

# St. James Assiniboia 55+ Centre



## 2014/2015 Annual Report



# St. James Assiniboia 55+ Centre



## Table of Contents

Vision & Mission.....	2
Board of Directors .....	3
St. James 55+ Senior Centre Staff.....	3
President & Executive Director Reports .....	4
Healthy Aging Resource Team .....	6
Support Services .....	7
Programming Highlights .....	9
Partners, Funders & Sponsors .....	11



## Vision

Aging is seen as a universal development process which individuals experience differently. An older individual shall have the opportunity for continuous physical, mental, emotional and social development.

## Mission

To encourage Seniors to improve their quality of life by providing educational, recreational, health and social opportunities.



# St. James Assiniboia 55+ Centre

The St. James Assiniboia 55+ Centre is a charitable, non-profit organization. Our mission is "to encourage seniors to improve their quality of life by providing educational, recreational, health and social opportunities." The Centre is a meeting place for social interaction. We create opportunities for people to build relationships and participate in meaningful activities after retirement.

## 2014-2015 Board of Directors

### St. James Assiniboia 55+ Centre Staff

#### **Sean Sager**

Executive Director

#### **Carol Sandilands**

Administrative Assistant

#### **Adele Spence**

Seniors Resource Coordinator

#### **Meaghan Wilford**

Program Coordinator

Marilyn Robinson	President
Maurice Mazerolle	Second Vice President
Dave Schellenberg	Treasurer
Connie Newman	Past President
Pat Wachs	Secretary
Ken Liwiski	Director at Large
Gerald Knutson	Director at Large
Mike Price	Director at Large
Bob Christle	Director at Large
Joyce Rose	Director at Large
Marian Dore	Director at Large
Sharon Walters	Ex-Officio

# Message from the President & Executive Director

It is our pleasure to report to you on the operations of the Centre as well as the work of our Board of Directors over the 2014-2015 programing and fiscal year. Here at the St. James Assiniboia 55+ Centre, the Board of Directors sets the direction for the organization and provides monitoring and oversight of accomplishment of goals. The Executive Director, together with staff and volunteers, carries out the Board's direction.



## The St. James Assiniboia 55+ Centre

We continue to follow three strategic directions that were previously established:

### Relocation

Considerable effort was made on the Capital Campaign this past year and despite numerous meetings with various groups, we did not realize the financial support we had hoped to achieve this fiscal year. Despite this setback, all levels of government continue to affirm their support of the our relocation with a firm commitment pledged to the project from the City of Winnipeg and with continued negotiations taking place with the Provincial and Federal governments. We still are very much looking forward with great anticipation to the days when we are able to experience first hand the many different benefits moving to the Civic Centre will bring us.

### Fund Development

The major portion of our annual operational funding comes from a grant from the WRHA. In addition to these funds from the WRHA we regularly apply for additional grant funds to help sustain our operations. As well, we conduct many different fundraising events over the course of each year to assist us in meeting the financial commitments we have. A number of fund raising events were held during this past fiscal year that included the annual ticket Raffle, the Bud, Spud and Steak night at the TYC, our Christmas Craft Sale and Baking Auction as well as our 50/50 draws at most of our social events. We thank the staff for their assistance with these activities and most of all, we thank our members for their contributions and participation in these very important undertakings.

### Programming

We know that responsive programs that meet the needs of our members are critical to our ongoing and future success. The staff is responsible for the wide range of programs that are offered and do a great job keeping everything fresh and organized. We continually hear praise from members about the quality and variety of our programs and services. Kudos to the staff, health providers and instructors for their continued excellence.

# Message from the President & Executive Director Continued

In accordance with the bylaws of the Centre, the Board held six regular meetings this year. To support the Board and Executive Director in achieving the Centre's goals, we have the following board committees that meet regularly: Capital Campaign, Finance and Audit, Fund Development, Human Resources and Policy. In addition, there are a number of operational committees that fall under the direction of the Executive Director including the Membership Committee.

Some of the other noteworthy items that took place during operations last year include:

- Sean Sagert served as Acting Executive Director from December 2013 - January, 2015. Executive Director, Roxanne Greaves-Tackie, resigned shortly after her return from maternity leave and the Board was pleased that Sean applied for the Executive Director position. He assumed the role February 27, 2015.
- This year we were able to significantly reduce our administration and marketing costs by close to \$20,000 and in the next fiscal year we will not only be able to continue that trend but improve upon it. By way of example one of the major shifts that has helped reduce costs was instead of sending the newsletter to an outside company to be printed our newsletter is now done in house on our new photocopier. This change alone represents a significant cost savings to the centre while at the same time improving the end result with the front and back pages now being printed in color.
- A wide variety of fitness, educational, health and special events took place at the centre this year with some of the highlights being the Christmas Luncheon, Clear Lake Trip, Fall Supper, Sponsor Speaker Series, Breakfast with Doug Speirs, Summer BBQ's, and our volunteer appreciation event among the many enjoyed by all.
- Once again we commend all our staff for their commitment to excellent service to our members as well as all of our volunteers who add immeasurable value and enable the centre to do things that we would not normally be able to do.

It is difficult to encapsulate in these few pages a full picture of not only the impact that the St. James Assiniboia 55+ Centre is having in the community of St. James but also the ways in which what we do impacts the individual lives of our participants. Each story and memory that is created here at the Centre is one that we hope will continue to highlight our mission and that will encourage Seniors to improve their quality of life by providing educational, recreational, health and social opportunities.

**Marilyn Robinson**  
President

**Sean Sagert**  
Executive Director

*Thank you for providing such valuable information on your website. I found it very beneficial and have told several people about it.*



# Healthy Aging Resource Team

Our Healthy Aging Resource Team has had another busy and eventful year. Some of the highlights are:

- The team participated in a number of events over the past year that promoted the team. These included the Red River Exhibition, Senior's and Elders Day, Wal-Mart Health Fair, seniors housing block health fairs and Age and Opportunity Housing Expo. There were also a number of presentations to health groups such as the Home Care Hospital Based Team and the Primary Care Team at Access Winnipeg West.
- The team continues to work with students in the nursing program at Red River College and dietetic interns through the University of Manitoba.
- A number of group presentations were held during the year in a variety of locations throughout the city that targeted seniors. Presentations included Healthy Lifestyles Bingo, Fall Prevention, Arthritis in the Kitchen, Parkinson in the Kitchen, Healthy Eating. A cooking demonstration was also done at the Salvation Army. The dietitians have also done presentations for the Senior Centre Without Walls program.
- Continuing programs include the education and counseling with individuals for diabetes education and other health concerns, Cooking Club, Parkinson Support Group and monthly health clinics held in a variety of housing complexes throughout St. James.
- The WRHA HART also provides service to Assiniboine South. There were a number of health promotion activities provided over the past year within this catchment area.



## Healthy Aging Resource Team (H.A.R.T.)

**Laurie Green RNBN**  
Primary Health Care Nurse



**Elizabeth St Godard RD**  
Community Nutritionist



**Lorna Shaw-Hoeppner RD**  
Community Nutritionist



# Support Services Highlights

Adele A. Spence,  
Seniors Resource Coordinator



**Challenging, satisfying, memorable and a few “oh my goodness” days are a few words to describe Support Services for 2014-15.**

This past year the thirteen community resource councils have undergone a rebranding of their name. They are now called **Seniors Resource Finders** and they link and refer seniors to community support, programs and services in their community area. I have been privileged to be partnered with the St. James Assiniboia 55+ Centre. My title is now Senior's Resource Coordinator. You will not notice any significant change in services provided with the exception of my being involved in the community more to meet the needs of the seniors.

We have had a wide array of “Keeping Connected” presentations offered at the Centre from “For Your Eyes Only” to our “Around the Table Series” with a variety of community presenters who educated, enlightened and often entertained those in attendance. There was good attendance and positive feedback. Many thanks to Joan McCallum, Happie Bangle and Sandra Miller who have baked many cookies to offer at the presentations. Nothing like a personal touch when you are among friends. Many of our members who have gone on Housing Tours to assisted living residences now reside there and many have reconnected with old friends. These tours have been offered for 12 years and have provided an opportunity for seniors to make choices regarding accommodation options.

## E.R.I.K. Kits

ERIK kits are distributed to seniors at the Centre as well as community organizations. We have some very efficient and enthusiastic volunteers when it comes time to assemble ERIK kits. They have to be reminded to take a break! This past year there were 1,894 kits distributed.

## Home Maintenance Referral Program

Home Maintenance Referral is very popular for our great service providers. They are reliable, good with seniors and charge reasonable rates. Whether you need the services of a handyman or someone to shovel snow for you we work hard to get you looked after so you can remain independent.

## Rides for Seniors

Rides for Seniors remains a popular service with 6 volunteer drivers and a roster of clients who use the service for rides to medical appointments, grocery shopping, banking, or for attending programs at the Centre.

## Community Referrals

Community Referrals continue for everything from in home hair care to foot care to legal information. Our meal resource guide is popular with seniors and updated on a yearly basis. The staff had occasion to use one of the provider's, Food for Thought, and we were all very impressed.

# Support Services Highlights Continued

## Income Tax Clinic

Our annual Income Tax Clinic in partnership with Age and Opportunity; Support Services to Seniors and the Institute of Chartered Accountants went very smoothly - in fact it was the best Clinic to date. There were 68 seniors who had their income tax returns done and 22 accountants in attendance. Seniors from all areas of the city come to the Centre and it is a good opportunity to hand out newsletters and ERIK kits. This clinic is free with income limitations.

## Volunteer Appreciation

The annual Volunteer Appreciation Event "Above & Beyond" breakfast was enjoyed by 100 volunteers. Bob Jackson and Don Kissick provided the background music. There are over 200 volunteers who provide many hours of time to support our programs and services. Without their help we could not offer the high quality programs for which the Centre has been known. We look forward to another breakfast next year with the same great food and musicians.

## Gathering Place Project

The "Gathering Place Project" was an initiative to address the issue of isolation in the community. It commenced in January 2015 after recruitment and screening of volunteers, identifying isolated seniors, meetings and other background work. The project started with eleven volunteers and six clients. A volunteer is paired with a senior and they have coffee/conversation at the coffee shop of their choice or in the lounge area of their residence. There is no visiting in the home of the resident. Some volunteers pick the senior up in their car. Plans are to bring everyone together for a barbecue in June and there are ongoing meetings and follow up between all persons to ensure we address issues as they arise and offer a meaningful life experience for our isolated seniors.

**Submitted by:**

**Adele A. Spence,  
Seniors Resource Coordinator**

*"I enjoy all the outings that the Centre provides. It gives me a chance to meet some great members and see parts of the City that I may not have otherwise ventured out to on my own".*



# Programming Highlights

**Meaghan Wilford, Program Coordinator**



Here at the St. James Assiniboia 55+ Centre our programs for 2014-15 were some of the most memorable on record. All of our different and unique programs have given our members the chance to embrace the educational, recreational and social opportunities to enhance their lives and feel at home within the Centre!

**For a short glimpse into the 2014-15 fiscal year I would like to share with you the following highlights:**

## Pickleball

In the last fiscal year our Pickleball Program grew substantially. We are fortunate enough to play at two great facilities, Sturgeon Heights Community Centre and Westwood Church. Close to 100 of our members take part in our program and it is one of the most competitive, and fun groups in the province.

## Fall Supper

This year we had a Fall Supper event at Westwood Church with Entertainment from the Southglen Fiddlers. Over 100 people attended this evening event and were served a delicious menu of ham, perogies and much more. There was lots of dancing, smiles and socialization and a great time was had by all.

## Christmas Luncheon

Our Annual Christmas Luncheon took place on December 4th, 2014. The over 100 attendees were treated to a delicious served Turkey Dinner and fantastic cheesecake dessert from Kahoots Catering. We also had great Silent Auction prizes, a 50/50, a sing-a-long and for the first time a live baking auction!

## Special Events and Outings

This year we had a variety of new special events and brought back some Holiday Celebrations. The year started out with our Reach for the Stars Fashion Show featuring Fashions from Jones New York, A trip to Assiniboine Park Gardens and other lunches and outings.

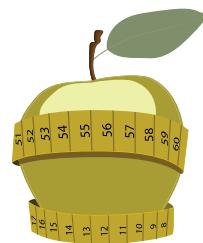
In the summer, we had two big bus trips. One was to Clear Lake and the other to Gimli. We also had a trip to Carman, the Journey to Churchill Exhibit at the zoo and our popular Tea Room Tours.

The fall brought lots of different events including breakfast with Doug Speirs, a Fall tea, lunch with Anne Mahon, and trips to the Human Rights Museum.

In the first three months of 2015, we have had a breakfast with our City Councilor, A Souper Bowl Party, Valentine's Day Lunch and Concert, St. Patrick's Day Lunch, an Oscar Party, Stew Crew Lunch, a Card Players Luncheon plus many more Soup Days and Sharp Knives/Flavour of the Month Cooking Clubs.

## Ten Class Challenge

The Centre was once again fortunate enough to receive a Healthy Together Now grant from the WRHA that we used to hold a 10 Class Challenge the first week of January. Participants attended two classes a day and received lunch and a snack. The goal of the program was to give attendees all the tools they needed to be active in the New Year and it was a success! Over 20 people attended throughout the week and many attendees went on to sign up for programs they previously had not been interested in.



# Programming Highlights Continued



## Fitness Classes

All of our Fitness Classes have been tailored with our members in mind. Exercise not only improves one's health, but also one's independence allowing them to continue to perform daily activities.

This past year we offered Beginner's Yoga and Yin and Yang Yoga (formerly invitational Yoga), Total Body Workout, Drums Alive, Tai Chi for Arthritis, Lite N' Lively, Zumba, Line Dancing and Meditation and all of the classes had great turnouts. We also continued to offer our Fitness Workshops on Friday's which had great attendance throughout the year. These workshops help to give our members the tools, and confidence needed to participate in classes, take advantage of our exercise room and to be fit at their place of residence or on any trips they take throughout the year.

## Our Drop In and Other Programs

Our many drop in programs continue to provide:

- Physical activities: Floor Curling, Bowling and Golf
- Musical activities: Singsational classes who had many community performances that brightened many lives
- Creative activities: Knitting and Crocheting Group, Stamp Club, Painting Group, and our 55+ Men's Group
- Social activities: Coffee Talk, Lunch with Friends, Company of Friends, Bridge, Scrabble and other Card Groups
- Technology Classes such as iPads, Androids, internet safety and 1 on 1 Classes

All of these different program options allow for not only the pursuit of different interests but also the connection with other people who enjoy the same things. It's a great way to stay active and to build great friendships with some of the best people you can ever hope to meet.

Thank you for all the memories for 2014-15 and I cannot wait to share with you all the exciting things planned for the next fiscal year. Please feel free to share your ideas and comments with me at any time.

**Meaghan Wilford**  
Program Coordinator



# *Thank You*

to our funders and sponsors whose generous support of the Centre allows us to continue to offer quality programs and services for our members and the community at large.

## Partners

Age and Opportunity: Support Services for Older Adults

Alzheimer Society  
Arthritis Society  
Assiniboine Links  
Chapman, Goddard and Kagan  
Charleswood Senior Centre  
Cheryl Reid Accounting  
City of Winnipeg  
Creative Retirement Manitoba  
Good Neighbours Active Living Centre  
Manitoba Association of Senior Centres  
Metropolitan Kiwanis Courts  
Nexus Holidays  
RCMP  
Safety Services Manitoba  
Seniors Best Friend  
Service Canada  
St. James Assiniboia Neighbourhood Network  
Sturgeon Creek II  
Sturgeon Heights Community Centre  
Tierney Podiatry  
The Seniors Music Festival  
The Westhaven  
Transportation Options Network for Seniors (TONS)  
University of Manitoba Faculty of Kinesiology and Recreation Management  
University of Winnipeg  
Westwood Community Church  
Winnipeg Police Services  
Winnipeg Regional Health Authority  
HART Team  
Winnipeg Transit

## Funders

Canada Summer Jobs  
Healthy Together Now  
Manitoba Association of Senior Centres (MASC)  
Manitoba Community Services Council Inc.  
Manitoba Lotteries Corporation  
New Horizons For Seniors Program  
Winnipeg Regional Health Authority  
Winnipeg Foundation

## Sponsors

Chapel Lawn Memorial Gardens  
Home Instead Senior Care  
Desjardins Financial Security Investments





## St. James Assiniboia 55+ Centre

3rd floor - 203 Duffield Street

Winnipeg, Manitoba R3J 0H6

(204) 987-8850

[www.stjamescentre.com](http://www.stjamescentre.com)



Follow us on Twitter

@stjamescentre



Look for us on Facebook!