

Alzheimer Society

TORONTO



ANNUAL REPORT

2019-2020

alz.to



The past year has been filled with successful events, meaningful partnerships and engaging conversations with our neighbours. We thank you for everything you have done to help us grow and expand our reach this past year.

A Message from our CEO *Scott Russell*



"It was the best of times, it was the worst of times," the opening lines of Charles Dickens' *A Tale of Two Cities*, seemed a perfectly fitting quote for this moment.

You will read in the pages ahead of the extraordinary impact you made during the period of April 1, 2019 to March 31, 2020. The first year of our latest strategic plan was, by virtually any measure, a runaway success!

Every dollar raised or donated, every hour volunteered and every monthly gift you made, had a direct impact on the lives of others. It enabled the Alzheimer Society of Toronto (AST) to reach more than 5,000 families through our support programs, educate more than 10,000 members of the general public and train more than 1,500 personal support workers. Together, we connected people facing the uncertainty and isolation of a life with dementia, to the care and support they need to make the best of the very worst times in their lives.

Yet, as I write this three months into a global pandemic, it would be completely tone-deaf to gloss over the fact that the biggest event, at least in my lifetime, began in the final days of March. To say the year ended on a down note would be an understatement.

As I reflect on the best of times, in the worst of times, I find reasons for optimism in the remarkable network of people that contributed to create the kind of impact we were able to have on our community in the last year. I am humbled by the fact that that you are still here. Each of you, ready to do your very best, in the worst of times. The Alzheimer Society of Toronto has weathered the early days of the pandemic for precisely the same reason that the last year was such a success – YOU.

In fact, the Alzheimer Society of Toronto was created, built and continues to thrive because of the steadfast commitment of our Donors, Volunteers, Staff, Partners, Patrons' Council, and our Board Members.

I could never adequately express how much your support is appreciated, now more than ever.

Thank you,

Scott Russell



OUR MISSION

To alleviate the personal and social consequences of Alzheimer's disease and other dementias and to promote research.

OUR VISION

A world without Alzheimer's disease and other dementias.

OUR VALUES

Collaboration, Accountability, Respect, Excellence

2 Walks, 2 Record-Breaking Events!



CARSWELL
FAMILY FOUNDATION

The IG Wealth Management Walk for Alzheimer's was held in Toronto on Saturday May 25, 2019. This National led initiative brings together local communities in support of raising funds for those touched by dementia. In Toronto, AST hosted five separate walks, all led by incredible volunteer committees. Together, with over 400 participants, the walk raised a record-breaking \$130,000! This grassroots community-based event could not be done without the support of the volunteers who work tirelessly rallying their communities to make this happen. Thank you.

We were also thrilled at the record-breaking success of the IG Wealth Management Walk for Memories held on February 1, 2020. This signature-fundraising event for the Society brought together over 1,500 individuals to raise funds and honour

those in our lives who have been touched by dementia. The Walk for Memories raised over \$689,000, making it the most successful event in its over 30-year history!

Success like this is only possible through the generous support of our partners. Thank you to our generous friends at IG Wealth Management who support both our Walks and bring their passion and enthusiasm to each of the events!

Another special thank you goes to the Carswell Family Foundation. For the third year, they hosted the Carswell Family Night at the IG Wealth Management Walk for Memories. The Foundation also matched all fundraising dollars raised by youth. Thank you for helping engage and inspire the next generation of philanthropists.



To learn more about IG Wealth Management Walk for Alzheimer's, IG Wealth Management Walk for Memories, or one of our other annual fundraising events, visit alz.to/fundraising-events.

Unforgettable Evening Gala

Historic Night for the Event!



As Presenting Sponsor of our Unforgettable Evening Gala, IG Private Wealth Management played an integral role in the record-breaking success of the evening. Each year, the gala brings together friends, celebrities, philanthropists, and business leaders to raise support for persons living with dementia and their care partners. This year, the event raised almost \$1 million dollars for the first time since its inception in 2006.

In an exciting and spontaneous moment during the event, The George C. Hunt Family Foundation made a generous gift of \$100,000. Alice & Grant Burton then matched that gift with an additional \$100,000 of their own. The generosity and leadership of these champions will be felt by all those in Toronto who have been touched by dementia.

PRESENTING SPONSOR:

IG Private Wealth Management

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Mary Bernie Allen Memorial Fund

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Toronto Memory Program
Verve Senior Living

Education

Transforming lives through education

In November 2017, Alice and Grant Burton gifted \$964K to the Alzheimer Society of Toronto, earmarked for a project that would have the widest possible potential for impact.

The project, "Transforming Care through Education" would be a multi-year initiative with three key areas of focus: Police Outreach, Professional and Family Education, and Physician Education.



In the last year, these are some of the highlights of the program:

POLICE OUTREACH:

Through the Ontario Rapid Response Working Group, in collaboration with the Alzheimer Society of Ontario, videos are being made to help support Police during instances of wandering and missing incidents. The videos also focus on topics such as: Caregiver Interactions, Long-term Care, and Communication.

PHYSICIAN EDUCATION:

Two online education modules were created with the focus on supporting care partners of people living with dementia across Ontario. The modules focus on: Assessment of Cognition & Diagnosis, and Initial Management of Dementia. These modules which will be accredited, aim to support the way in which healthcare professionals manage diagnosis, treatment and other indicators of the disease.

PROFESSIONAL AND FAMILY EDUCATION:

U-First! for Care Partners, an educational program, was piloted in Toronto as a way to help increase caregiver confidence and skills in understanding behaviour changes and enhance the well-being of the caregiver and person living with dementia. This is also to help complement U-FIRST! that health care providers take so that everyone on the larger care team is speaking the same language to support the person living with dementia in the most meaningful way.

Education happens in many ways at the Alzheimer Society of Toronto. Through in-person or online courses, a team of dedicated Social Workers and Educators deliver meaningful and educational programs to healthcare professionals, informal and formal caregivers and members of the public. In the past year, 1,115 sessions were held and 19,860 people in the community now have a better understanding of dementia.

One of the pillars of the education program is the Dementia Certificate Program. This is a comprehensive program offered by the Alzheimer Society of Toronto for healthcare professionals and caregivers. The program is composed of two courses: The Dementia Care Training Program (DCTP) and the Behavioural Support Training Program (BSTP). DCTP covers general awareness of the disease and how it impacts care. BSTP allows healthcare workers and frontline staff to develop skills for dealing with responsive behaviors when working with people living with dementia. There were 684 people who graduated from this certificate program in the last year.

Record Breaking Year for Fundraising Events!

2019/20 Event Highlights

Unforgettable Evening Gala

**PRESENTED BY:
IG PRIVATE
WEALTH
MANAGEMENT**



\$1 MILLION

pledged for programs and services!
RECORD BREAKING YEAR!

Scotiabank Toronto Waterfront Marathon



147 participants helped raise over

\$78,000 **RECORD
BREAKING
YEAR!**

IG Wealth Management Walk for Memories

supported by over

2000+

individuals and walkers

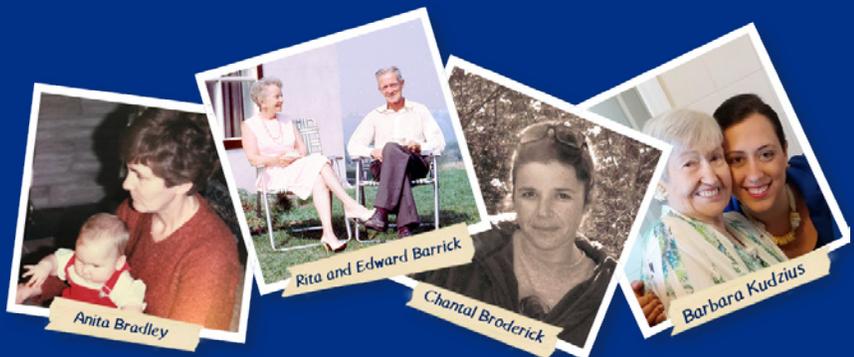
Raised over

\$689,000

RECORD BREAKING YEAR!



IG Wealth Management Walk for Alzheimer's



Raised over

\$130,000

**RECORD
BREAKING
YEAR!**

Social Recreation Programs

Activities to enhance social inclusion and well-being.

Active living is integral to overall well-being. People living with dementia benefit from creative outlets that stimulate cognitive abilities and reminiscences. Care Partners also get to engage in meaningful ways or gain some valuable respite.

MEN'S SHED

Men living with dementia have been reported to have higher social isolation rates than women. Despite this, there are few social recreational programs created specifically with men in mind.

The Alzheimer Society of Toronto identified Men's Shed as an opportunity to introduce programming geared to the interests of men. The Men's Shed movement originated in Australia with the intention to provide a space for craftwork and social interaction. During this multi-week program, men living with early to mid-stage dementia socialize and collaborate on woodworking projects or small repairs under the guidance of experienced woodworking facilitators at the Toronto Tool Library Makerspace. This program is funded by a grant from the Ontario Trillium Foundation.

YOUNG ONSET DEMENTIA ADULT DAY PROGRAM

The rates of individuals under the age of 65 living with young-onset dementia (YOD) are climbing. Last year, with funding from the Central East Local Health Integration Network, we launched a weekly Adult Day Program pilot

to offer recreational and social programming for clients with YOD in the Scarborough area.

Since then, the program has expanded to running twice a week (Mondays and Fridays). Clients can take part in age-appropriate and person-centred activities including fitness, yoga, art therapy, music therapy, lunch outings and cultural trips in the city. Care partners can enjoy a much-needed day of respite while their loved one is at the program.

XENIA CONCERTS

Through our partnership with Xenia Concerts, we offered clients the opportunity to attend 4 concerts in the year. Last year, clients enjoyed performances by Toronto musicians of various genres including Jazz vocalists, VC2 – a cello duo, and Rolston String Quartet. New acts are expected to take part this year.

These dementia-friendly concerts will be free to clients and held at the Meridian Hall (formerly Sony Centre). The Hunt Foundation generously funds this program.

DATE NIGHT

Date Night is a welcoming, intimate evening for those living with dementia and their partner

– an experience for those longed-for special moments. Too often, people living with dementia and their care partners don't feel comfortable going to the movies or a restaurant, as unfortunately they have been met with environments and experiences that were not dementia-friendly.

This unique program is an opportunity to reconnect and celebrate each other while enjoying a delicious homemade meal cooked by AST staff, listen to live entertainment and hit the dance floor. In 2019, we hosted 4 Date Nights with guests enjoying different themed evenings and dinners.

These events were generously supported by Alice & Grant Burton, Connie Gibson, Virginia Hatchette and Trish Holt Hornsby.



Toronto Public Library

Becomes Dementia Friendly

DEMENTIA
FRIENDLY
COMMUNITIES
TORONTO

In 2017, AST joined the Dementia Friendly Communities (DFC) movement. One of the first organizations to commit to the training of staff was the Toronto Public Library (TPL). Libraries serve as an important community hub for people to gather and access information. The exciting 3-year TPL agreement focused on training staff so they could support people living

well with dementia who visit their locations. Library staff are provided with sector specific dementia education and staff are able to request dementia education and programs at their respective libraries for their patrons. The agreement is in its final year and this partnership allows us to have a wider spread across the city.



In total, this past year
we have facilitated:



27
training
sessions



trained
435
people

To learn more about Dementia-Friendly Communities™ visit,
alz.to/dementia-friendly-communities.

Partnerships

Extending our reach through collaboration

THE ENHANCING CARE PROGRAM

The Enhancing Care (EC) Program is a unique and standardized program developed by Sinai Health's Cyril & Dorothy, Joel & Jill Reitman Centre. Since 2018, AST has been a proud partner of the EC project in delivering this program to care partners of people living with dementia across the city. This program includes the provision of the CARERS (Coaching, Advocacy, Respite, Education, Relationship, Simulation) group program, the TEACH (Training, Education, and Assistance for Caregiving at Home) group program, and individual counseling by social worker(s) trained in the Problem-Solving Therapy approach.

In 2019-2020, AST delivered 50 group sessions (CARERS or TEACH) and provided individual counseling to more than 330 clients through the Enhancing Care Program.



THE CITY OF TORONTO CAREGIVER STRATEGY

The Toronto Seniors Strategy 2.0 is the result of a co-creation effort between the City of Toronto and the Seniors Strategy Accountability Table of which AST is a part of. The Seniors Strategy addresses some of the pressing issues facing seniors in the city and outlines recommendations to adequately and effectively support Toronto's growing ageing population.

The City has engaged AST to lead the implementation of Recommendation 6 which is to develop a Toronto Caregiver Strategy with an emphasis on the needs of senior caregivers.

The development of the Caregiver Strategy will be driven from the expertise of members of the City of Toronto Accountability Table (consisting of over 100+ community agencies), other stakeholders, and the city's caregivers in various ways including focus groups, interviews and surveys.

ENRICHES PROFESSIONAL EDUCATION DAY

On November 29, 2019, in partnership with Michael Garron Hospital and the Ontario Brain Institute, we hosted: Breaking Down Barriers: Dementia, Mental Illness and Living Alone, a professional education day. The event saw health professionals and front line workers in the field of dementia gathered for a day of discussion and resource sharing to better serve the complex needs of clients. Guest speakers touched on a range of topics including effective pharmaceutical management, dealing with dual diagnosis of dementia and mental illness, as well as social isolation.

The event was funded in part by the Government of Canada's New Horizons for Seniors Program.

Volunteers

Meaningful support from the community

HARBEL SINGH ARORA VOLUNTEER AWARD

We are proud to announce Ophelia Gatchalian as the outstanding Volunteer of the Year for 2019.

Ophelia's service has shown the impact of her passion, advocacy and dedication to our clients and caregivers. Not only through countless hours of time but through her positivity, smiles and genuine connections she brings to every program. Ophelia is an inspiration to our clients, other volunteers, staff and community partners. Thank you for all that you do, Ophelia!



THE ALZHEIMER SOCIETY MUSIC PROJECT

A very special thank you to our Music Project volunteers who have played a key role

in supporting the Alzheimer Society remotely. These volunteers have gone above and beyond to help us out now more than ever, adapting their duties remotely to support people living with dementia across Ontario with personalized music players. From researching music playlists for diverse musical preferences to processing applications, calling and connecting with clients, enhancing program materials, and preparing social media posts, we couldn't do what we do without our volunteers.

Sabrina, Callie, Riley, Shane, Hayley, Lori, Monika, and Lina - we applaud your dedication to the Music Project program. Thank you!

7,424
clients /
MP3 players
distributed
since inception

Partnered with
100+
Long-Term
Care Homes in
Toronto

1,066
MP3 players
distributed
in 2019-2020



AST's Volunteer Team had a total of **7694** volunteer hours served between 2019-2020 which is an estimated dollar value of **\$107,716.00** hours donated.

The number of volunteer hours contributed is equivalent to the support of **3 Full-Time staff members.**

John Mann

We honour a creative legend with a huge heart.

The day I met John Mann, lead singer of Canadian band, Spirit of the West, is one of those days. At the same time, I met Jill Daum, the incredibly brilliant and kind wife of John. They were in town to perform at the very first Spirit of John – a fundraising concert supporting music for those with dementia – and I offered to play Uber and take them to their appointments in the city. It was, without a doubt, one of the best days of my life.

John and Jill, facing dementia head on, changed my life. I saw the sadness, fear, and courage – up close and personal. John and Jill talked openly about what dementia

was like, in ways I had not heard before. Since then, John and Jill have become dear friends. Ones that I look to for feedback and for inspiration in our fight against this disease.

John's life was cut short by a disease that took his precious memories away. Through it all, music and his family were a source of comfort and light, but at the end, it was hard to reach him – even in those ways.

John and Jill are the reason why we must never give up. The dementia journey is over for John – but not for his family, and not for us. Every day we witness the way dementia steals

people away from the things they love.

I will miss John forever. I am grateful for the way his story has touched me and so many others. It was an honour to know him.

Thank you, John, and Jill, for teaching us that despite adversity, you can live well.



Cathy Barrick
CEO, Alzheimer Society of Ontario



Thank you John and Jill for teaching us, that despite adversity, you can live well.

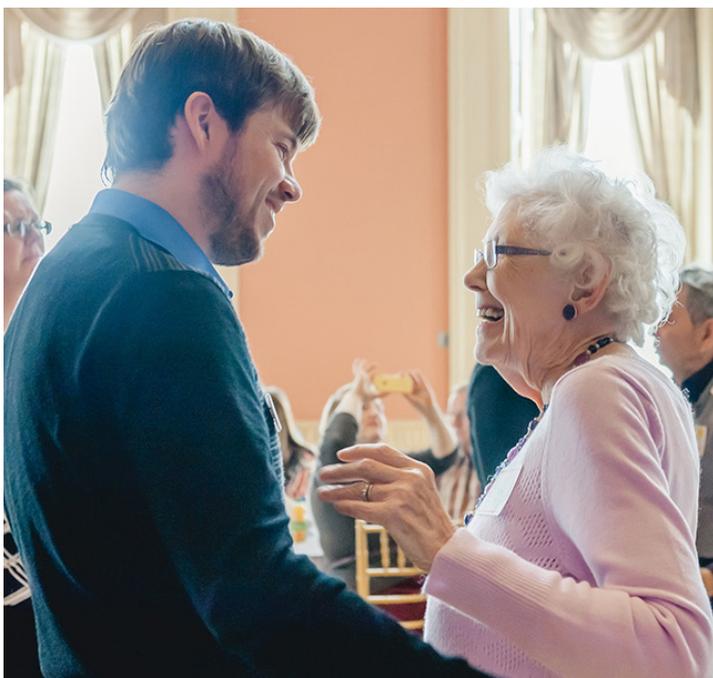
First Link®

Making connections that have a big impact.

Providing supports and care as early as possible – before a crisis.

First Link® is a program offered at the Alzheimer Society that connects people living with dementia and their care partners to the information, supports and services they need as early as possible and throughout the progression of the condition.

With First Link® Care Navigation supports available across all 29 local Alzheimer Societies in Ontario, First Link® also helps clients navigate what can sometimes be an overwhelming health-care system. First Link® staff provide direct client services that include individualized assessments, care planning, ongoing proactive follow up, and communication between providers and across sectors along the continuum of care. With these ongoing supports, clients do not feel alone and experience improved quality of life.



ACROSS ONTARIO, THE EVALUATION OF THE FIRST LINK® CARE NAVIGATION SERVICE DEMONSTRATED SIGNIFICANT POSITIVE IMPACTS.

82%

of people living with dementia felt that the help provided has made their lives better.

90%

of people living with dementia felt better equipped to ask for help.

90%

of people living with dementia believe they were connected to helpful information.

83%

of people living with dementia believe they were connected to supports that met their needs.

82%

of care partners feel more confident in their abilities as caregivers.

90%

of care partners feel better equipped to ask for help.

87%

of care partners believe they were connected to supports that met their needs.

96%

of care partners believe they were connected to helpful information.

To learn more about First Link®, visit alz.to/firstlink-partnership.

Thank you to our Donors

We apologize for the accidental misspelling or omissions of donor names. If you have not been appropriately recognized, please contact us and we will correct the oversight in future publications.

Leaders of Hope

We are grateful to the individuals, foundations and corporations who have made a significant gift to the Alzheimer Society of Toronto.

\$1,000,000+

George C. Hunt Family Foundation

\$500,000 - \$999,999

Temerty Foundation

\$100,000 - \$249,999

The Andreae Family
Linda Bertoldi and Bill Bogart
The Rudolph P. Bratty Family
Foundation
Alice and Grant Burton
Bob and Pat Decker
IG Private Wealth Management
Integracare
Neil Jacoby and Karen Brown
Toronto Memory Program

\$50,000 - \$99,999

Carswell Family Foundation
Deloitte
Cynthia Devine & Peter Sucharda,
Devine-Sucharda Family
Foundation

\$25,000 - \$49,999

Mike French and Luisa Torelli
IG Wealth Management

Annual Donors and Bequests

Thank you to the following individuals, foundations and organizations for their generous support of \$1,000 or more in 2019-2020.

\$50,000 - \$199,999

John and Mary Crocker
Estate of Johannes Petrus Loggen

\$20,000 - \$49,999

Anonymous
Brancaccio, Salvatore
CIBC Wealth Management
Tarlán Kehtari and Friends
Ontario Trillium Foundation
Rexall Care Network
The Andree Rheaume and Robert
Fitzhenry Family Foundation
TD Bank Group

\$10,000 - \$19,999

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\$1,000 - \$2,499

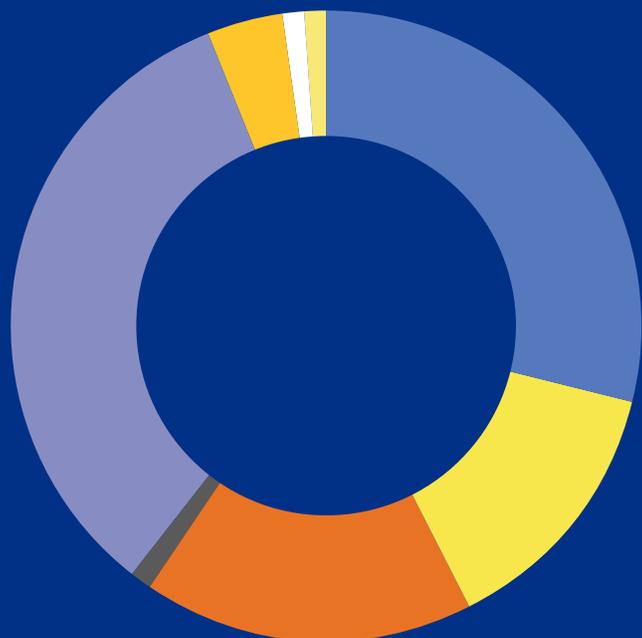
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The Buck Family
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John Capozzolo
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The Pelletier Family
Victoria Pinnington
Cristina Polsinelli and
Mickael Arvanitopoulos
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QBE Foundation

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Maggie Smith and
Charlie McCafferty
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The Vanneste Family
Maria Vandenhurk
The Villarroel Family
Susan White
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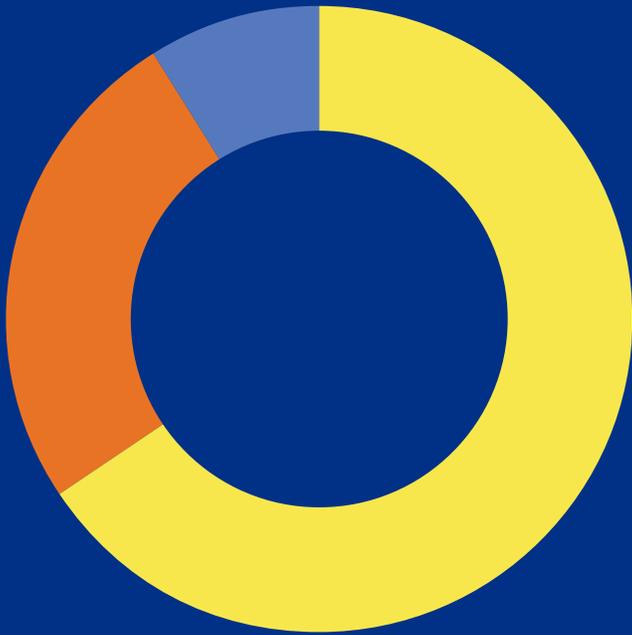
Statement of Operations (in dollars)

April 1, 2019 – March 31, 2020



Revenue

	2019	2020	
Events	1,622,673	1,872,126	●
Corporate giving & foundation giving	645,221	879,555	●
Individual giving & direct marketing	951,642	1,086,795	●
Bequests	445,638	81,221	●
Total support from the public	3,682,731	3,919,697	
Government health programs	2,057,338	2,156,987	●
Partner charities	250,857	242,442	●
Literature & seminars	61,932	68,683	●
Investment & other income	61,592	68,817	●
Amortization of deferred capital contributions	10,000	-	●
Total revenue	6,106,893	6,456,626	



Expenses

	2019	2020
Total programs & services	3,948,693	4,201,475 ●
Fundraising	1,790,183	1,638,988 ●
Administration	567,260	566,294 ●
Total expenses	6,306,136	6,406,757
Excess (deficiency) of revenue over expenses	(199,243)	49,869



ALZHEIMER SOCIETY OF TORONTO

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E: write@alz.to

Charitable Registration Number:
10670 5262 RR0001

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