

Alzheimer *Society*

SAULT STE. MARIE
& ALGOMA DISTRICT

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Charitable Registration Number: 10670 5403 RR0001



2006-2007 ANNUAL REPORT

Presented at the Annual General Meeting, June 8, 2007



Mission Statement of the Alzheimer Society of Sault Ste. Marie and Algoma District

To improve the quality of life for people affected by Alzheimer's disease and related dementias and to provide support for their caregivers. We will accomplish this mission by:

- Providing support and guidance for people affected by Alzheimer's disease
- Promoting the rights and well-being of the person with Alzheimer's disease or a related dementia
 - Providing, information, education, and training
 - Increasing public awareness in the community
 - Providing support and/or funds for research
- Collaborating with the provincial and national levels of the organization.

PRESIDENT'S REPORT

Mark Zorzit, President

As I near the end of the first year of my term as President, I am struck by the high level of support that the Alzheimer Society enjoys from the communities within Algoma District. In addition to generous financial support from area businesses, services clubs, and individuals, we also are assisted in many ways by our community partners in the delivery of our programs and services. From the donation of office space by Huron Lodge in Elliot Lake for our East Algoma Support and Education Program to our Dementia Network initiatives to an outstanding Coffee Break event, we are truly grateful to be part of such a caring community.

A highlight of 2006-2007 was our winning of the 2006 Donner Canadian Foundation Award for Excellence in the Delivery of Services for People with Disabilities. The awards recognize excellence by encouraging best practices and greater accountability. It was extremely gratifying to be recognized for our commitment to quality improvement, and provides even greater incentive for staff and board to continue on the road to excellence.

In March, board and staff members participated in a strategic planning session facilitated by Paul Hawn. We were successful in aligning with the provincial Alzheimer Society strategic plan, and have developed the following broad strategic directions to guide our work over the next three years: service; profile/public awareness; public affairs; research; fund development; and organizational effectiveness and capacity/capability.

As people in the Algoma District continue to cope with the devastating effects of Alzheimer's disease and related dementias, the Alzheimer Society board and staff looks forward to continuing to provide necessary support and education for those on the Alzheimer journey.

Board of Directors 2006-2007

Mark Zorzit, President
Karen McAndrew, Past President
Shelley McEachern, Vice President (until March 2007)
Susan Van Atte, Vice President (after March 2007)
Anna Hamilton, Treasurer
Beth Laderoute, Secretary
Anna Cartmill, Director
Eric McCooeye, Director
Susan McLean, Director
Sean Sparling, Director
Garr Smith, Director

Staff 2006-2007

Carolyn Cybulski, Executive Director
Vicky Roy, Family Support Case Worker
Linda Sullivan, Education Coordinator
Tammy Bennardo, Recreation Therapist
Bea Fioramanti, Coordinator of Volunteers & Special Events
Monica Ruzyski, Bookkeeper/Office Assistant
Carolyn Ross, Support & Education Coordinator, East Algoma



THE YEAR IN REVIEW

Carolyn Cybulski, Executive Director

The Alzheimer Society continued to see a rise in numbers of clients served in our education and support programs over the past year, in keeping with predicted increases over the next twenty years as our population ages. We are committed to continuous quality improvement in all programs to ensure that our services remain relevant and accessible to those in need of them. Program evaluation data shows a high level of satisfaction with programs such as Recreation Therapy, Education, and Family Support. As I review the client surveys, I am gratified by the comments I read. Some examples are:

Mother's spirit and alertness pick right up prior to and during the visit—a miracle of sorts!

Great program—provides stimulation and company.

The seminar gave me greater insight into the disease and its symptoms.

It's very comforting to know that there is someone where and someone to turn to for help.

Everyone here "gets it". We're all in the same boat and understand.

Another great and informative conference. Thank you.

The Alzheimer Society continued to provide major support to the Dementia Care Network Algoma in 2006-2007. The goal of this group is to improve the system of care for people affected by Alzheimer's disease and related dementias, and focuses its activities in two main areas: education and advocacy. The Education Committee, which is composed of many dementia service providers in Algoma, has been active throughout the year in the creation and distribution of 300 physician newsletters and 3,600 PSW newsletters. The Steering Committee is also working with the five other dementia networks in the North East Local Health Integration Network (LHIN) to present a common voice to LHIN leadership.

Alzheimer Society scholarships were awarded to two Sault College students this year. Congratulations are extended to Marcie Deschamps and Krysta Jean Waldorf. The purpose of these scholarships is to encourage an interest in volunteerism and care of the elderly, and they are open to students enrolled in any health or human services program at Sault College.

A donation of \$10,050 was made by the Alzheimer Society to the Centre for Research in Neurodegenerative Diseases (CRND) in 2007 as part of the ongoing search for a cure for Alzheimer's disease. The CRND has had superlative research results in the past five years, from their identification of specific Alzheimer-related genes to their most recent discovery this past year of a promising drug that may modify the development of Alzheimer's disease.

On Page 1, Alzheimer Society President Mark Zozit made mention of the many partnerships that we have enjoyed over the past year. Some very exciting fund development opportunities included:

- Tenaris Tubes—*Christmas Gala*
- Cameco Corp.—*Employee Giving Program*
- Station Mall Drug Mart—*Nevada Ticket Sales*
- Knights of Columbus 11608—*Wild Game Dinner*
- Gerlinde Haeffele—*Algoma Fall Craft Show*
- Boots & Saddles Roadhouse, Buttermilk Alpine Ski Village, Fireside Inn, Giovanni's, Joey Calzone's, Lone Star Café, Los Mexicanos, Lakeview Restaurant, Mustang's Grill, North 82, A Thymely Manner, U-Betcha, Uncle Gino's Café, and Vincenzos—*Dessert and Coffee Specials (Coffee Break)*
- Absolutely Delicious, Bob's No Frills, Bulk Barn, Canadian Tire, Dean's Food Basics, Dinelle's Country Market, East St. Coffee Shop, Elliot Lake IGA, Joe's No Frills, Mitchell's IDA, Pino's Get Fresh, Subway, and A Taste of Scandia—*Coffee Break Decal Promotion*

A heartfelt thanks is extended to all of the individuals who made these partnerships a reality.



SUPPORT AND EDUCATION SERVICES

Vicky Roy, Family Support Case Worker
Tammy Bennardo, Recreation Therapist

Linda Sullivan, Education Coordinator
Carolyn Ross, Support and Education Coordinator,
East Algoma

The theme of the 2007 January Awareness Campaign was “Heads Up For Healthier Brains” which was a theme that could resonate for us all. The campaign identified healthy lifestyle strategies that could reduce the risk for acquiring Alzheimer’s disease. These strategies included:

- Challenging your brain: Learn something new and do mentally stimulating activities.
- Being socially active: Get together with family and friends on a regular basis.
- Protecting your head: Wear a helmet when cycling or skiing, watch for tripping hazards, and wear a seatbelt in your vehicle.
- Choosing a healthy lifestyle: Make healthy food choices, be physically active, keep your blood pressure, cholesterol, blood sugar, and weight within recommended limits, and avoid smoking and excessive alcohol consumption.

Improving knowledge...Enhancing Care was the theme of the 2007 Education Conference which was attended by 130 participants. During this conference we were pleased to offer for the first time a session related to developmental disabilities and the link to Alzheimer’s disease. Conference topics are intended to address ongoing and emerging issues related to dementia care.

Other education initiatives offered by the Society in 2006-2007 included:

- U-First: A training program for front-line workers intended to promote a common language, common values, and a common approach to providing care for people with Alzheimer’s disease and related dementias. Offered in partnership with the Psychogeriatric Resource Consultant (PRC).
- Gentle Persuasive Approach: Also for front-line workers, this program encourages the use of a person-centered, compassionate, and gentle persuasive approach to respond respectfully and with confidence and skill to challenging behaviour associated with dementia. Also offered in partnership with the PRC.

- Caregiver Education Series: A 2-week introduction for family caregivers to the common questions about dementia.
- Grade 5 Presentations: Designed to increase children’s understanding of Alzheimer’s disease and improve their ability to relate to those they encounter with the disease.
- Volunteer Training: A training program specific to volunteers who may encounter people with dementia in the course of their duties.

Customized education programs were also available upon request.

Support programs continued to see increased requests for services such as individual support, caregiver support groups, and mild memory loss support groups. The in-home Recreation Therapy program was at capacity throughout the year and had a lengthy wait list. We expect to see numbers continue to rise as the incidence of dementia increases over the next 25 years.

The East Algoma satellite office entered its second year of operations in 2006-2007, providing support to over 80 individuals affected by dementia and offering education/awareness to over 300 individuals in the community. The Society continued to be supported by Huron Lodge through donation of office space as well as overall support of the program.

Staff members continued to participate in various committees and community groups in order to ensure that the needs of people affected by dementia are brought forward. Included were:

- Dementia Care Network Algoma
- Geriatric Mental Health Coalition
- Slips, Trips, and Falls Committee
- Stroke Network
- Therapeutic Leisure Committee
- Elder Abuse Prevention Committee
- Palliative Care Algoma
- Geographic Advisory Group for Mental Health
- Advance Directives Subcommittee.



VOLUNTEER PROGRAMS AND FUND DEVELOPMENT

Bea Fioramanti, Coordinator of Volunteers and Special Events

Volunteers are the cornerstone of the Alzheimer movement, and we are blessed to have over 200 caring individuals who work tirelessly to ensure that the Society has sufficient resources to carry out its work. From office assistance to board membership, from volunteer visiting to door-to-door canvassing, all volunteers have a part to play in helping the Society to fulfill the mission of improving quality of life for people affected by dementia. We are deeply indebted to those individuals who offered their time, skills, and expertise over the past year.

Approximately 60 volunteers were honoured at the annual Volunteer Appreciation Dinner held in May 2006 at the Verdi Hall. In addition to honouring all volunteers, tribute was paid to the dedicated bingo volunteers, and service awards were presented to volunteers who reached 5, 10, 15, and 20 years of service.

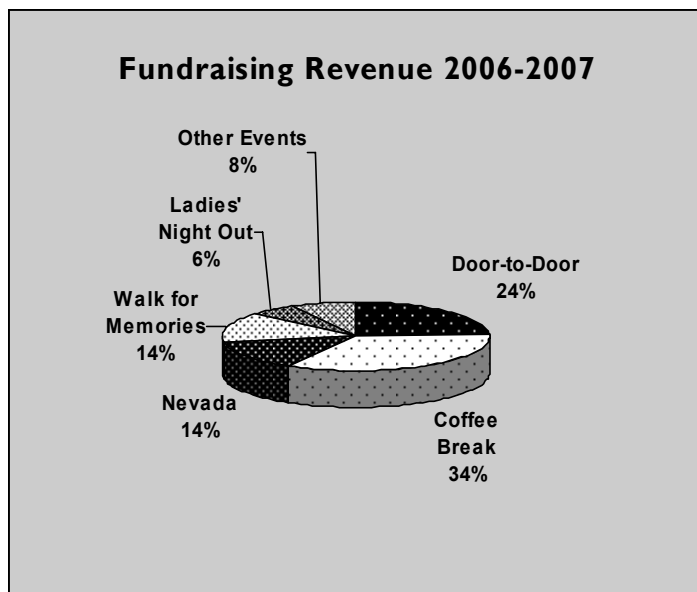
Six Alzheimer Society volunteers received Ontario Volunteer Service Awards from the Ministry of Citizenship in 2006: Doris Darby, Sara Johnson, Barb Johnson, Viola Gibson, Garr Smith, and Gayle Zufelt.

Lamon's Printing was nominated by the Alzheimer Society for the 2006 Mayor's Award. This award is intended to recognize the businesses in our community that make significant contributions to the not-for-profit sector. Lamon's was nominated for its generous sponsorship of the Walk for Memories over the past 8 years.

Revenue derived from Special Events increased by 18% over the previous year. The most significant increase was related to Coffee Break™ which saw gross revenues of almost \$45,000. Nevada revenues also increased markedly thanks to our partner Station Mall Drug Mart. The most notable decrease was seen in Bingo, due to our decision to discontinue our participation in this event.

Various partnership events occurred in 2006-2007, including the Algoma Fall Craft Show, Forget-Me-Not Tea & Dessert at Collegiate Heights, Wild Game Dinner, and the Tenaris Christmas Gala. The Alzheimer Society was honoured and pleased to be considered for these partnership ventures.

Sponsorship by the local business community remained a key component of various events, and the Society is grateful to have had the support of the following businesses in the past year: Riuniti Banquet Halls, Curves, Bennardo Jewellers, Mane Street Salon and Spa, New North Greenhouses, Everything Chocolate, Sears Cosmetics, Bulova, Zenone's, Glidden Paints, Jeree Montier, Sault Star, KPMG, Penny's Pets, the Co-operators (Northern Ave.), Manulife, Northern Star Broadcasting, Northwood Funeral Home, SSM Elks & Royal Purple, Lamon's Printing, Brookfield Power, The Athlete's Foot, Allstate—Allan Moore, Bell Canada, Castle Realty, Dairy Queen, Hess Jewellers, Mike Moore & Sons Construction Ltd., Mio's Furniture Fashions, North Star Travel Plus, PUC Inc., Soo Mill BuildAll, Soo Video TV Sales & Service, Avery Construction, Repeat Rentals, And Son Contracting, Pfizer Canada., Lundbeck, Janssen-Ortho Inc., Eli Lilly Canada Inc., USWA #2724, and Royal Canadian Legion Branch 25.





PROGRAM STATISTICS

Client/Caregiver Support

337 clients served
381 direct service hours

Client/Caregiver Education

327 clients served
291 direct service hours

Recreation Therapy

22 clients served
1,000 direct service hours

Volunteer Visiting Program

10 volunteer/client matches
211 volunteer hours

Education Program

3,376 clients/participants served
468 hours of education provided

Safely Home Wandering Registry

138 clients registered

Katherine L. Punch Resource Centre

69 books and videos borrowed

Volunteer Hours

Awareness & Fundraising	1,259
Office Assistance	247
Board & Committee Meetings	287
Volunteer Visiting Program	<u>211</u>

Total Volunteer Hours **2,004**
(220 registered volunteers)

TREASURER'S REPORT

Anna Hamilton

The financial report on the opposite page shows that the Alzheimer Society of Sault Ste. Marie and Algoma District continued to enjoy a favourable financial position in 2006-2007. Base funding from the Ministry of Health and Long-term Care, which was increased slightly over the previous year to assist with inflationary costs, accounted for approximately 35% of the Society's revenues. Other revenue, derived primarily from donations and fundraising events, also increased overall. Bingo revenue was negligible as the Society discontinued its participation in Greenbelt Bingo Association.

Most expense lines decreased in 2006-2007, with the exception of volunteer training and recognition, travel, and service fees. Expenditures for Personal Support Worker training were related to Gentle Persuasive Approach workshops for community agencies, and were covered by one-time funding from the Ministry of Health and Long-term Care.

The Alzheimer Society appreciates the support of our community, especially the community partners and local businesses who assist in our fundraising efforts in many different ways. We look forward to another year of successful partnerships in 2007-2008.

Help for Today. Hope for Tomorrow.



FINANCIAL REPORT*

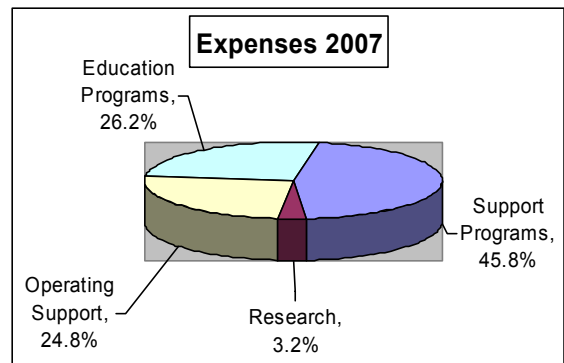
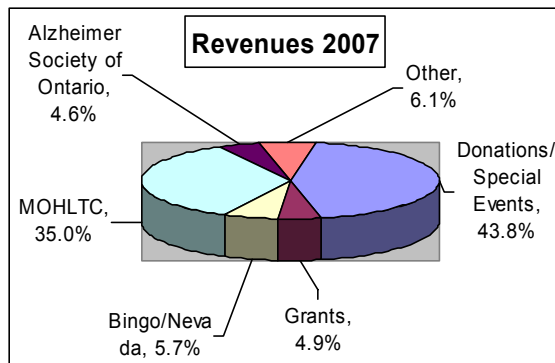
Condensed Statement of Financial Position, March 31, 2007, with comparative figures for 2006

	2007	2006
Assets		
Current Assets	<u>\$ 400,783</u>	<u>\$ 334,592</u>
Liabilities and Net Assets		
Current Liabilities	\$ 59,065	\$ 24,913
Net Assets	<u>\$ 341,718</u>	<u>\$ 309,679</u>
	<u>\$ 400,783</u>	<u>\$ 334,592</u>

Condensed Statement of Operations, March 31, 2007, with comparative figures for 2006

	2007	2006
Revenues		
Donations/Special Events	\$ 150,167	\$ 136,304
Bingo/Nevada	\$ 19,451	\$ 29,954
Ministry of Health and Long-term Care	\$ 120,185	\$ 126,297
Alzheimer Society of Ontario	\$ 15,784	\$ 24,533
Grants	\$ 16,667	\$ 46,728
Interest	\$ 7,383	\$ 4,642
Other	<u>\$ 13,425</u>	<u>\$ 14,374</u>
	<u>\$ 343,062</u>	<u>\$ 382,832</u>
Expenditures		
Salaries and Benefits	\$ 221,186	\$ 228,435
Building Occupancy	\$ 20,291	\$ 21,224
Office Expenses	\$ 25,890	\$ 29,479
Volunteer Training & Recognition	\$ 2,067	\$ 1,005
Travel	\$ 7,644	\$ 6,889
Staff Training	\$ 3,736	\$ 6,672
Service Fees	\$ 4,053	\$ 2,091
Research	\$ 10,050	\$ 10,231
Scholarship	\$ 600	\$ 200
Fundraising Costs	\$ 2,118	\$ 3,464
Grant Expenditures	\$ 2,745	\$ 1,491
Personal Support Worker Training	\$ 5,587	-
Other	<u>\$ 5,056</u>	<u>\$ 19,473</u>
	<u>\$ 311,023</u>	<u>\$ 330,654</u>

*Based upon financial statements audited by Calam Ruscio Rossi Chartered Accountants LLP. Complete audited financial statements available upon request.





OUR VALUES

Respect
Compassion
Integrity
Accountability
Partnerships
Person-centred

OUR VISION

The Alzheimer Society of Sault Ste. Marie and Algoma District will be a premier dementia knowledge resource and a recognized leader in dementia education and support.

The Alzheimer Society of Sault Ste. Marie and Algoma District, while an independently governed organization, is affiliated with the Alzheimer Society of Canada, the Alzheimer Society of Ontario, and the 38 other local Alzheimer Society chapters in Ontario.

Did you know...

◆ We hold nine support group meetings per month, from September to June, in Sault Ste. Marie and Elliot Lake, serving both caregivers and those with mild memory loss. We hope to assist in the development of support groups in other communities and encourage interested individuals to contact us.

◆ Our staff traveled 18,872 km in 2006-2007 for direct service delivery, spending approximately 365 hours on the road.

◆ Research has shown that by improving the well-being of family caregivers, movement of individuals with Alzheimer's disease into long-term care homes can be delayed for a significant period. In one study*, clients whose spouses received individual support and participated in support groups experienced a 28.3% reduction in the rate of long-term care home placement compared with usual care controls.

**Source: Improving caregiver well-being delays nursing home placement of patients with Alzheimer's disease. Neurology 2006; 67:1592-1599. 2006.*

◆ It is estimated that in 2007, there are 1,909 people in Algoma District living with Alzheimer's disease or a related dementia*, and that the numbers throughout the district are estimated to be broken down as follows:

• Sault Ste. Marie	1,226
• Elliot Lake/Spanish	319
• Central Algoma	139
• Blind River/North Shore	95
• Unorganized North	69
• North Algoma—Wawa/White River	50
• Hornepayne	10

**Source: Dementia Projections for the Counties, Regional Municipalities, and Districts of Ontario; RW Hopkins & JF Hopkins; December 2005.*

◆ With the exception of the annual donation to Alzheimer research, all funds raised in Algoma district remain here to provide important programs for those affected by Alzheimer's disease and related dementias.

Alzheimer Society

Providing 22 years of dementia services in Algoma District