



**Alzheimer Society**  
YORK REGION

Annual Report 2019 - 2020



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Legend: Alzheimer Society of York Region (AS York)

## 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 have achieved excellence, innovation and leadership in Family Centred Services, Advocacy, Education and Fundraising through caring professional staff, active volunteers, valued partnerships and a supportive community.

## About Alzheimer Society of York Region

The Alzheimer Society of York Region is a leader in actively supporting individuals and families living with Alzheimer’s disease and other dementias since 1985. Our history of delivering quality, dementia-specific D.A.Y. program services, an enriched social work program and education opportunities within 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 service the needs of families and individuals living with Alzheimer’s disease and other dementias.

## Board of Directors 2019 - 2020

### Chair

**Stuart Pasternak**, CPA, CA  
Associate, Part-Time  
CFO Services Inc.

### Vice-Chair

**Scott Crone**  
Councillor, East Gwillimbury  
Principal, Lone Oak Consulting  
Chair, Fund Development and  
Communications Committee

### Treasurer

**Simon Francis**, CPA, CA  
Partner, Fuller Landau LLP  
Chair, Audit and Risk Committee

### Secretary

**Jane Casey**, R.N., MScN  
Program Director  
Emergency Services  
Humber River Hospital  
Chair, Quality, Safety and  
Performance Committee

### Members at Large

**Rachel Egan**

**Kathleen Jinkerson**  
Practice Lead, HR and  
Total Rewards Solutions  
The Talent Company

**Roxana Kobuta**, MBA, HBS  
Senior Consultant  
Resource Planning Group Inc.

**Domenic Manzo**, B.A., LL.B  
Barrister and Solicitor  
Manzo Law

**Caroline Petrova**, ACC, CDTLF  
Principal  
Pivot Point Consulting Inc.  
Professional Coaching &  
HR Consulting Services  
Chair, Human Resources  
Committee

**Sheldon Wisener**, B.A.  
(Hons), LL.B  
Barrister and Solicitor  
Wisener Law  
Chair, Governance Committee

Dear friends,

In mid-March, the COVID-19 pandemic changed our lives and how we serve our clients and their families. While we are working hard on a new model of service, we also recognize this past fiscal year was one of transformation in healthcare.

Ontario Health Teams are the new service model to deliver an integrated range of care to patients within geographic regions across the province. This approach provides a greater focus on program expansion for AS York and dementia-care systemwide.

As you read this year's annual report, you will learn more about the benefits your continuing commitment is having on the lives of our families, friends and neighbours impacted by dementia. Highlights include:

- The Eastern York Region North Durham Ontario Health Team (OHT) established dementia as one of its two health-care priorities in its first year of service. AS York sits on the governing committee and co-chaired its dementia task force.
- A \$2.26M gift by the Carswell Family Foundation to establish the Helen Carswell Research Chair in Dementia Care at York University's Faculty of Health. This gift will facilitate a partnership with AS York and be used to advance research into the effectiveness of dementia D.A.Y. programs, respite services and various models of care as well as the benefits of integrating support for caregivers into programming.
- An anonymous \$1M gift to AS York from a family foundation will be disbursed over five years to expand D.A.Y. programming capacity for people living with dementia. It also funds a full-time social worker to provide supportive counselling, and help caregivers navigate system services.
- Funded by the Government of Canada under the New Horizons Seniors Program, the Mon Sheong Foundation, in collaboration with AS York and Hong Fook Mental Health Association, established R.E.A.C.H. 55, a partnership to develop activities that focus on the physical, emotional, social, intellectual, and vocational well-being of families in the Chinese community.
- Expand service delivery with client referrals growing by 28 per cent and counselling services by 10 per cent, serving a record 2,362 families.

As we plan for 2020-2021, we look forward to delivering in-person services and supports our clients and their families depend on. COVID-19 has perhaps changed the way that healthcare and other sectors will function in future, but if there is a silver lining it is that new and safer practices, as well as service innovation, will result in improved healthcare in the long run.

We extend our heartfelt gratitude to our generous partners, funders and donors for their outstanding support. As always, you have our commitment to continue putting clients and their families first in all that we do.

## Board Chair and CEO Message



A handwritten signature in blue ink that reads "Stuart Pasternak".

**Stuart Pasternak**  
Board Chair



A handwritten signature in blue ink that reads "Loren Freid".

**Loren Freid**  
CEO

# How we help families

## AS York Service Delivery

**2,362**

families benefited from counselling services

**29**

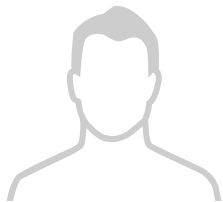
ethnic groups

**709**

new client (First Link) referrals

**272**

clients attended D.A.Y. programs



**45%**

Men



**55%**

Women

## Student Training

**2**

Master of social work students

**11**

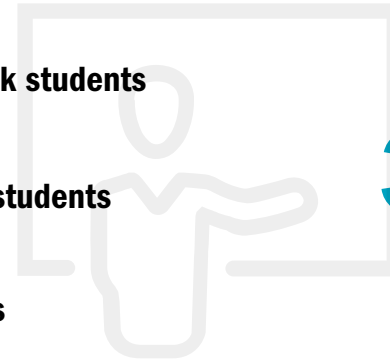
Community college students

**8**

High school students

**3,920**

hours of training



## Public Education

**194**

dementia-specific education groups were delivered to

**4,575**

individuals



## Saluting our Volunteers

**100**

people volunteered

**3,440**

hours to AS York

## Transportation



**4,429**

passenger trips

travelling

**39,071 km**

**37**

individuals received MP3 players



# Friendship & Understanding

## Young-onset dementia support group



*Deb and Rocky Copithorn*

**When Deb Copithorn was at her first Alzheimer Society of York Region support group for spouses living with dementia, she knew she was in the wrong place – her fellow caregivers were in their 70s and 80s, having lived a long life with their partners. Rocky, her husband, was only 59.**

Deb immediately left that support group and joined the one for spouses of those diagnosed with young-onset dementia. It was there she found her people – people whose spouses were in the prime of their lives when they were diagnosed with this fatal disease and who understood her.

They are still her people.

The tight-knit group meets once a month, usually in person but now, because of COVID-19, over Zoom, and are available to help each other at any time.

What Deb said she likes most about her support group is “how we help each other, texting late at night. Meeting for coffee or dinner when times are tough or just for friendship. Those days when I didn’t think I’d survive and texted with another group member until wee hours, sometimes in tears, but knowing the person supporting me understood.”

Young-onset dementia is diagnosed, on average, between the ages of 45 and 64.

Caregivers have to provide support to a partner who is rapidly declining in both cognitive and physical function, while still trying to work and take care of their families. While a support group doesn’t take away those things, it helps being with people who are able to say: “I understand what you are going through’ and they really do. It’s important to see others that are experiencing the same thing. They understand the journey and the battles you face,” Deb said.

The support group allows people the opportunity to talk about what they are going through, problems they have encountered and discuss potential solutions. The group touches on all aspects of day-to-day living.

The benefit of this support group is there are people at various stages of the journey.

Nancy Carter’s husband, Terry, died in October 2019 after a battle with dementia.

Nancy continues attending the group to provide support to people at different stages in the journey.

That’s important, Deb said, “so we can see (the journey is) always evolving. Those starting can see what’s ahead and those at the end can remember where they were.”

Nancy agreed. “Everything is still fresh in my mind.”

Nancy said she remembers the difficulty of friends disappearing after Terry was diagnosed, unable to handle the changes in her outgoing husband.

With the support group, “it was good to be with people where you don’t have to second guess. They understood you as you are...And that is a good thing.”

Renu’s husband, Inder, has frontotemporal dementia, which makes him paranoid, suspicious, angry and prone to violent outbursts. Renu takes care of her husband, but from a distance. Inder lives in a private retirement home.

For Renu, life is difficult as she lives with a disability, tries to do what is best for her husband, who – due to the disease – isn’t interested in the help from her, and the guilt that comes along with it. She said she is exhausted, sad and lonely.

Her fellow support group members, she said, understand her.

“We know what we are going through. Plus they are emotional support.”

Deb agreed.

“Hearing about each other’s journeys helps me feel less alone.”

To learn more, contact Hemal Joshi at [hjoshi@alzheimer-york.com](mailto:hjoshi@alzheimer-york.com)



*Nancy and Terry Carter*

# Signature Events

## Forget-Me-Not Breakfast

Last year's Forget-Me-Not Breakfast featured two guest speakers: Dr. J.B. Orange, who talked about communicating with people with dementia, and Jill Hewlett, who offered an interactive presentation about brain health and fitness. Both speakers were engaging and offered valuable information. The event also offered caregivers an opportunity to network with people going on a similar journey while raising funds for programs and services.



## Golf 2 Remember

For the past eight years, Golf 2 Remember founders Jane Simard, Betsy Sumner and Tara Morse have hosted a golf tournament to raise money to support people impacted by dementia. All three women have been impacted by the disease and wanted to do something to help others. Last year, the 2019 tournament **raised \$19,000.**



## IG Wealth Management Walk for Alzheimer's

There was rain and cold and sunshine and blue skies for IG Wealth Management Walk for Alzheimer's in Jackson's Point and Richmond Hill last year. **Participants raised \$93,000**, which funded programs and services to support York Region residents impacted by dementia. Last year, members from York Region's local IG Wealth Management offices were invited to challenge each other for the inaugural IG Cup. The office that raised the most amount of money had their name engraved on a trophy. Last year, the **Markham/Fairview office won, raising \$8,500.**



Each year, the Roxborough Retirement Residence in Newmarket hosts a walk for their residents, raising money for programs and services at AS York.

## Coffee Break

Coffee Break is an annual fundraiser where people are encouraged to host an event in support of AS York. Coffee Breaks are held at retirement homes, workplaces and people's homes. In 2019 employees at Ozz Electric hosted an event for staff, while Del Manor Elgin Mills hosted one for its residents. Thank you to all Coffee Break hosts. Proceeds from Coffee Break support programs and services to help York Region residents impacted by dementia.



# Events



## Painting Pals

Luisa Rocca, owner of the Aurora School of Fine Arts, hosted a fine art show and sale in support of AS York in November.

Titled Painting Pals, the art show and sale was in collaboration between Rocca's young students and seniors who live at Sunrise of Aurora. Students started the paintings and the seniors finished them.

## Lily Edmunds and Fur-Ever Friendz

Lily is a Grade 12 graduate who has a long history of volunteering and raising money for the Alzheimer Society of York Region. Lily created the non-profit organization Fur-Ever Friendz, which brings stuffed animals to clients of the D.A.Y. programs. In December, she also brought toys, art supplies, puzzles, books and two St. John Ambulance therapy dogs, which were a hit with both clients and staff. Lily sits on the IG Wealth Management Walk for Alzheimer's committee and participates each year in both walks.



## The Caregiver Show

Last year, AS York participated in the Caregiver Show, hosted by Metroland Media. AS York hosted a booth and Andrea Ubell, director of programs and client services, talked about caring for someone with dementia. The show provided a place for all caregivers to learn about the programs and services in their neighbourhood, while listening to engaging presentations about a variety of caregiver-related topics.

## York Region Lights Blue for World Alzheimer's Day

A number of York Region municipalities proclaimed Saturday, Sept. 21, 2019 as Dementia Friendly Day for World Alzheimer's Day and lit up a local landmark in blue. Dementia-friendly communities are ones where neighbours, business people and government representatives in buildings and public spaces understand what Alzheimer's disease and other dementias (ADOD) is and that people living with it are more than their diagnoses. Communities that lit up blue included: Newmarket, Markham, East Gwillimbury, Richmond Hill and Georgina.



## New Partnerships to Strengthen Dementia Programs and Services

### Mon Sheong Foundation

AS York is collaborating with the Mon Sheong Foundation to bring dementia-specific programming, including Minds in Motion and public education, to the Chinese community. R.E.A.C.H. For Aging Well offers a variety of programs and services to encourage Chinese seniors 55 and older to become part of the community, preventing isolation and loneliness. Programming will take place over four years and is funded by the New Horizons for Seniors Program.



### York University

With funding from AS York supporter Dr. Allan Carswell and the Carswell Family Foundation, York University established the Helen Carswell Research Chair in Dementia Care in the Faculty of Health, which, among other things, will support a program of evaluation, research and knowledge dissemination led by the dementia chair and working collaboratively with AS York. Helen Carswell, Dr. Carswell's wife, has been living with Alzheimer's disease for more than two decades. Dr. Carswell has been a longtime advocate and supporter of AS York, with first-hand knowledge about the importance of D.A.Y. programs, public education and support groups.



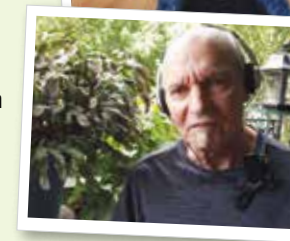
### Minds in Motion®

Thanks to the Ontario Trillium Foundation, the Minds in Motion program for people in early to mid-stage dementia and their care partners reached 80 people in the towns of Georgina, East Gwillimbury and Stouffville. The program offers an hour each of social and mental stimulation and physical activity. Minds in Motion offers a safe place for people diagnosed with dementia and their care partners to participate in an activity together and allows the caregiver to increase their network for support.



### The Music Project

The Music Project pairs a York Region resident diagnosed with dementia with an MP3 player, headphones and customized playlist of 100 songs. Each unit costs \$200, but is provided to the person free of charge. The Music Project is funded by J.P. Bickell Foundation, the Rotary Club of Newmarket, a campaign on the Givesome platform, including employees of Martinrae, and private donors.



# Missing “special people” at AS York: caregiver

**During the COVID-19 pandemic, caregiver Jennifer Dance Bowen is missing many things about the Alzheimer Society of York Region, especially the Stouffville D.A.Y. program, where her husband Feroze Mohammed attended until March.**



“I miss having time to myself,” Jennifer said. “Feroze is always following me around, hovering like a shadow. I’m his security blanket.”

Feroze lives with Alzheimer’s disease, and there has been a decline in his cognitive function since March, when D.A.Y. programs closed. He is now unsteady on his feet, can no longer dress, brush his teeth or toilet himself. He rarely finishes a sentence. And sundowning, where a person living with dementia gets restless in the early evening, began in April.

“To a certain extent, it could be that he is missing the mental and physical stimulation of the D.A.Y. program,” Jennifer said. “But it’s hard to tell for sure because the disease tends to go in steps rather than a gentle slope.”

Jennifer pulled Feroze out of the D.A.Y. program March 11, the same day the World Health Organization declared a global pandemic. As soon as she heard the announcement, she did a grocery shop, collected Feroze and started self-isolation.

She said she was initially concerned about Feroze getting sick.

“It’s much more difficult looking after someone with Alzheimer’s when you add another problem to the mix. Even a common cold or a bladder infection makes dementia far worse. So keeping him ‘healthy’ is a priority.” However, she soon began to worry about herself. With a heart condition, she said she didn’t think she would survive the strain on her heart caused by respiratory disease.

“And even if I were to get mildly sick, what happens to Feroze then? The responsibility of caring for him is huge.”

Over the last few years, Jennifer has used many AS York programs, including Minds in Motion® for people with early to mid-stage dementia and their care partners (funded by the Ontario Trillium Foundation). She has also attended educational courses and support groups, made up with “the only other people in the world who really understand what we are going through.”

In April, AS York created a virtual D.A.Y. program, a daily email that offers YouTube links to gentle exercise and music, plus word searches, colouring sheets and more.

Jennifer is participating.

“We are using it as part of our new daily routine. Our favourite part is when (musician) Steve Porter does a 30-minute sing-along. Feroze sometimes claps or taps his toe or sings a few words...Feroze is very quiet these days and doesn’t smile much, or talk, but he interacts with Steve in such a sweet way, waving at him, and talking back.”

While Feroze can no longer participate in the exercise portion, Jennifer said she herself does it while Feroze stands nearby. For day-to-day life, Jennifer intersperses physical activity such as playing with the ball with the more mentally challenging, but sedentary things such as colouring or sorting playing cards into suits. She films Feroze



on her phone so she can send updates to their children and wonders if each time he does something successfully, if it will be the last.

“With raising children, you are constantly looking for the firsts. But now, I find myself looking for the lasts, and appreciating them.”

She still speaks with her social worker, connecting every two to three weeks, and she chats with the network of caregivers whom she met through AS York.

“It’s been difficult. If COVID had not come onto the scene, I would have arranged for a PSW (personal support worker) to come in to help out, but since they generally go into several different homes each day, I’m reluctant to increase the chance of infection. So I’m doing the best I can. Some days I do better than others.”

But by day’s end, Jennifer is exhausted.

“It’s harder to be patient and kind when I’m dead tired, both physically and mentally. But I have to make myself do something active with him, like bouncing a ball back and forth. Fortunately, I have great neighbours who are keeping in touch and dropping things off. And we’ve had a few socially distanced gatherings on the driveway. This helps.”

Before COVID, Jennifer said she knew that long-term care was an option for when she could no longer cope. Now, due to outbreaks and the potential of developing the virus, it’s no longer on the table.

“The most worrying thing for me is that the virus will come roaring back in the fall, in which case long-term care will not be a good option any time in the near future. That worries me a lot. I don’t know what to do. I feel trapped. I can’t plan ahead. It’s unsettling.”

For now she is taking it day by day, growing in compassion, trying to be kind and more patient and accepting of the way things are.

“Getting frustrated and angry just makes things worse for both of us. I still haven’t learned how to execute this perfectly, but I’m getting there.”

She is also learning to give her husband no choice.

“In the past, I operated on giving him a choice between two things, but now I just have to tell him what to do. He can’t understand alternatives. So as a caregiver, I’m learning that you have to keep changing your approach to match the decline in cognitive ability. It’s challenging.”

And this time at home with her husband has made her “grateful for small mercies. Home, food, good neighbours. It has also given me even more respect and gratitude for the staff and volunteers at the D.A.Y. program. They are such special people.”

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Note – since this story was written, Feroze experienced further cognitive decline and has been admitted to a long-term care home.



# A flower in the *Forget-Me-Not Garden*

## Honouring loved ones in celebration or memory

When Sandi Jones was invited to the Alzheimer Society of York Region's Donor Appreciation event in October 2019, she was honoured to see her mom's name in the new Forget-Me-Not Garden, located in the Welcome Centre in the lobby of the Aurora location.

"It, of course, made me sad, but it also gave me comfort," said Sandi, whose mother Mary Nagypal died in 2016 from dementia. She was 88.

But Sandi also wanted a flower for her husband Bill, who passed away July 29, 2019. Bill lived with Alzheimer's disease/vascular dementia. He died four days after his 77th birthday.

"It gives me some peace that my mom and Bill are side by side."

The Forget-Me-Not Garden grows on the wall at 240 Edward St. office. It consists of forget-me-not flowers of various sizes and colours with people's names – either in celebration or memory – etched on.

"The flower is a legacy and a symbol that my mom and husband will not be forgotten," Sandi said. "They were both cremated so it is nice that there is some permanent recognition of them. It honours their journeys, which, as difficult as they were, should never be forgotten. Perhaps the flowers also symbolize life and hope."

Colleen Abbott agrees.

"(The garden) is a positive, cheerful depiction of remembrance of people and lives well lived."

Colleen's husband Peter, who lives with Alzheimer's disease and currently resides in a long-term care home in Aurora, has a flower in honour of him in the garden.

"It is helpful to know that Peter is remembered through the garden and will continue to be so."

Both women said it's important to support the valuable work AS York does.

"It's the only community specifically supporting people with Alzheimer's and their families," Colleen said.



Peter used the Aurora D.A.Y. program, helping out in the kitchen and participating in the music.

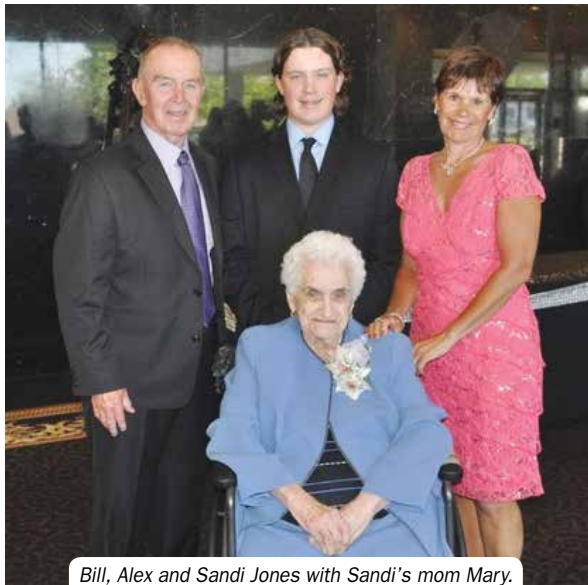
While Bill was too far along in the disease to access the program, Sandi said she gives to AS York to ensure others can access the services provided.

“I am hoping that by giving, I can help support other families who are dealing with this horrendous disease. Being a caregiver 24/7 is very draining and a difficult job. The D.A.Y. program is a lifeline for caregivers. It gives them that much-needed respite to be able to deal with their loved one when they are at home. The support groups are wonderful as well. My social worker was my lifeline. I could say anything to her and she would understand.”

Dementia, Colleen said, is an isolating condition for both the person diagnosed with the disease and their family.

“Having the opportunity to connect with others travelling the same road is very reassuring and helpful.”

The Forget-Me-Not Garden, Sandi said, “is a wonderful way to honour a loved one.”



Bill, Alex and Sandi Jones with Sandi's mom Mary.



Peter and Colleen Abbott



To learn more about the **Forget-Me-Not Garden** and how you can honour someone special, connect with **Yolanda Mol Amelink**, fund development coordinator, at [ymolamelink@alzheimer-york.com](mailto:ymolamelink@alzheimer-york.com)



## In Celebration

Peter Abbott  
Helen Carswell

Scott Crone  
Andrea Ubell



## In Memory

Joe Abate  
Reta Alcorn  
Eva Allen  
Melvel Allen  
Vincenzo Andriano  
Giuditta “Judy” Apreda  
Arthur Arai  
Pansy Archer  
Mary Ellen Barnard  
Alberto Bianchi  
Hilda Blain  
Suzanne Blainey  
Frances Blandford  
Mike Brinkos  
Derek Browning  
Mark Callaghan  
J. Gwendoline Campbell  
Armando Vincenzo  
Campea  
Filomena Carnevale  
Jack Carson  
Terry Carter  
Marion Case  
Myrtle Chai  
Nancy Chertow  
Carmine Chiappetta  
Antonietta Chiovitti  
Stella Cialone  
Michele Conte  
Domenico Cramarossa  
Lloyd Crate  
Rocco Crescenzi  
Nora Curran  
Tom Davey  
Benny David  
Joan Davidson  
Bruno De Fina  
Lorenzo De Meneghi  
Paolina DeFilippis  
Luigi Di Mondo  
Sabino Di Tacchio  
John DiCarlo  
Rosaria Duca  
Murray Edwards  
Patrick Egan

Rick Ellerby  
Leung Fat  
Adelia Favret  
Francis “Frank” Oliver  
Flanagan  
Edward Freid  
Michael Freid  
Pat Friesen  
Antonina Fusco  
Ennio Gagliardi  
Luigi Gasbarre  
Solette N. Gelberg  
Maria Giancola  
Joyce Glynn  
Rossana Golini  
Eva Gough  
Calogero Graci  
Robert Grossman  
Shirley Guthrie  
Maureen Pamela  
Mary Hunt  
Eli Hussey  
Vincenzo Ieraci  
Bill Jones  
David Kaiser  
Leonard Kaplow  
Pat Keeling  
Cathy Keveza  
Lorna Kewen  
Belle Kommit  
Marty Kravitz  
Shifre Krishtalka  
Rosa Leto  
Licia Lionessa  
Lorraine Lippett  
Rose Luftspring  
Mariano Maduro  
Antonio “Tony”  
Mammone  
Frank Manning  
Cecilia Marchese  
Attilio Marin  
David Matsuo  
Elizabeth Maynes  
William John McCormick

Theresa McGuigan  
Jerry Meleca  
Saletta Mendicino  
Larry Millburn  
Sheila Millar  
Patricia Anne Mills  
Brian Myers  
Mary Nagypal  
Natale Pasut  
Deviben Patel  
Grace Paul  
Christina Pugsley  
Esterina Quattrociochi  
Mary Joan Ranieri  
J. B. Rea  
Sharleen Reid  
Vincent Reid  
Brenda Robson  
Lucia Russo  
Simon Sabat  
Antonio Santarossa  
Josef Schweitzer  
Barbara Skelton  
Craig Smith  
V. Ann Smith  
Olive Sparrow  
Enrico Spedale  
Siobhan Stunden  
Vittorio Sturino  
Leslie Lothian Sung  
Luigi Taddeo  
Luigi Tarola  
Laurie Taylor  
Terry Tetessky  
Henry John Tillaart  
Edward (Ted) Topping  
Neli Vergamini  
Maria Verrilli  
Eieni Vlachos  
Derek Ward  
Irene Weldrick  
Louis Yuen

# Treasurer's Report



**Simon Francis**

*Chair, Audit and  
Risk Committee*

A handwritten signature in blue ink that reads "Simon Francis".

## Overview

AS York ended the 2019-2020 fiscal year with a surplus of revenue over expenses of \$220,490. The Audit and Risk Committee (the "Committee") and Board determined that it was prudent to allocate a significant portion of the surplus to internally restrictive reserves with \$100,000 to the contingencies fund and \$52,800 to facilities and program expansion. Significant uncertainties for the organization are the financial impact of COVID-19 and the migration to Ontario Health Team structure. The reserves will ensure that AS York will continue to service our clients for many years to come.

BDO Chartered Professional Accountants provides an annual audit report to the Committee. The fiscal 2020 financial results and the auditor's report contained no items of concern or substantive qualification. The Committee was pleased with AS York's fiscal performance and continued

solid financial management. A strong financial foundation ensures the capacity to maintain and deliver existing services while supporting growth plans and leadership initiatives. As always, the financial focus was on the prudent and effective use of the resources entrusted to AS York by our clients, donors, government and funding partners.

## Revenue

AS York's revenue was \$3,518,054 a 1.7% increase from the prior year. Along with a healthy commitment from many donors and partners, we were fortunate to receive a transformational gift of \$1,000,000 during the year for the expansion of the organization's counselling and D.A.Y. programs applied over a five-year period. The Board continues to encourage gifts from non-traditional sources including donations, pledges of major gifts, grants and events which are important for the sustainability and growth of the organization. The current year results show an increase of \$114,593 (8.6%) for these sources of revenue as compared to the prior year.

## Expenditures

Operating expenditures were \$3,230,153 or 91.8% of total revenue for the current fiscal year. Investments were made in all core areas of the organization including adult D.A.Y. programs, caregiver support, education and fund development with administrative expenses decreasing.

## Balance Sheet

AS York has a healthy balance sheet and is in a strong financial position. Current assets exceed current liabilities by a ratio of approximately 2.62 which demonstrates solid liquidity, cash flow and sustainability of the organization.

## Conclusion

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

I would like to thank committee members June Smyth, Vivian Lam, Iftekhar Hossein and Loren Freid for their ongoing support, contributions and valuable ideas.

# Financial Report

## BALANCE SHEET

March 31

2020

### Assets

Cash and cash equivalents	\$ 1,375,426
Accounts receivable	92,558
Harmonized sales tax and recoverable	28,761
Prepaid Expenses	38,005
	<u>1,534,750</u>

Restricted cash and cash equivalents	834,736
Tangible capital assets (Note 3)	403,078
Artwork	13,775
	<u>\$ 2,786,339</u>

### Liabilities

Accounts payable and accrued liabilities	\$ 170,318
Government remittances payable	22,465
Current portion of deferred revenue	393,573
	<u>586,356</u>

Deferred revenue	1,162,012
	<u>1,748,368</u>

### Net Assets

Internally restricted	834,736
Unrestricted	203,235
	<u>1,037,971</u>

\$ 2,786,339

## STATEMENT OF OPERATIONS

March 31

2020

### Revenue

Central Local Health Integration Network Funding	\$ 2,070,571
Donations, grants, professional training and events	876,841
Service fees	530,199
Interest income	40,443
	<u>3,518,054</u>

### Expense

Adult D.A.Y. program	1,787,479
Caregiver support and education	941,039
Fund development	308,094
General operations	193,541
	<u>3,230,153</u>

**Excess of revenue over expenses from operations** 287,901

Amortization 67,411

**Excess of revenue over expenses** \$ 220,490

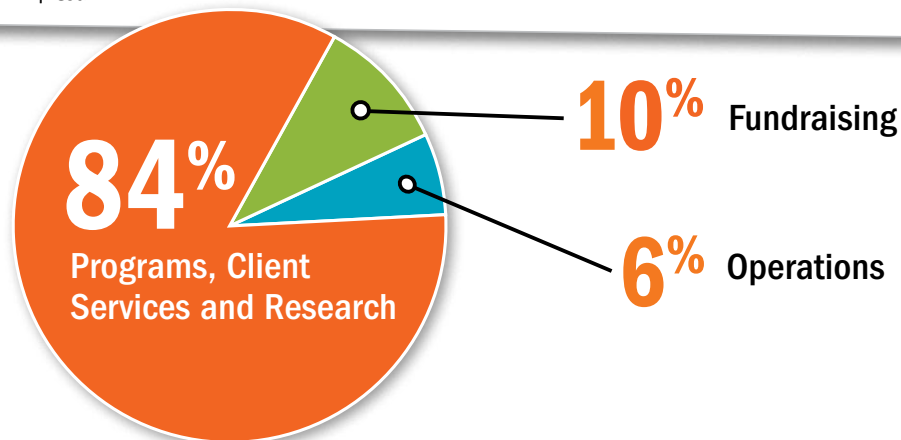
## STATEMENT IN CHANGES OF NET ASSETS

March 31

2020

Fund Balance Beginning of the Year	817,481
Excess of revenue over expenses	220,490
Fund Balance End of Year	<u>\$ 1,037,971</u>

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



## Return on Investment

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



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**LOCATIONS IN**

Aurora

Thornhill (Markham)

Georgina

Whitchurch-Stouffville

Vaughan

Richmond Hill

alzheimer-york.com

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**And Supporters Like You**

**Alzheimer Society**  
YORK REGION