

MAKING AN IMPACT



ANNUAL REPORT 2018/19

MESSAGE FROM THE BOARD CHAIRS AND CEO

This year, our organization served over 16,000 individuals across our regions of service. Through one-on-one services and group offerings, we provided education and support to persons living with dementia, their care partners, those at risk for developing dementia, health care professionals, and the general public. In this report, you will see examples of these services and read stories of their impact. All help us to achieve our vision that people affected by dementia live well as vital and integral members of their community.

Many of our new strategic directions are consistent with the goals of Ontario Health – a major health system transformation currently underway that seeks to improve healthcare services. Specifically, we will continue to strengthen our partnerships and develop innovative ways to serve the increasing number of persons being diagnosed with dementia. We are also working diligently to expand our outreach services to connect with individuals and communities who have not been served by our Society.



The need for guality, community-based dementia care

has never been greater. The number of Canadians

From corporate events to private philanthropy, the

The motivations that inspire our generous donors

are diverse – some are honouring the memory of a loved one, others are beneficiaries of the Society's services themselves, others simply share a passion for

Foundation board and staff continue to be touched by

the variety of ways our community comes together in

living with dementia, including Alzheimer's disease is rising sharply, and we are seeing a rapid increase in demand for services in our community. Thankfully, as the need grows, so too does the support from our

Mary Burnett CEO

In this time of growth and change, we are deeply grateful for the efforts of our dedicated staff, our valued volunteers and our generous sponsors, partners and donors who drive the impact of our organization.

Thank you & merci!

2018 was a landmark year for the Alzheimer Society. One of the most exciting developments was the creation and publication of a new Strategic Plan that will carry the organization forward into 2023. Titled "Extending our Reach, Relationships and Results", this plan lays out a path towards deeper community engagement through innovative thinking, and responsive action. Our goal, as always, is better care and support for the people we serve. As a board and staff team, we are inspired by our new plan and are excited by the work that staff have already begun to bring it to fruition.

Finally, I would like to thank my colleagues on the board, the dedicated community of volunteers, and the passionate staff of the Society for their efforts this past year. A Strategic Plan is a valuable document, but it is these hard-working individuals who bring it to life and translate it into improved outcomes for the community we are honoured to serve. Thank you.



support of our shared cause.

Richard Hamel Foundation Chair



John Woods Society Chair

2018 - 2019 Board of Directors

community.

Alzheimer Society of Brant, Haldimand Norfolk, Hamilton Halton

John Woods - Chair Vickie Baird – Vice Chair Peter Szota – Secretary/Treasurer Mary Burnett – CEO, Ex-Officio Director Kelly Bird - Director Adam Borisko – Director Neale Graham – Director J.P Mackay – Director David Stelpstra – Director Dr. Irene Tuttle – Director Edward Vance – Director Phyllis Fehr – Client Experience Advisor

Alzheimer Society Foundation of Brant, Haldimand Norfolk, Hamilton Halton

Richard Hamel – Chair Kirby Shieck – Past Chair Roger Normandeau – Secretary/Treasurer Mary Burnett – Ex-Officio Director Nick Popratnjak – Director John Theurer – Director Phil Race - Director Teresa Domladovac – Director

SUMMARY

By 2023, the ASBHNHH will have increased its penetration rates with more persons living with dementia and their care partners receiving education and/or other supports. Its effectiveness will also have been demonstrated through those receiving supports being able to stay longer in their own homes; and through care partners reporting less stress and fatigue. Achieving these kinds of results will be enabled through enhanced staff leadership, effectiveness and depth and by a significant increase in non-designated funding.

Success lies in remaining flexible, nimble and responsive, with each team member having the opportunity to contribute individually and as a member of a high performing organization committed to excellence in dementia care and across the dementia system of care.

STRATEGIC DIRECTIONS

1

SUPPORT CLIENTS' INDEPENDENCE AND QUALITY OF LIFE

Demand will continue to exceed available resources as the number of persons living with dementia grows. Wherever possible, persons living with dementia and their care partners will be encouraged to develop systems of support that include their own resources and those of their immediate environment.

$\mathbf{2}$

PROVIDE SERVICES TO HIGH RISK POPULATIONS

There are individuals across our communities who as a result of a dementia diagnosis find themselves socially isolated and more likely to use hospital services. In 2015, hospitalization rates were 65% higher for seniors with dementia. Persons with dementia who were admitted to hospital remained there twice as long as other seniors. This direction will focus on expanding and adapting an outreach model of service (similar to

that used by our Behavioural Support Ontario teams) to reach at risk populations. Staff will go to where the clients are located to facilitate the development of care plans that enable access to both Alzheimer Society and other community supports. Staff support is more frequent and of longer duration.

3 EXPAND CAPACITY OF COMMUNITY CARE PROVIDERS TO SUPPORT PERSONS LIVING WITH DEMENTIA

We will collaborate with our funders and others (e.g. community agencies) to provide supports that assist persons living with dementia to remain in their homes for as long as possible (e.g. enhanced respite). We will provide education and training support to our formal care partners (e.g. PSW, LTC, adult care programs, care coordinators) to enable them to be more effective when supporting those living with dementia.

4

EMBRACE NEW APPROACHES AND PARTNERSHIPS FOR FUTURE SUCCESS

This is a multi-faceted direction. We must continue to innovate by building from what is working to identify new approaches and partnerships in order to extend our current resources. Some areas of particular focus for this strategy include enriching staff roles, extending the role of volunteers, enhanced strategic partnering, raising more revenue, and greater use of technology.

5 CONTINUE TO EXPAND AWARENESS OF DEMENTIA AND THE ROLE OF THE ALZHEIMER SOCIETY

Across our catchment area, dementia diagnosis is occurring later in the disease process than in other parts of the province. We know that early diagnosis and a referral to the Alzheimer Society can improve the trajectory of the disease for many affected. More public awareness about dementia and the role that the Alzheimer Society plays are required to improve the lives of people living with dementia and their care partners. A Caregiver Story

Nancy Henley

Chef, Teacher and Food Writer

"In every aspect they have helped me and my family..."

It has been such a difficult journey caregiving for one family member now in late stages with Alzheimers and facing the early phase of another loved one being diagnosed with dementia.

- The disease as a whole is complex and not fully understood by science
- The disease has a brain print different in each patient
- The healthcare system both public and private is reaching a pressure-filled point in caregiving for the disease
- The services are out there to partner and manage the course of the disease with grace but can seem/ be complicated to access
- Each family unit and family member affected by the disease brings a psychic complexity to embarking/living/mourning on the journey
- The decision making regarding the route/s to take to deal with the disease are overwhelming
- Financial challenges play a huge part in the caregiving journey and overwhelm
- While caregiving, the disease presents significant challenges to the health of the caregivers
- Every single day with the disease is different
- It can feel like an isolating path embarked on

I can say with as much relief as is possible that I have been much supported by the Alzheimer Society of Hamilton Halton in handling everything above.

In every aspect they have helped me and my family:

- Understand the disease and all stages of the disease
- Negotiate the unique family challenges with more confidence, love and understanding
- Make all decisions in all stages more confidently
- Understand and be supported/connect with community resources across a broad area of Ontario's health care system
- Bridge access to friendships that have helped reduce the overwhelm/isolating factors of managing the disease

I have also found the society is very responsive and caring during crisis. I cannot recommend them enough for helping you,

The warmest wishes to you for the best possible outcomes on your journey,

Nancy





Sudha Vavilla M.Phil, MSW, RSW

Team Lead – BSO Clinicians, Community and Intensive Case Management

A SUCCESSFUL BEHAVIOURAL CARE PLAN

This year, the Society received funding to create a new team to provide in-home case management and behavioural supports to individuals living with dementia in the community. The goal of this program is to help develop strategies that address challenging behaviours, so that individuals can remain in the community for as long as possible. An example of this new team's work follows:

An elderly woman, who was living alone, was showing signs of memory loss and selfneglect. Due to concerns for her safety, her daughter and son-in-law moved her into their own home. The mother began to exhibit increasing behaviours that ranged from accusing family members of stealing things to waking up frequently at night and wandering. Her daughter, who is the primary caregiver, was experiencing exhaustion, sleep deprivation and was on the verge of considering moving her mother into Long Term Care. A referral was made to the BSO team for assistance in dealing with these behaviours. The BSO Clinician met with the family several times, completed a behavioural assessment, and developed a care plan to address the areas of greatest concern. The BSO Clinician connected the family with other professionals and community supports and provided them with education on dementia and how to respond to these behaviours. Since this support has been in place, the behaviours have decreased, the caregiver reports reduced burden and the elderly woman has been able to remain in her daughter's home.

"I am extremely grateful for all the help, compassion, sensitivity and knowledge provided by Alzheimer Society. I know that my husband and I would never have been able to deal with the behavioural changes, the paranoia, the agitation and restlessness, the negativity, the hallucinations, the inappropriate language, etc., displayed by my mother if not for the expertise, strategies, tools, encouragement and affirmation of us as we navigate through these untested waters of Mom's illness. This journey is going to be a very challenging one, but we are hopeful that with the assistance and support of the various partners / staff at the Alzheimer Society, we at least are on the right path. Sudha, we are so very blessed and grateful to have you working and advocating for us and mom."

Haldimand Abilities Centre "Vanstock"

It was a great start to 2019 for Haldimand Abilities Centre's successful grant submission for a new Van! The Ontario Trillium Foundation (OTF) provided just over \$60,000 to the Alzheimer Society Haldimand & Norfolk to purchase a new 2018 Ford Transit Van.

Pictured acknowledging OTF support is MPP Will Bouma, David Wallis, Manager Education & Wellness Programs and Mary Burnett, CEO.





SIX NATIONS A New Partnership



A new partnership with Six Nations of the Grand River saw the addition of a First Link® Care Navigator to serve that community. The position provides individualized assessments, care planning, ongoing intentional follow up, and communication between providers and across

sectors along the continuum of care. We also provide First Link® care navigation in Simcoe and Burlington.

First Link® care navigation achieves:

- Greater care partner capacity and well-being
- Better quality of life for people living with dementia
- Stronger linkages between clinical and community supports & services

Without connection to the right supports early on, many families reach a point of crisis or burnout. This can lead to premature admissions to long-term care or unnecessary visits to the emergency room, and preventable hospital admissions. Early communitybased interventions can improve quality of life and prevent challenges from escalating to the point where living at home is no longer possible.

Janet is a registered social worker and a Portfolio Lead with Six Nations Health Services. I'm also a registered social worker and a First Link Care Navigator with Six Nations Health Services.

C.O.D.E. PROJECT Potential For Growth



With the funds from The Borthwick Memorial Golf Tournament, the Alzheimer Society in Hamilton and Halton has been able to expand their current educational offering to include a Diverse Outreach Coordinator (DCO) position (part time). The

objective of the DCO role is to raise awareness of dementia among our diverse communities in the City of Hamilton. Education sessions have been provided in communities and groups not previously accessed by the Alzheimer Society. Also, Memory Cafes have been established. As well faith and cultural leaders are being approached to become dementia champions within their own community. This is all made possible with the funding received from The Borthwick Memorial Golf Tournament.

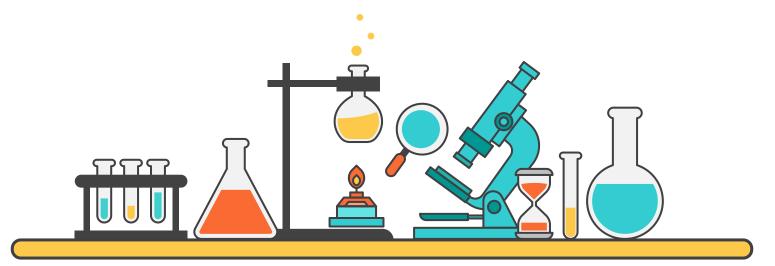






RESEARCH

The Foundation provided \$22,878 to fund 6 research projects this past year.



Understanding the Experiences of Participating in Creative Expressions

The purpose of the study is to understand the contributions and meaning of the Creative Expressions program to its participants. Specifically, there is a hope to learn what participants gain from participation in the program and its role in supporting individuals and care partners through the experience of dementia.

Investigation into Molecular Pathways of Alzheimer's Disease

The purpose of this research will be to examine the effects of low-dose lithium supplementation on the cellular and molecular pathways associated with disturbed metabolic signaling and neurodegeneration.

Investigating the Neuroprotective Mechanisms of Aerobic Fitness on Hippocampal Function in Older Adults: The Role of Inflammation and Neurotrophic Factors

This research study aims to determine the relationship between aerobic fitness, a physiological indicator associated with physical activity, and hippocampal function in older adults.

Investigation into Molecular Pathways of Alzheimer Disease

This study seeks to compare people with Alzheimer Disease findings in the brain but who (1) had clinical symptoms or (2) had no clinical symptoms.

Role of Acute Exercise-Induced Brain BDNF on APP Processing and BACEl

This project aims to provide novel information about the mechanistic link between BDNF and BACE 1. It is anticipated that increased BDNF signaling will result in reductions in BACE 1 activity.

Estrogen Loss Increases Amyloidogenic Processing, with a High Fat Diet Exacerbating Changes in Markers of Amyloid Degradation in C57BL6 Female Mice

This project aims to determine whether there are accelerated changes in Alzheimer's related disease markers when a model of both postmenopausal estrogen loss and obesity are introduced.

06

Making a Difference



The Alzheimer Society Foundation thanks the many individuals, businesses, foundations, employee groups and community groups that contributed so many gifts over \$500 from April 1, 2018 to March 31, 2019. We would also like to thank everyone who continue to make monthly donations.

ORGANIZATIONS \$500 AND OVER

31 Gifts - I Shannon Christo Ancaster Lions Club Ancaster Senior Achievement Centre Art in Motion Dance Studio Bathtub King Refinishing Blackheath Binbrook Lions Club Brimage Law Group Carmarthen Capitol Inc Central Haldimand Charities Chartwell - ING Regency Master IP (Waterford) CI Investments City Of Brantford **Classic Melodies** Crock A Doodle Brantford Custom Granite & Marble Ltd **DEC** Limited Dover Coast Homes Dulmage Dental Arts Durock Alfacing International Ltd Eastern Star - Brant Evergreen Crematorium Extendicare (Canada) Inc Farm Mutual Reinsurance Plan Inc. Fedar Investments Ltd. First Ontario Credit Union Freshco Brantford Gerrie Electric Wholesale Limited Global Property Inspections Grace United Church - Caledonia Hagersville Community Christian Reformed Church Hagersville Lions Club Haldimand - Norfolk Junior Farmers Association Haldimand & Norfolk Public Works Association Hamilton Tiger Cats Football Club - 50/50 Program Home Instead Senior Care - Hamilton Home Instead Senior Care - Oakville Hub International - Dorsey Group Hub International Ltd. Hydro One Employees & Pensioners IG Wealth Management – Brant, Hamilton, Burlington Imperial Oil Limited

Italian Bowling JKM Financial Corp Kinsmen Club of Port Dover Knights of Columbus Brantford Martindale Gardens Massage Addict Brantford and West Brant Memories In An Hourglass Golf Tournament Millards Chartered Professional Accountants National Steel Car Limited **Neelands Group Limited Nufloors** Ontario West Insurance Brokers Palermo Village Retirement Residence Resident Council Paris District High School Pass the Puck 4 ALZ Port Dover Lioness Queensview Retirement Community Retired Teacher's of Ontario, District 12 Revera-Birkdale Retirement Residence Rotary Club of Hamilton East Wentworth Royal Trust Corporation of Canada Russel Metals Inc. Schlegel Villages - Village of Wentworth Heights Seasons Retirement Community - Stoney Creek Simcoe Lions Club Sobeys - Simcoe Sobeys Inc. - Stoney Creek Sobeys - Paris Sunrise Living Burlington Telfer Place by Revera The Corporation of Norfolk County Trailcon Leasing Inc. Tri-County Insurance Turkstra Lumber Company Ltd. Unifor Local 5555 United Way Halton & Hamilton United Way of Greater Toronto Vic Powell Welding Ltd. Wally Anderson Waterous Holden Amey Hitchon LLP Wormald and Andrew Chartered Accountants Your Neighbourhood Credit Union



\$1.34 MILLION RAISED BY FINDRAISING AND THROUGH THE FOUNDATION

The Walk for Alzheimer's remains our largest Alzheimer Society fundraising event with an increase from 2017 of 18% to \$210,250. We have now successfully migrated all our intended IG Walk for Alzheimer's walks to May, leaving Simcoe and MacMaster in January. We saw positive results as we moved into our second year partnering with national sponsor IG Wealth Management because of consistent messaging and engagement from local offices. We hope to build on this to include Financial Workshops for our clients and increase revenue.

Third party events organized by individuals or groups remain a significant part of our fundraising in addition to our signature events. The Alzheimer Society Foundation saw an increase in revenue this year of \$276,000 because of significant bequests and the generosity of donors making donations in memory or honour of a loved one.



Estate of Anna Frances Colter Estate of Beverley Marion Shelley Estate of Dorothy Rowe Estate of George Earle Drewett Estate of Grace E LLewellin Estate of Howard Jeffrey Brooks Estate of John Richard Grant Estate of Marguerite Garland Estate of Theodorus Johannes Weerdenburg Estate of Victor William Jones Estate of William D. Little

FOUNDATIONS

Antonina Lombard Fund B.Wallace & Estelle M. Anderson and Family Fund Barnard Family Foundation (Strategic Giving) Brant Community Foundation Burlington Community Foundation Hamilton Community Foundation Hamilton Community Foundation Hucky Lacey Foundation Mary Lauder Cassidy Fund Norfolk Community Foundation Private Giving Foundation - Glenn Robert Anderson Foundation RBC Foundation RBC Foundation RBC Foundation The Bradstreet Family Foundation The David Hearn Foundation The David Hearn Foundation The David Hearn Foundation The Hamilton Golf & Country Club Foundation The Jacob Speelziek Foundation The Race Family Fund

INDIVIDUAL DONORS \$1000 AND OVER

Baird, Vickie
Ball, Kenneth
Barclay, Katherine
Blair, James
Bovce, Julia

VOLUNTEERING It's Good for You!

As an organization we strive to educate our communities on the ways to decrease the risks of dementia. We spend time talking about being active, staying socially engaged and learning new things. What better way to do this, then to become engaged in our Volunteer Programs!

We have over 300 volunteers helping with programs such as Minds in Motion, Creative Expressions, Teleconnect and Volunteer Visiting. Hundreds of hours are also spent supporting events such as golf tournaments, Coffee Break [™], and IG Wealth Management Walk for Alzheimers.

These are all great ways to stay active and engaged in our communities = Health Benefits to you; that have the added bonus of helping us meet the growing needs of those we serve!

Bradshaw, Colleen Burnett, Mary Clow Vera Commisso, Mario Couckuyt, Marianne & Roger David Seelv Denton, Helen Elliott, Kimberley Ford, Don Fox, John Fredericks, Michael & Sue Gibb, Ronald Kerr, Dorothy Kuipers, Fred MacDonald, Robert McMillan, Angus Neilson, Bernie Race, J. Philip Royle, Joan Shieck, Gary Stead, Ken Szota, Peter Mackay, James P. Walker, Douglas Woods, John

INDIVIDUAL DONORS \$500 AND OVER

Arsenault, Sue Ashton, Lorraine Atkinson, Sharon Baldwin, Stan Barbara, Lloyd Barlow, Judith Beckett, Jane Beischlag, Edna Boyd, Leslie Boyd, Walter Bradshaw, David Brown, Patrick Burry, Frank Chapman, Thomas Church Bertha Coomber, Ross Copeland, Florence Couckuvt, Marianne Darrah, Gayla

Desai, Jagdish Edgar, Alexandra Finley, Michael Flexman, Stephen Frank, Darcy Fritsch, Chuck Goldfarb, Benjamin Hayes, Natalie Hodgson, Patricia Hutton, David Jenkins, Irene Johnson, David Johnston, Carolyn Johnston, Karen Lacentra, John Lane , David Langlois, Sylvia Larway, Lynne Lee, Charles Lomax, Kathleen Longtin, Albert Longtin, Christopher Marchesano, Gilda Marchesano, Inissina McAllister, Mellissa McBride, Nancy McKee, Mary Milkovits, Ethel O'Connor, Marian Pagliuso, Ann Payne, Daphne Pearce, Gordon Rauwerda, Ernie Rauwerda, Kevin Sabourin, Rhonda Scallan, Frank Sexton, Gary Sharma, Vishan Smith, Josephine Snyder, Paul Syer, Jacqueline Tuttle, Irene Vandewiele Richard Walsh, Kenneth Waltmann, Kimberly Warkentin, Robert Wrona, Susan

7510 HOURS

Here's what some of our volunteers have to say about being involved:

"I have found the Minds in Motion programme held at QEP in Oakville very rewarding not only myself but for the participants and their caregivers. It is a joy volunteering in this programme."

"Volunteering has been both rewarding and satisfying in many way. Feels good to give back."

"I'm very happy that there are support groups for couples that are going through this difficult disease with their loved one and seeing the support and friendships develop. Knowing that they aren't alone makes life a little easier. I'm happy to be a part of helping make their day a little brighter"



SERVICE EXCELLENCE

(09)

16,000 INDIVIDUALS SERVED



FINANCIALS

The combined net revenue for the Society and Foundation for the year ended March 31, 2019 was \$274,107. Revenue from all sources increased by more than \$1.1 million during the past fiscal. The majority of this increase was due to increased LHIN funding; notably in the following programs: an expansion of the Behavioural Support Ontario (BSO) Program, specifically in the Community sector, across our catchment area (including Niagara); an expansion of the Young Carer's Initiative (YCI) Powerhouse Project in Niagara and Haldimand, an expansion of our Respite program with a focus of providing free services to clients in Haldimand Norfolk; and finally, an expansion of the First Link Care Navigator program to provide services in Burlington and Six Nations. All monies brought into income from these expansions were expensed, with compensation being the largest component.

The Foundation also had increased revenue due to the generous bequests of the families of some of our past clients.

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	2019	2018
LHIN - Government Funding	\$5,652,812	\$4,963,078
Alzheimer Society Foundation	\$866,285	\$502,876
Fundraising	\$474,362	\$512,999
Other revenue, rent, ASO	\$174,971	\$117,366
Grants	\$100,319	\$65,324
Amortization of deferred capital	\$15,943	\$14,661
TOTAL REVENUE	\$7,284,692	\$6,176,304
	2019	2018
Behavioural Supports Ontario	\$1,412,597	\$1,161,839
Transer to Partner Agencies	\$1,271,581	\$1,045,380
Social Work Program	\$1,258,526	\$1,085,313
Education and Health Promotion	\$1,227,666	\$1,258,982
Volunteer and Support Services	\$459,669	\$329,218
Administration	\$431,573	\$440,755
Fundraising	\$347,042	\$311,051
Foundation Costs	\$225,985	\$291,228
Facility Costs	\$220,021	\$208,860
Grant Expenses	\$100,319	\$65,324
Amoratization of Capital Assets	\$23,728	\$30,655
Research	\$22,878	\$28,246
Professional Fees	\$9,000	\$10,254
TOTAL EXPENSES	\$7,010,585	\$6,267,105
NET REVENUE	\$274,107	(\$90,801)

EXPENSES



"People with dementia are at the centre of everything we do. The Alzheimer Society leverages its own and community resources to deliver health promotion, advocacy and support services to people with dementia, those at greatest risk of developing dementia and their care partners.

We embrace the Alzheimer Society of Canada's mission to alleviate the personal and social consequences of Alzheimer's disease and other dementias and to promote research."

OUR VISION

"People affected by dementia live well as vital and integral members of their community."

Help for Today. Hope for Tomorrow...®

www.alzhn.ca

Brant

25 Bell Lane, Suite 100 Brantford, ON N3T 1E1 519-759-7692

Burlington 4391 Harvester Rd, Unit 8 Burlington, ON L7L 4X1 289-837-2310 **Simcoe** 645 Norfolk St. N Simcoe, ON N3Y 3R2 519-428-7771

Haldimand Abilities Centre 42 Main St. S. Hagersville, ON N0A 1H0 905-768-4488 Hamilton 1575 Upper Ottawa St. Hamilton, ON L8W 3E2 905-529-7030

Grandview Lodge 657 Lock St. W Dunnville, ON N1A 1V9 905-229-2035

Charitable registration number: 894537984 RR0001