

Soci t  Alzheimer Society

NEW BRUNSWICK /
NOUVEAU BRUNSWICK

2016-17 Annual Report



Executive Message

More and more we hear news reports on the impact that dementia is having on our economy and our health care system. We hear about the crisis in the acute care system as growing numbers of people with dementia await long term care placement in hospital. We hear about the cost of care, and the growing provincial budget related to an aging population.

What we do not hear in the news as often are the personal and social impacts of this disease. We do not hear about the financial struggles of trying to balance the diagnosis of early onset dementia, being forced to retire early, and having to downsize one's dream home to prepare for the cost of living with this disease. We do not hear about the struggles of adult children trying to care for a parent in New Brunswick from out of province. We do not hear about the frustrations of the cumulative progressions that take place as individuals await a diagnosis of dementia for often 6 months or longer.

Although the numbers and the financial impact are an important part of the story of dementia in New Brunswick, equally important are the stories untold, stories of personal struggles, shrinking social circles, and crisis.

We would like to honour the many stories we hear from New Brunswickers on the dementia journey – we are inspired everyday by what we learn from you and by your courage. We are grateful to each donor who chooses to support our work and for every hour of time our volunteers freely give us in support of our mission.

This report is the story of one year in our fight against dementia. It is a story of real progress, momentum, and collaboration. This is a collective story that belongs not just to the ASNB, but to all of our donors, volunteers, partners,

advocates and our incredibly dedicated staff who each commit themselves to our mission. With your continued support, we can impact marked change.



Kevin Brewer
President



Chandra McBean
Executive Director

“To encourage growth, every seed starts with nurturing and care. Just as a growing seed cannot grow on its own without supporting circumstances, our programs and services rely on the nurturing of our donors and our volunteers. For this, we offer our heartfelt gratitude.”

~Chandra

2016-2017 Board of Directors

Kevin Brewer, President, Fredericton
Daphne Noonan, Past President
Ashley King, Vice President, Fredericton
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A Love Story

Each of us can look back on our lives and share stories of people who may have crossed our paths unexpectedly, but left an indelible mark. For me, one of those people was Pauline Spatz.



Dr and Mrs. Albert Spatz

Although Pauline was a private person, her generosity was well-known. I came to know Pauline because of her financial support of the Dr. and Mrs. Albert Spatz Research Award and Endowment Fund, but our professional relationship evolved into a friendship that I came to treasure. In the early 1990's, Pauline started to see significant changes in Albert's health. After receiving a diagnosis of Alzheimer's disease, Pauline reached out to the Alzheimer Society for information and support.

“From the moment I contacted the Alzheimer Society there was a tremendous sense of caring. There was always someone there who listened and responded to me. Our relationship has grown stronger over the years.” It was this relationship that inspired her to create the Dr. and Mrs. Albert Spatz Doctoral Award, and later the Dr. and Mrs. Albert Spatz Endowment Fund when she lost Albert to this disease in 1998.

Born in Sackville and raised in Wood Point, Pauline and her husband, Dr. Albert Spatz, retired to Sackville in 1972 after spending most of their lives in New York. Pauline gave selflessly of herself for her community. She supported the Alzheimer Society, was instrumental in initiating the Friends of the Owens Art Gallery and was a long-time board member of the Sackville Hospital Foundation, not to mention being a member of the Sackville Memorial Hospital Auxilliary since 1972. One of her greatest joys was seeing the opening of the Boultenhouse Heritage Centre in 2006, where many items of her Wry ancestry were donated and are on display at the centre.

In addition to supporting her community, Pauline and Albert were passionate patrons of the arts. Walking through Pauline and Alberts home, you were lucky to experience their beautiful art collection, including a beautiful piano that Albert would play for Pauline. While in Buffalo, Pauline had the opportunity to become a Docent, and volunteered each week at the Albright-Knox Art Gallery to take a group of school children on tours through the gallery. She and Albert also joined a group of Gallery members on several art tours abroad, meeting artists, visiting their studios, and visiting museums.

On July 19th, 2016, Pauline passed away peacefully in her home, just as she wanted. In her honor, in 2017 we will be enacting an award to be given to an individual or to a group who live the same values as Pauline. Not only did she give financially, but she also gave her time, her passion and her energy to make her community a better place to live. Through this award, it is our intention to allow her memory to live on and for her legacy to be one that inspires others to live a life of gratitude, service and kindness.

Pauline taught me so many invaluable life lessons. Through her love and legacy in her husband's name, she taught me about love. Through our many interactions and her thoughtful ways, she taught me about the value of friendship in places you least expect. And the gift she gave me that I will treasure both professionally and personally is that of gratitude. No matter what obstacles were placed in her path, in each of our interactions – in persons, by phone, or in a letter or card – she always shared her gratitude.

Pauline, you are missed, and I am grateful for you.

Your dear friend, Chandra

Research



Barry Greenberg

(NC) “An ounce of prevention is worth a pound of cure” is an old truism with special relevance for Alzheimer’s disease, according to the director of strategy at the Toronto Dementia Research Alliance.

“This will be distressing to some people, I know. But I don’t think that a cure is a reasonable expectation,” says Barry Greenberg. “I think a more achievable goal is prevention. Once someone has dementia there is already an advanced stage of brain degeneration.”

At that point, all doctors can do is manage symptoms, points out Greenberg, who is also director of neuroscience drug discovery and development with Toronto’s University Health Network.

It takes an estimated 10 to 20 years for dementia to become obvious because the brain’s redundant networks compensate for dying neurons. But if we can identify people in this pre-symptomatic phase, he says, we may be able to treat them with drugs and recommend lifestyle changes that delay or even stop the disease’s progression.

“The irony if that’s true is that there could already be drugs that have failed in the clinic that could have been preventative if they were administered in these pre-symptomatic stages. But we haven’t been able to identify those individuals,” he says.

This is why Greenberg is enthusiastic about research into pre-symptomatic markers of risk. That includes genetic mutations, biomarkers in cerebrospinal fluid and brain scans that reveal the sticky buildup thought to play a role in the development of Alzheimer’s disease. It also includes other biomarkers that, if validated, would provide more accessible, inexpensive and non-invasive measures of risk.

Researchers – including those at several research centres in Canada – are testing an experimental drug to see if it can stave off cognitive decline in participants who have yet to show symptoms.

“The ultimate goal is to prevent it before it ever becomes a clinical manifestation,” says Greenberg. “And that’s something which I think is far more reasonable in the foreseeable future than curing the disease once it’s established.”

The Alzheimer Society Research Program funds researchers across Canada to improve quality of life for people living with dementia, for their caregivers and to find a cure. Consider a donation in support of this life-changing work by visiting www.alzheimer.ca.

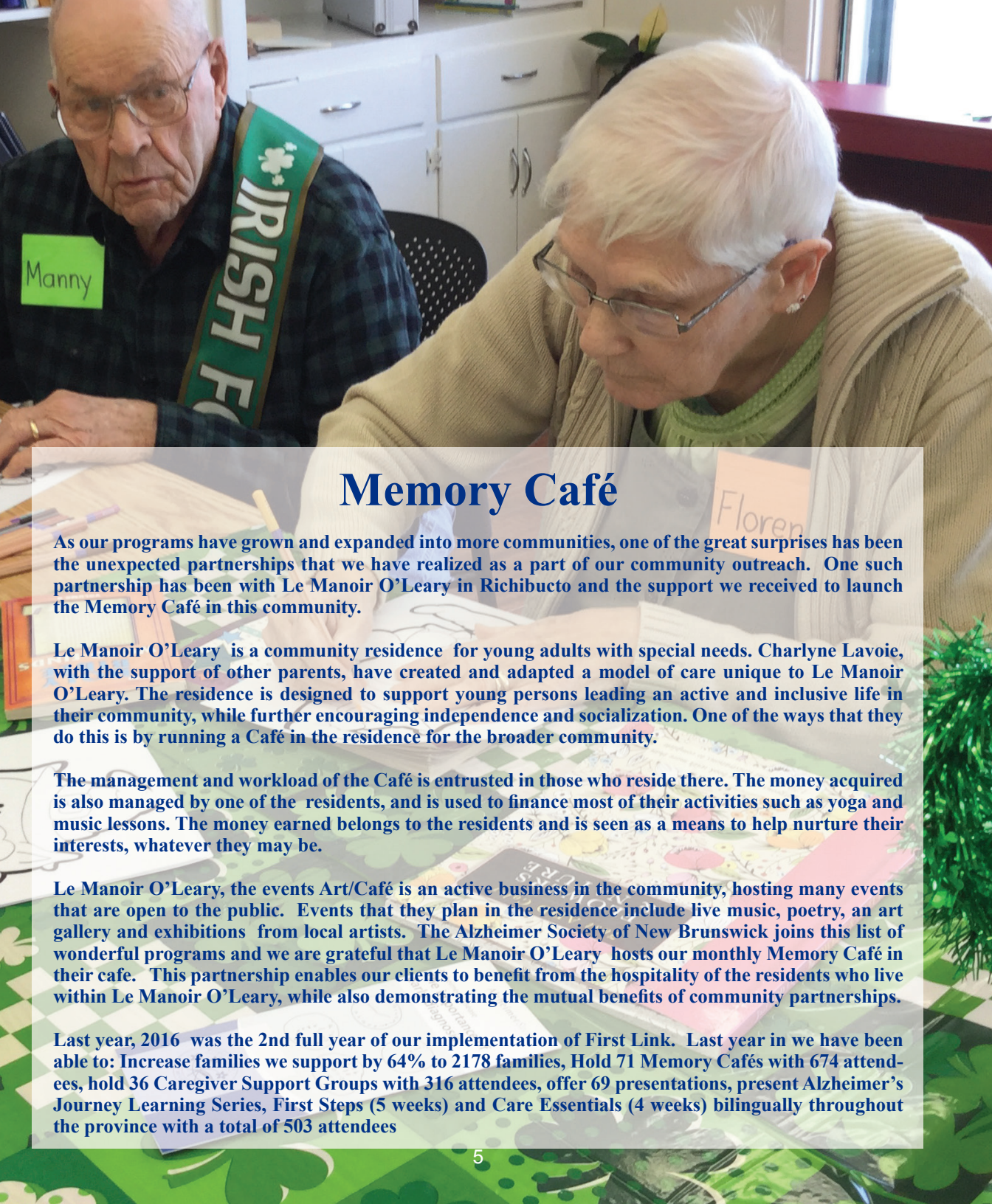


Jennifer Baumbusch

University of British Columbia, Vancouver, BC
Project: Inclusion of families of older adults with Alzheimer’s disease and related dementias in residential long-term care: A knowledge translation & exchange study
\$116,280 - Quality of Life, Research Grant

“We will create a workshop series that provides education, networking and peer support for families of individuals with Alzheimer disease and other dementias who live in long-term care facilities.”

*“Everyone leaves footprints in the sands of time, but your footprints have created a path toward a better tomorrow”
Thank you for your support!*



Memory Café

As our programs have grown and expanded into more communities, one of the great surprises has been the unexpected partnerships that we have realized as a part of our community outreach. One such partnership has been with Le Manoir O'Leary in Richibucto and the support we received to launch the Memory Café in this community.

Le Manoir O'Leary is a community residence for young adults with special needs. Charlyne Lavoie, with the support of other parents, have created and adapted a model of care unique to Le Manoir O'Leary. The residence is designed to support young persons leading an active and inclusive life in their community, while further encouraging independence and socialization. One of the ways that they do this is by running a Café in the residence for the broader community.

The management and workload of the Café is entrusted in those who reside there. The money acquired is also managed by one of the residents, and is used to finance most of their activities such as yoga and music lessons. The money earned belongs to the residents and is seen as a means to help nurture their interests, whatever they may be.

Le Manoir O'Leary, the events Art/Café is an active business in the community, hosting many events that are open to the public. Events that they plan in the residence include live music, poetry, an art gallery and exhibitions from local artists. The Alzheimer Society of New Brunswick joins this list of wonderful programs and we are grateful that Le Manoir O'Leary hosts our monthly Memory Café in their cafe. This partnership enables our clients to benefit from the hospitality of the residents who live within Le Manoir O'Leary, while also demonstrating the mutual benefits of community partnerships.

Last year, 2016 was the 2nd full year of our implementation of First Link. Last year in we have been able to: Increase families we support by 64% to 2178 families, Hold 71 Memory Cafés with 674 attendees, hold 36 Caregiver Support Groups with 316 attendees, offer 69 presentations, present Alzheimer's Journey Learning Series, First Steps (5 weeks) and Care Essentials (4 weeks) bilingually throughout the province with a total of 503 attendees

Fishing for Memories



Hamstead, NB

Fishing for Memories was founded by Donald Patterson and Jason Belyea in 2012 after witnessing the father of a dear friend struggle through the late stages of Alzheimer's disease.

After seeing the toll this struggle took on his family, a decision was made to create an event that would honour his memory as an avid outdoorsman while also raising much needed funds and awareness for this dreaded illness. After a few conversations, Fishing for Memories was born.

Fundraising goals were humble, feeling that any funds raised, no matter how small, would be of some help to the Alzheimer Society. Little did we know what the next few years would hold.

Fishing for Memories is now one of the largest, single day fishing events in the province of New Brunswick, averaging 160 anglers per year with a peak of 185 in 2016, and having raised over \$21,000 in its five year history, not to mention the amount of awareness that has been generated by this event.

What started out as an undertaking by a few friends has turned into a remarkable event that has touched many, and has helped to build memories that will last a lifetime, all while helping fight a disease that has left a mark on virtually all of us.

Jake Allen Charity Golf

Jake Allen, NHL goalie for the St. Louis Blues, knows first-hand the devastating effect that dementia can have on a family. Jake's grandfather first started showing signs of the disease when he was 52, and later was diagnosed with Vascular Dementia. "So many people have been affected either through a family member or someone you're connected to in your life," said Allen. "For me, it was my grandfather who passed away last year due to the disease."

In 2016, Allen organized a golf tournament which resulted in \$25,000 for the Alzheimer Society of New Brunswick. For Allen and his family, fundraising and speaking out publicly about their experience with dementia helps to raise awareness and encourages others to support the organization. "Supporting the Alzheimer Society for me is a big deal," said Allen. "I think it not only affected myself and the family, it affects so many people. It's connected in so many ways, from one person to another, from a family member to a friend."

We are very grateful to Jake and his family for sharing their struggles with this disease and for working so tirelessly to raise funds and awareness for the work of the Alzheimer Society.



"I just want people to understand what this disease is about, who it affects and what it affects, ways to help get involved and to help maybe spread the word and find ways to prevent it."
~Jake Allen

Walk for Alzheimer's



The Walk for Alzheimer's was hosted in 15 communities across the province with an additional 19 care homes taking part in the Nursing Home Challenge.

In total, 1171 participants and 195 volunteers attended our Walks with an amazing grand total of \$160,078.71 being raised from pledges, the Nursing Home Challenge, sponsorships, third party events and gift matching by the J.T. Clark Family Foundation in the amount of \$9,290.16. A special mention to our Fredericton and Sackville Walks which raised \$44,173 and \$34,489 respectively.

We would like to thank our incredible community partners, our sponsors and everyone who helped to make this event such a huge success!



J.T. Clark Family Foundation
Gift Matching



2016 Nursing Home Challenge Winner
Loch Lomond Villa, Saint John

Sackville Walk

Within just the first 3 years of its participation in the Walk for Alzheimer's, Sackville NB's efforts have been met with immense success. In fact, the community has hosted the single highest grossing volunteer-led walk event in support of the Alzheimer Society of New Brunswick.

Sackville has proven consistently that smaller communities can have a huge impact. One of the contributing factors to Sackville's unprecedented success was its partnership with Mount Allison University for volunteer and walker recruitment.

Spearheaded by David Chambers, a member of the Board of Directors, a specialized committee was recruited with members who wanted to make a difference and support those impacted by Alzheimer's disease and dementia. In 2016, through numerous inventive community engagement activities, the Sackville Walk alone brought in \$34,500.

The proceeds from the Walk for Alzheimer's in Sackville have created a domino effect that has helped many new families who are living with Alzheimer's disease and dementia. Funds raised have helped to fund: Moncton Resource Centre that provides educational programs and support for Southeastern communities, The Alzheimer Journey family education series, a monthly Memory Cafe, public speaking engagements and information sessions.

Programs & Services

Road Show



In an effort to expand our programs and connect with potential referral partners in communities across N.B., we planned a roadshow in Oct. and Nov. 2016.

During this roadshow the following was accomplished: visited 53 communities in 21 days, participated in 229 meetings, delivered 12 presentations, visited 6 Volunteer orientation sessions, reached a total of 812 individuals.

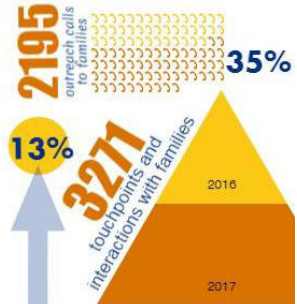
First Link Results

In 2016, we provided service to a total of 2215 clients

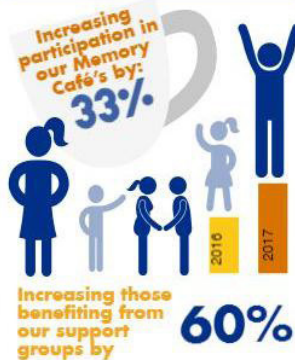
67%
Increase from total clients

848 of these were new clients

Provided early intervention, and ongoing support to families along the journey by:



We helped reduce social isolation by:



We were able to enhance the number of relationships we have with community partners and volunteers:



Conference Highlights

As part of the First Link early intervention and referral program supported by the Department of Social Development and the Home First strategy, the Alzheimer Society hosted two provincial conferences this past year, in both official languages.

Fredericton

On April 12, Defeating the Dark Shadow of Alzheimer's disease and Dementia Through Person Centered Care - A Conference for Health Care Professionals took place at the Fredericton Inn. The day featured several informative presentations on a range of topics. Dr. Sultan Darvesh explained the neuroscience behind Alzheimer's disease and related dementias, Lisa Guidry presented on the role of nurse practitioners in long-term care, Daphne Noonan and Ashley King discussed narrative care and care mapping. Finally, Elizabeth Eldridge, accredited music therapist, discussed how music therapy can aid in the care of those with Alzheimer's disease.

The conference was a huge success with 115 people in attendance and \$8595.42 being raised. Thank you to all of our sponsors and partners!

Edmundston

The first annual Health Care Professionals Conference in Edmundston was held on November 17 with 78 people in attendance. Highlights included: a presentation from Mr. Thomas Doucet, who spoke about the experiences of families living with dementia from a nursing perspective, clinical nurse specialist Sylvie Bernard's discussion on communication strategies, and Dr. Kim Pettigrew's talk on her day-to-day experience with dementia and its impact on behaviour.

Other presentations featured on home security systems (Alain Lacombe, Groupe EMS), medicinal dementia treatments (Jean-Rock Cayouette, retired pharmacist), and therapeutic approaches to care (Josee Levesque Cormier, SLP and Heidi Lebel, OT). First Link Coordinator Valérie Lagacé ended the day by presenting the many benefits of the First Link program.

GALA



This past October, the Alzheimer Society of New Brunswick hosted the "Darkness to Light Gala", demonstrating how the work of the Society directly helps to shine a light on the darkness that dementia casts on individuals, families and communities across the province.

Coffee Break



Each year, the Alzheimer Society hosts an annual Coffee Break campaign during the month of September. Coffee Breaks help to bring much needed awareness to Alzheimer's disease and dementia, with all money raised going towards programs and support services in our community.

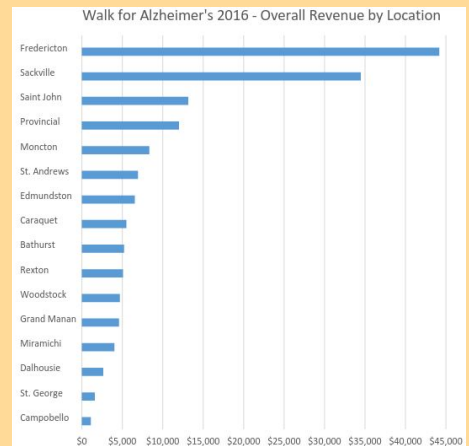
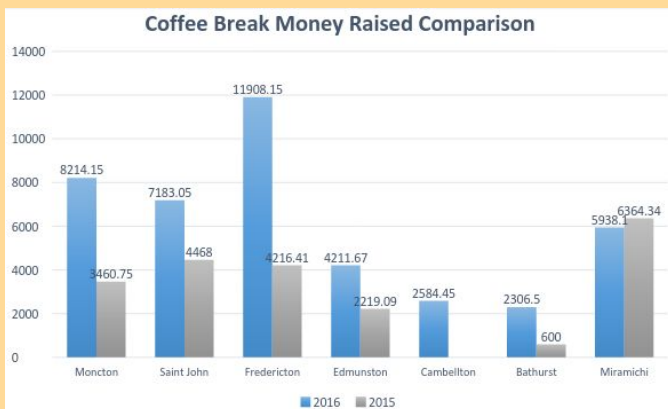
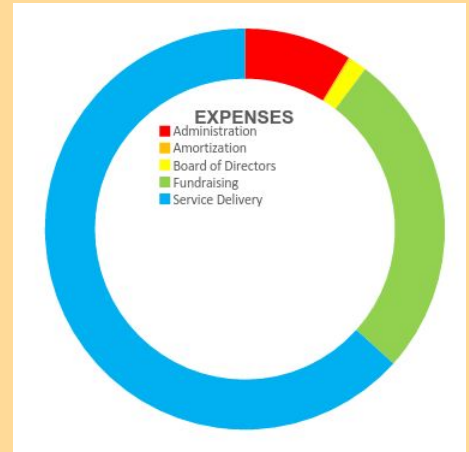
We are very grateful to our community partners for helping us host 161 coffee breaks last year in New Brunswick. Your contribution has helped us raise \$42 366.07 last year alone!

*By choosing to give freely of your time,
you have proven that your time
and talents are priceless.
Thank you for volunteering!*

Financial Report

STATEMENT OF OPERATIONS FOR YEAR ENDED MARCH 31ST, 2017

Revenues	2017	2016
Memorials and Bequests	\$ 164,599	\$ 116,075
Public Support	343,345	261,007
Investment Income	34,116	6,034
Education	190	10
Government Employment Programs	26,324	10,862
Government Project Funding – First Link	267,882	272,043
	\$ 836,456	\$ 666,031
Expenses	2017	2016
Administration	70,795	75,623
Amortization	1,237	1,616
Board of Directors	11,747	12,775
Fundraising	215,146	113,030
Service Delivery	515,920	491,813
	\$ 814,845	\$ 694,857
Excess (deficiency) of revenue over expenses from operations	21,611	(28,826)
Alzheimer Society of Canada Transfers		
ASC Revenue (Note 6)	200,968	156,703
ASC Assessments (Note 6)	(110,676)	(101,744)
	90,292	54,959
Excess of revenue over expenses	\$ 111,903	\$ 26,133



Alzheimer Journey Education Series

Alzheimer Journey: First Steps Family Education Program:

This 5 part series helps families navigate their way through the Alzheimer journey. One key goal is to ensure persons with dementia and their caregivers have information needed, to plan for the future. Topics include an overview of Alzheimer's and related disease and what to expect, communication strategies, legal and financial issues, accessing and navigating the provincial care system, and next steps.

Alzheimer Journey: Care Essentials Family Education Program

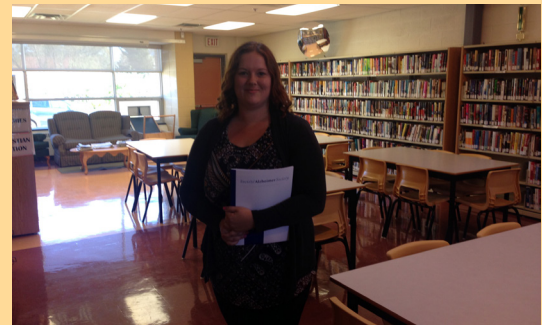
This 4 part series helps families understand what to expect in the moderate to late stages of dementia. Topics include treatments and approaches to care, understanding the caregiving journey and reducing caregiver stress, day-to-day care, and understanding and planning for responsive behaviors.



A very successful **Alzheimer Journey: First Steps** was offered in October of 2016 with 346 people in attendance in 5 of our regions across the province.

The second part of our education series, **Alzheimer Journey: Care Essentials**, was also launched in March of 2017 in 4 regions across the province.

With your support, we were able to offer 69 presentations in 7 regions throughout the province and provide community outreach to 262 individuals.



We had 316 caregivers attend our peer support groups which were held each month in 4 regions across the province.





Resource Centres

For more information on our programs and services, volunteer opportunities or ways you can donate, please contact the resource center nearest you!

Moncton

1070 St. George Blvd, Unit 2B
 Moncton, NB
 E1E 3Y3
 Tel: 506-858-8380
 Fax: 506-855-7697
jrichard@alzheimernb.ca

Saint John

221 Ellerdale Street, Senior Wellness
 Centre of the Loch Lomond Villa
 Saint John, NB
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 Tel: 506-634-8722
 Fax: 506-648-9404
mharris@alzheimernb.ca

Tracadie

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 Fax: 506-600-7001
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Edmundston

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