

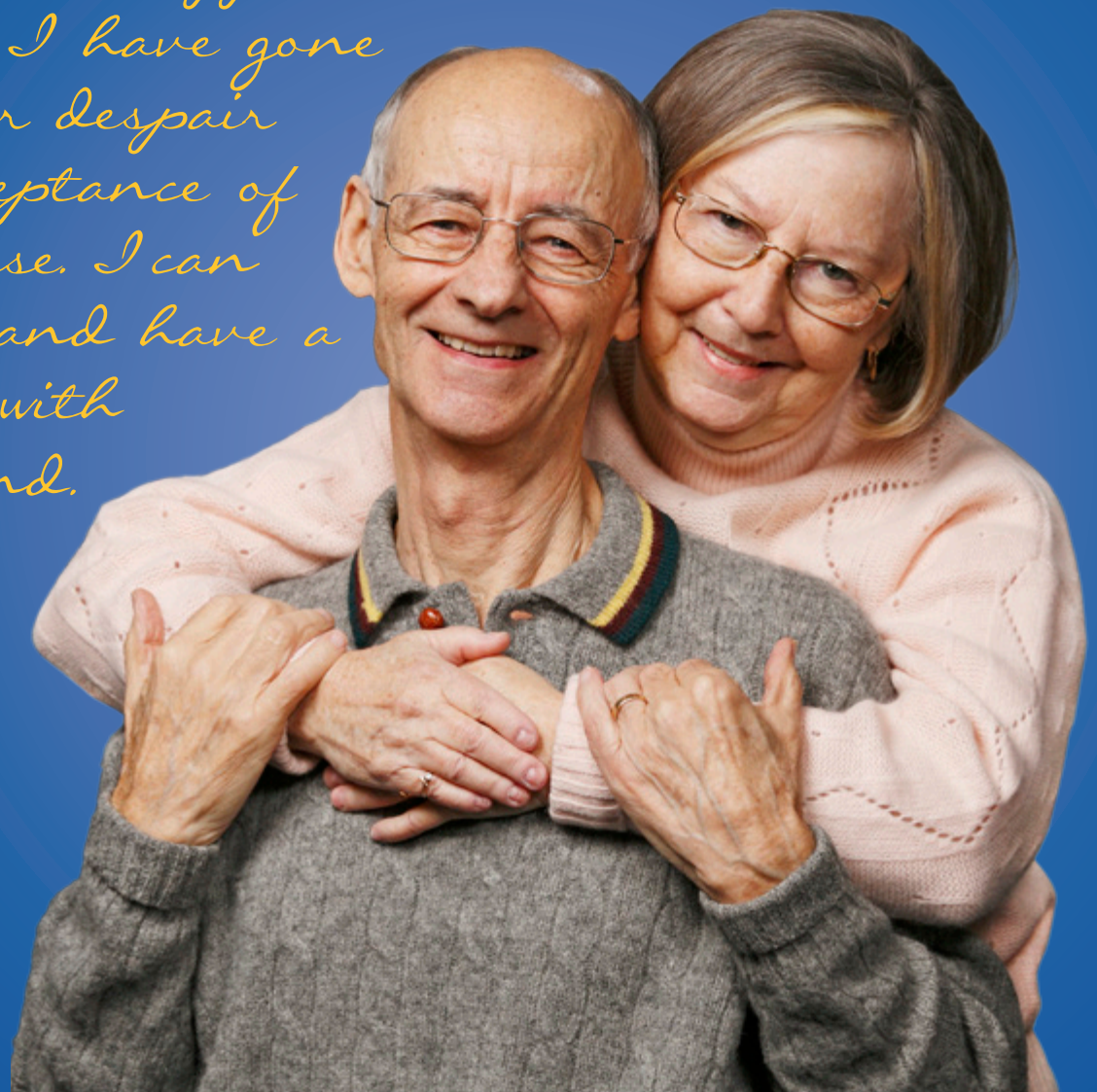
Alzheimer Society

LONDON AND MIDDLESEX™

Celebrating Our Work Celebrating Our Clients

2012-2013 ANNUAL REPORT

With all the support and programs, I have gone from utter despair to an acceptance of this disease. I can now relax and have a good day with my husband.



CEO AND CHAIR ANNUAL REPORT: *Celebrating Our Work* *Celebrating Our Clients*



Betsy Little, CEO



Rob Bartha, Chair

The words used to describe dementia can easily be categorized as sombre in tone and dark and fearful in outlook. It's understandable that those words are so closely aligned with this disease. But within and around those words and the disease that they describe, can be found expressions of light, hope and even optimism. Through our work at the Alzheimer Society London and Middlesex (ASLM), we see it every day. From our clients, who come to us with understandable trepidation on their initial meeting but who, through acquired knowledge and support, can arrive at a place of resolve and acceptance. We see it in the caregivers, in the commitment and love they demonstrate in the daily caring for their family members. Additionally we see it in our staff; in our social workers, development, support and administration personnel who are impassioned to work with clients who will need help more than they ever have in their lives before.

There is one more word that comes to mind upon this year-end reflection and that word is celebration; of the work we do and of the clients who we serve.

From a business perspective, the fiscal year of 2012-2013 saw much to celebrate in terms of the accomplishments of ASLM. Collaborating with colleagues across the South West LHIN, the formation of the South West Alzheimer Society Alliance was created and with it a Memorandum of Understanding which will bring efficiencies and enhanced effectiveness to all six of our organizations.

Also this year, staff and Board reviewed the Strategic Plan to confirm the plan's alignment with any changed realities of our client base and business environment. That assessment process also identified the results of the client satisfaction survey to be high, coming in at 96% and higher than the overall community support sector survey average. Throughout this report you will see some of our clients' quotes pulled from that survey. It is evidence of our clients celebrating our work.

ASLM's work and influence in the region is substantial. There is no doubt our influence will increase as the need for more dementia care intensifies. The work we do now could not have been done without the support of our donors, sponsors, community partners and our dedicated volunteers and staff. Thank you for being there with us on this journey now and for the one that lies ahead.

Other highlights of an eventful year include:

Measurement

February 2012 - the ASLM was peer reviewed **successfully** by Alzheimer Society Ontario (ASO) on leadership, human resources, operations, services and research.

Completed staff satisfaction survey in 2012 with **high satisfaction rate**.

Partnership

Intergenerational Choir Program, a social recreation program partnership with the Sisters of St. Joseph & Medway High School.

A documentary produced on the program by ASLM received **over ten thousand YouTube views** & received a national healthcare communications award.

Awareness

April 2012 - the second 'Navigating the Road Ahead Conference' focusing on caregiving attracted 250 participants.

January 2013 - Elder Abuse Panel
Five community experts presented information and strategies dealing with elder abuse to the 75 participants.

Research

Continued funding of research awards at Western University with two Graduate Research Scholarships and the **new Premier Research Award valued at \$150,000 over two years**.

WHO WE ARE and What We Do

722 NEW CLIENT REFERRALS:

Person With Dementia (PWD) – 329 (45%)

Caregiver (CG) – 393 (55%)

55% Self-directed

21% Specialized Geriatric Services

16% Primary Care Providers

8% CCAC

1019 ACTIVE CLIENTS

131 Health Promotion and
Education Sessions

4932 clients/individuals attended sessions

4493 visits by clients/individuals

198 Group Sessions (101 PWD/97 CG)

16 staff dedicated to our
mission of support, education
awareness and advocacy

220 Volunteers supporting the
Alzheimer Society London and Middlesex:

1621 Client hours

450 Event hours

345 Administration hours

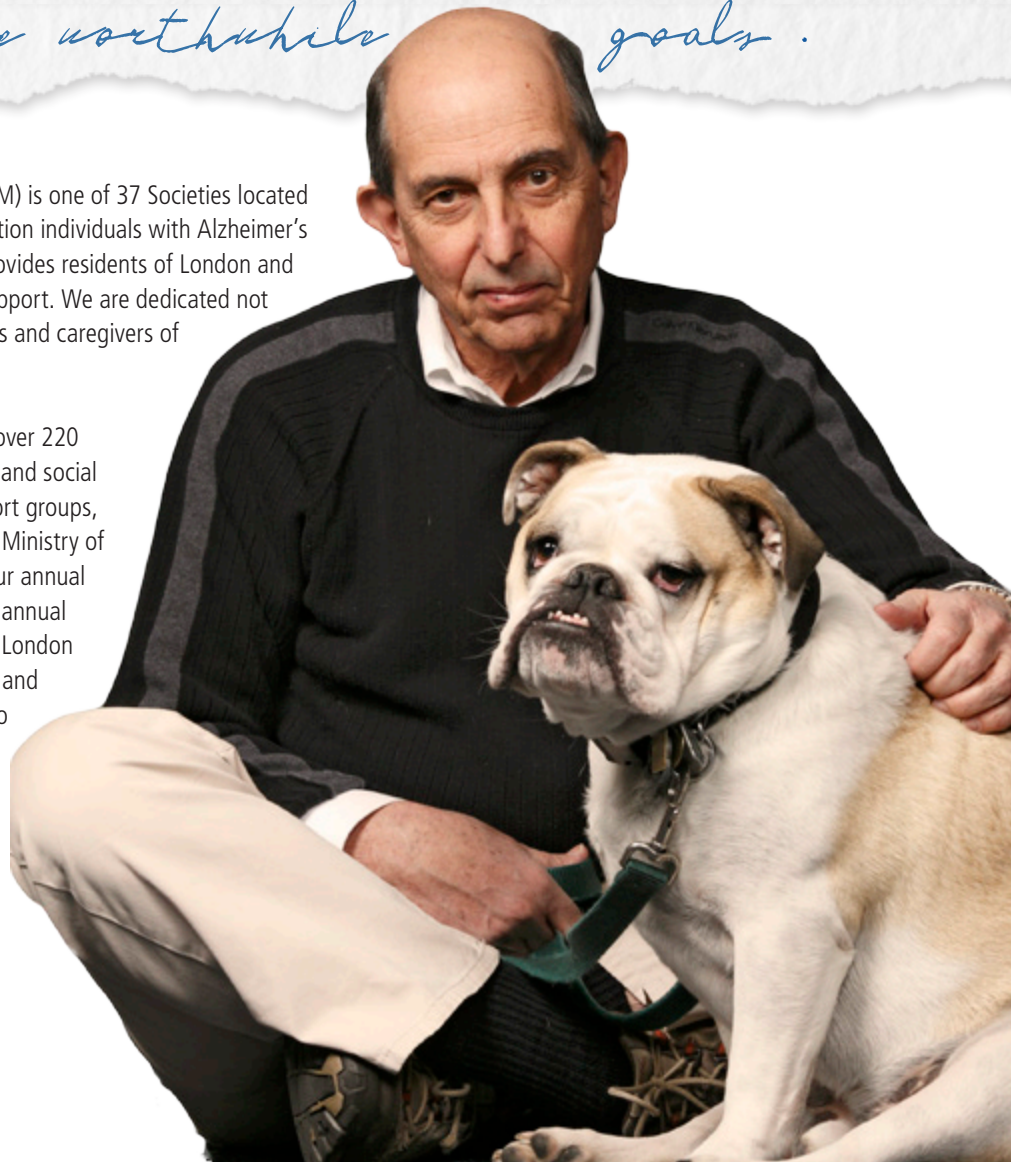
36 Public Education hours

The social workers in the first caregiver class did a fine job of allowing us to verbalize concerns and share frustrations. Perhaps those factors alone are worthwhile goals.

The Alzheimer Society London and Middlesex (ASLM) is one of 37 Societies located across Ontario. With a mandate to be the organization individuals with Alzheimer's disease and other dementias turn to first, ASLM provides residents of London and Middlesex County with compassionate care and support. We are dedicated not only to individuals with dementia but to the families and caregivers of those afflicted.

Sixteen staff along with a generous community of over 220 volunteers help us to provide essential educational and social recreation programs, one to one counselling, support groups, fundraising events, advocacy and awareness. With Ministry of Health and Long Term Care funding only 39% of our annual budget, the remainder of our work is supported by annual fundraising and through the Alzheimer Foundation London and Middlesex. Along with funding local programs and services, the Foundation also supports research into the cause of and cure for dementia.

It is our vision to live in a world without Alzheimer's disease and other dementias. It is our reality to live in one where the disease is predicted to double in the next generation. Our work is increasing but our resolve to meet our vision is unwavering.



PROGRAMS and Services



The Alzheimer Society London and Middlesex provides support through First Link, a model of care that offers a wide variety of programs and services, specifically geared towards those either living with or affected by Alzheimer's disease or other dementias.

Social Work Support

Our Registered Social Workers provide in-office or in-home assessments and work with all those involved to develop an individualized response to the needs of the client. This program offers individual and family counselling, family mediation, case conferencing, advocacy and information about and referrals to community resources.

Support Groups

In partnership with the Salvation Army, ASLM offers drop-in groups for caregivers and those who have early stage Alzheimer's or other dementias. Support groups are offered monthly throughout the year with daytime and evening groups.

ASLM is collaborating with Behavioural Supports Ontario, an initiative of the Ministry of Health and Long Term Care to provide enhanced social support and specialized training to front line long term care staff. Training focus is on Gentle Persuasive Approach and U-First Modules.

First Link Learning Series

This helps individuals newly diagnosed and their caregivers to understand their diagnosis along with the changes they will experience. Participants are offered an opportunity to share and connect with others embarking on the same journey.

Public Education Programs

ASLM offers a number of education programs geared toward the general public, care providers and healthcare professionals. These include the Alzheimer Information Series, U-First, Aging Simulation Workshop, The Elementary School Program and Behavioural Supports Ontario training.



Garden Club

A program geared towards early stage clients; Garden Club is a monthly nature-based program where clients and volunteers create interesting projects in a fun and relaxing environment.



Artful Minds

Offered in partnership with Museum London, Artful Minds is an art program where clients and volunteers work together to create unique pieces of art, facilitated by a trained art therapist. As with all our social recreation programs, the socialization component is a highlight for our clients.



Volunteer Companion Program

A free in-home respite support program that utilizes trained volunteers to offer relief for the caregiver and social stimulation and companionship for a person living with dementia. Volunteers and companions spend approximately two hours a week together on an ongoing basis.



Food for Thought

A monthly nutritional cooking program held at ASLM in a specially designed kitchen where volunteers and clients come together to prepare food, cook, socialize and dine with new friends. The program is for clients in the early stage of Alzheimer's disease or other dementias.

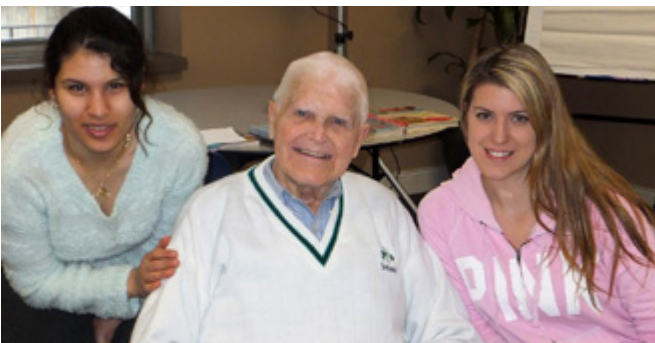
Memory Screening

Carried out by our trained Registered Social Workers and in partnership with Family Health Teams in London and Pfizer Canada, memory screening is offered to those experiencing memory concerns. Screening can help identify those who would benefit from further assessment and testing.

Resource Centre

The Weldon Family Welcome and Resource Centre is one of the largest collections in the area of dementia information. The centre is home to approximately 300 materials including a child and youth collection, fiction and non-fiction sections, DVDs and multi-lingual reference material.

The programs available have helped greatly to understand the aspects of dementia and cope with this stage of our life together.



London Life Generation Link

High school and post secondary students interact with our clients and their life collection of pictures and mementoes to create a memory book. This unique program provides an opportunity to share experiences and understanding across generations.



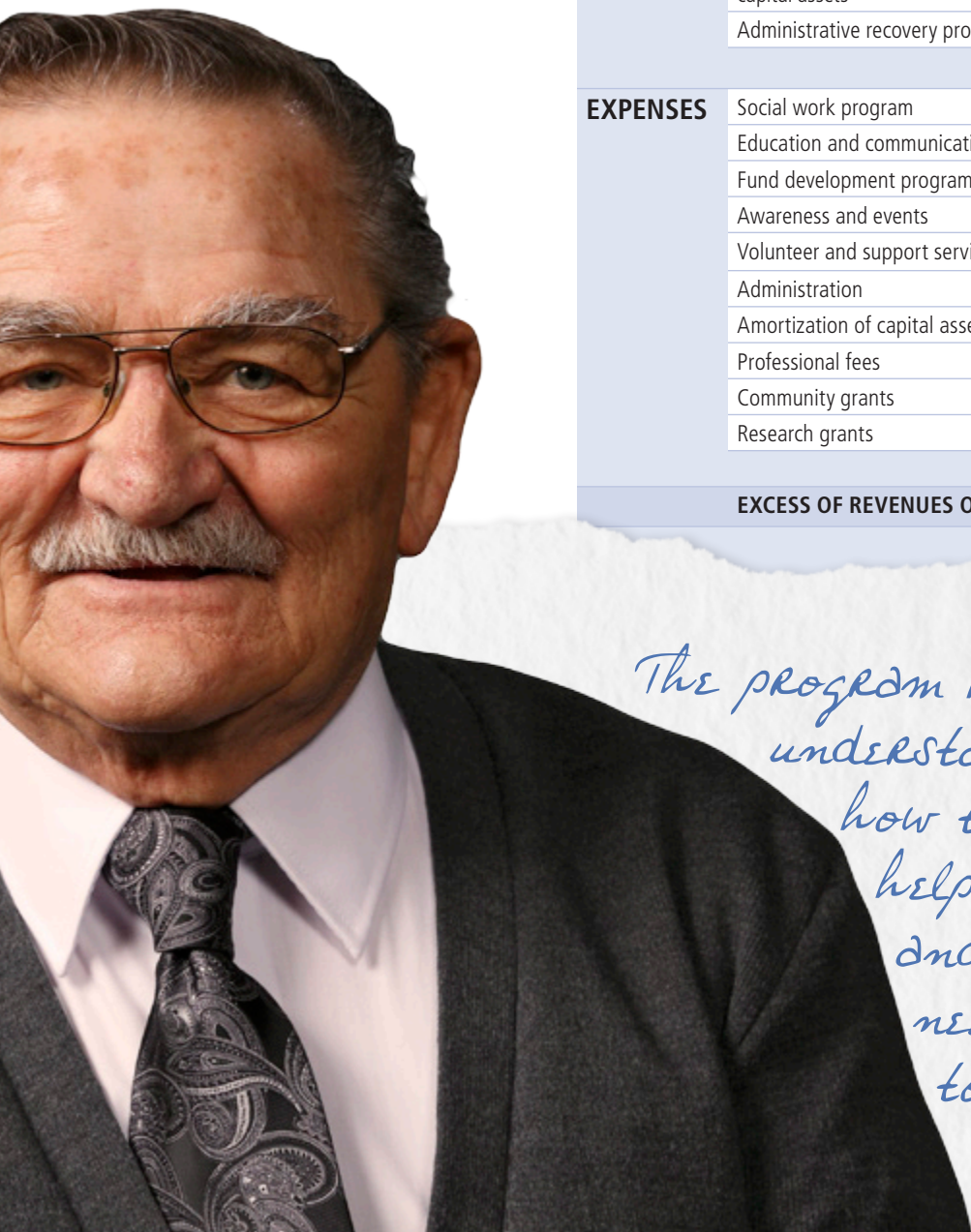
The Intergenerational Choir Program

A partnership with the Sisters of St. Joseph and Medway High School where participants including caregivers share in their love of music. Another program that bridges generations, the Choir Program has weekly rehearsal sessions that culminate in a public performance.

SUMMARY STATEMENT OF FINANCIAL POSITION

March 31, 2013

This financial summary is an excerpt from the complete financial statements of the organization, which were audited by NPT LLP Chartered Accountants, dated June 10, 2013 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.



		2013	2012
ASSETS	Current assets	\$ 297,101	\$ 241,696
	Investments	357,817	346,536
	Capital assets	140,655	153,434
	Cash surrender value of insurance	16,094	14,532
	Works of art	72,236	72,236
		\$ 883,903	\$ 828,434
LIABILITIES AND NET ASSETS	Current liabilities	\$ 251,289	\$ 212,722
	Deferred contributions related to capital assets	44,546	37,503
	Net assets	588,068	578,209
	\$ 883,903	\$ 828,434	
SUMMARY STATEMENT OF OPERATIONS: Year Ended March 31, 2013			
REVENUES	Fund development	\$ 568,750	\$ 655,246
	Ministry of Health funding	531,144	462,834
	Alzheimer Foundation London and Middlesex	182,830	149,992
	Education programs	37,701	44,535
	Investment income	21,141	10,136
	Amortization of deferred contributions related to capital assets	15,815	18,458
	Administrative recovery programs and other	8,248	6,582
		1,365,629	1,347,783
EXPENSES	Social work program	348,363	299,575
	Education and communications	294,913	227,004
	Fund development program	245,171	212,884
	Awareness and events	188,046	226,906
	Volunteer and support services	110,242	95,016
	Administration	88,807	83,346
	Amortization of capital assets	37,552	48,684
	Professional fees	22,628	32,979
	Community grants	20,048	16,917
	Research grants	-	52,270
	1,355,770	1,295,581	
EXCESS OF REVENUES OVER EXPENSES		\$ 9,859	\$ 52,202

The program helped me understand Alzheimer's and how to deal with it. It also helped with my feelings and how to cope. If in need, I wouldn't hesitate to call.

OUR MAJOR SUPPORTERS

The Alzheimer Society London and Middlesex and the Alzheimer Foundation London and Middlesex gratefully acknowledge the following major supporters who have generously contributed \$1,000 and over between April 1, 2012 and March 31, 2013.

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Ann and Bill Fleming
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Betsy and Anthony Little*
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London Life
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Bryan and Tracy Vickers
* Restricted to Research

ALZHEIMER SOCIETY LONDON AND MIDDLESEX

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Government of Canada - New Horizons for
Seniors Program
The Ontario Trillium Foundation
South West Local Health
Integration Network

PLANNED GIFTS

Barbara L. Kaiser
Helen Plaunt

THE DISEASE IN
LONDON AND MIDDLESEX

7500 people (over the age of
65) diagnosed with dementia

They represent **only 25% of the
total dementia population.**
(22,500 are presently undiagnosed)

*As my husband's
disease progresses, I
have less time for courses
and programs. It's important
to be informed early in the
course of the disease so one
can take advantage of the
First Link services.*

THIRD PARTY FUNDRAISERS

Bulk Barn
David's Bistro 15th Anniversary
Fresh Co.
London Community Players - Primordial Soup Theatre
Price Chopper
Schulich School of Medicine and Dentistry
Volleyball Tournament
Faye Willis
Alysha Wisniewski



STAFF

Rae Belcourt
Volunteer Services Coordinator

Rose Brochu
Accounting and Operations Coordinator

Rick Bunt
Social Worker

Cathy Cherry
Reception/Executive Assistant

Brooke Hurley
Social Worker

Betsy Little
CEO

Nathania Lukman
Community Assistant

Brenda Miedema
Special Events Coordinator

Amanda Oldershaw
Donor Database Officer

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First Link Program Manager, RSW

Susan Oster
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Leslie Rand
Fund Development Coordinator

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Intake Coordinator

Carolyn Underwood
Social Worker

Bruce Wray
Communications Coordinator

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Social Worker

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