



# Alzheimer *Society* ONTARIO



**You CAN do something about dementia**

Annual Report 2015-16

# Vision

A world without Alzheimer's disease & other dementias.

# Mission

To alleviate the personal and social consequences of Alzheimer's disease & other dementias & to promote research.



## What we are doing about dementia

In 2015 all the Alzheimer Societies in Ontario worked on a **focus statement** to help us clarify what we are doing right now for dementia. This is what we came up with:

**Cover Photo:** Mary Beth Wighton and Phyllis Fehr are women living strong with dementia.

**Dementia is growing exponentially across Ontario.** For people with Alzheimer's disease and other dementias and their carers to live well and thrive in their communities, they need to be linked to a community of education, support and quality services. **Alzheimer Societies provide these services across Ontario!**

In addition to your research dollars, we are asking for increased program funding to offer equitable access to education and support services across Ontario. This will allow us to **achieve our goals of promoting early diagnosis**, facilitating respite, and educating and connecting people to community services as soon as possible.



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# Message from the Board Chair & CEO

## Collaboration and process

Each year the Alzheimer Society of Ontario's annual report summarizes our accomplishments of the past 12 months and highlights the things we believe really matter. The 2015-16 year was a time of significant change as we prepare for the growing numbers of people with dementia.

## Ontario Dementia Strategy

Following the government's commitment to develop an Ontario Dementia Strategy, we helped to make sure that the voices of people with dementia, care partners and others interested in our cause were represented in regional roundtable discussions and the government's Dementia Strategy Working Groups.. This year we will focus on clarifying our priorities for the Strategy and advocating for solid financial support in the 2017 budget.

## Planned Giving

Another highlight this year is the growing response to our campaigns promoting planned giving and our offer of a free Estate Planner and Guide. We are helping Ontarians understand the importance of making a Will and how a gift to charity can ease the tax burden on estates without reducing what is left to families. The Planned Giving Team is helping many Societies build their expertise so we can tap into a significant transfer of wealth over the next 15 years.

## Ontario-wide programs

We continue to lead the way with innovative programs that help people affected by dementia, such as Minds in Motion®, a physical activity and social stimulation program, the new online learning course in our Finding Your Way® program, the best practices training in dementia care offered by U-First!® and the remarkable international recognition garnered by Taking Control of Our Lives.

## Research

The Alzheimer Society of Ontario is proud to generate and coordinate research contributions from all Ontario Alzheimer Societies. Ontario research donations are the largest source of revenue – about 50% of the total donations – for the Alzheimer Society Research Program.

## Shared Services

We spent much of last year sharpening our appreciation for the value of collaboration. As promised, we have created a new Shared Services organization that consolidates administrative functions such as finance, human resources, legal and technology. The Alzheimer Societies of Canada and Toronto have partnered with us and we seek to expand this service to Alzheimer Societies throughout Ontario and Canada in the coming year.

We are also proud to announce that our efforts to improve operating processes and quality control helped us earn Accreditation with Commendation through Accreditation Canada.

## Looking forward

We are working with all Ontario Societies to improve our approach to serving people with dementia. Next year we will begin to develop a new strategic plan for 2018 – 2025 as well as a new federation-wide working agreement that will include a stronger shared service component as well as minimum standards of care for all Societies serving people with dementia.

Board Chair  
Rosemary Corbett



CEO  
Chris Dennis



We are looking forward to creating a compelling coherent view of the future and taking the possibility of living well with dementia even further.

# Research

Dementia is still incurable, but great strides are being made into **discovering** what causes this disease and how best to approach finding a cure.

With each passing day, our research teams are **uncovering important information** on how our brain functions and what types of medication or potential physical actions we can take to reduce the risk of developing dementia.

## We fund two types of research:

- Biomedical (focusing on the science of the brain and changes associated with dementia and identifying therapeutic targets to reverse, stop or cure the disease)
- Quality of Life (exploring issues impacting patients & caregivers alike)

As of 2015, the Alzheimer Society Research Program (ASRP) has funded over **\$47 million** in grants and awards since its inception in 1989. We also partner with the Ontario Brain Institute and Ontario Neurodegenerative Disease Network to coordinate research efforts.

We fund research so that our children and our children's children will not only have access to a cure but will also know how to **prevent the disease** in the first place.



Where there is **action**, there is always **hope!**

# Ontario Dementia Strategy

The Ontario Government has committed to an Ontario Dementia Strategy and mandated Parliamentary Assistant to the Minister of Health and Long-Term Care MPP for Halton Indira Naidoo-Harris to lead this process.

In 2015 we hosted an event at Queen's Park and met with many MPPs who are open to ideas of what should be contained in an Ontario Dementia Strategy.

We had an **overwhelming response rate** to our Dementia Strategy Priorities survey. Our community is committed to helping us work towards a strong dementia strategy for all Ontarians.

In the fall, we **participated in eight roundtable discussions** around the province. Topics included local best practices, challenges, system gaps and opportunities for improving dementia care in Ontario.

We made sure people with dementia and caregivers were represented at the table.

We are doubling our efforts this year. **Do you want to help and become a Dementia Champion?**

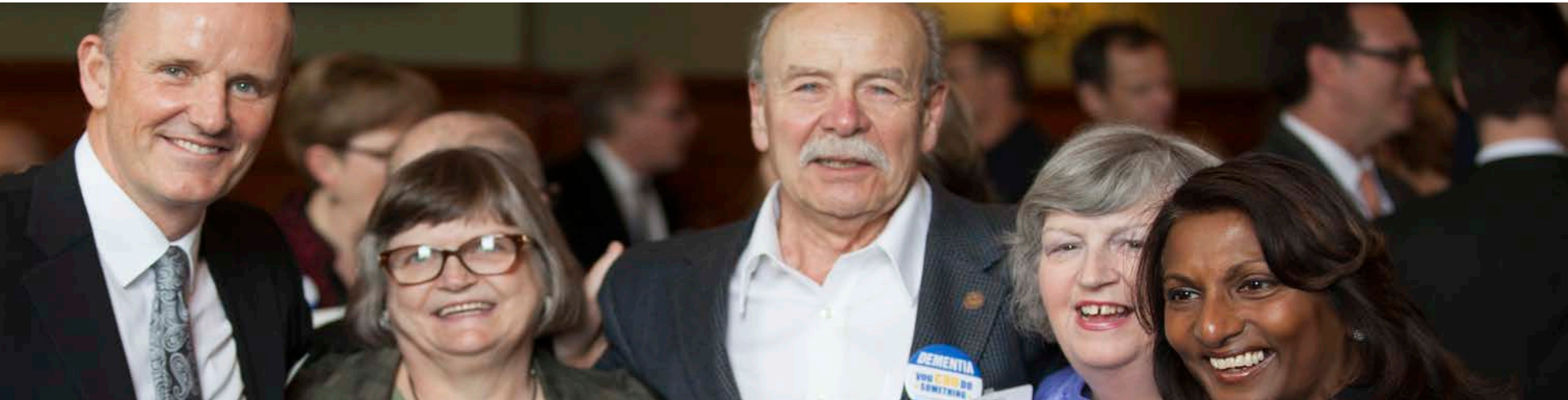
Contact Felicia at [fwhite@alzheimeront.org](mailto:fwhite@alzheimeront.org)



*MPPs, Alzheimer Society staff and people with dementia gathered at Queen's Park in May to talk about the Ontario Dementia Strategy.*



The development of an **Ontario Dementia Strategy** is underway.



(Left to Right): Chris Dennis, Bea Kraayenhof, Bill Heibeln, Maisie Jackson, MPP Indira Naidoo-Harris

“As people with dementia and care partners, we **feel it is very important** for the Ministry of Health to hear our views and perspectives and incorporate them into a provincial dementia strategy. After all, we are the experts in dementia—**we live this experience every day**—and we have important ideas about how the system can be structured to support and empower people with dementia and their families.” - *North West Dementia Working Group*



# Finding Your Way®

**Finding Your Way**, developed by the Alzheimer Society of Ontario with financial assistance from the Province of Ontario, helps people learn more about:

- *What to do when a person with dementia goes missing*
- *How to communicate with a person with dementia who might be lost or confused*
- *Keeping the community safe for people with dementia*
- *Balancing the risks of living with dementia while maintaining a healthy lifestyle*

(Left to Right): Chris Dennis, Minister Mario Sergio, David Harvey

To reach as many Ontarians as possible, we have made this information available in **12 languages**. In 2015 we launched a free online learning course as well as a new Identification Kit to help people be prepared for the possibility of someone going missing.

For more information and a chance to take our free online learning course, visit: [www.findingyourwayontario.ca](http://www.findingyourwayontario.ca)

Funding provided in part by:



One of the real concerns faced by the families of people with Alzheimer's disease or other dementias is the risk of a person going missing. Due to changes in the brain, once-familiar surroundings may no longer be recognized.





Sixty percent of people with dementia will go **missing**, often **without warning**.

# First Link<sup>®</sup>

## Your **first step** to **living well** with dementia

First Link, an innovative collaboration between the Alzheimer Society, primary care providers and other health-care professionals, connects people with dementia and their caregivers to a network of education and support services.

In 2015, more than one half (56%) of new client referrals to Alzheimer Societies in Ontario were through the First Link program.

Because the program focuses on service coordination, resources and planning, clients become more confident and involved in their own care, reducing the burden on family physicians, long-term care and emergency services. Health professionals in Ontario are showing a growing confidence in First Link and Alzheimer Society services. In five years, the number of clients referred to First Link has doubled from 6,300 to 12,500 individuals. Families also are better equipped to create their own action plans to tackle future legal, financial and health needs.

First Link connects the dots after the initial diagnosis, helping people receive time-sensitive information, and begin medical treatment as quickly as possible.



# U-First!®

## U-First! training has proven results

At the Alzheimer Society, we recognize the importance of training health-care staff in dementia care so that people with dementia receive the sensitive, knowledgeable care that is best suited to their needs, at every stage of the disease.

### U-First! training has proven results. Health-care staff trained in U-First! report:

- Increased awareness of the causes of behaviour in people with dementia
- Improved ability to handle situations that arise
- Increased teamwork with other staff
- Increased professionalism
- Increased ability to prevent aggression
- Reduced stress

For more information, visit [www.u-first.ca](http://www.u-first.ca)



Our U-First! program is a leading dementia education and training program in Ontario for health-care professionals, especially designed for people working in community care, acute care, and long-term care.





# Minds in Motion®

One of the biggest challenges faced by those who are diagnosed with dementia is learning to cope with feelings of isolation.

That's where Minds in Motion – a program offering physical activity, mental stimulation and social interaction – comes into play.

Exercise helps relieve some of the debilitating effects of dementia and can modify the progress of the disease. Minds in Motion also offers caregivers and people with dementia an opportunity to enjoy an activity together.

In 2015, the Minds in Motion program expanded to twenty-four communities throughout Ontario, serving 1,200 people.

Many thanks to our pilot project funders: Ontario Brain Institute, Ontario Trillium Foundation and the Ministry of Tourism, Culture and Sport. Trillium will continue to fund many Local Societies through grow grants over the next 2-3 years.

## Key benefits reported by those who have participated in this program are:

- Participants' endurance improved by 20% and strength by 15%.
- 79% of participants continue with physical and social programs in their community after participating in Minds in Motion
- Participants reported decreased social isolation and an increase in informal networks of support.

Source: Middleton, L.; Regan, K. (2015) Minds in Motion preliminary evaluation results



Physical, mental and social **activity** help people **live well** with dementia

# Taking Control of Our Lives



Taking Control of Our Lives is a program for people with dementia, developed in partnership with the Centre for Education and Research in Aging and Health at Lakehead University. A standout feature of the program is that people with dementia were closely involved in developing the curriculum.

The program gives people with dementia the chance to learn from and share with each other as they explore new ideas, question assumptions about their own abilities and build skills for living well with a diagnosis of dementia.

Participants in the pilot programs report increased self-confidence, empowerment and the ability to stand up to stigma. The program is gaining international recognition because of its unique approach and the involvement of people with dementia in its development.

Pilot sessions were held in eight communities and the program is spreading across Ontario and Canada.



The **community** here has been a **treasure** - Participant

# Donors

## Circle of Hope – Ontario Members

We're grateful to individuals who have made a lifetime gift or included the Alzheimer Society in their estate plans.

Brent Allen  
Anne-Marie Ambert  
Wilhemina Bakkenes  
M. Ballantyne  
Deborah Barker  
Sally Bennett Politidis  
M. Blakely  
R.N Bose  
Jean-Guy Bourgeois  
Russ Buchanan  
Jennifer Childs In Memory of Poppa Childs  
Brian Collins & Amanda Demers  
Les Dakens  
Pauline de Champlain  
Bettie-Jane de Jersey  
Karen Del Degan  
Alison Denton, in memory of Roland Sablick  
Kathy Dewling  
Les Ficzero in memory of Roza Ficzero

Donald Hodges  
Dalit & Peter Hume  
Maria & Jack Hudolin  
William Johnson  
Kit Julian  
Holger Kluge  
Sandra G. Knight  
Hanna & Ben Levy  
Nancy MacArthur  
Charles & Peggy MacDonald  
Al & Marilyn MacLean  
Lois Martin & William Seeley  
Vaughan Minor  
Kim Morgan  
Douglas & Joan Napier  
Victor & Blanche Norrington  
Andrea Olson  
Jeff Renaud  
Helen Rotenberg, in memory of her sisters  
Steve & Susan Rudin

Linda & Bill Saul  
E. Savage  
Ruth & David Smorodinski  
Jean E. Sonnenfeld  
Jean Spero  
Ken Stead  
Linda Stebbins  
Laraine & Richard Tapak  
Bill Twaddle  
Ernest & Mavis Underwood  
Rick Vader  
Bep Vanderkooy  
Jean Anne Verity  
Jan Vicars  
Heather E. Watt  
Kathy Wright

“No act of kindness, no matter how small, is ever wasted.” - AESOP



## Corporations & Organizations

We're grateful to those who gave a gift of \$1,000.00 or more.

A & A King Family Foundation  
Alan & Patricia Koval Foundation  
Benson Percival Brown LLP  
Canadian Hospital Specialties Ltd.  
Chartwell Retirement Residences  
Chicago Blackhawk Alumni Association  
Cooper Standard Automotive Canada Limited  
Gor-Fay Realty Company Ltd.  
Green Shield Canada  
Hydro One Employee's and Pensioner's Charity Trust Fund  
Ingredion Canada Corporation  
Jack McAllister Foundation Trust  
Lind Family Foundation  
Manulife Financial  
Margaret Ann & Donald S. McGiverin Foundation  
Mary Ellen Timmins Family Trust  
Medical Pharmacies Group Limited  
Ministry of Tourism, Culture and Sport  
Ontario Insurance Adjusters Association  
Ontario Power Generation Employees' & Pensioners' Charity Trust  
Ontario Seniors' Secretariat  
Ontario Trillium Foundation  
Private Giving Foundation - Wilson Family Fund  
RBC Foundation  
Real Estate Staging Association  
Rovinelli Construction Inc.  
S. & C. Electric Canada Ltd.  
The Port Arthur Health Centre Inc.  
The Atid Charitable Foundation  
The Catherine & Maxwell Meighen Foundation  
The D.H. Gordan Foundation  
The KPMG Foundation  
The Powis Family Foundation  
The WB Family Foundation  
Thorscott International Holdings Inc  
Thurber Engineering Ltd.  
Toronto Foundation - H Matheson Family Foundation  
Tyco Electronics Canada  
Women's College Hospital  
XE.com Inc

## Estates

We're grateful to individuals who remembered the Alzheimer Society in their estates.

Estate of James M. Atkin  
Estate of Alanna Mae Barjarow  
Estate of John Blakelock  
Estate of Mortimer Brown  
Estate of Abeda Calcuttawalla  
Estate of Dorelle Mackellar Cameron  
Estate of Naurine Carmichael  
Estate of Christina Cooper  
Estate of Lorrie Corrick  
Estate of Doris Cowper  
Estate of Marilyn Barbara Crompton  
Estate of Bettie Jane DeJersey  
Estate of Wilhelmina Duyn  
Estate of Charles Fong  
Estate of Terrence David Gaw  
Estate of Ronald T. Gibson  
Estate of Laszlo Leslie Gyrok  
Estate of John F. Isbister  
Estate of Edith Catherine Johnston  
Estate of Mary Louise Kernohan  
Estate of Leo Marcel Ladouceur  
Estate of Mortimer Lyon  
Estate of Muriel E. Mackenzie  
Estate of Mitchell Momot  
Estate of Irma Papesh  
Estate of Shirley Pick  
Estate of William Edwin Pinson  
Estate of Derek Powell  
Estate of Jacqueline Rayment  
Estate of Barbara E. Redlich  
Estate of Eugene W. Robertson  
Estate of Brian F. Rudrick  
Estate of Norma Y. Sawden  
Estate of Norma Yvonne Sawden  
Estate of Edith E. Smith  
Estate of Lawrence J. Souliere  
Estate of Murray Donald Spence  
Estate of Helen Allen Stacey  
Estate of Glen Carl Thiel  
Estate of Janet O. R. Thompson  
Estate of Elsie Janet White  
Estate of Joyce W. Wood  
Estate of Pauline Woodcroft  
Estate of Pauline & Russell Woodcroft Trust  
Estate of William Zambrick

## Individuals

We're grateful to individuals who gave a gift of \$1,000.00 or more.

Anonymous  
Sherlynn Akitt  
Brent Allen  
Alexander P. Beaton  
Paul & Maggie Beneteau  
Jeffrey Bowman  
Cathy Conway  
Rosemary Corbett  
Mark and Cherie Daitchman  
Mildred Driscoll  
Clair Duff  
Paul Faynwachs  
Anna Filice  
Betty Foley  
Rick Gallop  
Keith Gibbons  
Jean Gorrie  
Lois Green  
David & Marlene Haywood Harvey  
David & Lenore Hawkey  
Philip Heinrichs  
Ellen Judd  
Pieter Kooiman  
Ada Leung  
Samuel Leung  
Irene May  
Eris Mork  
Marie Anne Paton-Callaghan  
Vernon Purcell  
Robert Purdy  
Helen Rotenberg in memory of sisters Virginia Joseph & Rose Vass  
Mary Paula Schmidt  
Carolyn Simpson  
Marilyn Smith  
Jean Spero  
Thomas Stanley  
Joan and Keith Thomas in memory of Phyllis E. Thomas  
Bill & Kathryn Troubridge  
Leona Vickers  
John & Josie Watson  
John Weiler

# Planned Giving

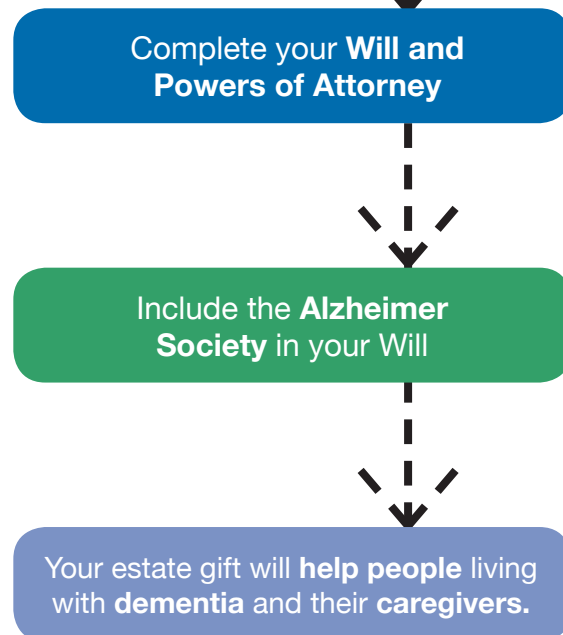
Did you know that more than 50% of Canadians do not have a Will? And more than 70% of Canadians do not have Powers of Attorney for Personal Care and Property? At the Alzheimer Society, we are concerned by these facts. When mental capacity diminishes with dementia, it may become too late to create these legal documents. Time-consuming, expensive and stressful court proceedings may be necessary to access a person's finances or health records.

In 2015 we launched a new campaign to encourage people to complete their Wills and Powers of Attorney. We chose a Super Hero theme. Why? Because we believe completing your Will and Powers of Attorney for Personal Care and Property makes you a Super Hero. You are protecting those you care about, your assets and, if you leave a charitable bequest in your Will, supporting the Alzheimer Society in the fight against dementia!

And did you know that leaving a gift to the Alzheimer Society in your Will may help you leave more to your beneficiaries and pay less tax?

To request your complimentary Estate Planner and Guide, please contact Kristy at [kcutten@alzheimeront.org](mailto:kcutten@alzheimeront.org) or go to [www.alzsuperhero.ca](http://www.alzsuperhero.ca)

How to give hope for tomorrow, today





What is your **legacy?**



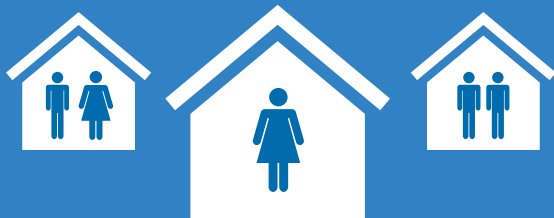
# Facts & Figures

I

The number of Ontarians **65+** with dementia will increase by **13%**

In 2016, over **220,000** older adults (65+) in Ontario are living with a diagnosis of dementia. This number is expected to **increase by nearly 13%** to almost a **quarter of a million** by 2020

II



Of women over **85**, **37%** live alone & **40%** are at risk of dementia

III

**8800** Ontarians with dementia are **under 65**

IV



**3 out of 4** people with dementia have at least **six other health problems**

V



Caregivers of people with dementia experience **20% greater stress**

V

Caregivers provide **75% more care** hours than other caregivers

VI

More than **1 in 10** caregivers forced to **leave work early**

(I) Hopkins, R. (2010). Dementia projections for the counties, regional municipalities and census divisions of Ontario. PCCC Mental Health Services. Kingston, ON.

(II) Statistics Canada (2012). Living arrangements of seniors: Families, households and marital status, Structural type of dwelling and collectives, 2011 Census of Population

(III) Ng R, Maxwell CJ, Yates EA, Nysten K, Antflick J, Jette N, Bronskill SE. Brain Disorders in Ontario: Prevalence, Incidence and Costs from Health Administrative Data. Toronto, ON: Institute for Clinical Evaluative Sciences. 2015

(IV) Bronskill SE, Yates E, Guan J, Walker J, Newman A, Xang X, Vermeulen M. AHRQ Report: Health system utilization patterns of community-dwelling persons with physician-diagnosed dementia in Ontario. Toronto, ON: Institute for Clinical Evaluative Sciences; Jan 2016

(V) Health Council of Canada, April 2012, Seniors in need, caregivers in distress: What are the home care priorities for seniors in Canada?

(VI) Black et al. International Journal of Geriatric Psychiatry, 2010, 25:807-813

(VII) Ontario Brain Institute, 2013. The Role of Physical Activity in the Prevention and Management of Alzheimer's Disease[1] Health Council of Canada, April 2012, Seniors in need, caregivers in distress: What are the home care priorities for seniors in Canada?

(VIII) Fratiglioni L, Wang HX, Ericsson K, Maytan M, Winblad B. (2000)

VII



**1 in 7 cases of Alzheimer's disease may be preventable with exercise**

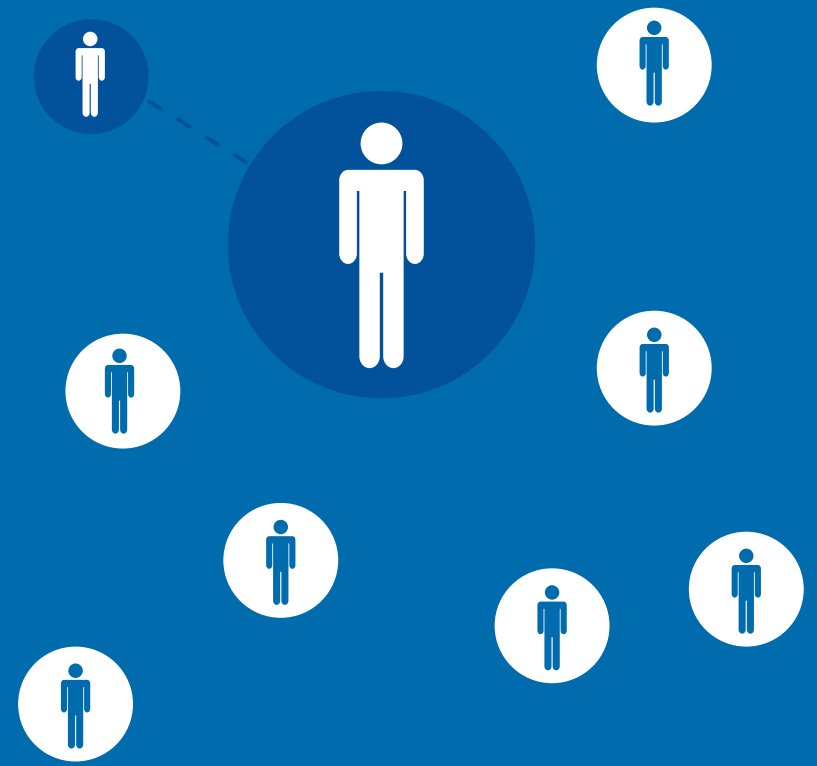
VI

Of caregivers in the workplace (aged 44-64)

**7 out of 10**

report disruptions to employment

VIII



A poor social network increases risk for dementia by **60%**

# Financial Statements

## Summarized Statement of Financial Position, Year Ended March 31, 2016

<b>ASSETS</b>	<b>2016</b>	<b>2015</b>
Current Assets	3,053,361	3,506,658
Capital Assets	64,667	63,153
Long-Term Investments	2,793,702	3,074,722
	<b>5,911,730</b>	<b>6,644,533</b>
<b>LIABILITIES &amp; NET ASSETS</b>		
Liabilities	1,505,215	1,665,937
Net Assets	4,406,515	4,978,596
	<b>5,911,730</b>	<b>6,644,533</b>

## Statement of Operations, Year Ended March 31, 2016

<b>REVENUE</b>		
Net Fund Development Revenue	7,717,358	7,751,830
Investment Income	5,721	358,060
Deferred program revenue recognized	1,337,122	1,598,858
Other	129,634	32,999
	<b>9,189,835</b>	<b>9,741,747</b>

## EXPENDITURES

ASC Operating Cost Assessment	1,705,080	1,785,409
Fund Development	365,939	376,712
PPPI	795,657	1,026,556
Marketing & Communication	522,495	565,783
Finance & Operations	627,502	403,329
Governance	368,842	491,816
Deferred program revenue expenses	1,337,122	1,598,858
	<b>5,722,637</b>	<b>6,248,463</b>
<b>Operating Surplus</b>	<b>3,467,198</b>	<b>3,493,284</b>
Strategic Investment Fund Expenses	(378,667)	(58,245)
Technology Fund Expenditures	(49,763)	(-)
Research Contributions	(2,671,203)	(2,018,352)
	<b>367,565</b>	<b>1,416,687</b>
Revenue Sharing - Member Chapters	(939,646)	(883,000)
	<b>(572,081)</b>	<b>533,687</b>
<b>Excess of Revenue Over Expenses</b>	<b>(572,081)</b>	<b>533,687</b>

# Who We Are

## Board of Directors

*Members of the Alzheimer Society of Ontario's Board of Directors, elected from across Ontario, guide the organization's efforts to improve service and care, fund and advance research, educate the communities we serve and mobilize support for the disease.*

**Rosemary Corbett**, Chair, Toronto

**Rudi Loepp**, Ottawa

**Pamela Waeland**, Vice-Chair, London

**Farhad Sethna**, York

**Vic Prendergast**, Past-Chair, Brantford

**Bob Stewart**, Thunder Bay

**Keith Gibbons**, Secretary, London

**Sandeep Jindal**, Ottawa

**Thomas Evans**, Treasurer, Burlington

**Maureen O'Connell**, Barrie

**Ted Wheatley**, Toronto

**Anthony Milonas**, Mississauga

**Elco Drost**, Niagara Falls

**Allan Greve**, Hamilton

**Paul Hargreaves**, Windsor

**Samuel Leung**, Toronto

**Rick Gallop**, Toronto

## BrainXchange

**Karen Parrage**, Resources and Information Technology Coordinator/Webmaster

**Jillian McConnell**, Knowledge Broker and Knowledge Mobilization Lead

**Kathy Hickman**, Knowledge Broker and Knowledge Mobilization Lead

## Senior Leadership

**Chris Dennis**, Chief Executive Officer

**Walter Kurz**, Chief Financial and Administrative Officer, Shared Services

**Sandra Montague**, Chief Transformation Officer

**David Harvey**, Chief Public Policy & Program Initiatives Officer

**Kathryn Richardson**, Chief Marketing and Communications Officer

**Colleen Bradley**, Co-Chief Development Officer, Planned Giving

**Shawn Paron**, Co-Chief Development Officer



## What can YOU do about dementia?

1. **Donate to the Alzheimer Society**
2. **Make a Will and leave a gift to the Alzheimer Society**
3. **Be a Champion for Dementia**

**Charitable registration number: 11878 4842 RR0001**

### Ways to **Donate** to Alzheimer Society of Ontario



**By Phone:** 416-967-5900 or 1-800-879-4226 (Ontario only)  
Extension 2628. Speak to Madelaine



**By Mail:** Make your cheque payable to Alzheimer Society of Ontario: 20 Eglinton Ave. W., 16th floor, Toronto, ON M4R 1K8



**Online:** [www.alzheimerontario.ca](http://www.alzheimerontario.ca). Click on Donate Now