



# *Active Living Coalition for Older Adults*



## *Annual Report 2007/08*



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## Report from the Chair



Active living for older adults! What a concept! Imagine a bunch of older adults hiking through the Rockies, or bicycling the Cabot Trail. And what of the thousands of "older" people who run, walk and generally participate in hundreds of "fun runs" for charitable purposes across this country? Who would have guessed that so many grandparents would be active enough to keep up with their grandchildren or probably more correctly in today's age, be the positive role models for their sedentary grandkids.

Yes there are many active older adults across Canada. We are living longer and, generally speaking, we are living healthier. Research points to the on-going and widespread benefits to society, in general, and to individuals, specifically of being active and engaged. Furthermore, research shows that it is never too late to start becoming more physically active or to becoming more socially and intellectually engaged.

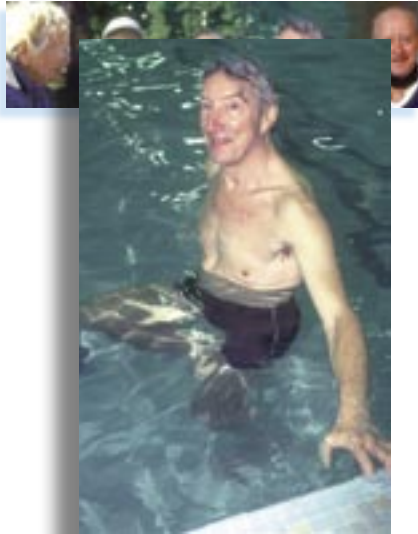
Yet, for all of this activity, the numbers involved still represent a very small portion of the overall older adult community and, as we all know, the numbers of older adults as a percentage of the population is growing significantly.

Why do seniors find it difficult to be more involved in society at all levels? After all, time is not the same issue that it once was when we all led busy work lives and our children themselves are now fully engaged in their own careers. So what are the real barriers?

Over the years ALCOA has identified many barriers. In a summarized form four overarching constraints relate to: an ageist society; physical aches and pains; poverty and inaccessibility to effective recreation programs; and social isolationism.

It was not that long ago that the concept of retirement was "Relax. Take it slow. Enjoy the rocking chair years." While this concept, which may seem "old" to some, and it is changing, thankfully, the underlying premise is still prevalent. There exists, in society a persistent attitude that older adults should "act their age, whatever that means."

Realistically, then when the inevitable aches and pains of growing older **do start to set in**, some of us begin to believe it ourselves... "Yep it is true. We should slow down." It therefore becomes a self fulfilling prophecy of sorts.





In addition our aging society has several sub populations, two of which are the “haves” and the “have nots”. This latter group: have not the finances, have not the access, have not the transportation, and have not the social and the supportive environments necessary to be fully engaged in society. Unfortunately, social isolationism is often the result.

Considering these barriers, the challenge, for ALCOA and its member organizations, both today and into the future is to work diligently at creating the supportive environment in our society within which all older adults, indeed all Canadians, can be as fully engaged, and as physically active **as THEY choose to be**.

This is no small task. It will require the efforts of many groups and individuals, working together, to identify and to eliminate local barriers that would impede full participation; to advocate against ageism; and to develop and deliver more educational opportunities that assist in the how, why and where of physical activity for older adults.

Can you imagine it? Can you imagine a vibrant active society in which all older adults can take up **whatever activity they choose**...from climbing mountains and running marathons at age 90, to playing bridge and chess in a local recreation center; from playing catch with a grandchild to teaching them the finer points of a tennis serve; from learning to ball room dance to practicing yoga and meditation?

Can you imagine this? If we learn to work together, I can. Let us then begin to work together toward a more vibrant future.

Sincerely

Don Fletcher  
Chair, ALCOA



# National Executive Director Report



It is now been almost a year for me in the position as ALCOA's National Executive Director – and what a busy year it has been! It has been very rewarding for me, and I have thoroughly enjoyed getting to know the members and the Guardians of ALCOA.

This past year ALCOA has successfully completed two grant projects, applied for three new grants, of which we were successful with one of our applications, and is also now in the process of developing a strategic plan for the future of the organization.

## The Past Year's Activities

### Physical Activity and Cancer: From Prevention to Recovery

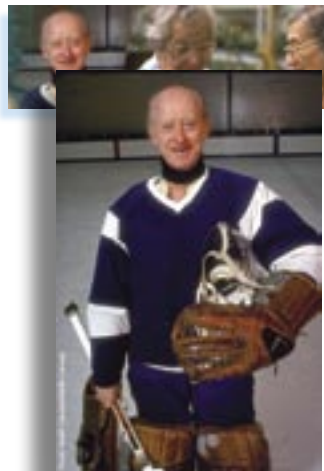
Over 2000 copies of this Research Update have been distributed to stakeholders and practitioners across Canada. It has been very well received and we sincerely thank the research committee for their excellent work.

### Cross Canada Consultations

Following up from the report from the 2007 AGM, this project has now been completed. The final meeting was held in December 2007 in Toronto. The Guardians reviewed the survey and focus group results, a short literature review on the barriers to physical activity for older adults, and discussed a variety of program ideas and suggestions for possible implementation by community groups, municipalities, local and/or provincial governments. The final report has been written and translated. In July, it will be distributed to members and stakeholders, and posted on the ALCOA website.

### Active Living and Diabetes: Building on our Successes Primary Prevention of Type II Diabetes in Older Adults

This project was just getting under way at the last AGM. Since September 2007, the consultants worked diligently and did a remarkable job to ensure that we met the objectives of the grant proposal and that the project was completed on time. The project consisted of an environmental scan 'snapshot' of primary prevention programs across the country, a survey of older adults, three regional meetings in Vancouver, Toronto, and Halifax, and a final national meeting held in Ottawa in February. The final meeting showcased the exemplary prevention programs, reviewed the survey findings, and then the 35 delegates discussed and developed 'National Recommendations for Action'. The final report from that meeting has now been completed and sent to the Regional and National Committee members. It is also posted on the ALCOA web site. An Executive Summary is currently being written, then translated and will be available for distribution in the summer. The DVD showcasing the programs and a detailed document which provides information on the 33 programs is now available on the ALCOA web site.



As a follow up to the February meeting, the Guardians will meet in September 2008, to review the national recommendations and plan a future course of action.

## *The Present*

ALCOA was successful with a grant application to the Public Health Agency of Canada, for \$100,000 for a one year project entitled; ***WELL-FIT – A Holistic Model of Active Living for Older Adults Living with Cancer and Their Partners in Care.*** The project is based out of the University of Waterloo, under the supervision of Caryl Russell and Mike Sharratt. The objective of the project is to develop and disseminate a holistic action plan resulting in a framework for active living and quality of life for those older adults with cancer and for their caregivers.

The grant will be used to support staff, services, and promotional material to ensure the following three results are achieved:

1. an increase in the number of older adult participants at the WELL-FIT program
2. an increased awareness and use of this framework with other facilities across Canada
3. for all participants, the primary outcome will be an enhanced quality of life as a consequence of holistic support built around a physical activity base.

The ALCOA Guardians recently made the decision to spend part of the association's equity, in order to keep the office staffed with a full time person for this fiscal year. Some of the funding from the WELL-FIT project will also be directed towards the administration expenses, however the bulk of the grant will be allocated to the project.

## *The Future*

It is important that ALCOA develop other programs and/or projects that are not solely dependant on government funding. To that end, we are now finalizing a case statement document for ALCOA which will be used as a promotional tool to present to potential sponsors for financial support for new program initiatives.

The future does look bright for ALCOA. The Guardians and the Membership are strong, which is a vital component to the ongoing success of this coalition. It is the strength, commitment, and diversity of the ALCOA members which makes this coalition valuable, unique, and a pleasure to work with.



Patricia Clark  
National Executive Director  
June 25, 2008



## *In Memoriam*

Archie MacKeigan, a wonderful asset to ALCOA as a Guardian, will be missed by us all. His sudden death, at the young age of 63, was as a result of a motor vehicle accident on March 5, 2008.



“He is survived by his wife of 40 years, Gail (MacLellan); children, Laurie (Tom Murray), Bermuda, Greg (Maria), Edmonton, Alta., and Shawna, Sydney. His spirit will also live on in his grandchildren, Kathryn, Andrew and Ana Maria.

Archie always lived life to the fullest and had an active interest in so many things. He leaves his family and friends with many happy memories. He was a devoted husband and father. He was immensely proud of his children and grandchildren, and loved spending time with them and talking about them. Everything he did was with great enthusiasm and energy. He was a great friend to many people and always had time to stop and talk to everyone he saw. He could often be seen driving his Harley, entertaining with his own gourmet cooking, fixing or building anything, traveling, and working in the woods. He was even known to raise his own chickens and turkeys, and vegetable gardens. He proudly included “registered vegetable judge” in his talents and community service.

Archie was the CEO of the Cove Guest Home for 13 years and genuinely enjoyed his job. He spent over 35 years in health care in government, hospitals and long term care, and was actively involved locally, provincially and nationally on many boards and committees.

Archie had a life well loved and loved well. He exemplified the idea, “if you want something done, ask a busy person”. He will always be remembered by his family and friends and leaves a legacy of wonderful memories for those privileged to have been his family, friends, coworkers and colleagues.”

*An excerpt from the local paper*





Working for a healthier world™

# Crystal ball forecasts a future of aches and pains, less active lifestyles for Canadians

## *Canadians limit their health by giving in to joint pain*

Toronto, ON – April, 2008 – In a recent national survey, adult Canadians cite pain and physical limitations, lack of time and lack of money as the three main barriers to a healthy, active lifestyle. The research finds that we know being active is important to being healthy – but we’re not so good at doing what we know we should. It could be, at least in part, because 10 million of us live with chronic or recurrent pain.

Spearheaded by a task force of the **Active Living Coalition for Older Adults (ALCOA)**, **CARP (Canada’s Association for the 50+)**, and **Patient Partners in Arthritis**, the research examined Canadians’ feelings and perceptions about active living – awareness and understanding of the benefits of active living, thoughts about changing activity levels as they age, and barriers to living an active life at any age.

The research also shows that more than 8.5 million Canadians expect to be less physically active 20 years from now. This expectation is in part because they mistakenly believe that aches and pains commonly associated with osteoarthritis (OA), are a natural part of aging.

Expectations around decreased physical activity are even greater with those who suffer from OA. In fact, an alarming 81 per cent of OA sufferers expect joint pain to increase as they age and over half (53 per cent) feel they’ll be less physically active 20 years from now.

“Regular activity is important in the successful management of osteoarthritis, it’s actually part of the arthritis treatment plan,” said Dr. William Bensen, a rheumatology consultant at McMaster University and St. Joseph’s Healthcare in Hamilton. “People with OA need to communicate and work with their physician to manage their pain as much as possible so that they can be active and healthier as they age.”

Pain and physical limitations aren’t the only barriers to daily physical activity. Time constraints are also an issue to daily physical activity with 56 per cent of adult Canadians citing this as a barrier to making physical activity a daily commitment; another 26 per cent cite money as a limiting factor.

Some other interesting findings from the survey include:

- Twenty-seven per cent of Canadian adults say they are inactive
- Inactive Canadians acknowledge that their inactivity will affect them negatively later in life, while those leading an active lifestyle believe it will have a positive impact
- Canadians aged 25-44 are the most likely to describe themselves as inactive; those aged 18-24 and 65+ are the most likely to describe themselves as active
- Eighty per cent of Canadians aged 65+ describe themselves as being physically active
- Two thirds of Canadians expect an increase in joint pain as they age
- One quarter of Canadians experience pain on a daily or weekly basis that prevents them from partaking in certain physical activities
- A third of Canadians who say they experience joint pain ignore their pain all together

“We are pleased to see that Canadians understand being active helps in being healthy -- it is a good start,” said Philippe Markon, Past-Chair of ALCOA. “We are disappointed to see people expect activity to decrease as they age, so now we need to help them understand that aches and pains are not a natural part of aging, and how to get and stay active, how to overcome their barriers and be healthy as they age.”

“Information on available community-based facilities and programs at little or no cost needs to be more accessible,” said Anne Lyddiatt, arthritis advocate and member of Patient Partners in Arthritis. “Canadians with arthritis need to know how important physical activity is for living a healthy, more active and less painful lifestyle and that there are programs designed for any stage of the disease.”

“Canada’s 11 million Zoomers are healthier than generations before and are more concerned about their health than ever,” said Holly Vengroff, Director of External Relations, CARP. “The results of this survey confirm the barriers that need to be overcome for them to maintain their health as they age.”

The task force is calling on all Canadians to take up a five-step plan to healthy and active aging.

1. Aim for 30 minutes of activity a day. Try to do 10 minutes of activity three times a day. When you see how easy it is, you can gradually add more.
2. Use existing – and often free – resources. Research your community facilities and programs to see what’s available.
3. Find simple things to do that fit your life. Some examples:
  - walk to work, at lunch or after dinner;
  - get off the bus or subway one stop earlier and walk the last distance;
  - walk on the spot during TV commercials;
  - park further from the mall doors;
  - do an extra lap around the perimeter of the grocery store while shopping;
  - lift soup cans or bottles of water when walking outside or “on the spot”;
  - use rubber tubing for resistance exercises. Different colours indicate different resistance levels so be sure you have the one suitable for your fitness level;





- check out the library and/or video store for exercise videos – try before you buy to find one that you like and are able to do;
- do chair exercises while you're sitting at work or in front of the TV.

4. Find an activity buddy. It's always easier to stay motivated with someone else.

5. Proactively manage aches and pains – they're not a "normal part of aging." Work with your doctor and healthcare professionals to help manage your pain so you can stay active.

#### About the Report

Survey scope and campaign objectives were developed by a task force including the Active Living Coalition for Older Adults (ALCOA), CARP and Patient Partners in Arthritis, and were supported through an unrestricted education grant from Pfizer Canada Inc.

Leger Marketing conducted this study via 2,161 online surveys. The margin of error for a sample of this size is +/-2.1%, 19 times out of 20.

#### Active Living Coalition for Older Adults (ALCOA)

ALCOA, a partnership of organizations and individuals having interest in the field of aging, encourages older Canadians to maintain and enhance their well-being and independence through a lifestyle that embraces daily physical activities.

The Active Living Coalition for Older Adults (ALCOA) envisions a society where all older Canadians are leading active lifestyles thereby contributing to their physical and overall well-being.

For more information visit [www.alcoa.ca](http://www.alcoa.ca)

#### CARP

CARP is the leading national voice for Canada's 50-Plus population mandated to provide its members with powerful advocacy on issues affecting their health, their finances and their rights, a range of useful benefits and savings and community support through local and regional chapters for an overall improved quality of life.

A national non-profit organization, CARP works for the benefit of Canada's 11 million "Zoomers" — the term for the 50-plus demographic in our New Vision of Aging for Canada.

CARP keeps Zoomers informed through CARP Magazine (soon to be rebranded as Zoomer Magazine), the e-newsletter CARP Action Online, and via [www.carp.ca](http://www.carp.ca)

For more information contact 1.800.363.9736 or visit [www.carp.ca](http://www.carp.ca)

#### Patient Partners in Arthritis

The Patient Partners in Arthritis Program offers an innovative approach to improving the quality of arthritis care in Canada. The program addresses issues central to today's healthcare delivery by providing effective training for healthcare providers and trainees. Since the program's launch in 1996, more than 3,300 medical trainees and over 3,000 healthcare professionals have been educated by Patient Partners.

The full report is available at [www.alcoa.ca](http://www.alcoa.ca) and [www.carp.ca](http://www.carp.ca)



## ALCOA Executive

**Past Chair — Jack Brownell** — Quispamsis, New Brunswick / Canada Senior Games Association

**Chair — Don Fletcher** — Winnipeg, Manitoba / Canadian Association of Cardiac Rehabilitation

**Vice Chair — Mike Sharratt** — Kitchener, Ontario / Schlegel-UW Research Institute for Aging

**Treasurer — Margaret Barbour** — Winnipeg, Manitoba / Manitoba Cardiac Institute

**Secretary — Jennifer Dechaine** — Edmonton, Alberta / Alberta Centre for Active Living



## ALCOA Guardians

**Chair — Don Fletcher** — Winnipeg, Manitoba / Canadian Association of Cardiac Rehabilitation

**Jack Brownell** — Quispamsis, New Brunswick / Canada Senior Games Association

**Mike Sharratt** — Waterloo, Ontario / Research Institute for Aging

**Margaret Barbour** — Winnipeg, Manitoba / Manitoba Cardiac Institute

**Jennifer Dechaine** — Edmonton, Alberta / Alberta Centre for Active Living

**Clara Fitzgerald** — London, Ontario / Canadian Centre for Activity and Aging

**Archie MacKeigan** — Sydney River, Nova Scotia / ALCOA Older Adults Advisory

**Michelle Porter** — Winnipeg, Manitoba / Canadian Society for Exercise Physiology

**Sheila Schuehlein** — Kitchener, Ontario / VON Canada

**Anne Skuba** — Winnipeg, Manitoba / ALCOA Older Adult Advisory

**Sharon Purvis** — Stellarton, Nova Scotia / ALCOA Older Adults Advisory

**Bill Krever** — Toronto, Ontario / Better Living Health & Community

## Nominating Committee

**Chair — Jack Brownell** — Quispamsis, New Brunswick / Canada Senior Games Association

**Margaret Barbour** — Winnipeg, Manitoba / Manitoba Cardiac Institute

**Bill Krever** — Toronto, Ontario / Better Living Health & Community

## Research Work Group

**Chair — Michelle Porter** — Winnipeg, Manitoba / Canadian Society for Exercise Physiology

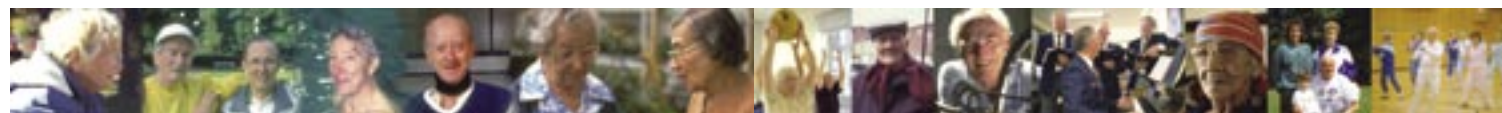
**Gareth Jones** — London, Ontario / Centre for Activity and Aging

**Philippe Markon** — Ste Famille, Quebec / University of Quebec in Chicoutimi

**Sandy O'Brien Cousins** — Edmonton, Alberta / University of Alberta

**Mike Sharratt** — Waterloo, Ontario / Research Institute for Aging

**Anne Skuba** — Winnipeg, Manitoba / Older Adult Advisory



## ALCOA Round Table Member Organizations 2007/08

Active Living Alliance for Canadians with a Disability  
 Alberta Centre for Active Living  
 ALCOA Manitoba (new member)  
 Canadian Academy of Sport Medicine  
 Canadian Association for the Advancement of Women & Sport  
 Canadian Association of Cardiac Rehabilitation  
 Canadian Association of Occupational Therapists  
 Canadian Centre for Activity and Aging  
 Canadian Healthcare Association  
 Canadian Institute of Planners  
 Canadian Orthopaedic Foundation (new member)  
 Canadian Physiotherapy Association  
 Canadian Red Cross Society  
 Canadian Seniors Games Association  
 Canadian Society for Exercise Physiology  
 Manitoba Cardiac Institute Inc.  
 National Indian & Inuit Community Health Representatives Organization  
 Saskatchewan Seniors Mechanism  
 Schlegel-UW Research Institute for Aging  
 Victoria Order of Nurses for Canada  
 YMCA



## ALCOA Corresponding Members 2007/08

Aines en Marche/Go Ahead Seniors  
 Bruce Peninsula Seniors Connect  
 Cambridge 50+ Recreation Centres — Allan Reuter Centre  
 Centres for Seniors Windsor  
 City of Barrie 55 + Centres  
 City of Campbell River Parks & Recreation  
 City of Regina  
 Corp. of District of West Vancouver  
 Cummings Jewish Centre for Seniors  
 Don Mills Foundation for Seniors  
 Ensemble Chez Soi  
 Good Neighbours Senior Centre  
 Greater Edmonton Foundation: Housing for Seniors  
 Indo- Canadian Senior Group of Nova Scotia  
 Inglewood Silver Threads Association  
 Jewish Child and Family Service  
 Minoru Place Activity Centre  
 NWT Seniors' Society  
 Older Adult Centres' Association of Ontario  
 Pioneer Club Atikokan  
 Retired Teachers of Ontario  
 Rutland Senior Centre Society  
 Saskatoon Council on Aging Inc.  
 Seniors Association of Greater Edmonton (SAGE)  
 Seniors Resource Centre  
 South Granville Seniors Friendship Centre  
 St. James Assiniboia Senior Centre Inc.  
 St. Joseph's Community Health Centre  
 Swan River & District Community Resource Council  
 Town of Whitby Seniors Services  
 Valley View Villa Seniors  
 Vintage Fitness  
 Water Street Senior Centre Society  
 West St. Catharines Seniors



## Corporate Members 2007/08

Merck Frosst Canada  
 Pfizer Canada  
 Sanofi-Aventis Pharma Inc.



# ACTIVE LIVING COALITION FOR OLDER ADULTS FINANCIAL STATEMENTS

## **Auditors' Report**

To the Members,

Active Living Coalition for Older Adults / Coalition D'Une Vie Active Pour Les Aîné(e)s

We have audited the statement of financial position of Active Living Coalition for Older Adults / Coalition D'Une Vie Active Pour Les Aîné(e)s as at March 31, 2008 and the statement of operations and net assets for the year then ended. These financial statements are the responsibility of the organization's management. Our responsibility is to express an opinion on these financial statements based on our audit.

We conducted our audit in accordance with Canadian generally accepted auditing standards. Those standards require that we plan and perform an audit to obtain reasonable assurance whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing the accounting principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation.

In our opinion, these financial statements present fairly, in all material respects, the financial position of the organization as at March 31, 2008 and the results of its operations and its cash flows for the the year then ended in accordance with Canadian generally accepted accounting principles.

**Cowperthwaite Mehta**  
Chartered Accountants  
Licensed Public Accountants  
May 5, 2008  
Toronto, Ontario



*Statement Of Financial Position As At March 31*

	2008	2007
<b>ASSETS</b>		
Current assets		
Cash	\$ 68,157	\$ 365,514
Term deposits	61,036	
Accounts receivable	13,124	2,368
Prepaid expenses	<u>2,226</u>	<u>2,226</u>
	<u>\$ 142,317</u>	<u>\$ 370,108</u>
<b>LIABILITIES AND NET ASSETS</b>		
Current liabilities		
Accounts payable and accrued liabilities	\$ 36,966	\$ 12,208
Deferred revenue (note 5)	<u>24,337</u>	<u>299,400</u>
	<u>61,303</u>	<u>311,608</u>
Net assets		
Designated (note 4)	53,530	53,530
Unrestricted	<u>27,484</u>	<u>4,970</u>
	<u>81,014</u>	<u>58,500</u>
	<u>\$ 142,317</u>	<u>\$ 370,108</u>

*Statement Of Operations And Net Assets For The Year Ended March 31*

	2008	2007
<b>REVENUE</b>		
Health Canada grants (note 6)	\$ 359,200	\$ 48,658
Membership fees	14,380	7,910
Corporate grants	5,500	76,392
Interest and other	<u>6,022</u>	<u>6</u>
	<u>385,102</u>	<u>132,966</u>
<b>EXPENSES</b>		
Personnel	197,165	53,988
Travel and accommodations	109,086	27,279
Materials and office supplies	21,897	14,009
Evaluation and dissemination	16,503	5,235
Premises	13,173	20,673
Purchased services	4,764	5,619
Outreach	<u>300</u>	<u>300</u>
	<u>362,588</u>	<u>127,103</u>
<b>Excess Of Revenue Over Expenses For The Year</b>	22,514	5,863
Net assets, beginning of year	<u>58,500</u>	<u>52,637</u>
<b>NET ASSETS, END OF YEAR</b>	<u>\$ 81,014</u>	<u>\$ 58,500</u>

*Statement Of Cash Flows For The Year Ended March 31*

	2008	2007
<b>OPERATING ACTIVITIES</b>		
Excess of revenue over expenses for the year	\$ 22,514	\$ 5,863
Net change in non cash working capital items	<u>(258,835)</u>	<u>217,460</u>
<b>NET DECREASE IN CASH FOR THE YEAR</b>	(236,321)	223,323
<b>Cash &amp; cash equivalents, beginning of year</b>	<u>365,514</u>	<u>142,191</u>
<b>CASH AND CASH EQUIVALENTS, END OF YEAR</b>	<u>\$ 129,193</u>	<u>\$ 365,514</u>
<b>Net change in non cash working capital items;</b>		
Decrease in Accounts receivable	\$ (10,756)	\$ 2,540
Increase in Prepaid expenses	2,226	7,555
Increase in Accounts payable and accrued liabilities	24,758	(3,231)
Decrease in Deferred revenue	<u>(275,063)</u>	<u>210,596</u>
	<u>\$ (258,835)</u>	<u>\$ 217,460</u>



## 1. THE ORGANIZATION

Active Living Coalition for Older Adults / Coalition D'Une Vie Active Pour Les Aîné(e)s (the "organization") is a not for profit organization incorporated under the laws of Canada without share capital.

The organization's goals are to undertake public education, communicate research and study results in plain language, to train community based volunteer presenters and to hold education events and activities regarding the health benefits of active living for older adults.

## 2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The accounting policies of the organization are in accordance with Canadian generally accepted accounting principles. Outlined below are those policies considered particularly significant:

### *Investments*

The cost of short term securities and term deposits maturing within a year, plus accrued interest income, approximates the fair value of these instruments.

### *Capital assets*

Capital assets individually in excess of \$5,000 are recorded at cost. Amortization is provided annually at rates calculated to write off the assets over their estimated useful lives.

### *Revenue and expense recognition*

Government assistance related to current expenditures is reflected in the accounts as a revenue item in the current period. Assistance related to the purchase of capital assets is recorded as revenue in the same period the related capital assets are charged to operations. The organization follows the deferral method of revenue recognition. Under the deferral method, grants received in the year for expenses to be incurred in the following fiscal year are recognized as deferred revenue.

Membership fees are recorded when received. Interest and other income are recorded when earned.

Donated materials and services which are normally purchased by the organization are not recorded in the accounts.

### *Use of estimates*

The preparation of these financial statements requires management to make estimates and assumptions that affect the reported amount of assets, liabilities, revenues and expenses. These estimates are reviewed periodically, and, as adjustments become necessary, they are reported in the period in which they become known.

## 3. FINANCIAL INSTRUMENTS

The organization's financial instruments consist of cash, accounts receivables, and accounts payable and accrued liabilities. It is management's opinion that the organization is not exposed to significant interest, currency or credit risks. The fair value of these financial instruments approximates their carrying values.

## 4. DESIGNATED NET ASSETS

The Guardians (Board of Directors) of the organization have established a reserve of \$53,530 as at March 31, 2008 (\$53,530 as at March 31, 2007) to cover expenses in the event of an interruption in funding or an income shortfall.

## 5. DEFERRED REVENUE

Deferred revenue is composed of the following:

	2008	2007
Health Canada Fitness Unit	<u>\$ 24,337</u>	<u>\$ 299,400</u>

## 6. HEALTH CANADA GRANTS

Health Canada funding recognized in the year was as follows:

	2008	2007
Health Canada		
Fitness Unit	\$ 44,800	\$ 48,658
Diabetes Strategy	<u>314,400</u>	<u>          </u>
	<u>\$ 359,200</u>	<u>\$ 48,658</u>

## 7. INCOME TAX STATUS

The organization is exempt from income tax in Canada as a registered charitable organization under the Income Tax Act (Canada).

# Ottawa, February 2008

## *National Diabetes Consultation Meeting*



National Meeting Participants



Large group gathering background information



Small group work with Paul Jenkins (PEI) taking the notes



Small group work with Anne Vogel (BC) and Jim Frankish (BC) in charge of the flip chart



Western Regional Committee members providing details on their 'leading practices'



(l to r) Patsy Beattie-Huggan, (facilitator) Bill Hearst (co-ordinator) Jim Frankish (western region rep.)





# ALCOA



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