

2017/2018

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.



St. James
Assiniboia
55+ Centre

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



Meaghan Wilford
Executive Director



Paul Brown
Program Coordinator



Rachel Wonnek
Senior Resource Finder



Carol Sandilands
Administrative Assistant



Elizabeth St. Godard
Community Dietitian



Lorna Shaw-Hoeppner
Community Dietitian



Lisa Newman
Social Worker

Board of Directors

Gerald Knutson
President

Marilyn Robinson
Past President

Ian McCausland
Vice President

Kathy Elias
Treasurer

Marian Dore
Director at Large

Janet Jackmann
Director at Large

Connie Newman
Director at Large

Maurice Mazerolle
Director at Large

Dr. Dawn-Marie Turner
Director at Large

Sharon Walters
Ex-Officio

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 the 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 2017-2018 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



Meaghan Wilford
Executive Director

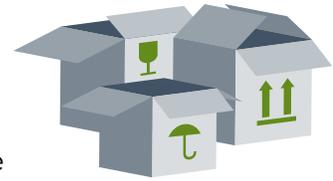
Fund Development

A significant portion of our annual operational funding, 31% of our total income for 2017/18 came from a grant from the WRHA. 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 operated within the black, the Centre relied upon our annual fundraising target of \$21,900. Although this is a small amount compared to our annual budget of \$321,912, our fundraising success determines whether we face the fiscal year with a shortfall or a surplus. For the 2017/18 year our fundraising total was \$21,835 and we ended the fiscal year with a modest surplus of \$8718, or a 2.7% surplus. A major reason for our fundraising success in the past fiscal year was our 25th Anniversary Dinner. Thank you to Maurice Mazerolle and Janet Jackmann for co-chairing and putting on a great event for our members and the community.



Relocation



The Board of Directors of the St. James Assiniboia 55+ Centre are hoping for the realization of our dream relocate our main site to the St. James Civic Centre just 900 metres to the north on Ness Avenue.

This move will enable us to address many of our core issues that are currently holding us back from growing to our capacity especially as it relates to easier accessibility with parking and being on a main floor.

Since the scope of this project is so large, it will require the participation of all three levels of governments, not just the city funding which has previously been confirmed. We have met numerous times with our provincial representatives the honourable Steven Fletcher, Minister Scott Fielding and Scott Johnston, MLA and have their support for this project.

Most recently, we have met with MP, Doug Eyolfson, who has assured us that our plans are a great fit for one of the Federal infrastructure funding priorities.

We are very positive that our goal for relocation will be realized and are looking forward to having more information to share with you in the near future as we move to the St. James Civic Centre- a true intergenerational site.

Core Services Report



Support Services

Support Services had a very busy 2017-2018 year. The goal of the Seniors Resource Coordinator is to connect and refer seniors to the many different supports, programs and service that exist in the community. Throughout the year the Resource Coordinator has been busy growing existing programs as well as offering new programming inside the Centre and in the community.

We have made connections in the community to offer new programming such as free hearing test at the Centre and brought in experts in their fields to educate us on relevant topics such as mental health. In addition to working in the Centre we have also organized programming in 8 locations throughout the community. Over the past year we also distributed over 1,000 ERIK kits to a large variety of community members and community organizations and offered ERIK kit presentations with the help of a guest speaker from the Winnipeg Fire Paramedics. In addition to programming we had a very successful year with our Rides for Seniors program, our very dedicated volunteers provided over 950 rides.

A crucial component that enables the Centre to run as smoothly as it does are our volunteers. Our volunteers are incredible with the amount of their time that they choose to donate. This year over 150 volunteers donated more than 7,000 hours of their time. Without all our volunteers our Centre would not be able to provide all the educational,

recreational, health and social opportunities that we do. Our sincerest thank you to each volunteer who has donated their time to the centre.

H.A.R.T.

WRHA Healthy Aging Resource Team 2017-2018

Last year, our team integrated into the WRHA Primary Care Team located at Access Winnipeg West. With this integration we are able to collaborate more effectively with other health providers to provide the best possible care to our clients as well as be more responsive to community needs. We service St. James, Assiniboia and Assiniboine South.

This year in January, we welcomed a new team mate - Lisa Newman, who is a registered social worker. With her added expertise we have been involved in various lower income housing locations in the areas that we serve to extend our outreach work and help connect people to resources. She has come to us with many years of experience in home care and other service agencies which has been extremely beneficial for our community!

We continue to support the education of various students and their educational programs. This past year we had 2 dietetic interns and several classes of Red River nursing students that we integrated within our community programs. We also had 1 social work student.

We organized 2 Fall Prevention Clinics with Access Winnipeg West staff this year. One clinic was located at 280 Booth and the other was located in a community block in St. James.

We continued our work with the Food banks this year and attended 3 food bank locations to provide education on using produce and preparing nutritious, yet economical meals.

Cook and Eat continues to be a program which is well-received and will continue to operate into the next year.

Many presentations, workshops and hands on educational sessions were offered this year. Of particular note is the Men's Cooking Program called "Back to Basics" which had a successful run in the spring and which will return in the fall.

To be able to do the work that we do, we rely on the assistance of numerous WRHA volunteers. These volunteers continually demonstrate professionalism, an eagerness to help and a passion for their work.

We look forward to continuing our work and partnership with the St. James Assiniboia 55 + Centre and its members.



Programming



Here at the St. James-Assiniboia 55+ Centre our programs for 2017-18 were some of the most memorable on record. We would like to share with you the following highlights:

Special Events, Food and Friendship and Outings:

This year we had a variety of new special events and outings. We went to Kenora for the day and had lunch on the M.S. Kenora, made chocolates at Morden's chocolate, went back to the Iberville Hutterite Colony and our popular Tea Room Tours.

The fall brought us lots of different events including a Halloween Brunch, lots of musical guests, our popular Fall Feast and much more. We had a few authors come out and share about their books, such as member Ricki Segal, and a travelogue on Venice!

Our Annual Christmas Luncheon had over 100 attendees who were treated to a delicious Ukrainian Meal. We also had great Silent Auction prizes, and the live baking auction was back. Musical entertainment was by Leo Gosselin and everyone had a great time eating perogies and celebrating the season.

In the first three months of 2018, we had a New Year's Breakfast, Easter Bingo, Valentine's Day Lunch and Concert, St. Patrick's Day Lunch, plus many more Soup Days and even a Men's cooking club.

Fitness Classes:

All of our Fitness Classes have been tailored with our members in mind. This past year we offered Yoga, Growing Young, Lite N' Lively, Zumba, Line Dancing and Wellness series on Fridays and all of the classes had great turnouts. We also continued to offer our Fitness Orientation Workshops which had great attendance throughout the year. In the last fiscal year our Pickleball Program continued to be popular. Close to 120 of our members take part in our program and it is one of the most competitive, and fun groups in the province.



Our Drop In and Other Programs

Our many Drop In programs continue to provide Physical, Musical, Creative, Social and Educational opportunities. Many thanks to all of the volunteers who help to lead these programs. We would not be able to have the variety that we do without all your help!

All of these different program options at the Centre allow for not only the pursuit of different interests but also the connection with other people who enjoy the same things. It is 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

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
All Seniors Care Living Centres
A Step Beyond & Associates
Arthritis Society
Reid & Associates Chartered Professional Accountants
Canadian Mental Health Association
CJNU
City of Winnipeg
Creative Retirement Manitoba
Credit Counselling Society of Manitoba
Connect Hearing
Doug Eyolfson, MP
Food Fare
Holiday Inn Airport West
Korean Seniors Association of Manitoba
Manitoba Association of Senior Centres
Manitoba Institute for Patient Safety
Medical Assistance in Dying
Mood Disorders of Manitoba
My Smaller Nest
Pharmasave Assiniboine Pharmacy
Rainbow Resource Centre
Reid & Associates Chartered Professional Accountants
Reliable Mobility
Safety Services Manitoba
Scott Fielding, MLA
Scott Gillingham, City Councillor
Scott Johnson, MLA
Shawn Dobson, City Councillor
Sort it Out

Steven Fletcher, MLA
St. James Assiniboia Neighbourhood Network
St. James Assiniboia Parent Child Coalition
St. James Civic Centre - City of Winnipeg
Sturgeon Creek I & II
Sturgeon Heights Community Centre
Tierney Podiatry
Transportation Options Network for Seniors
Transplant MB
United Way
University of Manitoba Dental Program
Victoria Lifeline
Westwood Community Church
Winnipeg Police Services
Winnipeg Regional Health Authority
H.A.R.T. Team
Winnipeg Transit

Funders

Canada Summer Jobs
Healthy Together Now
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
Rexall Foundation
Shoppers Drug Mart



St. James Assiniboia 55+ Centre

3rd Floor - 203 Duffield Street
Winnipeg, Manitoba R3J 0H6
(204) 987-8850

www.stjamescentre.com



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