



The Canadian Addison Society La Société canadienne d'Addison

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Distribute To:

PLEASE NOTE:

The content of this newsletter is intended for basic information only and not as personal medical advice. Readers are advised to consult their own doctors before making changes to their Addison/Adrenal Insufficiency management program. Please note that the Society does not endorse the information provided by guest speakers.

News and Announcements

Annual General Meeting

The Society's AGM was held Saturday, September 26, 2015 at College Avenue Church, 22 Wilson Street, Woodstock Ontario. A key feature was the video link with the BC Lower Mainland Support Group. This was our first step down the technology highway and allowed their full participation in the meeting. Read the full report, (attached).

Rare Disease Day

February 29, 2016



Rare Disease Day®

Theme: Patient Voice

Slogan: Join us in making the voice of rare diseases heard

**Watch our website www.addisonsociety.ca
for updates on Rare Disease Day 2016**

News and Announcements *continued*



Our New Brochure

We are pleased to finally have our new brochure available for distribution. We have included a copy with this Newsletter. For anyone wishing additional copies please contact the Society office.

In the new year if not before, we hope to relaunch our Brochure Holder Program for Doctor and other patient waiting rooms where this brochure may be made available to the patient community. Doctors that do not already have our Brochure Holder may request one (no charge) by contacting the Society office. Brochures are of course shipped with the Holder.

Please allow about 6 weeks for arrival. Doctors that do have our Brochure Holder may of course request a supply of the new brochure by simply contacting the Society office and they will be forwarded no charge.

This brochure is a simple yet effective means of connecting with the patient community that may be in need of support and previously unaware of the existence of The Canadian Addison Society.



Editor's Comments

Letter to the Editor

Hello! I'm writing to ask you whether you know people who have Addison's disease and work at academic jobs in Canada. I am a Finnish philosopher and I have had primary Addison's disease diagnosed for two years now. I'm trying to build an international network of academics who suffer from Addison's disease. In Finland, unfortunately, I have been able to find only one other academic with secondary Addison's, since there are so few of us. Being able to write and manage academic stress contains many very specific questions that I'd like to share with people in similar situations.

If you know anyone who works at the academia, or who might know someone who knows someone, please let me know. You can give my e-mail address (kaisa.a.karki@gmail.com) for anyone interested.

Sincerely, Kaisa Kärki.

(Ed Note: Please contact Kaisa directly if this fits you.)

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Readers, have you had an experience with Adrenal Insufficiency either as the patient, caregiver, family, friend, nurse, doctor or anyone else? Please consider sharing your story for our **Personal Experiences** section, for the benefit of others. You may do so anonymously. You may reach me at newsletter@addisonsociety.ca.



President's Comments

What a great Annual General Meeting we had on September 26 in Woodstock, Ontario. We took our first baby steps down the technology highway as it relates to connecting members across the land, electronically. The Lower Mainland British Columbia Support Group joined us via video link and for a first attempt, it was excellent. We will work on a few issues to make the next attempt even better and we will add more Support Groups via video link until we are able to accommodate all groups across the country at each Annual General Meeting.

In addition to the Annual Meeting, we hope we will eventually have the opportunity for Support Groups, at their individual regional meetings to potentially link members that may be remote from the meeting location or may have mobility issues that make it difficult or impossible to attend in person. These members have been missing out on the opportunity to participate "in person". This Newsletter is a good source of information from many areas but when it comes to patients sharing information nothing beats being together.

These new ventures usually take time to get the bugs out so please be patient with us as we work to make this happen.

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We want to send a big Thank You to Jim Sadlish, Volunteer Regional Representative of the Vancouver Island Support Group for his contribution over many years. Jim has just announced his retirement from the Rep position and is in the process of handing over the reins to Derek Clarke who is a Member of the Society's Board of Directors. We wish them both a smooth transition over the next few months and the best of luck to Derek as he sets the future course of the group.

Support Group Contact Information & Meeting Reports

B.C. - Vancouver Island Support Group – Victoria

The Canadian Addison Society Vancouver Island support group met at a member's home in Cordova Bay on October 17th with eleven people attending.

A suggestion from the last meeting was to review the procedure of preparing an emergency syringe at every meeting to keep it familiar for each Addisonian and their partners/advocates. Review the process at: <http://www.addisonsociety.ca/index.php/emergency-documents/injection-kit>

One of our new members was travelling in England when she experienced severe abdominal pain. She'd been taking thyroid replacement previously, but UK doctors could not find the cause of her discomfort and weakness. She returned to Canada and was eventually diagnosed with Addison's. Her case is notable because she does not yet take fludrocortisone. Prior to the meeting she'd had a bad cold and did not know that increasing her glucocorticoid medication with colds and flu is usually advised by doctors.

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B.C. - Vancouver Island Support Group – Victoria *continued*

One woman is finding it extremely difficult to manage the pressures of work stress. Her position requires exactness directly impacting the health and safety of other patients. Shift work, long commutes, and her mother's recent passing have compounded her distress. Having multiple endocrine conditions plus adrenal insufficiency, she is in desperate need of some relief. It was suggested that she consult her endocrinologist regarding applying for medical leave and to attempt a change to less stressful work.

It was noted that as we age our coping skills decline somewhat, compounded by adrenal insufficiency. The body, however, is surprisingly adaptable and can manage, be it getting over a seasonal illness or a particularly stressful situation. Medical advice is sometimes needed.

A member who has experimented with several healthy diets, some leading to dramatic weight loss, advocates that we all will feel better eating whole foods, fruits and vegetables, from the outer isles of grocery stores and lessen the consumption of packaged products from the centre shelves.

Travel insurance with Addison's was discussed. Many attendees had travelled with little difficulty buying insurance. Addison's is a pre-existing condition, but often we are asked how many medications we are taking. A member pointed out that although we consider our adrenal replacement as 2 medications, the emergency Solu-Cortef is, in fact, a 3rd medication to declare.

Eight years ago a man visiting the US was rushed to emergency with appendicitis. He informed the medical staff of his adrenal insufficiency and they telephoned his Ontario endocrinologist in the middle of the night for treatment instructions. His appendicitis was treated successfully. He had to leave his VISA card information at the US hospital before leaving for home in Ontario, but he was billed only the cost for minor items. The Ontario health plan covered all the medical bills. His travel insurance was not used.

Leadership change: I am handing over the leadership of the Vancouver Island support group to Derek to coordinate future meetings. Derek is a member of the Board of Directors of The Canadian Addison Society and sincere in his wish to see the continued support for all of us with adrenal insufficiency on Vancouver Island. Transition to a new Regional Representative for the Island was inevitable and the time is perfect to place future development of the support group into Derek's capable hands. I will continue to attend local meetings and help out whenever needed.

The next Victoria meeting is tentatively scheduled for early Spring 2016. For further information on the Vancouver Island Support Group, please contact Jim Sadlish at vanisleaddisons@gmail.com or (250) 656-6270. For information on Central Island activities, please contact Sharon Erickson at ericksons@shaw.ca.

BC - Lower Mainland Support Group

For further information on this Support Group please contact Judy Stanley at, bugbee@shaw.ca.

Alberta - Edmonton Region Support Group

For information on this support group, contact Ginny Snaychuk at ginray@shaw.ca or (780) 454-3866 in Edmonton

We are searching for a volunteer to take on the Regional Representative role in the **Edmonton** Region. If you are interested, please contact either Ginny Snaychuk (above) or Harold Smith at president@addisonsociety.ca.

Alberta - Calgary Region Support Group

For information on this support group, contact Ginny Snaychuk at ginray@shaw.ca or (780) 454-3866 in Edmonton

We are searching for a volunteer to take on the Regional Representative role in the **Calgary** Region. If you are interested, please contact either Ginny Snaychuk (above) or Harold Smith at president@addisonsociety.ca

Saskatchewan Support Group

For information on the Saskatchewan Support Group, contact Elizabeth Hill at (306) 236-5483 elizabethhill10@hotmail.com

The next meeting may be held in the Regina area - TBA.

Ontario - South/Central Support Group

This group held its fall meeting September 26 in conjunction with the AGM. Prior to the beginning of the AGM business, the support group held an Emergency Injection Clinic in which everyone had the opportunity, if they wished, to learn how to load a needle/syringe from a Solu-Cortef Act-O-Vial and give an injection using an orange to simulate the patient's thigh. We can never practice this often enough. A time of crisis is not the time to be reading instructions. You need to know it as you know how to brush your teeth. Someone's life may depend on it.

Following the AGM business the group spent considerable time on the self-introduction session where everyone who wishes to do so has the opportunity to explain their journey with adrenal insufficiency either as a patient, partner or other. Many members have told us this is the single most important segment of any meeting and the forum in which they learn the most about their disease, methods of coping, different treatments being experienced by others, etc.

The spring meeting of this support group is scheduled for May 2016. Watch the website for details as to time location and agenda. <http://www.addisonsociety.ca/index.php/community/support-group-meetings>

For further information on South/Central Ontario Support Group activities or meetings, contact Roger Steinmann in West Montrose at rdsteinmann@ehel.ca or (519) 575-6590 or Harold Smith in Kitchener-Waterloo at hsmith81@hotmail.ca or (519) 742-8170.

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Support Group Contact Information & Meeting Reports *continued*

Ontario - Eastern Support Group

The Eastern Ontario Support Group met on Saturday, October 17, 2015, at Robbie's Restaurant in Ottawa. There were ten in attendance. Anne –Marie Willems and I started the meeting with a roundtable. Emphasis was placed on each member to carry the Addison's crisis protocol letter and kit of Solu-Cortef and to be your own advocate should the need arise to seek medical help.

We discussed Addison's Syndrome and travelling and one member recounted his experience with an Addison's crisis while travelling in South Africa and he and his wife were quick to recognize the situation, had in hand the kit and protocol letter and were able, along with the help of a small clinic to get the situation under control.

Another member suggested when travelling by plane, to use airport lounges to pay and rest and it is a good idea to stave off fatigue.

I presented and distributed the new Addison's pamphlet which was well received and the members indicated that they would distribute them to their doctors and medical offices. We also discussed about reducing and plasticizing the protocol letter to wallet size. I will enquire with Staples about the feasibility and price.

We discussed the importance of wearing a Medical Alert bracelet and all our members wear one. Some important wording suggestions on the bracelet were "adrenal deficiency" and "hypo adrenalism". Afterwards, I consulted with a paramedic, who is a family friend, and he definitely stated that they are trained to look for a Medic Alert bracelet if called for an emergency.

Magnetic canisters, can be bought from the Paramedics, for the fridge to hold the protocol letter, the cortef solution and important documents you may believe might be helpful for the Paramedics. I will look into the cost of the canister and report back at our next meeting.

We discussed various coping mechanisms to help avoid an Addison's crisis and suggestions including increase salt intake, nap, increase medications, stop driving, reschedule events in order to not overburden yourself.

Open discussion on shingles vaccination and who can and cannot receive it. I will investigate and you should talk with your own endocrinologist about your own personal situation.

Our next meeting is scheduled on Saturday, May 14, 2016, the weekend before the Victoria Day long weekend. We will have a guest speaker with us at this meeting.

For information on Eastern Ontario Support Group activities or meetings, please contact Ghislain Hardy, email ghislain2406@live.ca or telephone (613) 601-3671.

CAS Members located in Quebec, near Ottawa, would be most welcome at our meetings.

Quebec - Montreal Region Support Group

For information on Montreal Region Support Group activities or meetings, please contact Shelley Saklatvala, email shell326@hotmail.com or telephone (514) 991-0294.

Quebec - Québec City Region Support Group

We are searching for a volunteer to become our Regional Representative for a Quebec City Region Support Group. If you are able to assist in this volunteer role please contact Harold Smith, president@addisonsociety.ca. In the interim, if you are trying to connect with the Society for support please call our Montreal Area Regional Representative, Shelley Saklatvala at (514)-991-0294 or you may **also call the Society via our Toll Free number 1-888-550-5582 or email info@addisonsociety.ca or president@addisonsociety.ca.**

Atlantic Support Group

For information on the Atlantic Canada Support Group activities or meetings, please contact, Holly Mclean email hquilter@nb.sympatico.ca or telephone 506-546-1687. Holly lives in northern New Brunswick

Medical Q & A's

There is a very large and wide-ranging set of questions on both daily living and situation-specific issues that have been answered by our medical advisor over the years. Before submitting a question to our medical advisor, please consult the wealth of Q&A's on our website. Many questions have already been answered.

To review these questions and answers, please go to the Canadian Addison Society website under Education <http://www.addisonsociety.ca/files/pdfs/FAQNovember2011.pdf> see previous issues of the newsletter.

Question #1:

Is it okay to get a Shingles Vaccine with Addison's.
Will your immune system become stronger and have more defences against the Varicella-Zoster Virus with the Vaccine? Who should not get the Shingles Vaccine?

Response for question #1:

Individuals with Addison's disease can get the shingles vaccine without any concern' There are individuals with severe immune deficiency who have to avoid contact with proteins that require an immune response but this is not the case with Addison's disease.

Question #2

In 2011 , I was diagnosed with a low thyroid, was medicated and gaining weight in the process. Prior to this, I felt really tired, dizzy and vomiting often. In 2013 , after fainting outside I was taken to emergency twice and finally was hospitalized for 3 days. I was told that I had an atrophy of the adrenal gland and I am taking 20.5 mg per day for this condition. (Adrenal insufficiency)

I was told that an atrophy of the adrenal gland is not necessarily the Addison's disease (secondary). I would really appreciate your point of view.
Thank you

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Medical Q & A's *continued*

Response for question #2:

There seems to be some confusion about the diagnosis of your adrenal problem. You should ask to be seen by an endocrinologist who could review your symptoms and your lab work to help explain your situation.

There are 2 types of adrenal insufficiency. Secondary adrenal insufficiency is due to a pituitary problem that results in a deficiency of ACTH, the hormone that stimulates the adrenals to make hydrocortisone. Primary adrenal insufficiency (Addison's disease) is due to a destruction of the adrenals. This is most commonly due to an autoimmune process, with antibodies being formed that are directed to a protein in the adrenal that causes destruction of cells in the adrenal cortex where hydrocortisone is made. There are other causes of adrenal destruction including infection or hemorrhage which are much less common... In your case, the fact that you also have an underactive thyroid which can also be an autoimmune problem, raises the possibility that you could have an autoimmune basis for your adrenal problem.

I should emphasise that it is important to review the situation with your endocrinologist to confirm the diagnosis of adrenal insufficiency.

Question #3

I have heard and am wondering if it is true that the epinephrine in dentist's freezing blocks the absorption of cortisol and that we need to use the other less effective freezing. I have had good results without the epinephrine but need a longer freeze time for an upcoming procedure.

Response for question #3:

The epinephrine used in dentist offices to control the distance the freezing goes would last a relatively short time. It should not affect the absorption of cortisol. It can have other side effects such as causing rapid heart rate but should not affect cortisol absorption.

Question #4:

I am a 25 year old female, I have had Addison's disease since 2007 and am on 4mg prednisone in the am and 2mg at supper. I also take Florinef once daily. My dose has been the same since diagnosis and I have a great quality of life - I've never had a crisis and to be honest no significant changes in my lifestyle since the pre-Addison's days (for which I am very grateful). I also have well controlled hypothyroidism and celiac disease.

However, I know that Prednisone has the potential to have some long lasting harmful effects, especially on the bone density side of things (and being female I am even more concerned about this). That being said, my endocrinologist assures me that since the dose is a replacement dose and not an additional amount, that I should be fine and I should not experience those side effects.

I have spoken to a few other Addisonian's, and other than the one who has the same endocrinologist, it seems most people take hydrocortisone. I'm wondering If there would be value in me consulting a second endocrinologist about this to discuss what would be more beneficial. Due to the great quality of life I have, I'm quite happy with the results I get from the prednisone, but every now and then I panic a little about the future of my bones.

I realize you cannot make suggestions about which medication I should take as I am not your patient, but I would love to know if I should be concerned about the long-term use of prednisone.

Medical Q & A's *continued*

Response for question #4:

I received your note regarding the best medication for Addison's disease. The routine that is most commonly recommended is a daily dose of hydrocortisone 15 to 25 mg taken in two or three divided doses. There is nothing wrong with the routine that you are on if you are feeling well. Prednisone has a longer duration of action than hydrocortisone and there is more of a possibility for over treatment, but if things have gone well for the past 8 years and your weight is normal, I would tend to leave things alone. You could get a bone density within the next year or so and if it looks perfectly normal I think you should stick with your current routine.

Medical Questions and Answers

Dr. Donald Killinger, MD, PhD, FRCPC Medical Advisor to The Canadian Addison Society
will answer your questions about Addison's disease.

Send your question to Dr. Killinger directly from the webpage or this link

<http://www.addisonsociety.ca/index.php/education/faqs/ask-a-question>

Or

By emailing liaisonsecretary@addisonsociety.ca

Or via Canada Post

The Canadian Addison Society, 2 Palace Arch Drive, Etobicoke, Ontario M9A 2S1

Questions and answers that may be of interest to everyone maybe published in the Newsletter and on the website.



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2 Palace Arch Drive, Etobicoke, Ontario M9A 2S1
1-888-550-5582

Email: admin@addisonsociety.ca
Website: www.addisonsociety.ca

New Membership Renewed (\$25/year) 1yr 2yrs 5yrs ** Plus a Contribution

Name: _____

Address: _____

Postal Code: _____ Telephone: _____

E-mail Address: _____

How do you wish to receive the Newsletter? (Please tick one box)

I will read it on the website at www.addisonsociety.ca or by mail

If you **DO NOT** want your name to be made available to other Addisonian's in your area please sign here _____

You may also direct \$5.00 of your annual fee to one of the local support groups below.
Please check a box of your choice. ** Tax receipts are issued for donations over \$15.00.

- \$25.00 to go to The Canadian Addison Society OR
- \$5.00 to Eastern Ontario Support Group – ON + \$20.00 to Society
- \$5.00 to South/Central Ontario Support Group – ON + \$20.00 to Society
- \$5.00 to Saskatchewan Support Group – SK + \$20.00 to Society
- \$5.00 to Alberta Support Group – AB + \$20.00 to Society
- \$5.00 to BC Lower Mainland Support Group – BC + \$20.00 to Society
- \$5.00 to Vancouver Island Support Group – BC + \$20.00 to Society
- \$5.00 to Quebec Support Group + \$20.00 to Society

Please mail your payment to **The Canadian Addison Society**
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2 Palace Arch Drive
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M9A 2S1

*Use your credit card by visiting
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Optional (for newsletter mailing purposes if you wish to provide this information)

Endocrinologist Name _____

Endo's Full Address/Postal Code _____

ER Director of Hospital and Hospital Address _____



***The Canadian Addison Society
La Société Canadienne d'Addison***

***2 Palace Arch Drive
Etobicoke ON M9A 2S1
1-888-550-5582***

E-Mail: admin@addisonsociety.ca

**Minutes of the Annual General Meeting
Saturday, September 26, 2015
Woodstock, Ontario**

The Canadian Addison Society Annual General Meeting was held Saturday, September 26, 2015 at College Avenue Church, 22 Wilson Street, Woodstock Ontario. In addition there was a video link with the BC Lower Mainland Support Group which allowed their full participation in the meeting.

The Annual General Meeting was called to order at 1:30 Eastern Daylight Time by Rick Burpee, Secretary-Treasurer.

Adoption of Minutes from the 2014 Annual General Meeting

The Minutes of the 2014 AGM were published in the October 2014 Newsletter.

Adoption of the minutes was moved by Dale Smith, seconded by Nathalie Hamel, and carried by a show of hands.

Financial Report

The yearend Financial Report (attached) had been included in the Notice of Meeting. Rick Burpee, Secretary-Treasurer, updated the numbers to September 20, 2015. Cash on hand had increased from December 31, 2014 by approximately \$1500 to \$61,981.30. Membership fees and donations and expenses have been consistent with previous years, the only exception being the purchase of liability insurance (Director and Officer, Corporate General Liability) for approximately \$1500. It was noted the cash on hand had increased significantly near the end of December 2014 with the receipt of a \$15,000 donation from Pfizer Canada for some specific programs (to be discussed by Harold Smith later in the meeting). To date, roughly \$1500 had been expensed.

President's Report

Harold thanked the Board members, members of the Executive and all the volunteers for the accomplishments of the past year.

Redesigned Web site: We have received many compliments for our updated and attractive website. Our webmaster, Jeff Wilson installed instant International English/French translation as a bonus. There are still some pdf files that do not translate well and we will work to correct that this year (fine tuning of a website never ends). We owe a great deal of thanks to our Webmaster who has been incredibly generous with his time and talent this past year.

PayPal: PayPal is now available on the website for Donations, new member payments and membership renewals. On-line payment has been a request of many members. We continue to work on the final set up including improvements to the online membership Form.

New Brochure: This is another big step forward and includes features from several documents from the website commonly used by new and existing members. We have included specific information regarding Injection Kits. The new brochure went up on the website this week.

New Member Card: A new card is in development to enable it to be e-mailed to members. This pairs up with the on-line renewal aspect and will result in significant postage savings.

Solu-Cortef...Ambulances...Paramedics...Trained to Inject: There is an initiative underway to have the Provinces and Territories authorize the administration of IV solu-cortef by paramedics. Ontario is currently the template as a unique opportunity has presented itself. A huge debt of gratitude must go to long time member Gino Innamorato for his initial connections with the Ministry of Health in Ontario.

BC Members have also done a great deal of work in this area up to the Ministry level and we hope to very soon be in a position to aid them with their efforts with significant supportive documentation.

We will move to the Educational sectors and the care of our Adrenal Insufficient children in the care of others while at school.

PARTNERS Initiative: This is a research project initiated by the University of Calgary. We have been successful in having Adrenal Insufficiency recognized as an area in urgent need of attention in the Pre-hospital and ER care areas.

To date there have been Community meetings with Society member participation, Regional Tele-Conference meetings, and I participated in a National Tele-conference representing the Society and adrenal insufficiency in general.

Pfizer Funding: We continue to make use of the Pfizer funding. The new website was paid for with this funding. We are also using for other Educational

and Awareness initiatives such as the new brochure and the brochure holder program which we will soon reboot. Other initiatives such as the Manual mentioned in regard to Ambulances and paramedic will also be funded this way. This was a very, very welcomed and appreciated influx of cash that is being put to very good use by a dedicated team of volunteers.

Emergency Injection Instruction Sheet: The plan is to upgrade this document (we have had requests from BC). We are also discussing having a video produced for emergency Injection Training. If and when produced, it would be available on our website and consideration would be made to produce Flash Drives for distribution.

To all of our Volunteers across Canada, no matter what role you may play, thank you.

Election of Director

Due to the early resignation of Steve McKenna, there was one vacant Board position, which had been temporarily filled by Derek Burpee. There has been one nominee, Derek Burpee, Chair of the Youth Advisory Council.

Moved by Roger Steinmann, seconded by Dale Smith, and carried by a show of hands (at both meeting locations).

Slate of Directors to 2017 AGM: Derek Clarke, Elizabeth Hill, Gerry Ott, Harold Smith, Roger Steinmann, Derek Burpee (to 2016)

Officers: Harold Smith – President, Roger Steinmann – Vice-President, Rick Burpee – Secretary-Treasurer

Old Business from AGM 2013 and 2014 – Increasing Membership

Many of the initiatives in the President's report should be considered a set of programs which will all enhance membership – updating and modernizing our information (website and brochure), on-line payment of membership fees and donations, and more interaction with the medical community via CORD, PARTNERS etc.

New Business

Quebec Regional Representatives: Shelley Saklatvala has agreed to accept the volunteer Regional Representative position for the new Montreal Region Support Group (514-991-0294 or shell326@hotmail.com)

We are still in need of a volunteer for the new Quebec City Region Support Group (contact Harold Smith at president@addisonsociety.ca)

Alberta Regional Representatives: We are seeking two representatives for Alberta – one for the Calgary area, the other for Edmonton. Ginny Snaychuk, our current contact person in Alberta is available to assist in becoming established. Please contact Ginny at ginray@sgaw.ca or Harold Smith at president@addisonsociety.ca

Harold took questions from the audience at both locations.

The meeting was adjourned at 2:30

THE CANADIAN ADDISON SOCIETY

**STATEMENT OF INCOME & EXPENSES
FOR THE PERIODS ENDING DECEMBER 31, 2013 AND DECEMBER 31, 2014**

Cash on hand and in banks	January 1, 2013 \$37,875.11	December 13, 2014 \$42,229.95
Income		
Dues Received - National	\$3,075.00	\$4,126.93
- Support Groups	595.00	720.00
Donations	5,255.87	19,579.90
Interest Earned on Investments	409.24	450.57
	<u>9,335.11</u>	<u>24,877.40</u>
Expenses		
Memberships - other organizations	50.00	50.00
Advertising & Publicity	0.00	473.02
Newsletter	1,164.98	1,439.06
Web Site	526.14	768.34
Secretarial	1,200.00	1,200.00
Annual Meeting	94.82	315.38
Postage, stationery and supplies	618.60	684.11
Telephone	1,107.19	1,199.18
Support Group Expenses	203.64	183.02
Bank Charges	14.90	35.53
	<u>\$4,980.27</u>	<u>\$6,347.64</u>
Cash on hand and in banks	December 31, 2013 <u>\$42,229.95</u>	December 31, 2014 <u>\$60,759.71</u>

THE CANADIAN ADDISON SOCIETY

Analysis of cash on hand & in banks as at December 31, 2014

Equitable Trust -

The Canadian Addison Society - \$14,617.44 @1.35% due February 3, 2015	
- \$21,182.16 @1.45% due June 9, 2015	\$35,799.60

TD Canada Trust -

The Canadian Addison Society	18,694.17
Quebec Support Group	220.00
Eastern Ontario Support Group	778.32
South/Central Ontario Support Group	2,578.28
Saskatchewan Support Group	300.00
Alberta Support Group	674.60
Lower Mainland (Vancouver) Support Group - British Columbia	934.24
Vancouver Island Support Group - Victoria	780.50

Total	<u><u>\$60,759.71</u></u>
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