	8.30%

Financial Report

Balance Sheet

	2013	2012
Assets		
Current		
Cash	72,260	51,228
Short Term Investments	75,830	66,977
Accounts Receivable	128,746	105,128
Prepaid Expenses	41,385	184,045
	<u>318,221</u>	<u>407,398</u>
Restricted Cash and Investments	452,753	289,899
Property & Equipment	169,451	179,160
	<u>940,425</u>	<u>876,437</u>
Liabilities		
Current		
Accounts Payable and accrued liabilities	164,256	127,376
Current Portion of Deferred Revenue	56,193	33,092
	<u>220,449</u>	<u>160,468</u>
Long Term Deferred Revenue	320,617	327,568
Fund Balances	399,359	388,401
	<u>940,425</u>	<u>876,437</u>

Statement of Revenues and Expenditures

	2013	2012
Revenue		
Government Support	1,677,123	1,542,173
Fundraising	534,062	439,097
Fees	396,808	405,260
Other	936	1,347
	<u>2,608,929</u>	<u>2,387,877</u>
Expenses		
DAY Program	1,137,688	1,070,627
Caregiver Support and Education	976,565	914,942
Fundraising	267,284	178,718
General Operations	167,235	200,470
	<u>2,548,772</u>	<u>2,364,757</u>
Excess (Deficiency) of Revenue over Expenses from Operations	60,157	23,120
Amortization	49,200	29,487
Deficiency of revenue over expenses	<u>10,957</u>	<u>(6,367)</u>
Fund Balances Beginning of Year	388,402	394,768
Fund Balances End of Year	<u>399,359</u>	<u>388,402</u>

Donors

Gifts \$25,000+

Caldwell Securities Ltd.
The Leonard and Gabryela Osin Foundation
United Way of York Region

Gifts \$10,000+

Anonymous
J. P. Bickel Foundation
MD Golf Inc.
O'Sullivan, Sean & Patricia
Regional Municipality of York

Gifts \$5,000+

Corporation of the Town of Richmond Hill
Investors Group Financial Services Inc.
Parker Garber & Chesney LLP
Richview Manor
Specialty Care

Gifts \$1,000+

Aerocare International
Alarmforce Industries Inc.
Anonymous
Beros, George
Clarke, Janice
Conforti, Lynn
Cosentino, Carmen
Cunningham, David
Erickson, Gerald
Extencicare Canada Inc.
Fieldgate Homes and TACC Construction Ltd.
Fisch, David and Shelby
Freid, Loren and Lisa
Garber, Allan and Gale
Gliński-Oomen, Margaret
Grace Homecare Inc. o/a Qualicare Vaughan
Hogg, Shain & Scheck Professional Corp.
Hydro One Employees' and Pensioners' Charity
Trust Fund
Kenworth Dealers Management Council
MacLachlan, John
Magic Fingers On Site Massage
Manhas, Amarjit
McLennan, David and Brenda
Morneau Shepell Ltd.
Newmarket Seniors Meeting Place
Newmarket Veterans Association
Oak Ridges Retirement Community
Parkway Nuclear Services
Proctor, John
Roadhouse & Rose Funeral Home
Romano, Francesco and Giuseppina
Royal Canadian Legion Seniors Club Branch 375
Salman, Zahid
Schinagl, Albert
Sentra Plumbing & Heating Services Inc.
Smuschkowitz, Howard and Jennifer Ross
St. Kitts, George and Sher
Starr, Dave
Stroud, Michael
The Joseph Lebovic Charitable Foundation
The Manchee Foundation
The W.P. Scott Charitable Foundation
Thomson Terminals Ltd.
Ubell, Andrea
Van Dusen-Crowe, Jan
Wilkinson, Ken
Witt, Joanne
Wylie, Bill

Gifts \$500+

Banjavcic, Bianca
Bauer, Sue
Blackburn, Douglas B.
Brattys LLP
Brown, Donald

Bryson, Bill
Centre for Addiction and Mental Health,
Research Imaging Centre
Chesney, Stephen
Cooley, June
Cryer, Olive
Edgson, James
Edwards, Joan
Ella, Patty
Ewing, Shannon
Exclusive Alarms Corp.
Fairbairn, Margaret E.
Ferrier, Lesley
Filion, Carolyn
Granie, Claire
IPP Inc.
Kenworth Inland
Koles, Scott
Kurek, Judi
Marroccoli, Franca
McCormick, Ann
Mione, Lisa
Moore, Mary
Newmarket Golden Space Inc.
North York Knights of Columbus - Thornhill
Obidnyy, Dmitry
RBC Dominion Securities
Richmond Hill Garden & Horticultural Society
Saslove, Dr. David Wayne
Scotiabank
Sethna, Farhad
Simone Performance
Smith, Connie
Southlake Family Health Team
Sparrer, Mary
Three's Company Sales Agency Inc.
Turner, Shawn
Versatarm Inc.
Villa Colombo Vaughan
Whitlum, Karyn

Gifts \$250+

A. Christopher Dymond Professional Corp.
Armstrong, Karen
Berta, Joseph
Bleiwass, Aaron and Carol
Browning, Derek and Pamela
Bussin, David
Capobianco, Robert
Carson, Jon
Casey, Brian
Chalk, Alfred
Chris Bodanis Consulting
Chung, Raymond and Stephanie Wong
ClutterBGone
Crawford, Paul
Crothers, Mary-Anne
Davidson, Amy
Davison, Carolyn
Daymak
De Bartolo, Betty
Denney, Gary and Louise
Edmondson, Robert
Federman, Bernie
Fortin, Glenn
Freedman, Eileen
Geffen, Lawrence
Gillespie, Joanne
Greenwald, Lorne and Linda
Hair Blvd.
Hempden Jewellers
Hozy, William
Lantech Drilling Services Inc.
L'Arche Daybreak
Larsen, Brian and Kayrene

Lavine, Betsy
Law Insurance Brokers Ltd.
L.H. Lind Realty Inc.
Lynch, Bill
Martin, Donald and Debbie
McEastern and Associates Inc.
McLeod, Jean
McPherson, Catherine
Mennen, Christine
Meyer, Helene S.
Miles, JoAnn
Millette, Michelle
Muzzatti, Edward
Network Flow Consulting Inc.
Newmarket Lioness Club
Norris, Sandra
Nuzda, Trace
Okorofsky, Brett
Okorofsky, Josh
Palmer, Eric
Pipher, Lesley
Potter, Sue
Prevratska, Jana
Pring, Brian
Quagliari, Mary
Ranstaad Engineering
Rastenyte, Inga
Retire-At-Home, York/South Simcoe
Ritchie, Jo-Anne
Rivkin, Elliott and Nikki
Ross, David & Elaine
Royal Canadian Legion - Branch 356
Royal Canadian Legion - Newmarket
Sarecovery.com
Schaer, Maimu
Schweitzer, Anna
Shack, Martin
Shier, Carm
Snow, Suzanne
Sparrer, Pat
Steeles Paint & Decorating Centre Ltd.
Styrmo, Victor and Diane
Sybring, Mary
TD Canada Trust
Vegh, Thomas
Vrooman, Jacqueline
Ward, Tammy
Weldon, Geoff
Willcox, Morag
Wilson's Water Wells Ltd.
Wolfe, Tea
Yates, Eric and Allanna



Bloomington Cove's annual Walk for Memories raised \$36,000 for the Alzheimer Society of York Region in 2012, significantly exceeding the \$6,000 raised in each of the previous two years.

Who We Are

Board of Directors

President

Shelby Fisch
Director, Hospital Rehab Services
Saint Elizabeth
Chair, Quality & Performance Committee

Past Board President

W.S. (Bill) Wylie
Manager, CDM Client Services
Horizon Utilities Corporation

Vice President

Farhad Sethna
Vice-President, Corporate Services
Sheppard Village LTC
Chair, Governance Committee

Treasurer

Shawn Turner
Principal and Healthcare Consultant
Envirocorp Services Inc. & Former General Manager
Long Term Care & Seniors Branch,
Regional Municipality of York
Chair, Finance Committee

Secretary

Allan Garber
Partner, Parker Garber & Chesney LLP
Chair, Golf & Fundraising Committee

Directors-at-Large

Craig Bates
Human Resources Consultant

J. David McLennan
Partner
Hill Hunter Losell Law Firm
Chair, Facilities Committee

Dr. Margaret Glinski-Oomen
Physician

Janet Iwaszczenko
Administrator of Specialty Care
Bloomington Cove

Maimu Schaer
Human Resources Manager
Government of Canada (retired)

Zahid Salman
Executive Vice President
Morneau Shepell

Staff

Chief Executive Officer

Loren Freid

Program & Client Services

Senior Manager of Programs & Client Services

Andrea Ubell

D.A.Y. Centre Personnel Program Managers

Franca Contardo
Darlene Matte
Mary Squires

Senior Program Workers

Laura Letassey
Kala Mathreedran

Program Workers

Amanda Anisman
Tizianna Cassano
Alice Cheung
Valentina Contreras
Jaime Cruz
Maurice Del Fabro
Rosemarie Engada
Jennifer Golding
Ron Gorlick
Lisa Ilesse
Stacey Mendoca
Tamara Oomen
Daria Padilla
Leena Soukchamroeun
Catherine Timms
May Yuen
Dora Zdanko

Assistant Program Workers

Elsie Kwan
Clare Walton

Van Drivers

Alvin Gardner
Patrick Kwan

Caregiver Support & Public Education

First Link Coordinator

Trevor O'Connor

Public Education Coordinator

Jon Macri

Senior Social Worker

Tara Arthurs

Social Workers

Elaine Cheung
Polly Choi
Diana Evangelista
Linda Hayward
Angela Johnston
Hemal Joshi
Alyssa Moore
Adriano Murarotto
Emma Rezaei

Fundraising & Development

Manager of Fund Development

Lynn Conforti

Fund Development Coordinator

Joanne Witt

Events Coordinator

Elaine Ross

Finance & Support Services

Manager of Finance & Support Services

Janice Clarke

Administrative Assistants

Jan Frampton
Susan Talbot

Communications & Community Liasion Coordinator

Anne Carriere

Finance Coordinator

Allanna Yates

Volunteer Coordinator/ Administrative & Public Engagement Assistant

Cathy Loitsch

Alzheimer Society

Y O R K R E G I O N



Locations

Newmarket – Head Office

800 Davis Drive, Unit 6
Newmarket, ON L3Y 2R5
Tel: 905-895-1337
Fax: 905-895-1736

Thornhill (Markham)

10 Harlech Court, Unit 2
Thornhill, ON L3T 6L5
Tel: 905-731-6611
Fax: 905-731-7663

Whitchurch-Stouffville

12184 Ninth Line
Stouffville, ON L4A 3N6
Tel: 905-640-0237
Fax: 905-640-6064

Georgina

184 Simcoe Ave., Unit 4
Keswick, ON L4P 2H7
Tel: 905-476-5521
Fax: 905-476-0875

Richmond Hill

c/o CHATS/Balance of Care

Vaughan

8611 Weston Road, Unit 35B
Woodbridge, ON L4L 9P1
Tel: 905-850-5680
Fax: 905-850-9606

Bradford West Gwillimbury

c/o CHATS



United Way
York Region
Partner Agency

Supporters like you



Ontario
Central Local Health
Integration Network

www.alzheimer-york.com

General Enquiries: 905-895-1337

Toll Free: 1-888-414-5550

info@alzheimer-york.com

Charitable Registration #: 10670 5429 RR0001



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