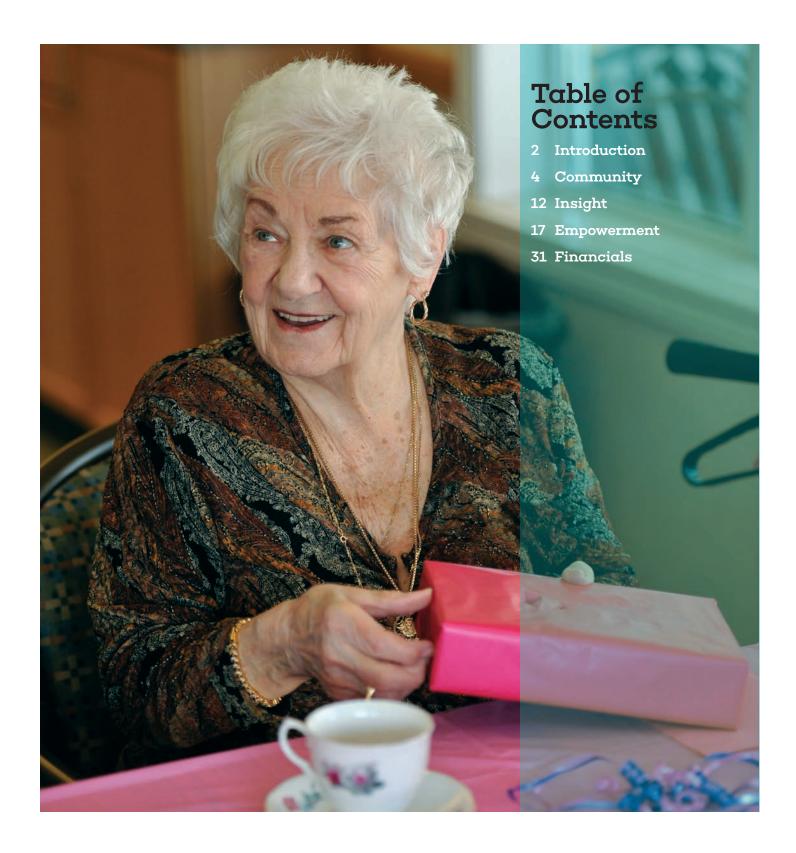


#### **INTRODUCTION**



#### **Building Capacity**

Family and close personal relationships are often the source of our strength. The strength of our ability to come together as a community; to be resilient; to find solutions; and to face painful challenges head-on.

For over three decades, the Alzheimer Society of Calgary has been dedicated to building the capacity of people. After all, people are at the heart of our families and community. We recognize and preserve the importance and value of the whole person – and it anchors everything we do:

- Providing a compassionate ear and practical strategies for families.
- Supporting care partners in their demanding roles by offering respite options.
- Working in collaboration with community partners to help educate and raise awareness for the cause.
- Championing care strategies in the workplace that emphasize empathy and friendship, putting the person with dementia first.

By concentrating on building the capacity of the person and thus, the community as a whole, we direct our efforts to three primary areas of impact:

#### Strong community connections.

No doubt, you're familiar with the proverbial phrase, "It takes a village...". In leveraging the resources of the broader community, we can coordinate a more powerful and tenacious response to the need.

Shared insight. Family members and care partners require information and practical support. Others need help understanding the warning signs for dementia or taking preventative measures. Learning sessions provide the essentials and often help determine a person's next steps.

**Empowerment.** Of the person. And the community. By coming together as a whole, we can create collective impact. And face challenges from a position of strength and choice. Community members gain confidence. Learn to trust their own abilities to make decisions. And advocate on behalf of themselves and others.

With you by our side, we can continue to build the capacity of our community to live life well with dementia.

We invite you to discover the changes you've so kindly made possible through the Alzheimer Society of Calgary in the following pages.

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

Cary Mamer

President, Board of Directors

Barb Ferguson **Executive Director** 

Where community, insight and empowerment begin.

#### COMMUNITY



#### Rallying the Community in Support of the Cause

There's power in numbers.
As a result, we have taken on a new leadership position - bringing people and organizations together. We have convened a group of individuals from the public, private and non-profit sectors in Calgary who have an interest in making a difference for families impacted by Alzheimer's disease and related dementias

Our aim is to ensure, through our collaborative efforts, that people with dementia, their family members and care partners have access to what they need throughout this difficult journey. With anticipated results such as greater clarity in navigating the healthcare system; joint efforts to identify and resolve gaps in services or care; and increased resources along the way; we believe we can help build the capacity of the community as a whole. As a result, we have taken on a convening role to help create the Dementia Network of Calgary and Area.

#### Reframing perspectives in the workplace

How training changed one worker's approach to dementia care

During a time of budget cuts in health care and some distressing stories in the news, it's not an easy time for dementia care workers. Families continue to relate what a difference it makes to have a dementia care staff member on their side, a person truly committed to the health and wellbeing of their loved one. Whitehorn Village Retirement Residences is one example of a community partner who reached out to the Alzheimer Society of Calgary for specialized training for front-line workers, administrative and operations staff. In return, Whitehorn Village provided a generous sponsorship of our flagship free community education event, allowing us to create even bigger impact from our partnership.

"The Best Friends™ training has given me a better understanding of dementia and I realize that some of the things I was saying to our residents was not only frustrating to them, but futile... such as asking 'Don't you remember' and referring to a conversation we already had. I am now more sensitive and I feel confident to step up when someone may be communicating ineffectively with one of our residents living with dementia."

C. Magotiaux, a staff member with Whitehorn Village Retirement Residences

"The need is too great. No single organization can tackle it alone."

"It took away my fear of working with individuals who have dementia."

A member of the dementia care workforce

"Our staff became more understanding, more patient and more focused on residents' needs and learned more about them. Residents became more comfortable with the staff and are interacting more frequently." Casey R. with Maison Senior Living

## 680 DEMENTIA CARE WORKERS

This year 680 members of the local dementia care workforce were trained to provide care based on best and emerging practices through the Alzheimer Society of Calgary. This represents a 10% increase over the previous year. We did this through:

**Best Friends Approach™ training:** Providing more comprehensive, in-depth training in intimate group settings, the Alzheimer Society of Calgary invested 37% more time to ensure that front-line workers have the confidence to tackle the unique demands of caring for people with dementia. Founded on the Best Friends Approach,™ our professional training is guided by a philosophy of care that emphasizes empathy and friendship and was created by experts in the field of dementia research. Of the attendees, 98.7% reported increased knowledge and understanding of dementia and 98% felt they learned valuable communication techniques.

more training time invested

A focus on tomorrow's workforce: Through the generous support of the Mann Foundation (Manor Village Life Centers), we continue to collaborate with Health Care Aide and Practical Nursing programs at Bow Valley College, Columbia College, Mount Royal University, Robertson College and the University of Calgary to equip students with dementia-specific training. The Alzheimer Society of Calgary delivered close to 50 hours of education and experiential training, which included strategies to respond to, and minimize, behaviour changes in dementia.

**TECHNIQUES** 



"I use humour more to defuse tense situations and interact with our residents. The result being a calmer me and happier residents." Nikki A., Silvera for

Seniors

Dementia crosses cultural boundaries. By reducing barriers to communication, we can reach a greater audience. 400 education (a 98% increase) as a result of local partners working of Calgary to provide interpreters

#### **Partnerships Provide a Much-Needed Boost**

It all comes down to the people we work with. We're proud to team up with individuals and organizations across the community to strengthen our capacity and create lasting impact for local families.

#### Answering the call to action

























Delta Calgary South ■ Strides Running Store ■ Whitehorn Village Retirement Community ■ Home Instead Senior Care

■ WestJet Airlines ■ City of Calgary ■ Qualicare Family Home Care ■ Whitehouse Portfolio Management Group

#### Thank You to Our Funders

We are grateful to the United Way of Calgary and Area for continuing to be a partner, enabling us to deliver family support and offer learning sessions for care partners. Alberta Health Services provides support for the Adult Day Program known as "Club 36." We wish to express our sincere thanks to these and other funding partners for their ongoing commitment to ensuring quality of life for persons impacted by dementia.



258
VOLUNTEERS

#### Healing by helping others

Sam wants others to have more understanding than he did

"Since my mother was diagnosed with dementia a few years ago, I realized that this disease was more prevalent than I thought. I also hadn't known how much of a terrible impact it had -not only on the person but the family as well. I decided that I needed to help in some way so that more people become aware of this disease," he says.

Sam is a working man with a large family in Calgary. Despite a wide range of responsibilities and time commitments, he still finds time to contribute. He helps raise awareness by setting up the Unforgettable Mural (a wall-sized tribute dedicated to the local people impacted by the disease) at multiple locations across the city. Through his efforts, thousands of Calgarians are exposed to the many faces of Alzheimer's disease or related dementias, along with the stories of their lives – not just their diseases. For Sam, "this mural exemplifies awareness to people of all ages ... that Alzheimer's disease can affect anyone out there."

A very special thank you. This year 258 volunteers contributed nearly 2,700 hours to the Alzheimer Society of Calgary in support of local families impacted by dementia.

**2,700** HOURS

"The Alzheimer Society of Calgary was there when we needed them. Volunteering enables me to give back the gifts of learning for which I'm truly grateful." Faye H., volunteer



#### Honouring Cheryl's Memory

Every year we celebrate remarkable community contributions through the Jeanne Bentley awards, named after our founder (a volunteer herself, eventually diagnosed with dementia). This year, a very special posthumous award was given to Cheryl Waite. She was a true community builder and ambassador for the cause, generously dedicating her time to the cause over the past 3 years. Cheryl's family accepted her award on her behalf.

#### Recognizing the selfless individuals who serve our community

Mark Abesamis Luiz Alvarez Jamie Anderson Rosie Antivola Luisa Arevalo Janet Arnold Henry Assen Jackson Bagley Samuel Bagley Janice Bakal Marilyn Baker Desiree Balintongog JoeLeen Bang Asha Bansal Nadja Bejtovic Nena Besen Soraiya Boland Cindy Bond Leah Boynton-Collett Murray Brown Nancy Brown Carly Bullough

Murray Brown
Nancy Brown
Carly Bullough
Joelle Buye
Joan Cadger
Tessa Campbell
Derek Canete
Stuart Cantrill
Haley Cao
Krista Carter
Bill Cave

Bhupinderjit Chana Susan Chatain Dayton Chen Howard Chen Mandy Chhina Seung Choi Michael Christ Margaret Clarke Michael Cogill Diane Collins Abby Cook Christine Cook Paula Cook Pattie Copithorne Nicole Corner Lisa Cox Carol Dann Diane McClair Colleen de Jager

Mark de Jager

Dave Dearborn

Sandi Doiron

Lisa Donahue Lawrence Dong Brianna Doucet Jacqueline Drew Kate Dupuis Dawn Duran Mark Dwyer Paul Dwyer Beverley Edwards Baeleigh Ellement Nicole Ellement Brandee Elliott Kathleen Everest Tiara Fernando Natasha Fetter Jaime Fiolka Sam Fishman Clara Fluker Kamyar Fonouni Natalia Garcia Stephanie Garvey Roy Goddard Darlene Gordon Jenna Gorgas Megan Gough Ashley Haley Joanna Harvey Paige Harvey Gayle Haves Gaylene Hennan Faye Hleucka Wayne Hleucka Raymond Ho Diane Holliday Nicholas Holliday Patrick Horne David Horton Elaine Hostland Kenny Husband Evan Inglis Colin Innes Shelley Innes Bev Janisch Dana Jenkins Rodney Jenkins Ryan Jennings

Christy Jo

Arundani Karunaratne

Ben Kawaguchi

Muriel Keeling

Kati Konoff

Scott Konoff

Brian Koochin Davina Kosowan Karen Kozak Gerald Kozdial Lotis Lacar Line Laird Scott Laird Andrew Law Steven Lazarowych Agnes Lee Sean Leeson Fannie Lei Jamie Lei Katherine Leonard Bohan Li Ann Lidgren Jie Lin Jenny Lin Susan Little Matt Lukowich Lee Lunde Sandra Lunder Cindy Luong Lorne Mackenzie Sarah Mackenzie Brian Mahaffey Cary Mamer Claudia Mansell Ryan Manson Loretta Marek Paige Martin Monica Matthews D'Arcy McCrea Joyce McGirr Lorraine McGowan Judy McIvor Deb McKerlie Andrew McLiesh Patty McLiesh Hayley Mercer Christi Millar Camille Minvielle Lorraine Mohr Leslie Molengraaf Terra Morel

Glenda Murray

Louise Newburry

Caprice Niebuhr

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Brian O'Flaherty

Patti Nolan

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Andy Zhong

#### **INSIGHT**



#### Sharing Insight

"I need to speak with someone who understands this journey." "I feel so isolated and alone." "I don't think I have the resources or tools to get through this."

By sharing our insights with members of our local community, we create better understanding about these diseases. Our aim is to help people gain new perspective, take different approaches to managing daily life - and most importantly, help maintain hope.

#### Insight gave Eva fresh perspective

#### The difficult journey of a loving father and his devoted daughter

My mother passed away at the young age of 57. This was a terrible time for my Dad (Josef), but he managed well enough by himself. He could drive; prepare his own meals and garden. I was always very close to him and we spoke every day. Gradually, things began to change.

It's so hard to know when something might be wrong, or when it's 'just getting old' – things like memory loss and slowing down physically. My brother and I started to notice small things; like Dad would re-tell stories or we'd have the same conversations over and over. He was officially diagnosed with Alzheimer's disease at the age of 79.

One day he fell badly in the gravel, face first. After that we kept a closer eye on him, but he fell again, hurt his wrist and bumped his head. He was assessed as being OK to be at home with assistance.

Our family and the care team knew it was a matter of time until he fell again, but we all felt it was more important for him to remain happy at home. A third time, he hurt himself and broke his hip, went to the hospital and eventually transitioned into care. That was a really upsetting time. Dad didn't understand that he couldn't walk properly anymore so he would keep trying and keep falling. He lived in a wonderful care facility for almost two years before he passed away.

Caring for a person with dementia impacts your health in very strange ways. It can be very stressful and it really affected me and my health. I'm so grateful for the support I got from the Alzheimer Society of Calgary. I enrolled in a workshop for family caregivers. It was life-changing for me — the things I learned and how much more I understood. To understand what was happening in Dad's brain when he'd act a certain way made it easier not to get upset.

The tools and tips I learned really helped me to appreciate the time I had with my Dad, and not to worry about the small stuff. After going to the workshop I thought one day, 'Your dad's 83, and absolutely loves his sweets. So what if he has his favourite apple fritter instead of a salad? What really matters here?'

And I learned you can still laugh! I remember trying to explain to him that he couldn't get up and walk because he might fall. "I can't walk?! But I was out walking by the river just this morning!" he said.

You learn to really appreciate the good times, and there's a lot to be grateful for. I'm very grateful that he never forgot who I was, that he always recognized me. I would like others on this journey to know that it's important to learn and to find out the facts. Now I support the Alzheimer Society of Calgary as a donor because I really want to help other people. I want them to have the same resources I had, and my wish for them is that it's an easier journey because of that.

"It was life-changing for me – the things I learned and how much more I understood. To understand what was happening in Dad's brain when he'd act a certain way made it easier not to get upset." Eva W., current donor and supporter

# Sharing Insight: 2014 Highlight of Programs & Services

When people receive a diagnosis, or begin to notice potential symptoms of dementia, they count on the Alzheimer Society of Calgary to bring them up to speed quickly and help them determine next steps.

This year 1,715 local people took part in our community education programs, up 31% over the previous year.

Family members and care partners experience a wide range of challenges from managing new behaviours to adapting their style of communication. The resulting stress and emotional impact can significantly impact their own health and wellbeing. To help ensure they have the knowledge and support they need, the Alzheimer Society of Calgary offers programs such as:

**Empowered Care** – designed to help family members and care partners gain real-life, practical strategies and help inform and guide their day-to-day decisions. This program emphasizes the importance of self-care and often creates the foundations for informal support networks.

Care partners reported increased confidence in facing their day-to-day challenges, with nearly 87% feeling more empowered in their role at the end of the program.

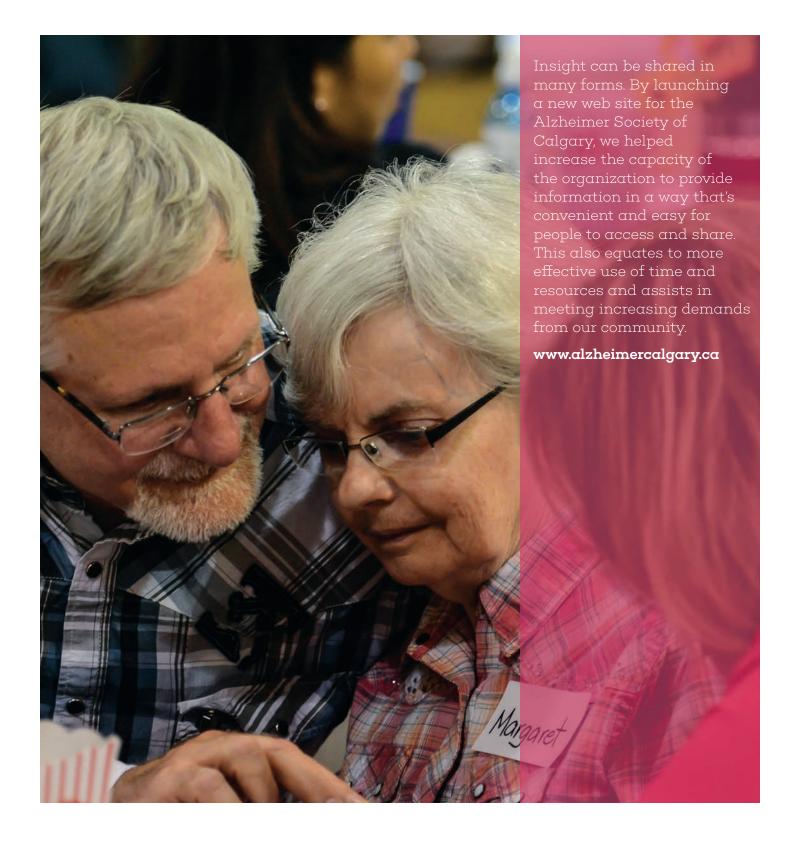
# Focusing on prevention & risk reduction strategies

Since we do not yet have a cure, the latest research points to the possibility that preventative measures and delaying onset are key components to improving health and quality of life for people as they age. At the Alzheimer Society of Calgary, these elements provide the very foundations of our community education programs.

97% of participants reported a definite increase in knowledge related to improving brain health and reducing their risk of dementia.

97% INCREASED THEIR KNOWLEDGE

87% FELT MORE EMPOWERED



#### An online search brought Ben comfort

It had been more than 20 years since I felt as powerless as I did at 3 a.m. that morning... Powerless to protect my spouse from the loss and grief that lay ahead. Powerless to help my motherin-law. It was the beginning of a long journey that will undoubtedly change our family in every way. The only thing I knew was that I needed information. So I set out on my journey. In the dark, I reached for my iPad and started to type.

The very first web site I came upon belonged to the Alzheimer Society of Calgary. The information was helpful, comprehensive and non-threatening. I was immediately surprised at the resources available to our family: phone support; workshops; stories from other people and families just like ours; and the ability to get involved.

I spent more than an hour on the site that morning. While I knew in my mind that our family couldn't truly save our mother-in-law from what was ahead, I gained a sense of peace. After all, it was clear we weren't in this alone. The story of John and Evelyn struck very, very close to home. It showed me there are resources that will allow us to do what's best for our loved one, and resources that will help our family take care of each other during the months and years to come.

The greatest thing I gained was the loss of the powerlessness that had been hanging on me. While my mother-in-law may be impacted by Alzheimer's disease, our family does not have to be victimized. We will be involved. And we will be part of the support - and supported - in our community. x

# Reaching out to our community online

The community's appetite for information has grown considerably and the Alzheimer Society of Calgary is responding to the demand by providing more information online.

49,396 web site visits represented an increase of 92.5% over previous fiscal year.

29,871 individuals accessed online information, up 83%.

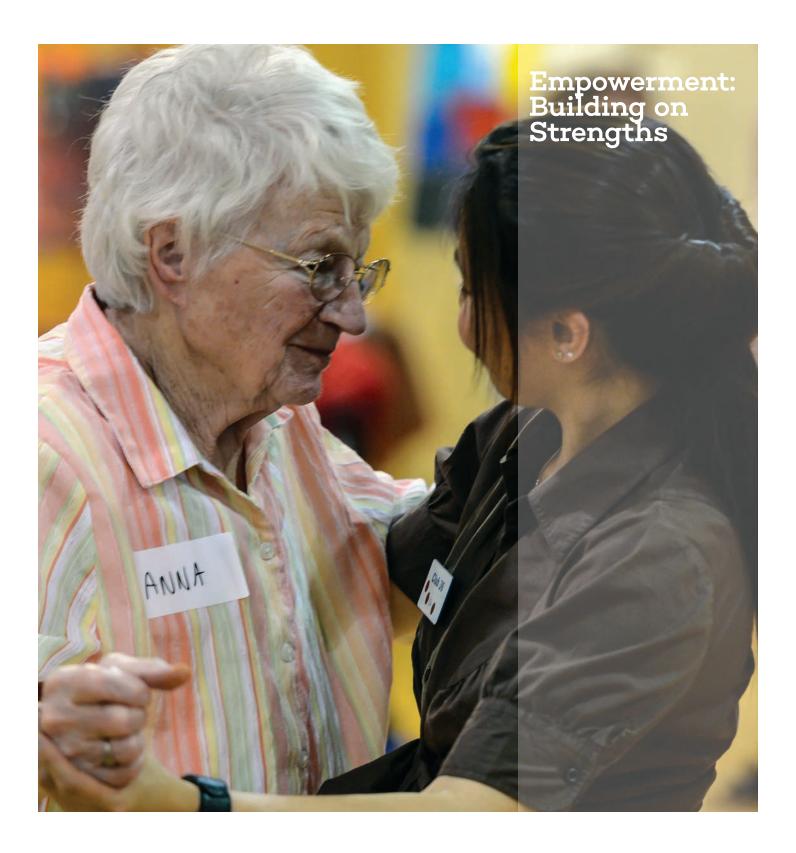
The amount of total content accessed online increased by 134.5%.

Mobile traffic demonstrated a boost of 333%. Mobile devices and tablets accounted for 27% of the total online audience.

MOBILE TRAFFIC DEMONSTRATED A BOOST OF 333%

"It had been more than 20 years since I felt as powerless as I did at 3 a.m. that morning." Ben C., Family member

#### **EMPOWERMENT**





#### Riding a Rollercoaster

Rocked by a sudden family tragedy, Carole reached out for help

We went through a very rough time in the late 1990's with my father. He had dementia. He was in the early to moderate stages when my mother, who was his primary caregiver, suddenly passed away in her sleep. We were immediately thrown into a crisis as Dad was not able to function on his own. My parents lived in Calgary but I did not. To make matters worse, I was working at the time and still had a child at home.

We brought caregivers in for Dad and we got him enrolled in the Alzheimer Society of Calgary's Club 36 Adult Day Program. It provided activities for him and a break for his caregivers. One of the caregivers and I attended a dementia care workshop with the Alzheimer Society of Calgary as well, and that was also very helpful. Eventually, we got Dad admitted to an excellent care facility. He passed away in 2001 at the age of 89.

It was a difficult time for all for us but we were most appreciative of the help we received along the way, and I have since referred other people. Thank you again!

Carole Johnson
Current donor and supporter

Whether it's in response to the shock and devastation of a diagnosis, or the emotional impact and stress of caregiving, people often reach out to the Alzheimer Society of Calgary for support. This year, more than 1,000 people (an 18% increase) found a comforting ear and a shoulder to help them along in their journey. We did this through:

Support calls and family meetings with registered social workers: Creating

a safe haven for people to express emotions and discuss complex issues, we help guide problem-solving and decision-making related to caregiving challenges, provide factual information about the disease and give quality community referrals where necessary.

#### Facilitating support groups:

92% of support group survey respondents reported reduced feelings of isolation. Nearly 85% of support group members felt comfortable sharing sensitive information and 77% felt better able to cope with their (or their family member's) dementia.

92% FELT ISOLATION WAS REDUCED

SSO FELT COMFORTABLE SHARING

"They don't have to remember us to know that they loved us."

#### Del left a legacy for care partners

You, too, can support future generations in the fight



Delmarie (Del) Schoepp was beloved by her entire extended family in Calgary and Winnipeg. She married the love of her life, Louis Schoepp, at 19 years of age and worked as a dental assistant for many years after they moved to Calgary in 1962. Family was very important to Del. She was passionate about tending her yard and supporting Calgary sports teams. In the words of those who loved her, "Del was an amazing lady who touched many people with her smile, kindness and joy for living."

Del also made the remarkable choice to continue touching the lives of others even after she had passed away. She left a bequest in her will to the Alzheimer Society of Calgary.

Del's decision to leave a bequest was a way to honour her husband Louis. He was diagnosed with dementia and passed away in 2004. Del loved him right until the very end, caring for him for an extended time at home. When he moved into a care facility, she created a second home for them in his room there

Louis and Del had a wonderful marriage which lasted just shy of 60 years. They were a beautiful couple – and they always matched when they dressed. Del and Louis loved to dance, attend parties and socialize.

Her generous gift will be used to create additional support services for care partners looking after a loved one with dementia at home. Demand for these services increased by 20% in 2013 and another 18% in 2014 - and the Alzheimer Society of Calgary has been hard-pressed to respond to the need.

Because of Del, the Alzheimer Society of Calgary can provide expanded access to registered social workers for support and valuable referrals. The Alzheimer Society of Calgary is honoured to receive Del's gift and to honour Del and Louis's memory.

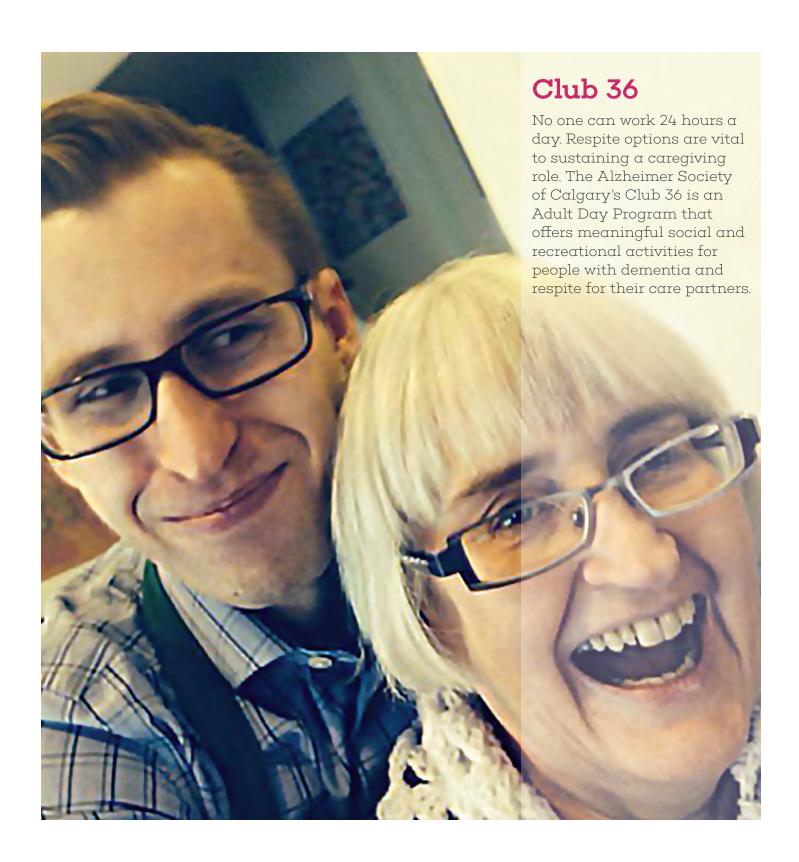
A bequest in your will is an outstanding way of continuing to create change for years to come. What is your wish for future generations as they continue the fight against Alzheimer's disease and dementia? To find out more about leaving a legacy in support of local families impacted by Alzheimer's disease and related dementias, please contact the Alzheimer Society of Calgary's Fund Development team.

Donors create connections and a lifeline for local families.

#### Thank you.

You make it possible for us to respond to the thousands of people who request help each year. As a donor, you're extending a hand to your neighbour, friend or colleague. You're letting them know they're not alone. Please accept our heartfelt gratitude for your essential support. Thank you for your loyalty and dedication to the cause.

"I expected a few brochures ...and I left the office with hope. Wow!" A person who chose to speak with a Registered Social Worker on staff



#### **Emotional Rejuvenation**

#### A local care partner expresses how she maintains a bit of balance

"I have a more positive, hopeful approach to caregiving knowing that Club 36 gives me hours of freedom from stress each week and I don't have to worry about Lyall. I have not experienced that stress-free feeling with any other respite program. I appreciate the continuity of Club 36 caregivers, many of whom were there from the beginning of Lyall's attendance. I am renewed emotionally for the days he is home with me."

Virginia F., local care partner

"I don't know what I'd do without Club 36!
It really gives me the break I need to be able to keep him at home for a little longer." A local caregiver

#### A devoted son and his mother experienced a dramatic change

#### Matt appreciates a little respite from time to time

Matt was about 22 years of age and had just graduated from university. He had wanted to take a few years off after completing his degree in International Relations and then planned to return for graduate studies. His mother, Heather, worked as a professional. She was artistic and effervescent, enjoying music and time with her family. Matt began to notice issues with her short term memory, executive functions and keeping track of time. She had trouble remembering instructions. Heather was noticeably losing vocabulary. Quite strange, considering she had always done crossword puzzles and read a lot. Suddenly, she didn't seem to remember what a dishwasher was called

Heather was diagnosed with probable early onset Alzheimer's disease. She was only in her mid-50's. Initially, the doctors figured Heather was too young to consider that possibility. Regardless of the losses, Heather had the most positive attitude out of any of her doctor's patients.

Together, they connected with the Alzheimer Society of Calgary's Club 36 Adult Day Program through Alberta Health Services Home Care. Heather wasn't convinced the first time she went, but grew to love it after a short time. She got to sing and made a close friend. Matt adds, "For me, it's the time that I don't have to be worrying about her. I can do things — things that are

easier to do without her being right there." Heather goes to Club 36 twice per week.

Matt laughs heartily when he shares funny stories about their time together and the changes he's noticed. In one recent event, Heather literally swooped in and grabbed the last piece of carrot cake from a friend at a church function -just to lick the icing off and return it to the plate. The next day, when another opportunity for carrot cake arose, "she stuck her hands out, doing this 'zombie/ Frankenstein' impression in order to get past another person and steal the cake!" He adds, "...the smile on Mum's face the whole time was priceless."

Matt has a noble attitude about caregiving. "I've gotten to spend a ton of time with my mum. There are things that are frustrating, but for the most part it can be quite enjoyable. I have more carrot cake stories than anything else."







## Empowering our Community: 2014 Highlight of Programs & Services

The Club 36 Adult Day Program is founded on the Best Friends Approach™ to dementia care, emphasizing empathy and friendship. Activities are designed around the person's strengths and capabilities that remain, including:

Achieving increased engagement: Wii and iPad technology were introduced to Club 36 members this year, creating additional methods of socialization and engagement. These tools also helped provide culturally specific experiences that met the unique needs of a growing and diverse population. Club 36 members are encouraged to play games, listen to music and watch videos that reminded them of their heritage. These tasks provide visual and cognitive stimulation and increase the person's feelings of accomplishment.

**Exploring Creativity:** Art is known for its therapeutic benefits regardless of a person's physical and mental capabilities. A new art program based on best practices has been established and Club members have been working as individuals and as teams to create breathtaking pieces. The results spoke volumes - and were put on display for family and friends.

# A Greater Sense of Empowerment Through Direct Connections

Lost. Devastated. Overwhelmed. And unsure of where to turn. These are just a few of the feelings people have when their doctor arrives at a diagnosis.

Dementia Connect is a pilot program that creates direct links between families seeking additional help and support and the Alzheimer Society of Calgary. It's aimed at decreasing fears and feelings of isolation, and providing opportunities for growth and healing. The referral comes from the person's physician or a Primary Care Network (PCN).

The pilot took place from September 2013 to March 2014 with one PCN (Calgary West Central Primary Network). As a result, 22 families have been immediately connected after diagnosis to support and education at the Alzheimer Society of Calgary.

#### Because of the generosity of people

in Calgary and surrounding areas, a major gift has been made by the Alzheimer Society of Calgary to local research initiatives focused on Alzheimer's disease at the Hotchkiss Brain Institute (HBI), within the Faculty of Medicine at the University of Calgary. The gift will support the Healthy Brain Aging Initiative connecting the industry's best researchers and their results in a new way - in the hopes of dramatically transforming the approach to prevention and care of age-related brain dysfunction.

# Donors, thank you for everything you do

- and for all the ways you've enabled us to work on your behalf. We offer special recognition to donors whose gifts of \$100 or more were received between April 1, 2013 and March 31, 2014. Every effort has been made to ensure accuracy. Please contact us at (403) 290-0110 if you have any questions about donor recognition.

# With Appreciation

#### Generous. Thoughtful. Compassionate.

Those are just 3 of the words to describe our donors and what they mean to our community. Every gift directly benefits our work in Calgary and area. Each donation, regardless of the amount, helps provide life-changing tools and support for families shaken by a diagnosis.

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

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Jenny Chok

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- 6,062 community members supported local families impacted by dementia and 1,151 new donors joined us in the fight this year
- 16.8% of all donations were made to honour the memory of an individual who had passed away
- 241 dedicated donors have been giving for more than 10 years



# Honouring a loved one whose heart remembered more than her mind

#### Laura's Nanny continues to inspire her efforts

She went by Jean, or "Nanny." And she loved to play the piano and spend time with her grandchildren. She had 6 grandchildren and 9 great grandchildren when she passed away. Nanny was a member of the Royal Canadian Legion #246. Laura recalls her experiences vividly.

"After dinner we would always go for a nice long walk and she would share her advice and her ideas about when she was going to run for Prime Minister!" On the topic of her Nanny's dementia, Laura noted, "I believe that there is always a part of our loved ones that remains aware of who we are - and that we are with them. We may not feel it while visiting with them, and we may be hurt that they have 'forgotten' us. But they don't have to remember us to know that they loved us. Nanny's eyes would light up sometimes and she'd giggle - and we would take comfort that she was still with us and there was some form of connection between us."

Regarding the Thanksgiving Memory Walk and Run, Laura states, "It's for the best cause I can think of for one of the most important people in my life. Knowing the money raised stays in our community is very important to me. This is just a small way for me to show her what she means to me."

Laura Viccars, Jean's granddaughter and avid supporter of the Thanksgiving Memory Walk & Run

# Investors Group Thanksgiving Memory Walk and Run

Power and purpose. The community responded to the call for participation and support. Over two thirds of those who got involved have been personally impacted by dementia. Calgarians achieved outstanding results with their participation and fundraising at the 23rd annual event.

#### **Highlights include:**

About **1,700 participants** helped beat the event goal by an astounding **22%**. The Alzheimer Society of Calgary hoped to raise \$250,000 and total funds raised was

\$339,000

A new online fundraising tool enabled walkers and runners to engage friends and family with ease and share their story online.

#### More than 220 wonderful

**Volunteers** contributed thousands of hours to ensure the event day ran smoothly.

Thank you to Investors Group for their 8th year of support as title sponsor. And thank you to all event sponsors. Your efforts help keep event costs manageable and leverage community engagement in support of the cause.

Pledges from this event were invested directly back into programs and services in support of local families impacted by dementia.

"It's for the best cause I can think of for one of the most important people in my life. Knowing the money raised stays in our community is very important to me."

#### **FINANCIALS**

#### Your donations at work

Fiscal 2014 was a significant year for our organization as we launched several new initiatives, continuing to position us to thrive into the future. From a financial perspective, our revenues increased by three percent (3%) over the previous year (not including unrealized gains or losses on investments). Our expenditures were also up seven percent (7%) over the previous year. Our strategic decision to increase our expenditures was made in order to embark on initiatives that will build our organizational capacity to meet ever-increasing demands for our services. These initiatives include: strategy development, including the creation of the Dementia Network of Calgary and Area; a new website to expand both our reach and provide an optimized user experience; and enhanced program evaluation processes and tools. All of these projects will serve us well into the future and were funded through our operating reserve fund (currently valued at approximately \$2.4 million).

#### Lee Lunde

#### Treasurer

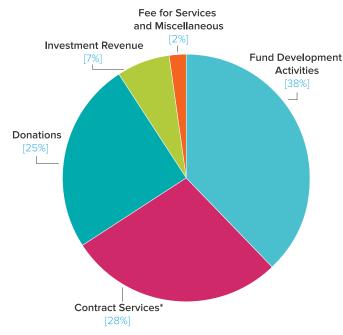
#### **Statement of Operations**

	2014	2013	% Change
Total Revenues	\$1,879,076	\$1,817,566	3%
Total Expenditures	\$2,039,990	\$1,914,360	<b>7</b> %
Revenue Over Expenses	(\$160,914)	(\$96,794)	
Unrealized gain (loss) on Investments	(\$19,630)	\$102,422	
Excess (Deficiency) of Revenue Over Expenses	(\$180,544)*	\$5,628	

Full audited financial statements available online.

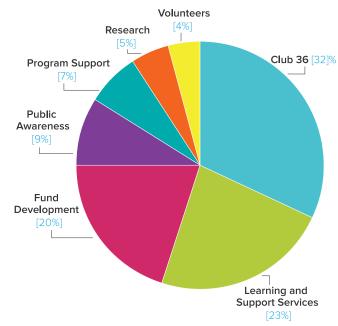
\*A deficit resulted in fiscal 2014 due to expenditures on strategic initiatives (covered by our operating reserve fund versus annual revenues). Please see description above for further details.

#### Revenues that support us



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

#### Investing in your community



#### **Staff**

Leasa Anderson, Office Manager

Maria Baldozano, Program Coordinator, Club 36

Cindy Bond, Support Services Coordinator

Leah Boynton-Collett, Administrative Assistant

Ali Cada, Manager, Club 36

Ben Crews, Donor Services Associate

Ryrie Davis, Program Facilitator, Club 36

Barb Ferguson, Executive Director

Eleanor Finger, **Director of Development** 

Nasira Firdose, Program Facilitator, Club 36

Padmaja Genesh, Learning Specialist

Anthea Hibbert, Manager, Learning and Support Services

Richelle Kozdial, Events and Volunteers Lead

Ida Mayol, Program Facilitator, Club 36

Colleen McGonigal, Program Facilitator, Club 36

Deb McKerlie, Accounting Services

Jill Petrovic, Communications Manager

Consuelo Ramirez, Program Facilitator, Club 36

Carla Ramirez-Aragon, Activity Coordinator, Club 36

Kristyn Schulz, Support Services Coordinator

Sherry Shipley, Donor Services Associate

Nickie Surveyer, Support Services Coordinator

Linda Szecsy, Program Facilitator, Club 36

Tracey Tatlock, Program Coordinator, Club 36

Jacquelyn Taylor, Senior Lead, Corporate and

**Community Partnerships** 

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#### **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

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.



Where community, insight and empowerment begin.

201 – 222 58th Avenue S.W. Calgary, AB T2H 2S3

Phone: 403.290.0110

Email: info@alzheimercalgary.ca

Charitable Registration Number: 13072 5740 RR0001

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