

2018/2019

Annual Report



St. James
Assiniboia
55+ Centre

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



Meaghan Wilford
Executive Director



Samantha Silvester
Program Coordinator



Sarah Vinck
Senior Resource Coordinator



Kelly Howell
Program Assistant



Carol Sandilands
Administrative Assistant



Elizabeth St. Godard
Community Dietitian



Lorna Shaw-Hoeppner
Community Dietitian



Lisa Newman
Social Worker

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Sean Sagert
Director at Large

Yvonne Hardy
Director at Large

Mae Denby
Director at Large

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Director at Large

Kathy Elias
Treasurer

Maurice Mazerolle
Director at Large

Lloyd Gwilliam
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 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 2018-2019 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

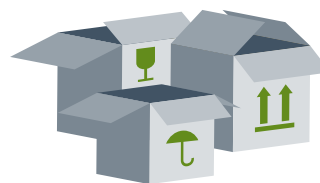
A significant portion of our annual operational funding, 31% of our total income for 2018/2019 came from a grant from the WRHA. Over the course of each fiscal year we also apply for additional grant funds to help sustain our operations and we have many wonderful Funders and Sponsors, highlighted on the 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 \$17,500. Although this is a small amount compared to our annual budget of \$347,432, our fundraising success determined whether we face the fiscal year with a shortfall or a surplus. For the 2018/19 year our fundraising total was \$18,752 and we ended the fiscal year with a modest surplus of \$21,047, or 6.7% of surplus.



Relocation

The Board of Directors of the St. James Assiniboia 55+ Centre are still 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 and provincial funding which has previously been confirmed. We have met numerous times with all three levels of government and have been reassured of their continued support to get the funding for this project.

We are positive that our goal for relocation will be realized once the Province connects with the Federal government to secure that funding. We are looking forward to having more information to share with you in the near future as we plan our move to the St. James Civic Centre - a true multigenerational site.

Core Services Report



Support Services

Support Services had a very busy 2018-2019 year. The goal of the Seniors Resource Coordinator is to connect and refer seniors to the many different supports, programs and services that exist in the community. Throughout the year the Resource Coordinator was busy improving the existing programs as well as sharing community resources. The once a week Tuesday presentations have provided an opportunity for individuals to learn about a variety of topics. This past year we have had sessions on ageism, managing arthritis, creating wills and managing with caregiver burnout. It's no doubt that Rachel worked very hard her last year at the Centre.

Looking at our service statistics this past year we distributed 1,360 ERIK kits to a large variety of community members and community organizations. ERIK kit presentations were offered 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 850 rides. There were a total of 35 different support presentations that directly supported 540 St. James community members.

A crucial component that enables the Centre to run as smoothly as it does are our volunteers. Our volunteers choose to donate an incredible amount of their time. 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 2018–2019

The HART team has continued to do outreach work in the community over the last year. We have connected with several senior housing locations to better understand the needs of those seniors. Throughout the year we have delivered presentations to these blocks as well as coordinated with Access Winnipeg West Primary Care team to deliver blood pressure clinics and connect some individuals to Primary Care services.

Blood pressure clinics have also operated out of the Centre this past year intending to continue regularly. The Primary Care nurses from Access Winnipeg West are eager to spend some time at the Centre in the future.

It is our pleasure to partner with the Centre to organize and help facilitate Oral Health Clinics. This is an initiative from a grant that was received from the Canadian Medical Association Foundation Healthy Canadians Grant program. Our goal is to offer as many low-cost clinics as possible in the area to ensure that all seniors have access to basic oral health care. The Deer Lodge mobile dental clinic is a key partner and service provider in this project.

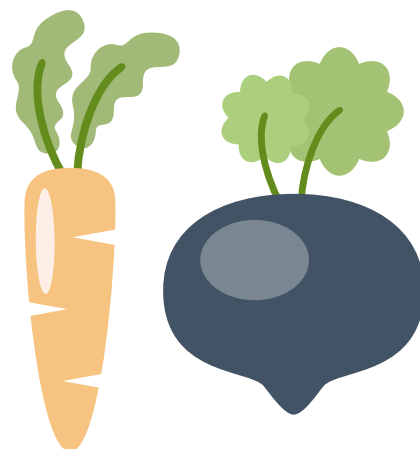
Cook and Eat at the Centre continues to operate successfully and has reached full capacity several times over the year. This program uses WRHA Volunteers who have knowledge and experience in nutrition to be able to assist with the delivery of this program. Without these volunteers, this program, as well as many others that we operate would not have all the resources required for success.

Students are also a very big part of our program and this year we had the pleasure of having a Social work student for 6 months with our program. Kathy our BSW student from the University of Manitoba assisted the team in the community with education on diabetes and fall prevention as well as some blood pressure clinics.

We also continue to connect with Red River nursing students and Manitoba Partnership Dietetic Internship Program to provide experience and knowledge for these future health professionals.

Our food bank work continued over the past year and we had a good response from the volunteers who operate the food banks as well as the attendees. Our intent at the food banks is to provide education on using produce and preparing nutritious, yet economical meals. Moving into this year, we are connecting with the food banks again and will work on providing some training and resources for the volunteers.

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 2018-2019 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 past year was filled with many returning events which are now becoming traditions; from Celebrations Dinner Theatre to The Ole Farmhouse Cafe and from Iberville and Milltown Hutterite Colonies to Lake of the Woods, these trips have been enjoyable and rewarding: contributing to healthy lifestyles and community growth here at the Centre.

Last summer, we had the privilege of visiting our Hutterite Friends to share meals and experience their way of life. We witnessed a more historical side of our great city on the Winnipeg Trolley Tour, at Lower Fort Garry, and through Heritage Winnipeg's authentic and inspiring presentations. Throughout the year, we experienced flavours of Hawaii and the Middle East with our in-centre meals and visit to Yafa Café.

We had no trouble spreading holiday spirit with events like Christmas dinner, Royal Wedding Tea, Halloween Trivia, St Patrick's Day celebrations and the great Fall Feast. These events helped create good memories we can reminisce on with jubilant nostalgia.

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 our Friday Wellness series. All of these classes were well attended. Floor curling remains a popular activity among our members, with about 20 attendees coming on a weekly basis for fun and fellowship. Our Pickleball program continues to have strength in numbers and is well received in the community as a fun physical and recreational program.



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. This year, we expanded our programming to include Cribbage and hope to have more drop in programs in the future.

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 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

A&O, Support Services for Older Adults
All Seniors Care Living Centres
Arthritis Society
Reid & Associates Chartered Professional Accountants
CJNU
City of Winnipeg
Credit Counselling Society of Manitoba
Connect Hearing
Doug Eyolfson, MP
Food Fare
Holiday Inn Airport West
Manitoba Association of Senior Centres
Mood Disorders of Manitoba
My Smaller Nest
Nexus Holidays
Pets 101
Reliable Mobility
Safety Services Manitoba
Scott Fielding, MLA
Scott Gillingham, City Councillor
Scott Johnston
Sort it Out
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
Sun Ice Tours
Tierney Podiatry
Travelling Guardian
Transportation Options Network for Seniors
Transplant MB

United Way - Winnipeg
University of Manitoba Dental Program
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

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St. James Assiniboia 55+ Centre

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