

# Alzheimer *Society*

L O N D O N   A N D   M I D D L E S E X <sup>TM</sup>

## 2017-2018 ANNUAL REPORT



Walking alongside families  
on the dementia journey



# A MESSAGE FROM OUR CEO AND CHAIR

“Time does not pass, it continues.”

In the preparation of writing our joint remarks for the 2017-2018 Annual Report, an aphorism relating to time, came to mind - “Time does not pass, it continues”.

Attributed to community activist, Marty Rubin, this observation aptly frames the work and mission of the Alzheimer Society London and Middlesex (ASLM). It also represents so much more than just the transition of one year to the next.

ASLM has dedicated itself to “walking alongside families on the dementia journey”. For our families, that journey is a continuum of neurodegenerative progression, life altering challenges and profound impact. ASLM’s organizational continuum runs parallel, featuring innovative approaches to program design and delivery, responsive compassion and care and continued advocacy for those living with dementia.

The fiscal year of 2017 – 2018 marked the completion of Carol’s first full year as CEO and Peter’s last year of service as Chair of ASLM’s Board of Directors. The successful senior leadership transition over this period expanded upon the substantial legacy of support established by the organization’s previous CEO, Betsy Little.

This expansion of services was driven by necessity with the continued growth of our client base (see infographic) and in part, by the development in 2017 of the provincial dementia strategy.

This fiscal year saw the implementation of the Enhancing Care for Ontario Care Partners program – developed in partnership with the Sinai Health System Reitman Centre that offers practical skill-building and emotional support for care partners dealing with the stress and complexities of caregiving. Another expansion related to dementia strategy funding but not scheduled until the next fiscal year is a new First Link Navigator position responsible for the coordination and integration of support and services for families dealing with dementia.

Unrelated to funding from the dementia strategy but filling an identifiable service gap, the In-Home Recreation Therapy program was launched. Guided recreation sessions in clients’ homes are being delivered by ASLM’s Therapeutic Recreation Specialists to clients who prefer non-group activities or who have mobility or travel issues. This pilot also incorporates research on program outcomes and effectiveness.

Much of our growth in this year is a result of expanded collaborations and partnerships. The above mentioned In-Home Recreational Therapy research sees an extended association with the Canadian Centre for Activity and Aging as they will provide the research component of the project. ASLM also entered into a collaborative agreement with McCormick Dementia Services to more effectively align educational



Carol Walters  
ASLM CEO




Peter Regier  
ASLM Chair


services to alleviate duplication and confusion. Our First Link Learning Series offerings were doubled as a result of that partnership. Further, evaluation and analysis of other existing internal processes has been effective in dealing with the increase in client flow while lessening the wait time of newly referred clients. Within the dementia care service sector, the publication of the first Dementia Program Guide highlights the collaboration of ASLM, McCormick Dementia Services and the VON, presenting information of all the dementia programs and services in our area together for the first time.

The accomplishment of program growth can only be made possible by a successful year of fund development. Community fundraising enjoyed another banner year through events such as the Walk For Alzheimer’s and Cabin Fever Reliever. Successful grant applications also helped to offset the almost static provincial government base funding.

So, within our healthcare sector, time continues on. The challenges and pressures continue as well but our staff and volunteers will continue to walk alongside their clients on their dementia journey as we carry on with support, care and compassion.



Carol Walters,  
ASLM CEO



Peter Regier,  
ASLM Chair

## Testimonials



Pat and Kennedy

“I didn’t realize how much I needed to speak with someone one-to-one last week. Friday’s appointment with my Social Worker was a great gift, a God-send for me. The high level of patience, care, and kind-hearted, knowledgeable professionalism... I am exceptionally grateful. Thank you.”

– Colleen, ASLM Care Partner/Client

“As the talking stick was passed, one of the clients mentioned that this was her 4th session and that she has enjoyed each one. This is such a lovely group of people... friendships are being formed...couples are meeting for lunch...hugs at the beginning and end of each Café.”

– Barb Thyssen, Memory Café Facilitator



Bill and Sharon

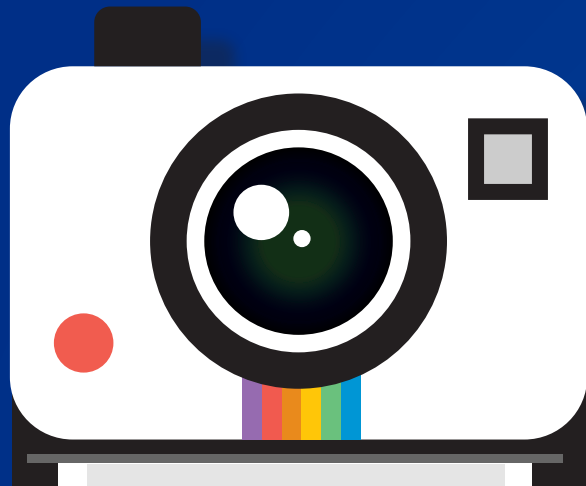
“I feel like my prayers have been answered. This is just what I needed.”

– Sonny, ASLM Client/Caregiver



Jon and Barb





## A Snapshot Of A Year

2017 - 2018

Alzheimer Society  
LONDON AND MIDDLESEX

## WHAT WE DO



### INDIVIDUAL & FAMILY SUPPORT

Six registered social workers (RSWs) providing counselling, system navigation & advocacy.

Teleconnect Support Program outreach to clients through specially trained volunteers. (325 attendees in 17-18)

Memory Clinics - RSW integration into 5 Family Health Teams supporting early intervention. (192 attendees in 17-18)



### FIRST LINK LEARNING SERIES

Offering standardized dementia education, resources & strategies.

Mild Cognitive Impairment (MCI): Learning the ROPES  
Optimizing cognitive health through lifestyle choices, strategies & support.



### SUPPORT GROUPS

Support through therapeutic shared peer connections, learning & engagement.

Support available is specific to each stage in the dementia journey; for the person living with mild cognitive impairment, the person living with dementia (PWD) and the care partner (CP).



### SOCIAL RECREATION

Activities designed to provide social & intellectual stimulation & engagement.

Volunteer companion program  
A 1:1 friendly visiting program. (1157 total visits 17-18)

In-Home Recreation Therapy  
A program launched this year with 21 total visits, starting late in the late 4th quarter.



### PUBLIC EDUCATION

Awareness of and access to dementia education for the general public & health professionals.

Speakers Series, Heads Up for Healthier Brains, U-First!, GPA, Aging Simulation & custom programs and presentations.

Weldon Family Welcome & Resource Centre  
A large library of dementia related material.

## OUR IMPACT ON THE COMMUNITY

### Volunteers

# of Volunteers **240**  
Client Related Hours **5245\***  
2017-18 **↑ 3%\***  
5 Year Trend **↑ 64%\***

6807 total volunteer hours valued at \$15/hr = our volunteer team generated over \$102,000 in payroll savings.

### Support

1:1 Visits with RSWs **4597\***  
2017-2018 **↑ 9%\***  
5 Year Trend **↑ 81%\***

### First Link Learning Series

Sessions **82**  
Attendees **728**  
**MCI Learning the ROPES**  
Sessions **49**  
Attendees **478**

### Support Groups

Sessions **146**  
Attendees **2426\***  
2017-2018 **↑ 20%\***  
5 Year Trend **↑ 92%\***

### Social Recreation

Sessions **203**  
Attendees **2373\***  
2017-2018 **↑ 1%\***  
5 Year Trend **↑ 57%\***

### Public Education

Individuals Reached **6843\***  
2017-2018 **↑ 25%\***  
5 Year Trend **↑ 42%\***

## THE RESULTS

Funding Sources  
Fund Development **60%**  
Ministry of Health **33%**  
Education **3%**  
Other **4%**

### New Clients

**917**

Care Partners

**611**

People With Dementia

**306**

### Fiscal Year End 2017-2018

**↑ 18%**

5 Year Trend (Average)

**↑ 785/yr**

### Total Individuals Served

**2670**

Care Partners

**1680**

People With Dementia

**990**

### Fiscal Year End 2017-2018

**↑ 19%**

5 Year Trend

**↑ 127%**



# Summary Statement of Financial Position

		2018	2017
<b>ASSETS</b>	Current assets	\$ 347,133	\$ 354,295
	Investments	443,397	467,831
	Capital assets	142,598	88,272
	Cash surrender value of insurance	23,143	21,455
	Works of art	114,136	72,236
		<b>1,070,407</b>	1,004,089
<b>LIABILITIES AND NET ASSETS</b>	Current liabilities	\$ 285,778	\$ 275,967
	Deferred contributions related to capital assets	82,044	37,799
	Net assets	702,585	690,323
		<b>\$1,070,407</b>	\$1,004,089
<b>SUMMARY STATEMENT OF OPERATIONS: Year Ended March 31, 2018</b>			
<b>REVENUES</b>	Fund development	\$ 899,890	\$ 901,503
	Ministry of Health and Long-Term Care	546,788	532,622
	Alzheimer Foundation London and Middlesex	170,489	164,939
	Administrative recovery programs and other	48,864	63,024
	Education programs	54,205	62,988
	Investment income	W16,217	56,042
	Amortization of deferred contributions related to capital assets	11,623	16,003
		<b>\$ 1,748,076</b>	\$ 1,797,121
<b>EXPENSES</b>	Social work program	554,700	476,710
	Fund development program	305,935	304,246
	Education and communications	258,779	296,756
	Volunteer and support services	254,370	231,481
	Awareness and events	203,400	201,538
	Administration	97,356	90,146
	Alzheimer Foundation London and Middlesex grant		55,307
	Amortization of capital assets	24,630	28,207
	Professional fees	33,788	25,210
	Community grants	2,856	8,251
		<b>\$ 1,735,814</b>	\$ 1,717,852
	<b>EXCESS OF REVENUES OVER EXPENSES</b>	<b>\$ 12,262</b>	<b>\$ 79,269</b>



This financial summary is an excerpt from the complete financial statements of the organization, which were audited by BDO Canada LLP Chartered Professional Accountants, dated June 1, 2018 and as such does not contain all disclosures required under Canadian accounting standards for not-for-profit organizations. A copy of the complete financial statements is available from the organization upon request.

# Thank You to Our Supporters!

We gratefully acknowledge our supporters and donors who have made a contribution of \$1,000 and over as well as those who have committed a monthly gift between April 1, 2017 and March 31, 2018

## OUR MAJOR DONORS

### \$25,000+

Centre For Aging and Brain Health Innovation  
Ontario Trillium Foundation

### \$10,000+

Alzheimer Society of Ontario

London Community Foundation

Doris Anna Foster Family Fund  
Elizabeth C. Taylor Memorial Fund  
Richard and Beryl Ivey Fund

London Life

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### \$2,500+

David Greene

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The Congregation of the Sisters of St Joseph in Canada

Wendy Thompson  
United Way of Greater Toronto

Carol and Charlie Walters

### \$1,000+

Karl and Penny Arvai  
Julianne Barlow

Louise and Joseph Bladek  
Simon Burke

Phillip Butterworth  
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Paul Cocker and Trish Fulton  
Christopher Collins and Elana Johnson

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David Ogilvie

Oxford Dodge

Post Media - The Londoner

Producers Post - Craig Davis

S. David Rosner

The Works Gourmet Burger Bistro

WestJet

Ed Zelenak

## COMMUNITY EVENTS

Art Emporium - Artists for Alzheimer's

Best Western Lamplighter Inn - Chef's Table

Forest City Road Races

Fred Astaire Dance Studios

London Bridge Centre - Day of Bridge

Trish West - Ms. Cransen Play

## PLANNED GIFTS

Barbara Kaiser

Helen Plaunt

## BEQUESTS

Estate Of M. J. Fewster

Estate Of Mabel Westlake

## GOVERNMENT

City of London

Government of Ontario

Ontario Sport and Recreation

Seniors Community Grant

South West Local Health Integration Network

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## 2017 WALK FOR ALZHEIMER'S (\$1000+ RAISED)

Alz Palz

Sue Atkinson

Ballin' Bowron's

Beker Family

Charlene Bell

Blazing Trails B

Dina Boone

Bonnie Bowron

BT's Team

Cathy Bugar

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Forget-Me-Naughties

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Whatshername

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Windermere on the Mount

Bruce Wray

\* Gifts to the Alzheimer Foundation London and Middlesex

\*\* Gifts to research





Artful Minds - January 2018

## STAFF

**Dina Boone** - Intake Coordinator  
**Rose Brochu** - Accounting & Operations Manager  
**Aaron Brown** - Communication Specialist  
**Anthony Carapinha** - Registered Social Worker  
**Cathy Cherry** - Reception/Executive Assistant  
**Jennifer Hale** - Manager of Volunteer & Social Recreation Services  
**Lindsay Harris** - Social Recreation Assistant  
**Brooke Hurley** - Registered Social Worker  
**Rebecca Lafleur-Hannam** - Event Coordinator & HR Support  
**Jackie Long** - Administrative Assistant  
**Nancy O'Regan** - First Link Program Manager  
**Susan Oster** - Public Education Coordinator/HR Advisor  
**Jenn Pruder** - Social Recreation Coordinator  
**Leslie Rand** - Fund Development Manager  
**Hannah Singer** - Enhancing Care Counsellor  
**Debbie Sutton** - Reception/Administrative Assistant  
**Carolyn Underwood** - Registered Social Worker  
**Carol Walters** - CEO  
**Michael Wojtowicz** - Donor Database Officer  
**Bruce Wray** - Communications Manager  
**Paul Yost** - Registered Social Worker

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**Alzheimer Society**  
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