

2022-2023

Annual REPORT



**The Good Companions
Seniors' Centre**
Supporting a Vibrant Community

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🌐 www.thegoodcompanions.ca

📘 @TheGoodCompanionsSeniorsCentre

🐦 @Good_Companions

B.N. 11894 1152 RR0001

Board of Directors 2022-2023

President

Seán K. Kelly

Vice President

Paul Kearns

Treasurer

Jason Kempt

Secretary

Leah Canning

Executive Director

Monique Doolittle-Romas (ex-officio)

Directors

Cathy Collett

Jeff Doll

Brian Robertson

Angela Dzinas

Amy Friesen

Barbara Parker

Bonita Goodison

Committees of the Board

President, Seán K. Kelly(ex-officio), and Executive Director, Monique Doolittle-Romas sit on all Committees.

Finance (Board Committee)

Jason Kempt (Chair)

Angela Dzinas

Joseph Brown

Rick O'Rourke

Gertrude Gruber

Mariola Kolakowski (Finance Officer)

***Resigned during fiscal year**

Property Development Committee

Paul Kearns (Chair)

Seán K. Kelly

Cathy Collett

Gord Thom

Monique Doolittle-Romas

Property Committee

Jeff Doll (Chair)

Nancy Meloshe

Gord Thom

Cathy Collett

Curtis Murphy

Vlodek Hnatiuk (Facility Coordinator)

Vision

To support and assist older adults and adults with physical disabilities to enhance their well-being by promoting independence.

Mission

The Good Companions is an incorporated, charitable organization in Ottawa dedicated to promoting, enhancing and supporting the zest for living, well-being and independence of older adults as well as adults with physical disabilities.

Values

Accessibility, Accountability, Collaboration, Compassion, Dignity, Innovation, Respect for Diversity, Responsiveness.

2022-2023 Staff List

Executive Director	Monique Doolittle-Romas
Finance Officer	Mariola Kolakowski
Corporate Administrative Assistant	Nicole MacLean
Administrative Assistants	Véronique Bernier Samantha Kelly Laurie Pacey
Facility Coordinator	Vlodek Hnatiuk
Facility Assistant	Mariusz Kielb
Day Centre Director	Darlene Powers
Day Centre Coordinator	Ana Valença
Seniors' Centre Without Walls (SCWW) Coordinator	Emily Payne (*Emma Revell—maternity leave)
SCWW Program Assistants	Rana Yassine, Jessica Zhang
Membership & Volunteer Coordinator	Nikkie Snagg
Craft Coordinator	Linda Janes-Peddle
LGBTQ2+ Program Coordinator	Stephane Gauthier
Adult Day Program Coordinator	Penny Bodnoff
Adult Day Program Assistant Coordinator	Sonia Movrin
Adult Day Program Assistants	Justin Sauv�, Grace Barrett Maria Mangyao*
Community Support Services Manager	Anne Kendall
Community Support Services Coordinators	Carolyn Calder, Brenda Packer
Community Support Services Assistants	Jessie Jin, Cici He, Rebecca Hosker, Basma Sahmuddeen
Food Services Director	Frank Bowie
Cook	Aaron Brown, Eva Mihili*
Assistant Cook	Miranda Gumeni
Food Services Assistant	Zoubida Chouat, Patricia Beadle
Drivers	Barry Shirley, George Romas, Sylvie Paul
<u>SCWW Expansion Team</u>	
Expansion Director	Lisa Swant
Ontario Lead Coordinator	Rachel Sutcliffe*, Lisa Hollingshead*
French Program Coordinator	Meghan Cornett
Manager of Fundraising and Sustainability	Angella Rawsthorne
Community Resource Developer	Adrienne Tuffin
Mandarin SCWW Program Assistant	Cici He, Jessie Chen

Statistical Achievements



The Adult Day Program provided programming for **70** clients with **2,046** session attendances!



TGC had **17,525** sessions participants who took part in fitness classes, continuing education, visual arts, games performing arts, etc.

670

Clients/members took part in our congregate dining program, with **21,832** virtual and in person visits!



Our Food Services team prepared a total of **67,209** meals!

2,500 frozen meals were prepared by TGC's kitchen for online and in person purchases

11,083

Check in calls made to **407** clients!



951 Food Hampers were coordinated for delivery to clients facing food insecurity. TGC's kitchen prepared **6,600** frozen meals which were included in these hampers!



840 session participants took part in TGC's Saturday programming provided "by, for and with" **LGBTQ2+** seniors!



2,994 drives were arranged for **460** transportation clients!



The Good Companions served a total of **1,561** Community Support Services Clients



201 gift cards were provided to clients in need of food, or other essentials.

SCWW total session participants: **10,485**



137 Volunteers gave a total of **10,913** hours!





Our SCWW program supported **223** clients over **580** sessions averaging of **18** clients per call!

SCWW Expansion

50 Small Grants awarded to build and grow other SCWW programs across Ontario!



SCWW Expansion

213 partner organizations were trained under the SCWW Expansion team!

2022 –2023 Sponsors and Donors

Without the incredible generosity of the following businesses, foundations and individuals; we simply could not do what we do! We wish to acknowledge your contributions and thank you for your support!

Our Sponsors

- 3Sixty Public Affairs
- Alcaide Webster Architects
- Alterna Savings
- Aspira Bearbrook Retirement Living
- Bell Canada
- Brian Robertson
- Chell Team - Ottawa - RE/MAX Hallmark Realty Group
- Emdash (Formerly: MediaStyle)
- Johnson & Johnson Inc.
- Kiwanis Club Ottawa
- Mann Lawyers
- Murphy Group Ottawa Inc.
- Ottawa Health Group
- RE/MAX Hallmark Giving
- Regimbal Group
- Sparks Street BIA
- Spring Living Retirement
- Tea & Toast Inc.
- The Matt Foundation
- The Stephen & Jocelyne Greenberg Family Foundation
- Whelan Funeral Home

In-Kind Donors

- Bayshore Home Health
- Bell Canada
- Bentall Green Oak
- Beyond the Pale
- Brenda and Blaine Pinch
- Brew Donkey
- Brian Penny
- Bruno Racine Salon
- Carleton University
- Children's Place Kanata
- Desjardins - Carrasco Family
- Elmdale Public School
- Escape Manor
- Granicus
- Hyatt Ottawa West
- Johnson & Johnson Inc.
- Kanata Acting Studio
- Laser Cut Ottawa
- Michael Petrou
- Ottawa Curling Club
- Pubblico Eatery
- Renu Spa
- Rick Beekmans Photography
- Rockin Johnny's Diner
- Salim Nensi
- Sarah Heath
- Sarah Marsaw
- Shawn Anthony
- Surmesur
- The Merry Dairy
- Tiny Hoppers Findlay Creek
- Todd And Lindsay Williams
- Valerie De Winter

Thank you

Reflecting on 2022-2023

For the past 67 years, The Good Companions (TGC) has played a vital role in the lives of seniors and adults with physical disabilities. The Centre has always been a supportive place of friendship, providing a sense of belonging and a space where all older adults from every walk of life feel welcome. TGC continues to be a leader in our sector; identifying where supports are necessary, creating innovative programs, and making every effort to respond to the needs of those we serve.

As the 2020-2023 Strategic Plan comes to a close we would like to reflect on the key highlights which were achieved over the past year. With programs and services returning to a place of normalcy, a new chapter focused on recovery and rebuilding has begun. A new strategic plan and directions have been collectively produced to support TGC for the years to come, which we look forward to sharing with you!

Assess the Building and Property

Development in the LeBreton Flats area continues around The Good Companions and includes construction across the street for the brand new library, the re-alignment of Albert and Slater street and other road repairs—all of which have added additional stress to TGC's aging building.

Over the past fiscal year repairs were necessary to the Centre's main fridge, the east side door, the roof and overall HVAC system. New equipment was also installed in TGC's parking lot to take care of sewer/ backflow issues. The Good Companions went through 2 major technology upgrades including the transition to a new telephone system, and migration of its shared server to the cloud.

While The Good Companions continues to patch and repair its 64 year old building (which grew over the years to be 36,000 square feet), The Board of Directors has been eagerly planning and pursuing opportunities of what could be a brand new space for TGC in the future.

The Good Companions is a model Seniors Centre and Community Support Services agency that meets the needs and exceeds the expectations of seniors (55+ and adults with physical disabilities) in Ottawa

As heightened response to emergencies and needs related to the pandemic lessened, The Good Companions expanded its focus to rebuild and recover in person programming and services. TGC ensured it created a place and supports that felt safe for its members and clients to return to.

TGC was the proud recipient of the 2021-2022 Dan Benedict Award for Community Mobilization in September of 2022, and was also recognized for its work responding to urgent needs of the community by MPP Joel Harden.

The Good Companions' Seniors Centre Without Walls (SCWW) program was highlighted and featured in the 2022 National Institute on Ageing final report, and our SCWW Expansion team worked to share our expertise with 213 partner organizations across the province!



Increase and Diversify Funding to Achieve Sustainability

The 2022-2023 fiscal year was extremely successful for The Good Companions in regards to diversifying its funding, utilizing one-time funds to benefit clients, members and volunteers, and also in creating new partnerships with businesses who generously sponsored client subsidy funds, events and initiatives at the Centre.

- TGC received a \$150,000 Ontario Trillium Foundation Resilient Community Grant to help rebuild and recover from the impacts of COVID. Fundraising Consultants were hired for one year to develop and implement a fundraising/planned giving strategy which will set TGC up for future growth.
- TGC received \$25,896 from the City of Ottawa to support transportation for vaccines. The funding allowed TGC and four CSS partners to provide free transportation for seniors.
- TGC received approval from Help Age Canada for a \$10,000 grant to support emergency food hampers, meals, transportation subsidies and respite for caregivers.
- TGC received \$106,302 from the Ontario Community Support Program for funds to assist seniors facing food insecurity.
- TGC received a \$10,000 sponsorship from Bell Canada. The sponsorship included a “Voice to Face Party” for 70 Seniors’ Centre Without Walls clients, a Chinese New Year visit and gift for 100 seniors, porch visits and small gifts for 60 caregivers, funding to purchase 100 tickets for seniors to attend TGC events, and special occasion gifts for 40 LGBTQ2+ seniors.
- TGC was awarded funding from Ontario Health East for a pilot project to host a dedicated Adult Day Program for LGBTQ2+ seniors with cognitive disabilities or frail and elderly. The program is delivered two Saturdays per month at The Good Companions. The funds allowed the hiring of additional staffing and personal support workers which enabled TGC to admit clients with greater needs.

Establish a Healthy, Flexible and Engaged Workforce at TGC

The Good Companions made wellness training, development, and practice a top priority for the 2022/2023 year. The Centre partnered with the Canadian Mental Health Association of Ontario to engage in a five-part training series that focused on various areas of mental health and provided a positive and safe space for staff to share, listen and learn. The training focused on providing tips and tools, and reflection for management to promote psychological health and safety in the workplace. Meditation and Wellness sessions were also available to staff twice weekly.

The Good Companions recognizes that there is continued work to understand Indigenous values, histories, peoples and experiences. Thirteen staff members participated in training entitled *Anishinaabe Mino’ayaawin – Foundations in Cultural Safety* designed to enhance self-awareness, and strengthen the skills of those who work both directly and indirectly with Indigenous people. All staff participated in an Indigenous workshop where the facilitator helped staff understand cultural appreciation and appropriation, and traditional medicine bags were created. For National Truth and Reconciliation Day staff took time to pause and reflect and add medicines to our medicine bags.

The Good Companions said goodbye to Eva Mihili in June of 2022. Eva gave 23 years of service cooking her homey and delicious meals and soups, and payed special attention to ensure there were no hungry stomachs at the Centre. A coffee and cake celebration was hosted where staff, members and volunteers had a chance to wish her well on her well deserved retirement.

Special Events 2022-2023

Making Memories



Rabbie Burns Luncheon,
January 2023



Valentine's Tea, February 2023

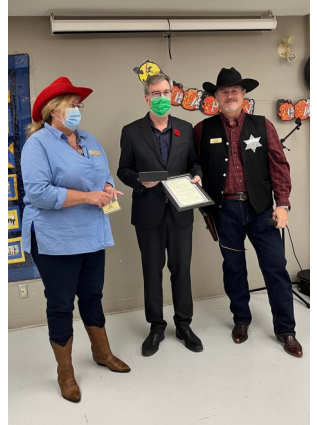


Seniors Active Living Fair
and Open House
September 2022





**Easter Brunch
March 2023**



**Christmas Bazaar
December 2022**



THANK YOU TO OUR VOLUNTEERS!

Congratulations and thank you to our volunteers who have achieved their milestone volunteer years of service as of December 31, 2022.

5 YEARS

Jennifer Beharry
Leah Canning
Bill Caverly
Cathy Collett
Michel Gosselin
Brian Hobbs
Myungsook Jang
David Knowles
Justin McNeill
Pete Neubert-Jones
Carmel Rombough
Brenda Thompson

Sandra Withers
Sema Yusuf

10 YEARS

Micheline Barbeau
Sue Balfour
Aleida Dikland
Gertrude Gruber
Louise Henry
Muriel Libby
Vicky Mok
Mary O'Brien
Rosaria Pecorella

Jacqueline Plumb
Catherine Tremblay
Rick Whitford

15 YEARS

Daphne Fletcher
Janet Hehner
Renaud Préfontaine
Beryl Walker
Marion Warriner

20 YEARS

Noreen Jette

WHITE & RED ROSE (25+ YEARS)

Celia Brown
Ruth Brown
Burgi Drews
Dawn Duncan
Stan Harris
Douglas Millson
Linda Tannis



Volunteers from Bell Canada graciously joined us for a full day of sorting and packing presents for our Santa 4 Seniors initiative!



50 volunteers from Deloitte spent the day with TGC in October 2022 to clean our outdoor space, repaint parts of the Centre and even set up our new electronic sign-in system now used at the front entrance!

The heart of a volunteer is never measured in size, but by the depth of the commitment to make a difference in the lives of others."

DeAnn Hollis

THE GOOD COMPANIONS - SUMMARY FINANCIAL INFORMATION

(The following summary financial information is taken from the audited financial statements for the year ended March 31, 2023, copies of which are available upon request.)

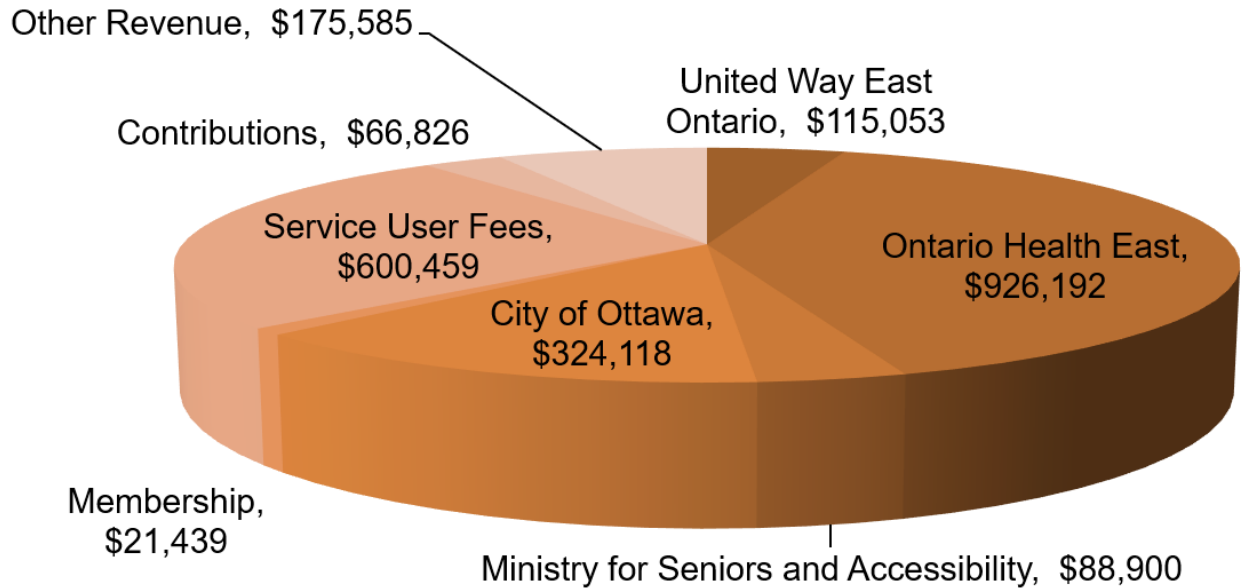
COMBINED STATEMENT OF FINANCIAL POSITION AS AT MARCH 31, 2023

	2023	2022
CURRENT ASSETS		
Cash and short-term investments	\$ 701,348	\$ 995,704
Accounts receivable	76,786	57,432
Prepaid expenses	233	9,637
	<u>778,367</u>	<u>1,062,773</u>
LONG -TERM INVESTMENTS		
	212,727	210,927
TANGIBLE CAPITAL ASSETS		
Historical cost \$3,076,731(2022-\$3,76,731)less accumulated amortization of \$1,439,326 (2022-\$1,402,954)	<u>1,637,405</u>	<u>1,673,777</u>
TOTAL ASSETS	\$ <u>2,628,499</u>	\$ <u>2,947,477</u>
CURRENT LIABILITIES		
Accounts payable and accrued liabilities	\$ 72,110	\$ 88,274
Deferred revenue	<u>253,666</u>	<u>507,438</u>
	325,776	595,712
FUND BALANCES - END OF YEAR	<u>2,302,723</u>	<u>2,351,765</u>
TOTAL LIABILITIES AND FUND BALANCES	\$ <u>2,628,499</u>	\$ <u>2,947,477</u>

STATEMENT OF OPERATIONS OPERATING FUND FOR THE YEAR ENDED MARCH 31, 2023

	2023	2022
REVENUE		
Grants - Ontario Health East	\$ 926,192	\$ 907,345
City of Ottawa	324,118	265,993
Ministry for Seniors and Accessibility	88,900	88,900
United Way East Ontario	115,053	111,234
User fees	600,459	356,052
Canada Emergency Wage Subsidy	47,500	264,257
Other	<u>216,350</u>	<u>113,434</u>
	2,318,572	2,107,215
EXPENSES		
Salaries and benefits	1,393,392	1,348,128
Program	443,521	357,166
Occupancy	251,654	239,270
Administration	133,921	111,667
Other	<u>96,081</u>	<u>50,984</u>
	<u>2,318,569</u>	<u>2,107,215</u>
NET REVENUE FOR THE YEAR	\$ <u>3</u>	\$ <u>0</u>

2022/2023 Revenue Sources: \$2,318,571.62



OUR FUNDERS

Federal

- Employment and Social Development Canada



Provincial

- Ministry for Seniors and Accessibility
- Ontario Health East



Municipal

- City of Ottawa
- United Way East Ontario



**United Way
Centraide**
East Ontario
Est de l'Ontario

Other

- Bell Canada
- HelpAge Canada
- New Horizons
- Ontario Community Support Association (OCSA)
- Older Adults Centres' Association of Ontario (OACAO)
- Funding in memory of
John and Susanne Graham



OACAO
The Voice of Older Adult Centres
La voix des centres pour aînés



OCSA
Ontario Community
Support Association