



Thank you!
FOR LEADING THE WAY.



"In my heart, I know my Mom would be pleased to know that a Fund in her name is being used to help in a direct way."



In the early 1990's, Brent's beloved Mom Bernice was diagnosed with Alzheimer's disease. "At the time, this startling diagnosis was quite overwhelming for our family," he says. "It came at a time when less was known about the disease. Back then, dementia wasn't a topic that was openly discussed in families much less the general public."

In March, Brent prepared himself to mark the 20th anniversary of his Mom's passing. "As this momentous anniversary was approaching, I felt compelled and inspired to do something very special to honour the strong, caring, fun and charismatic mother she was and the remarkable legacy she left behind."

So he did something incredible – he worked with Alzheimer Society of Ontario staff to create the **Mary Bernice Allen Memorial Fund** and offered a \$50,000 matching gift challenge to our donors to join him in supporting research, program and services. "Our goal for the donation is to do as much as we can to positively

impact the lives of those living with dementia as well as the network of caregivers who help them through their journey with the disease."

To date, proceeds from the Fund have already supported essential programs like the Alzheimer Society's U-First!® and First Link® programs. As a result, more people will be connected to available services within their communities and more people will receive training on how to provide the best care possible to those living with dementia.

With so many more facing a similar diagnosis in the future, Brent feels good to be laying the groundwork to improve their lives too. "I believe that without impactful programs and services and cutting-edge research, Ontario will be overwhelmed. I am extremely grateful that the Alzheimer Society continues to work on addressing stigma and changing perceptions of what it is like living with Alzheimer's disease and dementia."

To date, proceeds from the Fund have already supported essential programs like the Alzheimer Society's **U-First!®** and **First Link®** programs

It's been a year of incredible achievements, and we're grateful for this chance to personally thank you for your commitment to caring for those with Alzheimer's disease.



Cathy Barrick
Chief Executive Officer
Alzheimer Society
of Ontario



Pamela Waeland
Chair, Board of Directors
Alzheimer Society
of Ontario

As an invaluable part of the Alzheimer Society of Ontario, donors like you have helped us reach and support thousands of people with Alzheimer's, their loved ones and their caregivers.

In the last year alone, your generosity has allowed us to fund 24 researchers through our Alzheimer Society Research Program – advancing the work of our province's brightest minds, helping to better understand the brain and get closer to a cure.

But perhaps the most exciting announcement of 2017 was that the province of Ontario committed more than \$100 million over 3 years for an Ontario Dementia Strategy, including \$8.15 million to expand and enhance our successful First Link® program.

This achievement has been a long-time coming, but could not have happened without the hard work and dedication from champions like you.

This funding will help enhance the critical role that local Alzheimer Societies play in ensuring Ontarians living

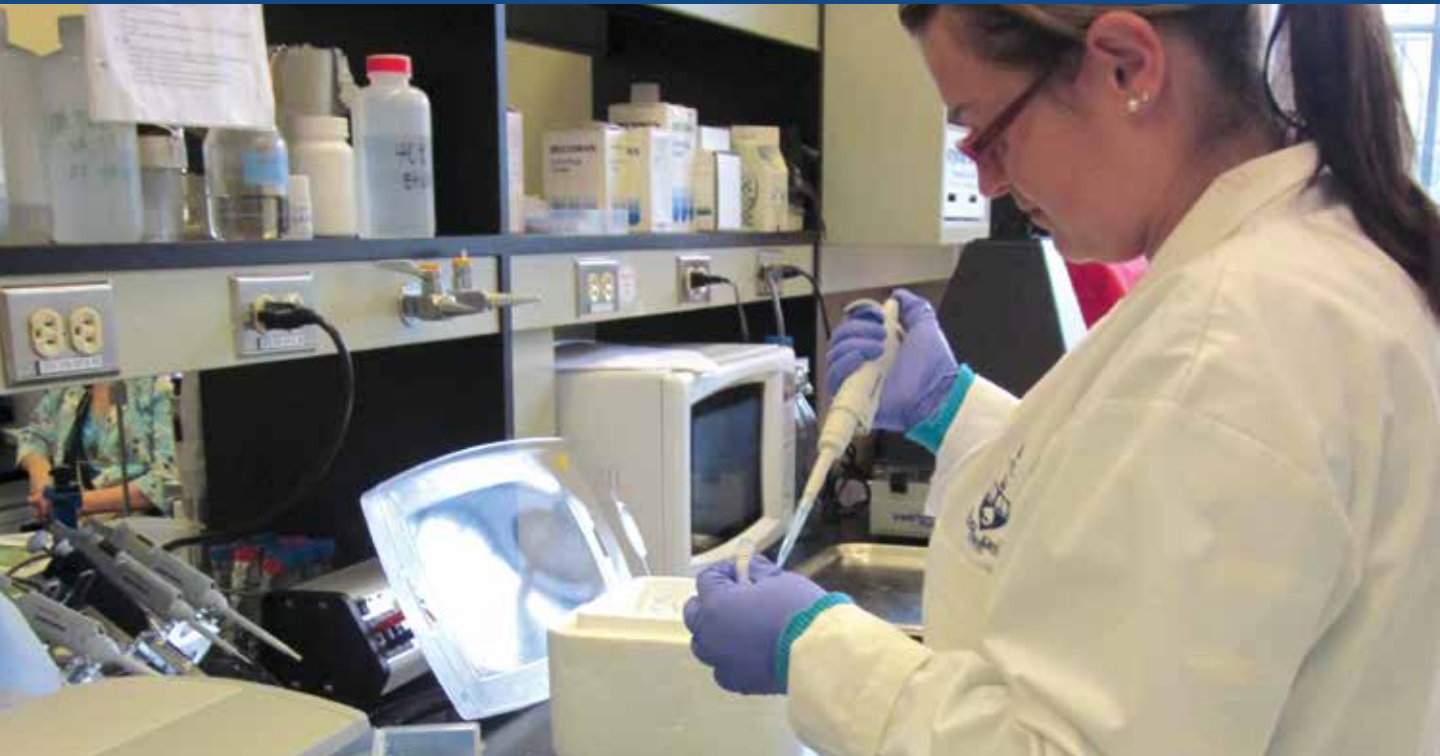
with dementia and their care partners are connected to the support, services and resources they need – as soon as possible after diagnosis.

We're thrilled to witness the growth and expansion of our province-wide programs and improved quality of life that you help make possible for those impacted by dementia. We're also excited to be taking a leading role in the global movement to create Dementia Friendly Communities, ones where people with dementia feel understood, included, respected and supported.

In this report, you'll also get to witness the impact of your support through heartfelt stories shared by our program teams, researchers and your fellow donors.

2017 was an important year for people affected by dementia, yet there is still so much more to be done. In the year 2020 – just two years from now – approximately 250,000 Ontarians are expected to have dementia. Every time you give, you make an incredible impact, now and for many years to come.

Your dedication to dementia care and research is admirable and appreciated. Thank you once again!



You're funding the world's best dementia research – right here at home

The Alzheimer Society Research Program is a collaborative initiative of the provincial Alzheimer Societies, the Alzheimer Society of Canada, partners, and valuable donors like you who support research directed at both eliminating dementia and improving the lives of those affected by it.

Although there is no cure for Alzheimer's, our comprehensive research funding strategy has made incredible strides in understanding brain function and improving quality of life. By carefully selecting the best and brightest minds, your support is invested into innovative research that will one day help us prevent, treat and ultimately cure this disease.

Did You Know?

The Alzheimer Society Research Program (ASRP) has funded \$53 million in grants and awards since its inception in 1989.

With your support, the Alzheimer Society Research Program is committed to funding innovative research that will bring us closer to a future without Alzheimer's disease and other dementias.

Your support in 2017 helped to:

- Identify potential new drugs for Alzheimer's disease
- Use neuroimaging techniques to distinguish different forms of dementia
- Study how diet and other lifestyle choices may delay the onset or progression of the disease
- Develop technology to enhance quality of life, care and safety for people affected
- Improve care delivery in the community and in long-term care settings



Sarah Wu, PhD Candidate

"As a new researcher, the funding I receive through the Alzheimer Society Research Program allows me to fully dedicate my time and effort towards improving lives."

"Thanks to the generosity of people like you – as well as a community of those who share my passion for creating a dementia-inclusive society – my research examines what people living with dementia and their families need and value within long-term care settings.

Since my funding began, I've been able to carry out my doctoral research relationship-centred mealtime intervention study in three long-term care facilities located in Southern Ontario. As part of this research, I am also analyzing mealtimes and malnutrition among residents living in long-term care.

Being 'in the field' has opened my eyes to how much people care for one another, and how far they will go to make sure that those little things in life – which are often the most important – are remembered and honoured, especially during mealtimes."

"I am so grateful for the opportunities this support has afforded me, and the improved mealtimes for people with dementia that will result from this work. I am looking forward to what the next year will bring!"



Fernanda De Felice

"The treatment of dementia is one of the greatest health challenges. Together we are finding ways to protect the brain from the devastating effects of Alzheimer's disease."

Just one year ago, my lab had made a fascinating discovery: an exercise-linked hormone named irisin appeared to play a protective role in Alzheimer's disease. But we lacked the funds for the expensive resources needed to continue the project.

Now, with support from the Alzheimer Society Research Program and donors like you, I am not only able to continue the project, but take the research to the next level. So far, we've found that Alzheimer's disease patients have decreased levels of irisin in the brain and in the cerebrospinal fluid (CSF).

Interestingly, we've also found that while control subjects have increased CSF levels as they age, Alzheimer's disease patients do not. This finding suggests that irisin may be a protective molecule that helps ward off dementia. Additionally, our experiments demonstrated that exercise mediates the beneficial effects of irisin in the brain.

"With your continued support, we are keen to continue determining the roles of peripheral irisin – and ultimately work to prevent and treat Alzheimer's disease."



Saira Mirza
University of Toronto,
Toronto, ON

**\$83,000 - Biomedical,
Postdoctoral Award**

"My goal is to understand the shared genetic risks across various dementias. Specifically, we aim to discover novel contributions of genetic variants to neuroimaging measures across an entire cohort of dementia patients (Alzheimer's, vascular, Lewy body, and frontotemporal dementias).

I have been very fortunate to be an Alzheimer Society Research Program (ASRP) fellowship awardee, as it has allowed me to utilize the rich patient data from the Sunnybrook Dementia Study and work with a multidisciplinary team of scientists. In addition, the ASRP funding has enabled me to present my work at meetings and conferences which has also opened doors for fruitful research collaborations."



Jennifer Walker
Laurentian University,
Sudbury, ON

**\$119,920 - Quality of Life,
Grant**

"My project is designed to prioritize First Nations needs and perspectives on how health data should be used and accessed for dementia-related research. Since our project began in September 2017 with support from the Alzheimer Society Research Program (ASRP), we are progressing towards our goals of better understanding dementia rates, health services use and care considerations among First Nations in Saskatchewan.

If we're successful, this project may be the first step in an on-going analysis of First Nation-identified health system data related to dementia and other related conditions."



Vanessa Taler
University of Ottawa,
Ottawa, ON

**\$119,798 - Quality of Life,
Grant**

"So far, my research grant has enabled me to offer three Graduate Research Assistantships to PhD students, test 50 healthy older adults and 30 patients with mild cognitive impairment on the full English-version of the semantic battery, and create a French-version of the semantic battery – a test designed to measure cognitive impairment in people with dementia.

Alzheimer's disease is a devastating diagnosis and the number of people affected is ever-increasing. It is critical to invest in research in this area if we are to reduce the impact of the disease and eventually find a cure!"



Shraddha Sapkota
Sunnybrook Health Science
Centre, Toronto, ON

**\$90,000 - Biomedical,
Postdoctoral Award**

This project is jointly supported by the ASRP and the CCNA

"Research is the key to understanding the neural and molecular underpinnings of Alzheimer's disease with the potential to develop innovative treatments, early detection methods, and intervention programs that will significantly improve the quality of life for those at risk of Alzheimer's disease as well as their caregivers.


The support of my fellowship has provided me to work with the Sunnybrook Dementia Study data and also collaborate with other researchers, learn new neuroimaging techniques, analyze new datasets, and complete research projects from my doctoral work."

Visit www.alzheimerontario.ca to read more about our researchers.



“After researching numerous online resources, your “Finding Your Way – Living Safely in the Community” course is the best online dementia course I have found.” - Calgary Fire Department

You’re keeping loved ones safe

Funding provided in part by  Ontario

Did you know that 60 percent of people living with dementia-related memory problems will become lost at some point?

Familiar surroundings may suddenly become strange. They get disoriented and are unable to find their way home. Fortunately, you’re helping us share tips and strategies to ensure that people living with dementia can live safely in their day-to-day lives.

This year, you helped us launch the **Finding Your Way: Living Safely Resource Guide** for families, bringing essential safety information to more than 34,000 people living with dementia and their family care partners.

And there’s more! Thanks to you:

- The number of people receiving Finding Your Way education through both local seminars and the online course TRIPLED since last year!
- 1,777 seminars were held – a 135% increase!
- 38,349 people attended seminars – a 200% increase!

That means you’ve helped reduce the risk and improve safety for thousands of loved ones across the province – bringing the priceless gift of peace of mind to families and those they care for.

You're advocating for change...

Over \$100 Million for an Ontario Dementia Strategy!

In Spring of 2017, the Ontario Government committed more than \$100 million over three years for an Ontario Dementia Strategy that will support people living with dementia and those who care for them.

This is a big step forward for the over 228,000 Ontarians living with dementia and their families!

We played a major role leading up to this announcement, working closely with the government and mobilizing thousands of Ontarians to advocate for what they need most.

Thank you to all of our Champions, partners and allies – people like you – who are out there every day advocating for improving the lives of Ontarians living with dementia and their families, and without whom the dementia strategy may not have been realized.



"The Ontario government has finally given people living with Alzheimer's and other dementias and their caregivers hope for a better way of life."

-Karen Harrington, who spent five challenging years caring for her husband Grant Crosbie before he succumbed to an aggressive form of Alzheimer's.

You're leading the way in education and training



You know that people with dementia require sensitive, specialized attention at every stage of their disease. But not everyone working in community care, acute care and long-term care has the training required to ensure this happens.

That's why we're so grateful for your support of U-First! - an innovative training program for health care professionals to develop the knowledge, language, values and tools needed to care for people with Alzheimer's disease and other dementias.

And it's working! Thanks to your support, 1,381 healthcare professionals were able to increase their awareness, improve their ability to handle situations, and provide greater comfort to people with dementia. We were also able to train 76 facilitators to lead U-First! and other Alzheimer Society education programs this year alone.

U-First! is gaining recognition across the country, with three other provinces coming on board to deliver the program. And now, for the first time ever, our U-First! Training is available as an online course. This means we can reach more health care professionals and continue to improve the quality of the healthcare experience for people with dementia.

...and connecting families to the help they need

A diagnosis of dementia is a shocking moment for many families. Many find it difficult to ask for help, or face challenges understanding the system and accessing the support they need.

That's why our First Link program is like a life raft for these families. Like a trusted friend who knows the ropes, First Link helps people living with dementia and their care partners to navigate the difficult waters of dementia care from the very start of their journey.

This year...

- You made it possible for local Alzheimer Societies to serve over 70,000 clients
- You helped over 25,000 new clients connect to First Link
- You enabled 5,500 people to learn and share through the First Link Learning Series

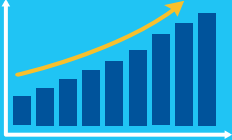






In 2017, the Ontario Government committed \$8.15M to enhance First Link® in Ontario!

Getting help early can make a difference.

This investment will enable local Alzheimer Societies to hire new First Link Care Navigators. Working directly with people living with dementia and their care partners, these experts will help families access the support they need early on and have better coordinated care overall.

Thank you for giving people the chance to live the best possible quality of life.



<p>228,000 Ontarians living with dementia</p>	 <p>Expected to double in next 20 years</p>
<p>70,000 First Link clients served in 2017-18</p>	<p>A lifeline for people living with dementia and their care partners</p> 
<p>First Link referral rate has more than doubled since 2010</p> <p>● 2010 ● 2018</p>	<p>More families accessing supports and services as soon as possible after diagnosis</p> 
<p>25,000 referrals in 2017-18</p> 	<p>Stronger linkages with healthcare providers including primary care</p> 
<p>29 local Alzheimer Societies</p> 	<p>Supporting clients in communities across Ontario</p> 

HIGH FIVES AND GIGGLES

The heart-warming beginning of the first intergenerational Minds in Motion® program



The children came bouncing into the program space and shared high fives with all of the participants. They shared some of their favourite childcare songs, and then both groups began singing familiar songs together. The connection between the older adults and the children was indescribable. High fives and hugs were exchanged at the end of the program, leaving the room with an amazing energy and a group full of giggling older adults.

All participants agreed that the children brought energy, innocence and laughter – making them feel energized and young again. Thanks to your support, the preschool children are now a permanent fixture for Minds in Motion Stratford and this beautiful story will continue!

*"I felt like a kid again."
- person living with dementia*

Minds in Motion®

It was the right place at the right time.

In Perth County, one of the Minds in Motion sites is located at the YMCA of Stratford-Perth. A happy benefit of the location was that participants would be greeted with the smiling faces of preschool children as they transferred rooms.

It didn't take long for these two groups to build friendships during this brief interaction. That's when the idea was born. What if we could create an Intergeneration Program involving the participants of the Minds in Motion program and the children of the YMCA preschool program?

When the first day of the program finally arrived, everyone was excited. After an hour of physical fitness, the Minds in Motion participants patiently awaited the arrival of the children. What followed is truly hard to put into words.

WHAT IS MINDS IN MOTION?

Minds in Motion is a physical activity and therapeutic recreation program that helps people with dementia stay active and connected in their community. By offering both mental and physical stimulation as well as social interactions for people living with dementia and their care partners, you help create a supportive environment where participants can build their endurance, mobility and balance while reducing isolation.

- **In 2017, the program grew even more! Thanks to your support, Minds in Motion is now being offered through 21 of our 29 local Societies across Ontario and in over 40 community recreation centres**
- **2,000 people participated in Minds in Motion this year**



**DEMENTIA
FRIENDLY
COMMUNITIES**
ONTARIO

**You're creating
caring communities**

**What if everyone with dementia was UNDERSTOOD,
RESPECTED, INCLUDED and SUPPORTED?**

That's the definition of a Dementia Friendly Community. It's a movement that aims to turn everyday people into allies and friends, making the world a safer and more inclusive place for those with dementia. Within a Dementia Friendly Community, people learn more about the symptoms of dementia and how to communicate effectively and compassionately with those who have it.

And thanks to your support, we are taking a leadership role in this global movement. Right here in Ontario, 16 local Societies are:

- Mobilizing hundreds of businesses, organizations and service providers to commit their support
- Training 4,000 people in dementia friendly approaches
- Recruiting 200 volunteers

- Helping 150 people living with dementia and care partners to play an active role in making their community more dementia friendly

YOU CAN HELP, TOO!

Join thousands of Ontarians supporting this movement by:

- Becoming a volunteer
- Signing up for a Dementia Friendly Training session near you!
- Having your workplace trained to be dementia friendly
- Contacting your local Alzheimer Society to see what opportunities are available

www.dementiafriendlyontario.ca

YOU'RE HELPING US GROW AND CHANGE TO MEET THE NEED

The Alzheimer Society of Ontario, Serving Ottawa and Renfrew County is pleased to announce that it has a new office located at 1400 Clyde Ave, Suite 222, Ottawa, ON. Alzheimer Society programs and services including First Link®, Support and Education can continue to be accessed through this office.

The Alzheimer Society of Ontario, Serving Ottawa and Renfrew County is committed to ensuring that the community has access to traditional and new Alzheimer Society programs and services. If we can be

of assistance to you, please do not hesitate to contact us at:

Alzheimer Society of Ontario, Serving Ottawa and Renfrew County

1400 Clyde Ave, Suite 222
Ottawa, Ontario K2G 3J2
613-224- 1400 ext: 2

Email: mmarta@ottawarenfrew.alzheimeront.org



“Alzheimer’s disease has deeply affected my family. I don’t want any human being to go through what we had to go through.”

When Mridula’s husband Ashwini was diagnosed with Alzheimer’s disease in 1997, it came as a total shock. “I didn’t even know what dementia or Alzheimer’s meant,” recalls Mridula, “and we didn’t understand how our lives would be impacted, or where to go for support.”

Looking back, the warning signs now seem more obvious. Ashwini had started repeating things, and seemed to get lost in familiar locations. Alzheimer’s disease ultimately claimed Ashwini’s life 10 years after receiving his diagnosis.

“Naturally, you ask yourself ‘Why me?’ There were no genetic indicators in my husband’s family. It’s frustrating to not have an answer.”

There is still no known cure for Alzheimer’s disease, and no fully effective prevention methods. In order to expand research in the areas of diagnosis, cure and care, Mridula decided to take action.

“Ashwini was a nature lover. Walks and park visits were a cornerstone in our family’s life”, she says. Even after Ashwini was diagnosed with Alzheimer’s disease,

he and Mridula continued to walk together. “Even as the disease progressed, Ashwini would relish any opportunity to go for walks.”

So Mridula took on a big goal of visiting 150 parks during Canada’s 150th anniversary to raise awareness, fundraise and commemorate her late husband. “By putting on a fundraiser I am able to promote something that I truly care about,” she says.

Mridula believes that getting involved in raising money is possible for anyone, and can become a family affair. “My park visits were self organized and managed with the help of my daughter, Nirja who has been driving and visiting parks with me. My son Awnish and my two grandchildren Maya and Shawn have also been great supporters. My sister-in-law, Ragini, who is visiting from Australia was a great inspiration for me to accomplish my goal.”

“My hope is that the funds raised will help researchers to find a cure,” says Mridula. “I believe that one day, this disease will have treatment options, so patients can get their dignity back and can control and manage it.”

To learn more about hosting your own fundraiser in support of the Alzheimer Society, visit www.memorymakersforalzheimers.ca.

THE MORE WE INVEST,
**THE FASTER WE WILL
 SEE NEW TREATMENTS**
 AND BETTER QUALITY OF LIFE
 FOR PEOPLE WITH DEMENTIA

"This is the most important thing in my life right now," says Linda Janes with excitement in her voice. Linda is a Super Hero donor who has generously included the Alzheimer Society in her Will.

It's no wonder Linda is passionate about the cause. Her father, uncle, aunt, great-grandfather and brother all passed away due to Alzheimer's and dementia. "This disease has taken the lives of so many of my family members. At each funeral, I've always requested donations to Alzheimer's research in lieu of flowers."

To Linda, it made perfect sense to make a meaningful investment that would help well into the future. "I am 77 years old, and in my lifetime, I have hope that I'll

see treatments improve," she says. "And I feel good knowing that my money will make an impact long after I'm gone, as well."

The process itself was very easy. "I recommend a planned gift to everyone," says Linda. "I don't have children, so a Will gift was very meaningful to me. Even if I had children to think of, I would still make sure a portion of my estate went to charity."

"The Alzheimer Society is doing their very best to advance research into this disease," says Linda, who is confident that her Will gift will be put towards the most promising lines of inquiry. "They're doing better and better all the time, and we all need to be a part of it."

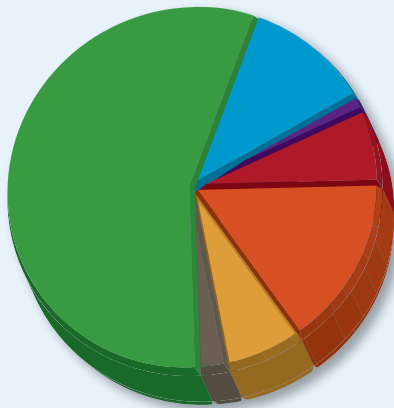


"We are incredibly grateful to **SUPER HEROES** like Linda who have included us in their estate plans. To request your complimentary Estate Planner and Guide, please go to www.alzsuperhero.ca or contact me, Kristy Cutten at 416-847-8915. I'd love to help!"

FINANCIAL HIGHLIGHTS

In 2017-18, the Alzheimer Society of Ontario revenues from bequests and individual giving were significantly lower than the prior year. In addition, the Alzheimer Society of Ontario provided increased support to our local Societies, including a necessary investment into a new database. These expenditures were made intentionally and strategically to strengthen our organizational infrastructure for the future.

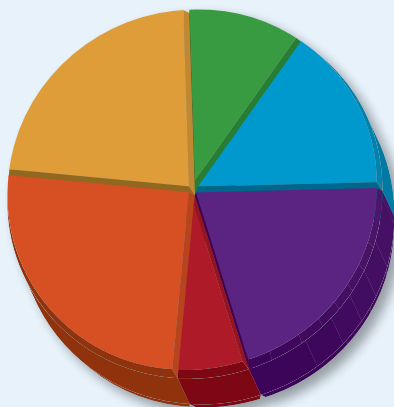
REVENUE



● Individual giving	\$6,700,000
● Bequests	\$1,340,000
● Corporate giving	\$162,000
● Government health programs	\$789,000
● Partner Alzheimer Societies	\$1,836,000
● Literature and seminars	\$781,000
● Investment and other income	\$290,000

TOTAL REVENUE **\$11,898,000**

EXPENSES



● Programs and Services	\$1,318,000
● Research	\$1,924,000
● Partner Alzheimer Societies	\$2,558,000
● Government health programs	\$789,000
● Fundraising and Marketing	\$3,207,000
● Administration	\$2,840,000

TOTAL EXPENSES **\$12,636,000**

Complete audited financial statements are available at www.alzheimerontario.ca

Members of the Alzheimer Society of Ontario's Board of Directors, elected from across Ontario, generously guide and support our efforts with their time, talent and passion. We thank you for your leadership!

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Cathy Barrick, CEO,
 Alzheimer Society of Ontario



OUR MISSION

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



OUR VISION

A world without Alzheimer's disease and other dementias.

We are incredibly grateful to the Individuals, Corporations and Organizations that have supported the Alzheimer Society of Ontario. Below are donors who have made contributions over \$1,000 this past year.

INDIVIDUALS

Anonymous
 Brent Allen
 Felicidade Almeida
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 Linda Ball
 John Bayko
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 Turkstra Lumber Company Ltd.
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 Victory Lane Carwash

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 Estate of Christina Cooper
 Estate of Madeline Leona Dries
 Estate of Alexander Ferguson
 Estate of Joyce Susan Grech
 Estate of Samuel James Hanna
 Estate of Alice Elaine Hawke
 Estate of Frederick William Heacock
 Estate of John David Isbister
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 Estate of Edward Gordon Marrett
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 Estate of Doris Marie Moutenay and
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 Estate of Grace Kathleen Munro
 Estate of Helen Rita O'Keefe
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You can do something about dementia.

DONATE TODAY

www.alzheimerontario.ca

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Toll-free: 1-800-879-4226

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