

2016/2017

Annual Report

St. James Assiniboia 55+ Centre is an independently operated non-profit charitable organization with a mission to encourage Seniors to improve their quality of life by providing educational, recreational, health and social opportunities.



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 – Staff



Sean Sagert
Executive Director



Meaghan Wilford
Program Coordinator & Capital
Campaign Project Coordinator



Rachel Wonnek
Senior Resource Finder & Congregate
Meal Program Coordinator



Carol Sandilands
Administrative Assistant



Lisa Twomey
Program Assistant



Elizabeth St. Godard
Community Dietitian



Lorna Shaw-Hoeppner
Community Dietitian

Board of Directors

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Sharon Walters
Ex-Officio

Joyce Rose
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Ian McCausland
Director at Large

Message from the President & Executive Director

Introduction

On behalf of the Board of Directors and the staff of the St. James Assiniboia 55+ Centre we would like to take the opportunity to thank our members, participants, volunteers, funders, sponsors and supporters for another great year of working together as we encourage community members to improve their quality of their lives by providing educational, recreational, health and social opportunities.

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 2016-2017 programming 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 and we thank them for a wonderful job.

In accordance with the Bylaws of the Centre, the Board held six regular meetings this year and to support the Board and Executive Director in achieving our goals, we also have the following Board committees that meet regularly: Capital Campaign Committee and the Finance and Audit Committee, as well as a number of operational committees that fall under the direction of the Executive Director including the Membership Committee.



Gerald Knutson
President



Sean Sagert
Executive Director

Fund Development

A significant portion of our annual operational funding, 31% of our total income for 2016/17, came from a grant from the WRHA. For 2015/16 and 2016/17 the Manitoba government and the WRHA increased our funding by \$5,099 representing an 5% increase over previous years. Over the course of each fiscal year we also apply for additional grant funds to help sustain our operations and we have many wonderful Funders and Sponsors, highlighted on the back of this report, whose contributions to our Centre assist us significantly.

In order to assist the bottom line of Centre operations, and to help us operate with in the black, the Centre relied upon our annual fundraising target of \$22,000. It may seem like a small amount in comparison with a \$347,042 budget for 2016/17 but our success with fundraising determines whether we face the fiscal year with a shortfall or a surplus. For 2016/17 our fundraising total was \$20,279 and we ended the fiscal year with a modest surplus of \$12,691 or 3.6% of revenues. Without our fundraising efforts for 2016/17 we would have ended the fiscal period in the red.



Relocation



The Board of Directors of the St. James Assiniboia 55+ Centre are hoping for the realization of our dream - relocate our main site at 203 Duffield Street to the St. James Civic Centre just 900 meters to the north on Ness Avenue. Moving to the Civic Centre will enable us to address some of many of the core issues that currently hold us back from growing to our capacity especially as it relates to easier accessibility for our participants with parking and into the building itself. This new space will also enable us to expand many of our current programs that find themselves up against the limitations of our current space.

The scope of this project is such that it will require the participation of the City of Winnipeg, which has previously been secured, AND the participation of the Provincial and Federal Governments.

We met with our MP, Doug Eyolfson in January 2017. He supports our relocation and gave us four Federal departments to contact.

Most recently we met with the Honorable Steven Fletcher, Minister Scott Fielding and Scott Johnston, MLA. It was a positive meeting.

All our elected officials (6 of them) have indicated to us that they support our relocation to the St. James Civic Centre - to a multigenerational site.

Core Services Report



Support Services

Support Services has had a very busy and successful year. The goal of the Senior Resource Coordinator is to connect and refer seniors to the many different programs and services that exist in the community. Throughout the last year the Resource Coordinator has been busy providing access to these many different available resources in order to assist our participants stay active and healthy.

As an example one of our programs that is continually appreciated is our Rides for Seniors program. In this program we have a very dedicated group of volunteer drivers that this past year provided over 800 rides to seniors living the St. James Assiniboia Area. Another program that connects the centre to the surrounding community is the distribution of ERIK kits, over the past year we distributed over 1,300 ERIK kits and with the help of a guest speaker from Winnipeg Fire Paramedics there were many educational presentations to ensure that ERIK kits were being utilized when they were handed out. In addition to presentations about ERIK kits we were also able to partner with a wide variety of organizations and speakers in order to put on many different presentations covering a wide variety of topics in the Centre and in the community.

Throughout all the programs at the centre there is a common thread of volunteers that support our programs. This year we have had over 150 volunteers that have dedicated over 7,500 hours of their time. The scope of the work that our volunteers do is overarching, we have volunteers that do everything from leading programs, making crafts and tending to plants for fundraisers, working the receptions desk, driving, delivering newsletters, working in the kitchen and so much more. Without these volunteers the Centre would not be what it is today. A special thank you to ALL our volunteers for the different sacrifices they make on behalf of the Centre.

H.A.R.T.

WRHA Healthy Aging Resource Team 2016–2017

Over the past year, the focus for the team has been to expand its contacts and networks within the St. James, Assiniboia and Assiniboine South communities. As a result, the team was very busy delivering various nutrition and health focused presentations within those communities on a weekly basis to groups of older adults or community agencies.

The team is always very involved in providing learning opportunities and placements for students. This past year we had 2 dietetic interns and several classes of Red River nursing students that we supported for community programs.

Two large scale community projects were initiated over the past year: Falls Prevention Clinic:

In May 2016, the HART's organized a Falls Prevention clinic in conjunction with Access Winnipeg West staff and resources. This integrated and multi-disciplinary initiative involved home visits, attendance at a clinic and several follow-ups. Plans are underway to deliver this clinic again in the fall.

Community Garden Box project:

The WRHA and Healthy Aging Resource Team partnered with St. James Anglican and St. Stephen's/St. Bede's churches to start a community garden box project. Garden boxes were built on both church grounds this spring and will contribute fresh produce to the local food bank at harvest time in fall. The HARTs will be developing 'How To' fact sheets for unfamiliar produce such as kale and beets. This fall, we will be hosting cooking demonstrations and distributing 'grab and go' meal recipe bags to food bank participants.



There were also several hands-on nutrition activities delivered over the past year...most notably 11 "Cook and Eat" sessions and 2 "Cook Once, Eat Twice" sessions.

After ~19 years in her role as nurse with the Healthy Aging Resource Team, Laurie Green retired in May 2017. Her skills and accomplishments will never be forgotten and not only do we as a team miss her, but countless others in the community miss her too. She made an impact! We wish

her well on her new adventures.

Because of the size of our team, collaboration is integral to our success. We would like to recognize the wonderful relationship that we have with the St. James Assiniboia 55+ Centre and its' staff who have been vital to many of our initiatives and programs. Access Winnipeg West programs and staff continue to be fundamental to our work and we are looking forward to furthering our partnerships to provide integrated service for the Winnipeg West area. Our list of community partners is long and varied and each one brings a wealth of knowledge and opportunity to our community work!

Programming



The 2016-17 fiscal year was very busy in the programming office. Many of our favourite events took place again this year and we added many new programs including more food events, outings throughout Manitoba and educational sessions. Members traveled to Clear Lake for shopping and a cruise on the lake. We also went to Rosenort, the Austin Agricultural Society Seniors Day, McLeod House Tea Room, The Mint, The Zoo and many more. The two big events, Fall Feast and Christmas Luncheon had great entertainment, food, prizes and a great time was had by all.

Our Food and Friendships programs offered many fantastic entertainers and speakers this year as well as gave everyone delicious meals. The Soup program this year was one of our most successful with most soups selling out in the first few days. We also offered the opportunity for people to pre-order the soups which led to us making more of some soups and determining which soups were loved the most.

The fitness, drop-in and educational programs were also well attended and it was great to see lots of our members keeping their brains and bodies fit. We added a new Euchre program and our Friday cards is still a hit with the members. The Lunch and a Movie program is consistently sold out and is one of the Centres most popular programs.

Pickleball is still our most attended program due to the hard work of our volunteers and the Pickleball Leader, Ruby Laughren, who has been so dedicated to the centre over the years. We are sad that Ruby will no longer be leading the program and wish to thank her for all her years of service. Congrats Ruby on your 'retirement' and we are so happy for you that you will be able to just enjoy playing Pickleball in the future and try out other new endeavors.

Thank you to all the members for your support over the year. We are very excited to continue offering meaningful programming in the future and hope that you will enjoy all the future programs we have planned.



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 & Opportunity: Support Services for Older Adults
Alzheimer Society
Arthritis Society
Charleswood Senior Centre
Reid & Associates Chartered Professional Accountants
City of Winnipeg
Creative Retirement Manitoba
Doug Eyolfson, MP
Good Neighbours Active Living Centre
Korean Seniors Association of Manitoba
Manitoba Association of Senior Centres
Nexus Holidays
Safety Services Manitoba
Scott Fielding, MLA
Scott Gillingham, City Councillor
Scott Johnson, MLA
Shawn Dobson, City Councillor
Steven Fletcher, MLA
St. James Assiniboia Neighbourhood Network
St. James Civic Centre - City of Winnipeg
Sturgeon Creek I & II
Sturgeon Heights Community Centre
Tierney Podiatry
Transportation Options Network for Seniors
United Way
Westwood Community Church

Winnipeg Police Services
Winnipeg Regional Health Authority
H.A.R.T. Team
Winnipeg Transit

Funders

Canada Summer Jobs
Healthy Together Now
Manitoba Community Services Council Inc.
New Horizons for Seniors Program
Winnipeg Regional Health Authority
Winnipeg Foundation

Sponsors

Chapel Lawn Memorial Gardens & Funeral Home
Home Instead Senior Care
Desjardins Financial Security Investments
Shoppers Drug Mart





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