VISION
Our ultimate vision is to create a world without Alzheimer’s disease and other dementias.

MISSION STATEMENT
The Alzheimer Society of B.C. exists to alleviate the personal and social consequences of Alzheimer’s disease and other dementias, to promote public awareness and to search for the causes and the cures.

COVER PHOTO
- Nan Koldewijn is a caregiver, Society volunteer and donor who gives her time to thank other donors for their support.
- Dimpel Sandhu is a long-time Development Officer with the Alzheimer Society of B.C.
- Jim Mann is a Board Member with the Alzheimer Society of B.C. He was diagnosed with Early Onset Alzheimer’s disease in 2007 at age 58.

The Alzheimer Society of B.C. remembers Elaine Wright, who lived life to the fullest and was diagnosed with Early Onset Alzheimer’s disease at 47. She was the first person living with dementia to serve on our Board of Directors and hiked Mt. Kilimanjaro while living with the disease on the 2003 Ascent for Alzheimer’s team. While Elaine died peacefully on Apr. 18, 2013, her legacy forges on.

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Sharon Craver (Past Chair), Director, Contact Centres & Operations, ICBC
Michele Buchignani (1st Vice Chair), Consultant, Private Equity, McLean Drive Partners
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Peter Wong, Vice-President, Raymond James Ltd.
Terry Wright, Advisor, Strategic Projects
We, at the Alzheimer Society of B.C., are determined in our effort to confront the dementia crisis and could not do so without your commitment to bringing about a world without Alzheimer’s disease and other dementias.

Although we now offer First Link®, an early intervention service, in many areas of the province, we still have a long way to go if we are to alleviate the personal and social consequences of the disease.

Today, the number of people who receive a dementia diagnosis continues to rise, which is why we work to provide education, services and a network of support to families who need it.

Looking forward, we are committed to our responsibility to help British Columbians live well with dementia and to support research that will help identify the causes and cure. We are proud to deliver effective programs with fiscal accountability and need your continued support.

Please continue to give generously so that together we can confront the dementia crisis. We have a full calendar of events and creative ways to support the Alzheimer Society of B.C. through personal fundraising, peer support or advocacy. Visit www.alzheimerbc.org to learn more and plan your involvement today.

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**MESSAGE FROM OUR VOLUNTEER BOARD CHAIR AND INTERIM CEO**

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**IF NOTHING CHANGES, BY 2038**

- More than 177,000 British Columbians will be living with a form of dementia.
- 61 per cent of people with dementia in B.C. will be female.
- Family members in B.C. will provide an estimated 118.7 million hours of unpaid care per year.
The Alzheimer Society of B.C. is dedicated to helping families build the knowledge, skills and confidence to live well with dementia. This past year, thanks to the generosity of our donors and the commitment of our volunteers, we were able to offer the Dementia Helpline, tele-workshops and a variety of programs and services that gave people the help they needed, when they needed it.

Dementia Education was offered throughout the province to educate and empower people with dementia, their families and friends. Multi-part series and individual workshops covered a variety of topics including: brain health, understanding dementia, adjusting to the diagnosis and future planning.

In 2012, more than 600 education sessions were delivered to over 13,000 participants in 93 communities.

**DEMENTIA EDUCATION**

The Family Caregiver Series was offered as a five-session educational series for family members who were caring for a person with dementia. Survey responses from recent participants revealed that their knowledge about dementia, coping strategies and ability to find community services all increased with participation in this program.

“Information is powerful. You will be surprised at what you learn about the disease and about the resources available. Every week I was immediately using things I learned in this program.”
– Family Caregiver Series Participant

In 2012 staff and volunteers facilitated over 1,500 sessions for family caregivers and people experiencing early symptoms of dementia at over 100 support groups around the province. These groups provided a safe environment where individuals learned, laughed and helped each other through mutual understanding.

“I have benefited from learning about the experiences of other caregivers. It tells me that I am not alone.”
– Caregiver
First Link® is an early intervention service designed to connect individuals and families affected by Alzheimer’s disease or other dementias with services and support as soon as possible after diagnosis. In 2012, formal referral from physicians and health professionals allowed for ongoing, proactive contact with individuals and families in seven areas of the province.

“This program was my life saver. I’m so grateful for finding First Link®. Without you, I would have been lost.”
– Caregiver

Minds in Motion

Minds in Motion® is a fitness and social program for people experiencing early memory loss due to Alzheimer’s disease or another dementia and a friend, family member or care partner. Participants have the opportunity to stay physically active, meet others living with dementia and access information and services.

Minds in Motion was launched by the Alzheimer Society of B.C. in 2009. Since then, it has grown from one pilot program in Victoria to more than 25 programs throughout the province. Since 2011 there has been a 44 per cent increase in new people attending the program.

Our formal program evaluation reveals benefits for people with dementia, including:

- Increased confidence.
- Increased social connectedness.
- The chance to make friends.

Benefits for care partners include:

- Learning new coping strategies from other care partners.
- Witnessing the person with dementia enjoying themselves and engaging with others.

“That’s the first time I’ve seen my mother smile in eight years.”
– Daughter of Minds in Motion® participant
Jim Mann was diagnosed with Alzheimer’s disease at 58 and knows first-hand how dementia slowly robs people of everything they hold dear. Along with his wife Alice, Jim was a caregiver for his mother, so he has experienced the impact of this disease on families, relationships, treasured memories and one’s plans for a good future.

Along with the Alzheimer Society of B.C., Jim is leading Jim’s Push for a Plan, an advocacy campaign to ensure people impacted by dementia are able to live well and to receive the support they need in their communities. Jim is travelling the province, meeting people and sharing his vision and his passion for a dementia strategy in B.C. – a comprehensive, funded one. The goal: a better life for everyone impacted by Alzheimer’s disease or another dementia.

“What is our vision? A province where dementia is a health care priority, where the Ministry of Health, health care providers, health authorities, the Alzheimer Society of B.C., caregivers and people with dementia, all work together to ensure that families affected by dementia are cared for and supported to live the best life possible for the duration of their journey with this disease.” – Jim Mann

### PROGRESS SO FAR

#### Engaging Advocates
- Jim has visited nine communities and inspired thousands.
- Communities visited: Kelowna, Kamloops, Victoria, Prince George, White Rock, Langley, Vancouver, Nanaimo and Penticton.

#### Engaging MLAs
- 40 MLAs attended Jim’s Push for a Plan events throughout the campaign.
- Six MLAs attended town halls in their own communities.

#### Engaging Media
- 22 features in print.
- Six TV features.
- 11 radio interviews.
Nan Koldewijn came to the Society as a caregiver for her husband Frank who has a diagnosis of cognitive deterioration. “We were told that he had no chance of recovering what had been lost,” says Nan, whose husband Frank is now in the middle stage of dementia. Nan volunteers with the Society, making thank-you calls to donors and offering an ear to those she speaks with as a way to give back to the community.

Nan’s personal journey as a caregiver for someone with dementia has been about relearning expectations. Nan was used to quick replies from Frank, but when the neurologist explained that his now slower responses were not intentional but part of the disease, a light went on. Nan was able to shift her expectations.

The Society supports Frank and Nan in gaining deeper insight into the disease and the couple is learning ways to cope with escalating challenges. Programs like support groups and Minds in Motion® provide opportunities to connect with other families to share coping strategies as well as comfort and support.

The Society encourages caregivers to relax and take care of themselves. Nan depends on family, longtime friends and new friends who are also on the journey. Nan has a counsellor who listens and reminds her of the important things she’s learning. She also takes time away to replenish her energy and her hope helps keep her spirits high.

All this allows Nan to embrace the joy that she and Frank still share. “I’m thankful that Frank is at home,” says Nan. “One night, as we were going to bed he looked at me and said ‘thank you for you.’ It was one of the most touching things he could have said.”

“I give what I can. I know that my dollars help people like Frank and me.”
– Nan Koldewijn

Left: Nan and Frank share a playful moment in Whistler, B.C. in 2010.
Centre: Frank in Switzerland, 1952.
“The rising tide of dementia in B.C. will reach a crisis point, not down the road or at some far-off point in the distant future, but during the mandate of the next B.C. government.”
– Jim Mann, Jim’s Push for a Plan Campaign 2012-13

The Alzheimer Society of B.C. needs your help to confront the dementia crisis. This year we’ve worked hard to meet the growing need for support and education:
• Delivered 79,000 client service hours in 2012.
• Reached 8,000 new clients in 2012.
• Increased phone support by eight per cent.
• Maintained 2,100 hours of in-person support.
• Expanded First Link®, an early intervention program, in Vancouver in partnership with the BC Ministry of Health and health authorities.
• Increased investment into dementia research through the peer-reviewed Alzheimer Society Research Program by 25 per cent.
• Developed new funding relationships and initiatives to help the Society increase its ability to provide Help for Today. Hope for Tomorrow…®

FINANCIAL INFORMATION

How we raised funds

- Special Events 31%
- Grants and Special Projects 22%
- Requests 17%
- National 9%
- Individual Giving 9%

How we spent our funds

- Support and Education 34%
- Improving B.C. Dementia Care through First Link® 17%
- Resource Development 12%
- Provincial Operations 10%
- Research 8%
- Communications 6%
- Advocacy 5%
- National Assessment 4%
- Special Events 4%

The full, audited financial statements are available at www.alzheimerbc.org.
The Alzheimer Society of B.C. supports current research directed at finding the causes and the cure for Alzheimer’s disease and other dementias, and improving the lives of more than 70,000 individuals and families in our province who are living with the disease. Each year, a portion of funds from the Alzheimer Society Research Program supports research grants and training awards in B.C.

“There is no way to over-state the gratitude and appreciation for donors whose generosity opens these doors wider than they currently swing, ultimately to the benefit of the current and future patients and their families whose life outcomes will rely on the success of the research enterprise.”
– Dr. Barry Greenberg, Alzheimer Society Research Program Chair 2013, Biomedical Peer Review Panel

“I give to the Alzheimer Society of B.C. in particular because of the huge number of afflicted people, the fact that it is not a lifestyle-related condition, and the wide effect on families and the entire health care system that the disease brings with it. I am hopeful that research can eventually find a cure.”
– Toby Fouks, Legacy Donor

FIVE B.C. RESEARCHERS FUNDED IN 2012–13

Biomedical Grant: Liisa Galea, University of British Columbia
Liisa Galea is investigating the effects of different Hormone Replacement Therapies (HRTs) on brain health and memory as well as the interaction with the reproductive experience. The results of her work could better inform women on which HRTs are more beneficial to brain health.

Quality of Life Doctoral Award: Cassandra Brown, University of Victoria
Cassandra Brown is examining the sequence and implications of loneliness, social cognition and social participation in carers for partners with dementia and aims to better understand possible interventions to target loneliness in caregivers.

Quality of Life Doctoral Award: Sienna Caspar, University of British Columbia
Sienna Caspar is exploring how Long Term Care facilities’ written texts (policies, missions, care plans, etc.) influence the reality of care aides’ work to assist in finding solutions that enable the implementation of sustainable person-centred care.

Quality of Life Post-doctoral Award: Correne DeCarlo, University of Victoria
Correne DeCarlo is developing a novel, multi-factor method to study biological aging and predicting age-related cognitive decline. Her research could result in an inexpensive and non-invasive method to detect Alzheimer’s disease risk at early disease stages.

Quality of Life Post-doctoral Award: Rozanne Wilson, University of British Columbia
Rozanne Wilson is studying communication strategies training for caregivers who assist residents with moderate to severe Alzheimer’s disease during activities of daily living. Her research will help inform future evidence-based training programs that are tailored to specific activities in long-term care settings.
THANK YOU TO ALL OF OUR SUPPORTERS, PARTICIPANTS, EVENT SPONSORS AND VOLUNTEERS

At the Alzheimer Society of B.C., we see it as a privilege to work with you to make our shared vision of a world without Alzheimer’s disease and other dementias a reality. We are grateful to all of our supporters. Whether your gift is large or small, every dollar you contribute makes a difference.

To each of our more than 500 volunteers across B.C., you drive our success. Your passion and commitment bring Help for Today. Hope for Tomorrow...

For a list of our special donors, please visit www.alzheimerbc.org.

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**Investors Group Walk for Memories**

Thousands of people came out to the Investors Group Walk for Memories in 23 communities across the province in January. Local volunteer committees were responsible for event-day planning, community fundraising and walker recruitment. This year’s Walk raised almost $700,000.

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**A Breakfast to Remember**

Over 300 corporate and community leaders gathered in March at the second annual A Breakfast to Remember to hear David Podmore, Chairman and CEO, Concert Properties Ltd., and Debra Hewson, President and CEO, Odlum Brown Limited, describe their experiences both as caregivers to parents with Alzheimer’s disease and business professionals with clients experiencing the onset of dementia. Thanks to presenting sponsor Deloitte and many others, over $200,000 was raised.

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**Anything for Alzheimer’s**

This fundraising website makes it easy for you to fundraise by taking your unique idea and making it a success. Marcel is one of many British Columbians who joined the fight against Alzheimer’s disease and other dementias by organizing his own fundraising event. You can do your own thing in your own unique way. www.anythingforalzheimers.ca.

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“I knew that talking about the present was painful and useless with my grandmother, but there was still time to access the very strong old memories from her 90 plus years before they were forever lost. I want to help others fight this disease and support their loved ones.”

– Marcel Pennington, Making Memories For Lost Memories, an Anything for Alzheimer’s fundraising event

To plan your own event or fundraising initiative visit www.anythingforalzheimers.ca.
Scotiabank Vancouver Half-Marathon & 5K
This is a unique opportunity for runners and walkers to help us raise awareness about Alzheimer’s disease and other dementias, the Alzheimer Society of B.C. and the importance of brain health. It also gives supporters a way to run or walk for others by raising money for Alzheimer’s disease and other dementias. To date this event has raised over $148,000.

Coffee Break®
Every September, Coffee Break®, a national fundraiser, is held in communities across the country. While sharing a cup of coffee, families, friends, and co-workers gather together throughout B.C. to raise awareness and much-needed funds for local programs and services.

Ascent for Alzheimer’s
Each fall a team ascends Mt. Kilimanjaro in Tanzania, Africa to raise money and awareness in the fight against Alzheimer’s disease. The Ascent for Alzheimer’s team carries a message of hope: that on the dementia journey, we are never alone. This year’s team included Martin and Esther Kafer, who received the Guinness World Records™ for Oldest Man and Oldest Woman to summit Mt. Kilimanjaro.

Mt. Kilimanjaro Grouse Grind for Alzheimer’s (MKGG)
Teams of seven hike with one goal: to end Alzheimer’s disease. It takes seven trips up the Grouse Grind to equal one ascent of Mt. Kilimanjaro. Teams take part in a journey on Grouse Mountain that mirrors the challenge our Ascent for Alzheimer’s team undertakes on Mt. Kilimanjaro at the same time.

Scotiabank Hockey for Alzheimer’s
This is a one-of-a-kind event that allows everyday hockey enthusiasts to team up with former NHL greats in the battle against Alzheimer’s disease and other dementias. Registered teams practice, fundraise and live the ultimate hockey experience together, playing with and against NHL Alumni.

Forget Me Not Golf Tournament
As the Society’s largest annual research fundraiser Forget Me Not Tournament proceeds are divided equally between supporting families in B.C. who are living with dementias and funding research for the causes and the cure through the Alzheimer Society Research Program. Thanks to the hard work of the volunteer organizing committee, sponsors, donors and this year’s presenting sponsor, Canaccord Genuity, $580,000 was raised.

A Legacy of Hope
With a vision to help find a cure and help educate others to learn about about Alzheimer’s disease and other dementias, Edna Dolan created a legacy of hope by making a significant gift of $100,000 to honour her late husband, Ed.

If you would like more information about making a gift, leaving a legacy or getting involved in one of our events, please contact us at 1-800-667-3742 or at info@alzheimerbc.org, or go to www.alzheimerbc.org.
Alzheimer Resource Centres:
- Abbotsford & Mission
- Chilliwack & Hope
- Chinese Resource Centre – Richmond
- Chinese Resource Centre – Vancouver
- Greater Victoria
- Kamloops & Central Interior
- Langley
- North & Central Okanagan
- North & Central Vancouver Island
- North Fraser
- North Shore & Sunshine Coast
- North Surrey
- Northern Interior & Skeena
- Peace Region
- Richmond & South Delta
- South Okanagan & Similkameen
- Vancouver
- West Kootenay
- White Rock & North Delta & Surrey Central

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YouTube: www.youtube.com/AlzheimerBC
Twitter: www.twitter.com/AlzheimerBC

Dementia Helpline:
Province-wide: 1-800-936-6033 | Lower Mainland: 604-681-8651

Charitable Registration Number: 11878 4891 RR0001