

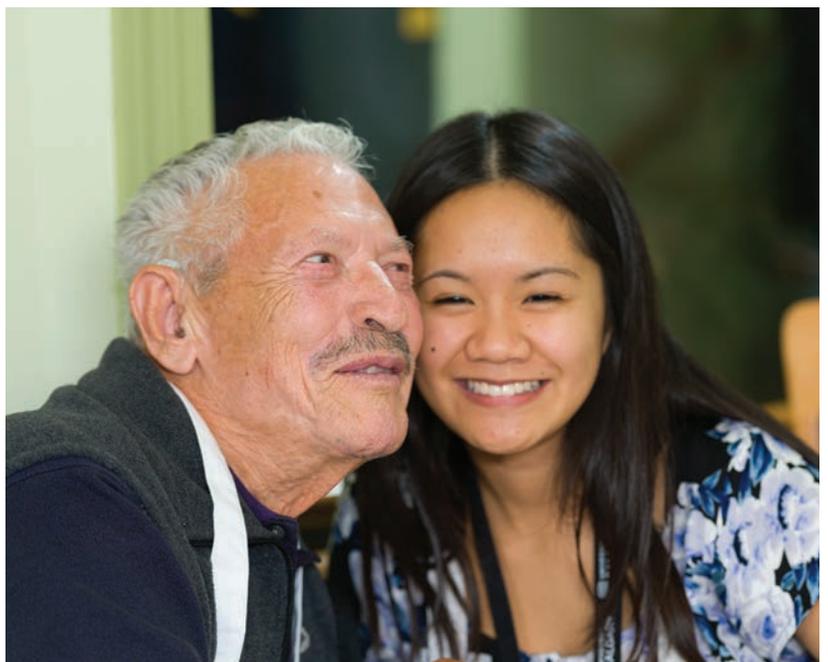
## INNOVATION & COLLABORATION

Alzheimer Society of Calgary

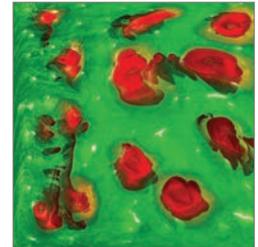
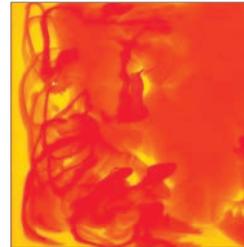
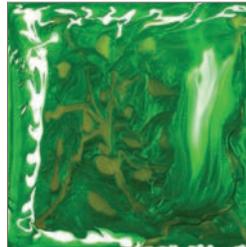
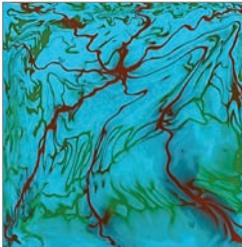
# REPORT TO THE COMMUNITY

Fiscal 2015 April 1, 2014 to March 31, 2015

Alzheimer Society  
CALGARY **30+**  
years



# Innovation and Collaboration



These art samples preview the strengths of people living with dementia and are the result of the Opening Minds through Art (OMA) program as detailed in the following pages.

The issues we face as a community present us with broad, multidimensional and pressing questions around dementia. How can we best ensure that people impacted by dementia can live life well? How do we provide adequate support and respond to growing needs? What is the most effective way to achieve the best possible outcomes for the people we serve?

Addressing complex issues of this magnitude requires new thinking and comprehensive solutions. And a transformational shift in the way we consider and approach these challenges.

As a result of your continued support, the Alzheimer Society of Calgary has stepped forward as a convener for Calgary and area. We are bringing community partners together in unique, collaborative ways to tackle key issues around dementia.

As a result the Dementia Network of Calgary and Area is a leading example of this work in action. This diverse group of stakeholders (public, private and non-profit groups) are working together to address dementia-specific concerns across the spectrum. Some encouraging progress has been made, momentum is growing and we're moving forward as a collective to create essential changes in the community. We thank the United

Way of Calgary and Area for helping us support the development of this initiative.

The introduction of Opening Minds through Art (OMA) program in Calgary is another example, where people living with dementia are empowered to bring their own compelling art pieces to life. It has been implemented in partnership with the University of Calgary's Faculty of Nursing and was founded by Scripps Gerontology Center at Miami University.

By embracing the opportunity to work alongside community partners and considering more innovative approaches, we aim to ensure impacted families have the foundations they need for the journey ahead.

We invite you to read on about the opportunities you've so kindly made possible through the Alzheimer Society of Calgary.

Thank you for everything you do for local people impacted by dementia.

**Cary Mamer**

President, Board of Directors

**Barb Ferguson**

Executive Director

# Dementia Network of Calgary & Area

## Creating a supportive and innovative future for Calgary



For every person diagnosed with dementia, ten to twelve additional people are also directly affected. With more than 12,000 people currently living with dementia in Calgary and the surrounding area (and these numbers expected to double within the next 25 years), the impact of this disease on our families, our communities, our workforces and our healthcare systems will be tremendous.

These overwhelming and difficult issues prompt us to create change. They drive us to decipher how we can (as a community) best ensure that people impacted by dementia can live life well. What supports are required? What are the most effective ways to achieve the best possible outcomes for people in our community?

The Dementia Network of Calgary and Area (the Network) was formed as a collaborative group made up of knowledgeable, capable individuals who have a desire to create change and help make the journey more manageable.

The Alzheimer Society of Calgary has stepped forward as the convener for Calgary and area to bring the Network participants together to discuss and act so that people impacted by dementia can receive the support, education and care they need along the way.

The Network has set up a Steering Committee of partners who work together to create the strategy for the group's common agenda, ensuring that the Calgary community becomes a supportive, innovative environment where people impacted by dementia can live life well.

Branching out from the Steering Committee are small action teams that self-organize to work on a specific pressing issue. Action teams are working to create tactical plans and strategies in order to achieve the following results for our community:

**Some encouraging progress has been made, momentum is growing and we're moving forward as a collective to create essential changes in the community.**

## The Network's role in creating a community of support

We've prioritized these as

### » **Creating dementia-friendly communities**

where people impacted by dementia have the supports and resources to remain in their own communities longer if they wish; and increased numbers (and a wider range) of supported living options are available.

### » **Strengthening the dementia care work force**

exploring the needs for specialized training and knowledge; and building a bridge between knowledge and high quality practice that brings together the individual care provider; the care setting and the health care system.

### » **Advocacy efforts and awareness-building** making improved services and care a community-wide priority.

### » **Improving system navigation** enhancing the experience of caregivers, making it easier to find much-needed resources.

### » **Balanced approach to identification, diagnosis and intervention**

where people have improved access to timely diagnosis and post-diagnosis support as appropriate.

### » **Evidence-informed best practice**

Dementia care is improved through the application of validated research and knowledge and innovative approaches to care.

Currently, action teams have formed and are pulling together plans in each area.

Thank you to the United Way of Calgary and Area, the Calgary Foundation and the Calgary Flames Foundation for providing the funding required for the Network to develop the Strategy Roadmap™ to guide our work.

“One of the most valuable learnings is that people with dementia may not remember who you are, but they will always remember how you made them feel.”

Faculty of Nursing student,  
University of Calgary

# Opening Minds through Art (OMA)

## Painting outside the lines with new art program



As of May 2015, OMA was successfully facilitated in 6 different Adult Day Program locations in Calgary including the two Club 36 locations.

Art – it has a way of moving us. It connects memories, emotions and people to one another.

In May 2014 the Alzheimer Society of Calgary implemented the Opening Minds through Art (OMA) program in Calgary and area.

OMA empowers people living with dementia to bring their own captivating art pieces to life. OMA surpasses the typical expectations of an art program by connecting generations of people and bridging a gap between young and old through art. With the collaboration of the University of Calgary Faculty of Nursing, students are trained in dementia care strategies and work one on one with those living with dementia to bring out their inner artist.

“From my time with OMA, one of the most valuable learnings is that people with dementia may not remember who you are, but they will always remember how you made them feel,” shares Aaron Cao, University of Calgary nursing student.

The program is focused on each person with dementia as an individual; and puts into practice the fundamental belief that they are capable of expressing themselves creatively. The activity involves specific steps and stages where each artist makes manageable decisions, allowing them to be free in their own creative process.

“As a nursing instructor, I am provided with the opportunity to witness the progression of students and the mastery in choosing different strategies to help

clients get through difficult moments – from deciding to sit down and join the activity, to choosing different colors for their artwork, and interacting with other group members,” says Christine Foran, Nursing Practice Instructor, Faculty of Nursing, University of Calgary. “The ‘aha’ moments that students discuss are processes they will take into their nursing careers, developing awareness, sensitivity and compassion in their future relationships for all - and especially with people with dementia.”

“The first of its kind in the province, OMA provides the opportunity for people living with dementia to build their confidence, create meaningful relationships and strengthen their self-autonomy through art,” says Ali Cada, Adult Day Program Manager, Alzheimer Society of Calgary.

Meaningful relationships are created beyond the space of the Alzheimer Society of Calgary. The program is shared with the community at other Adult Day Programs delivered by trained Alzheimer Society of Calgary staff. This allows for more people impacted by dementia to experience the benefits of art.

*OMA was founded by Scripps Gerontology Centre at Miami University.*

# Highlights Achieved through programs & services



The impact of dementia can leave a person feeling tired, isolated and lonely at times. It can be extremely beneficial to reach out and speak with someone who understands your experience. The Alzheimer Society of Calgary offers personalized support and education through Learnings and Support Services for people impacted by dementia. Here are some highlights from the past year:

## Education for our community

The effects of dementia can pose a range of challenges including new behaviors and adapting to a new style of communication. As a result of your support, the Alzheimer Society of Calgary provides educational workshops. This year, over 1,400 people attended a community education program, receiving invaluable support and knowledge for the journey ahead.

**1,400**  
attended a community education program

**800**  
PEOPLE  
TRAINED

## Support services for our community

People often reach out to the Alzheimer Society of Calgary, either in response to an overwhelming diagnosis, or to help manage the emotional impacts of caregiving. This year our social work team provided support to more than 1,100 people by phone or in person. Phone lines lit up with incoming requests for support, marking a 12 per cent increase in the number of support calls received this year.

## Education for dementia care workers

Using the Best Friends Approach™ training we are working with front line dementia care workers in Calgary to help create an improved care experience for those impacted by dementia.

Close to 800 people working on the front lines of dementia care were trained to provide care based on best and emerging practices through the Alzheimer Society of Calgary. This is a 14 per cent increase from the previous year.

Thanks to the Mann Foundation and the Manor Village for helping to make this possible.

**14%**  
INCREASE IN  
WORKERS TRAINED

## Adult Day Program (Club 36)

At Club 36 (or “Club” as we fondly refer to it), members have the opportunity to enjoy a variety of activities designed to encourage autonomy, self-esteem and respect. We provide a homelike environment where they can experience a sense of community.

100 per cent of caregivers would recommend Club 36 to others and 100 per cent of caregivers expressed satisfaction with their Club 36 experience overall.

**100%**  
satisfaction!

**12%**

INCREASE IN CALLS  
FOR SUPPORT

“On Club 36 days, my mom returns home with a higher level of awareness/interaction than when she left home that morning.” Caregiver

“We strongly recommend Club 36. It makes a difference in the life of participants and his/her family member(s).” Caregiver

# Donors, **thanks** for everything you do

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\* Indicates sustaining donors who have been supporting local families impacted by dementia for 10 or more years.

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For a complete staff listing, please visit [alzheimercalgary.ca](http://alzheimercalgary.ca)

## Mission

To enable local people impacted by dementia to live life well and build the capacity of the community to support and care for them.

## Vision

Our vision is a future that will see:

- Enhanced quality of life for local persons with dementia, their families and care partners
- Increased capacity of the community to support and care for persons impacted
- Access to evidence-based best practices in dementia care from disease onset through end of life
- Greater respect, support, identification and intervention for persons with dementia and their care partners

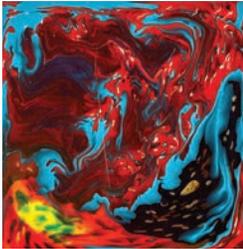
## Contributing to local research on Alzheimer's disease

Because of the generosity of our donors, we made a significant contribution to local research for Alzheimer's disease, funding the work of Dr. Zahinoor Ismail. Dr. Ismail is an assistant professor and neuropsychiatrist at the University of Calgary's Cumming School of Medicine and a member of the Hotchkiss Brain Institute. He examines the link between Alzheimer's disease and neuropsychiatric symptoms like depression, apathy and anxiety that often accompany dementia, and may in fact precede dementia.

The full audited financial statements can be found online at [alzheimercalgary.ca](http://alzheimercalgary.ca)

# Special Thanks to volunteers

## Recognizing the selfless individuals who serve our community



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**Our volunteers are worth their weight in gold.** Special thanks to our volunteers for giving their time and talents to the Alzheimer Society of Calgary in support of local families impacted by dementia.

# Financials

## Your donations in our community



### Full audited financial statements

are available at [alzheimercalgary.ca](http://alzheimercalgary.ca).

Fiscal 2015 was a highly successful year as we exceeded our revenue projections by thirteen per cent (13%) while holding expenditures to a modest increase of only two (2%). We ended the year with an operating surplus of \$37,500.

The generosity of our donors and funders made this possible. Your thoughtful contributions enable us to invest back into the community through the delivery of programs and services designed to make lives better for people impacted by dementia. Through the generous support of the community, we are also able to serve as the “backbone” organization for the Dementia Network of Calgary – a collaboration of stakeholders from across multiple sectors who have come together to address the critical issues related to dementia.

We are now in challenging economic times. At the same time, we continue to see unprecedented growth in demand for our programs and services. As a fiscally responsible organization, we are committed to securing our long-term financial viability so that we may continue to provide the highest quality of programs available, both now and into the future. This is being achieved through a diversification in our funding base and careful management and investment of our surplus cash (at \$2.1M). Income from our investments are put back into our programs and services.

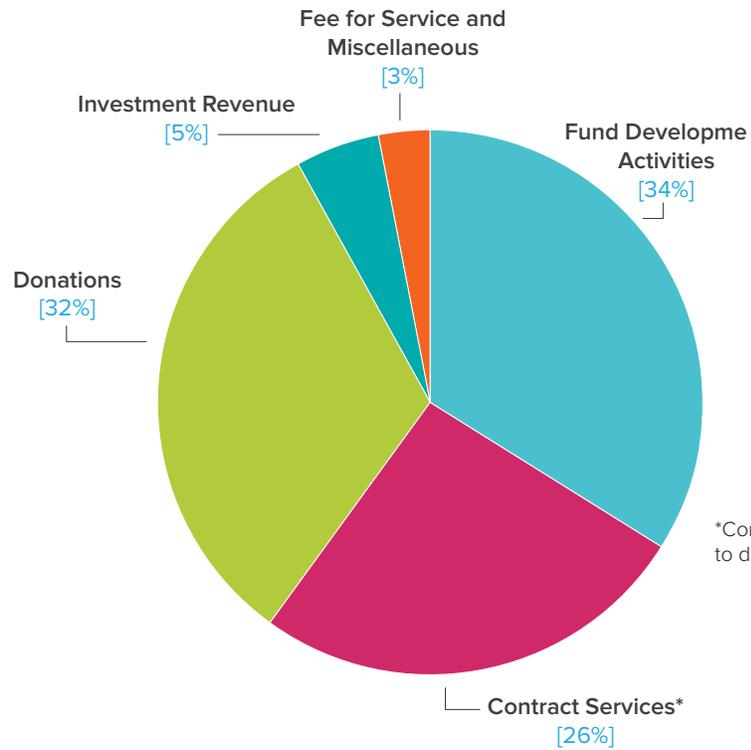
Thank you to our donors and funders for your support and encouragement this past year.

**Lee Lunde** Treasurer

## Statement of Operations

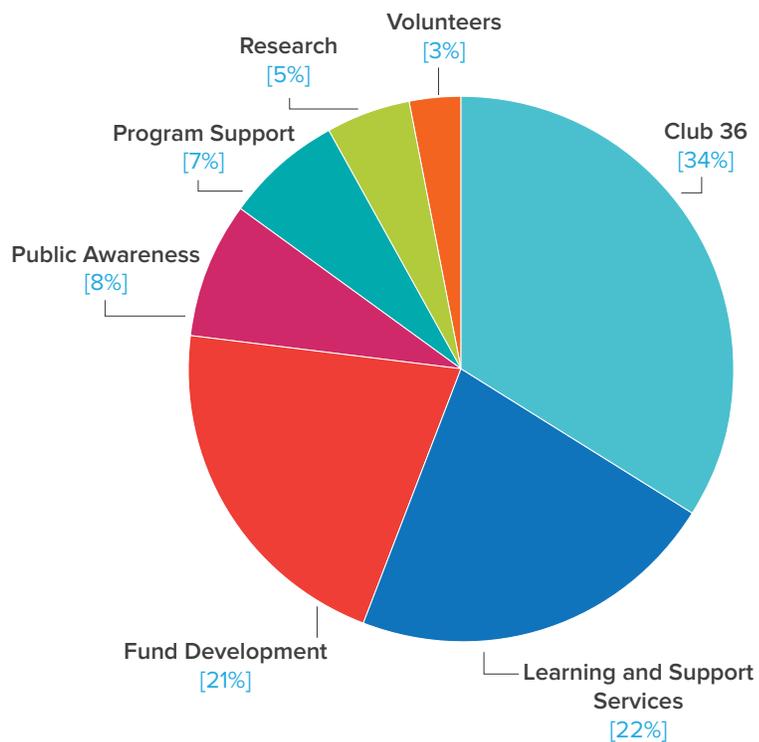
	2015	2014	% Change
Total Revenues	\$ 2,125,865	\$ 1,879,076	13%
Total Expenditures	\$ 2,075,624	\$ 2,039,990	2%
Revenue over Expenses	\$ 50,241	(\$160,914)	
Unrealized gain (loss) on investments	(\$12,671)	(\$19,630)	
Excess (deficiency) of revenue over expenditures	\$37,570	(\$180,544)	

## Revenues that support us



\*Contract with Alberta Health Services to deliver Club 36 (Adult Day Program)

## Expenditures



# Stories from Others

## Meet Judy



### **My mother Winnie was truly a fighter.**

She faced physical disabilities for the majority of her adult life, which included a series of back and leg problems that restricted her mobility. I always admired her courage and determination to overcome the

challenges life threw at her. No matter what happened, she made an effort to get around - even if it meant sliding down hills on her back side. Mom underwent countless surgeries, but she would always say, "The surgeons did their job, now my job is to get back on my feet!"

Her spirit was indomitable, and Mom put 110 per cent effort into everything she did. She enjoyed volunteering for numerous organizations, and had a special talent for always making things fun. When I was younger she always involved me and my two brothers in everything she did. I have fond memories of learning to make apple strudel; each of us had a section of pastry to stretch across the kitchen table without putting any holes in it!

Our father passed away from cancer and Mom, with her characteristic combination of strength and stubbornness, lived on her own for nine years. She was only in her sixties when we first started noticing that she was exhibiting early signs of dementia.

The dementia seemed to progress rapidly after Mom had emergency surgery. While she was in the hospital, she was assessed as requiring nursing home care in a secure ward. It was heartbreaking.

We had some knowledge of the disease. Our grandmother Alice had dementia, but we had never met her as she lived in the hospital at Ponoka for over 10 years. The staff had told my mother not to bother visiting, because Alice would not know her.

We were determined that this wouldn't be the case with our mother. We visited Mom weekly for five years and continued after she could no longer recognize us or speak. It was important for us to see her and to ensure that her excellent care continued. The nursing staff told us that many of the residents received no visitors.

### **Throughout our journey I learned that as her family, we had unique knowledge that could help with my mother's care.**

At one point the staff were concerned that she was losing weight and not eating her breakfast. When I asked what she was being fed and was told cornflakes, I laughed and said, "Mom always said cornflakes taste like cardboard. Try switching to peanut butter." The result was that Mom was licking the peanut butter off the toast as quickly as they could spread it.

After my mom passed away we saw a

registration form for the Alzheimer Walk & Run with the Alzheimer Society of Calgary (ASC) and decided to participate, thus beginning a yearly tradition and a deep involvement with the organization.

After I retired I decided it was time to become more involved and offered to volunteer with ASC. I took the mandatory training, which helped me in relating to persons with dementia, and I saw what a help it would have been to have that education when Mom was alive.

Tuesdays became my morning to help out at Club 36, an Adult Day Program for people living with dementia. It provides meaningful activities for participants and respite opportunities for caregivers. If someone in the program didn't want to participate in the main activity, I found out what they preferred and we did that, whether it was doing a crossword together or walking.

I also saw how the program gave the caregivers some precious time to themselves, to attend their own appointments or have coffee with friends.

**I learned how imperative it was to also help the support network, not just the person living with dementia.**

I referred two friends to the ASC when their mothers were diagnosed. Although I had never used the services of the social workers, I knew with the clear vision, knowledgeable staff and supportive environment I experienced as a volunteer, that the front line services would be no different. One friend told me

later that her parents felt they received very valuable help and had gained a "new best friend".

We always look forward to July when we begin our fundraising for the Alzheimer Walk & Run. We volunteer to prepare the packages as well as hand out races kits on three different days. We see it not only as an annual event to remember Mom, but more importantly, as a way to support programs for those currently facing the battle.

**When I'm asking for pledges for the run, I have been surprised by the number of acquaintances who have also been impacted by the disease. Often a discussion of our experiences begins and a commonality is formed.**

So much progress has been made in the programs available from the days when my grandmother was alive. Every year when we participate in the Walk & Run, it brings me joy to see funds raised for expanding and improving these essential programs.

**"I always admired her courage and determination to overcome the challenges life threw at her." Judy**

# Thank You

## Jeanne Bentley Award



Every year, we recognize an outstanding volunteer for their exceptional commitments and volunteer spirit in the name of Jeanne Bentley, our founder, legacy maker and tireless volunteer.

This year's award recipients are Darlene Gordon, Club 36 Friendly Visitor and Faye Hleucka, Office Administrative Support. Thank you to Darlene and Faye for their dedication and commitment to the Alzheimer Society of Calgary.

## Creating a community of collaboration

We had the pleasure of working with some great organizations and individuals across the community to strengthen our capacity and create lasting impact for local families.



## And ...

Calgary Flames Foundation  
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# Thank You

## Thank you to our funders

We sincerely thank our funding partners for their ongoing commitment to ensuring quality of life for local people impacted by dementia.

We are grateful to the United Way of Calgary and Area for continuing to be a partner, enabling us to deliver family support and offering learning sessions for care partners.

Thank you to Alberta Health Services for providing support for the Adult Day Program known as “Club 36.”



# Thank you!

MORE THAN  
**\$350,000**  
RAISED

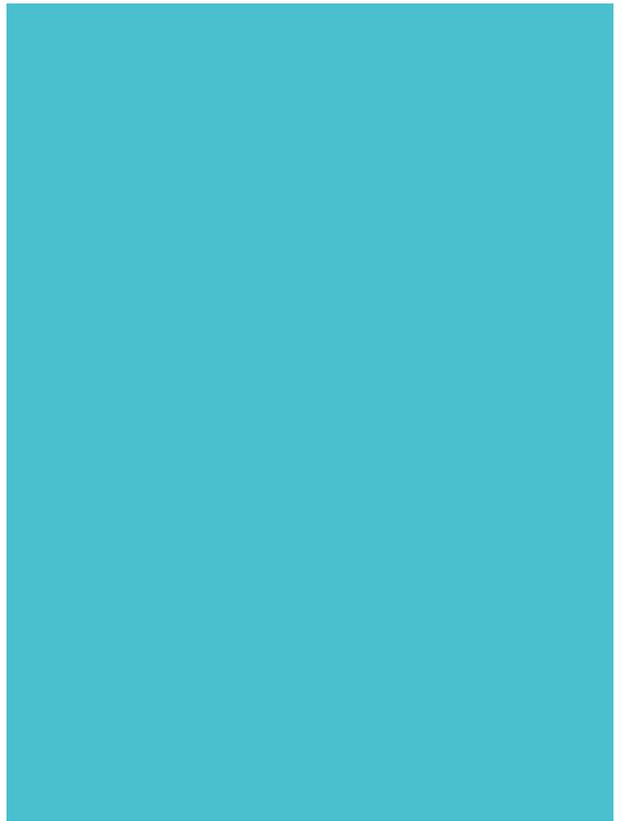
## Investors Group Alzheimer Walk & Run

This year the event raised more than \$350,000 in support of local families impacted by dementia. This success wouldn't have been possible without you.

Over 1,500 participants came out on a sunny fall day to walk or run for the cause. Parents, grandparents, small children, infants and pets flocked to Eau Claire Market to take part.

Because of your efforts, families impacted by dementia will be able to access confidential one-on-one support sessions with registered social workers and connect with local support groups.

The helping hands of close to 200 volunteers make Thanksgiving traditions come true for our local community at the Investors Group Alzheimer Walk & Run.



# Alzheimer Society

CALGARY <sup>30+</sup><sub>years</sub>

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Phone: 403.290.0110  
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**Charitable Registration Number:**  
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