

A vinyl record with a blue center label. The record is black with visible grooves. The label is a solid blue circle with a white center hole. The text on the label is in orange and white.

*A RECORD OF OUR
GREATEST HITS 2018-2019*

*Société
Alzheimer
Society*
NOVA SCOTIA

On This Album

SIDE A

1. DON'T STOP BELIEVING
2. COME TOGETHER
3. WE'RE NOT GONNA TAKE IT
4. LET'S GET PHYSICAL
5. LIFE IS A HIGHWAY

SIDE B

6. MY WAY
7. WALKING ON SUNSHINE
8. TAKIN' CARE OF BUSINESS

ALBUM CREDITS



DON'T STOP BELIEVING

My “three” month contract as Executive Director with the Alzheimer Society of Nova Scotia is coming to an end after ten years. All jokes aside, what a decade it has been. This past year is a good reflection of how much the Society and our response to Nova Scotians on the dementia journey has grown.

Geographically there are now ASNS Coordinators of Education and Outreach across the province. We are working hard to offer support groups and education sessions throughout the province. Through a lens of diversity and inclusion, we have begun conversations with a variety of communities. This, our commitment to research and the growing numbers enrolled in our core supports, is only made possible because of the kindness of funders, volunteers and partnerships with organizations in Nova Scotia.

It's because of you, our staff and our leadership, that I leave the Society with optimism for the future. Our vision of meeting Nova Scotians where they are on their dementia journey, when they need us is at the forefront of everything we do. You could say it's the song sheet we sing from. Read more in this, our record to the community.

Thank you,

Rloyd O. Brown

COME TOGETHER

Thirty-five years ago, a dedicated group of caregivers created the Society in Halifax. Reaching to all coasts and corners of our province with education, information, and support has been a slow and steady process made possible through partnerships and volunteers. In 2018 to honour and celebrate those that created the Society, a goal was set to deliver 35 public education sessions in 35 new communities. That goal was successfully reached as 1000 people across the province took part in a session.

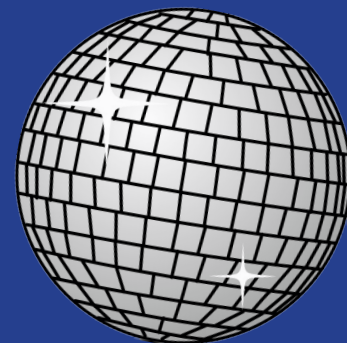
Presentations included the Ten Signs and Symptoms of Dementia. Better Brain Health, and the programs and services offered by the Alzheimer Society of Nova Scotia.

Nova Scotians gathered in community and education centres, legions, libraries, firehalls, churches, and hospitals. Among the 35 communities were Bay St. Lawrence in the East, Big Tancook Island in the South, the Springhill Fire Department in the North, and the Acadian community of Amirault Hills in the West. Attendees were women's groups, faith groups, senior's clubs, immigrant organizations, and neighborhood associations.

Many outreach sessions lasted well beyond the initial 45 minute presentation. Outreach to Immigrant Services Association of Nova Scotia (ISANS) led to a two hour workshop simultaneously translated into five languages. That workshop served to further develop our relationship with ISANS and we look forward to ongoing collaboration together.

Beth Jackson, ASNS Coordinator, Education and Outreach for Guysborough, Antigonish & Pictou County had this reflection: "I often say getting out and meeting new people is the best part of the job, especially when you can help to educate about dementia and connect families who are looking for more support to programs and services. Making new connections is an important part of outreach and so is building those relationships. The Making 35 Connections project really brought that to the forefront and gave us a new goal to work towards."

Conversations among staff and community leaders helped to identify key partners, and led to the creation of an ASNS Diversity and Inclusion Plan this year.



We're Not Gonna Take It

One of the most exciting new projects that was unveiled this year was the launch of the first Canadian Charter of Rights for People with Dementia. The Charter is the culmination of work from the Alzheimer Society of Canada's Advisory Group of People with Dementia. The advisory group includes members from across the country, including Nova Scotia's own Marilyn Taylor.

The Charter defines seven explicit rights to empower Canadians living with dementia to self-advocate. It provides a framework for government agencies, health and social services, and policy makers to identify obstacles and push for changes required to improve the lives of those with dementia and their caregivers. It also ensures that the people and organizations that support them know and protect their rights.

"When I feel demoralized and down, as all humans are apt to feel now and then, I need a bit of bolstering. The Canadian Charter of Rights for People with Dementia reminds me that I am indeed still a worthwhile person with the rights of all Canadians and those who interact with me; that I am still here, and I am still a person," says Taylor.

For Marilyn, the Charter is validation of her advocacy efforts. Stigma is still very much a reality for many who are living with the disease. It can happen anytime and anywhere. "I believe the public's attitude is being changed one person at a time."

"Other stigmas have gone by the wayside over time. The Alzheimer Societies across the country are to be commended for their awareness campaigns. They are working." - Marilyn Taylor



LET'S GET PHYSICAL

Expanding to meet the needs of Nova Scotians with dementia meant that this year two new programs were introduced. Originally developed by the Alzheimer Society of Ontario and British Columbia through the philanthropy of funders, volunteers and partners, these new programs for people with dementia, partners in care, and those who work supporting Nova Scotians with dementia were well received.

MINDS IN MOTION®

Thanks to the generosity of a collective group of donors, three Minds in Motion programs, each eight weeks in length, were piloted in Halifax. They included an energetic exercise class with inspirational music from Abba, the Eagles, Tina Turner, and more. Following the exercise portion, participants met for refreshments and took part in planned activities.

“When it comes to the physical exercise portion of the program, it was amazing the change over the period of weeks and the physical improvements we noticed,” said one participant. “Another aspect of this program I enjoyed were the friendships that developed, the conversations and laughs that took place, and the games we played!”

U-FIRST! ®

As co-facilitators with the Nova Scotia Health Authority’s Behaviour Resource Consultant for Geriatrics, the U-First! program was launched and delivered across the province. The Society received the first year of four years of funding to develop the policies and practices to implement U-First! training. Open to a variety of staff working in government-funded long-term care facilities or home support agencies in Nova Scotia, feedback from the first sessions was extremely positive.

During the six-hour workshop participants learn the importance of the work that they do as a member of their workplace team, while enhancing skills and learning a framework to understand behaviour, increase knowledge about dementia, and learn which strategies might work best when providing care.



Life is a Highway

Nova Scotia is home to thousands of people from different backgrounds and cultures, living in cities, towns, and villages. People living the dementia journey are looking for information, education and support in their own community; they are looking for the right information at the right time to live well.

This year the Society reached a milestone: thanks to the generosity of funders there is now a province-wide network of ASNS Community Coordinators of Education and Outreach. From Sydney to Yarmouth, Amherst to Bridgewater, the building of sustainable relationships with diverse Nova Scotian populations across the province continued to be a priority this year.

Through 200 public education sessions, 26 monthly caregiver support groups, 20 Family Caregiver Education Series and almost 3000 calls to InfoLine, Nova Scotians found the support they needed through the Alzheimer Society of Nova Scotia.

At a fall presentation at the East Preston United Baptist Church, one community member shared how the information, education, and support he received has helped him on his journey as the primary caregiver for his mother living with dementia.

We have a long way to go, but we're motivated by what's still to come.



My Way

Not everyone is willing to talk about their will or their plans, but this year, Alexa McDonough shared her intention to leave a gift in her will to support Nova Scotians on the dementia journey.

Alexa's experience with dementia happened when she was parenting her sons, Justin and Travis, while her parents were on their dementia journey. Because of her experience, she became a valuable leader with the Alzheimer Society of Nova Scotia's board of governors and for years her family has been involved with the Society.

Alexa knows first-hand the importance of donations staying in our province for programs and services that help those who need the Society. Her gift will help to provide education, information and support for people with dementia and their partners in care.

Philanthropy is at the heart of our community in Nova Scotia. By choosing to make a gift in her will, Alexa is not only a leader on the national political stage, or to her family, but also to future generations who will live with dementia and need supports.

To all who have made a legacy gift this year, thank you. You are a legend to many.



walking on sunshine

Behind every person with a diagnosis of Alzheimer’s disease or another dementia, there are family members and friends supporting them. At the Walk for Alzheimer’s generations come together in both honour and memory to help reduce stigma, raise awareness, and fundraise.

Since 2012, Alanna Collins and her team Papa’s Posse have been participating in the Walk. They have walked every year since Alanna’s grandfather, Papa, passed away. He was the cornerstone to their family and the reason why they walk every year with great enthusiasm.

“Papa’s name was Murray Albert Beazley,” Alanna shares. “He was married to my nanny, Joyce, for over 60 years and he had 11 kids (five boys and six girls). He was funny. He loved to tell stories, sing songs and little ditties. He loved his family. All 11 of his children stayed in Nova Scotia within an hour drive of their parents. There were lots of family events, trips, and a cottage that was shared by all of us. I think it says a lot about him and our family that almost all of us, including the grandchildren, have stayed in Nova Scotia and continue to do so many things together.”

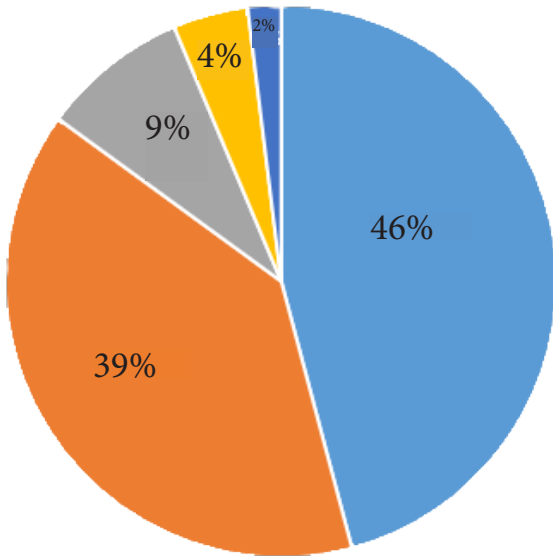
“Our first Walk was in Calgary in October 2012. We walked four years there. Since 2016, we’ve been walking in Nova Scotia. Now that our family is spread over a wider section of Nova Scotia, we have members at three different Walk locations!” Team Papa’s Posse can be found participating in the Halifax, Sydney and Valley Walks, texting each other pictures of the event and remembering Murray.

All donations made by generous Nova Scotians are invested in our province to directly benefit those facing the realities of dementia. These little to no-cost programs enhance the health and well-being of people with dementia and their families, from diagnosis to end of life, and provide education and guidance to help people reduce their risk of dementia and maintain brain health – something all generations can benefit from.



TAKIN' CARE OF BUSINESS

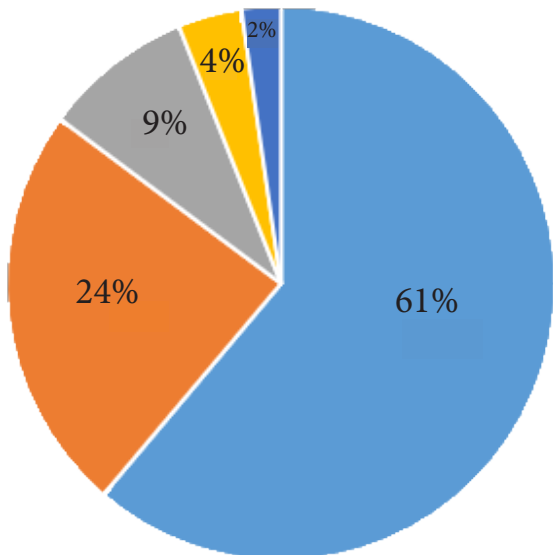
REVENUE 2018-2019



- REVENUE DEVELOPMENT: \$899,101
- DEPARTMENT OF HEALTH AND WELLNESS FUNDING: \$767,177
- ALZHEIMER SOCIETY OF CANADA FLOW THROUGH: \$169,343
- PROGRAM AND SERVICES: \$86,273
- ADMINISTRATION: \$38,203

TOTAL: \$1,960,097

EXPENSES 2018-2019



- PROGRAM AND SERVICES: \$1,257,386
- REVENUE DEVELOPMENT: \$490,663
- ADMINISTRATION: \$181,273
- RESEARCH: \$77,215
- ALZHEIMER SOCIETY OF CANADA FLOW THROUGH: \$47,547

TOTAL: \$2,054,084

ALBUM CREDITS

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