

2019/2020

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
Community Dietitian



Lisa Newman
Social Worker

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President

Kathy Elias
Treasurer

Yvonne Hardy
Director at Large

Mae Denby
Director at Large

Marilyn Robinson
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Janet Brady
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Sharon Walters
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Sean Sagert
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Jessica Ferris
Director at Large

Laurie Green
2nd Vice President

Connie Newman
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 2019-2020 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 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.

As my time as president comes to a close, it has been a pleasure serving you over these 4 years. I have many great memories from the Centre and look forward to seeing how the Centre grows in the next few years.



Gerald Knutson
President



Meaghan Wilford
Executive Director

Fund Development

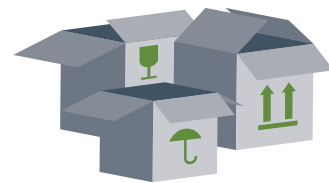
A significant portion of our annual operational funding, 31% of our total income for 2019/2020 came from a grant from the WRHA. Over the course of each fiscal year we also apply for additional grant funds to help sustain our operations and we have many wonderful Funders and Sponsors, highlighted on the 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 \$20,000. Although this is a small amount compared to our annual budget of \$376,524, our fundraising success determined whether we face the fiscal year with a shortfall or a surplus. For the 2019/20 year our fundraising total was \$17,458 and we ended the fiscal year with a modest surplus of \$51,948, or 13% of surplus.



Relocation

The Board of Directors and the Capital Campaign Committee are continuing to monitor happenings at the Civic Centre.



We are positive that our goal for relocation is looking much more doable every day. We have it on good authority from our elected officials that our relocation is happening - they are supportive and do want to be a realization.

Recent status report for the Building Systems Upgrade project at St. James Civic Centre - July 2020

- Demolition - 98% complete. The large slab openings (walkway to the Arena, and the Material Lift) are the main items left to be done. The Lobby has been opened up, as the Reception Desk/Canteen has been removed, as well as the interior set of doors.
- Auditorium Roof - 100% complete.
- West Pool Roof - The roof has been boarded in, and the existing roof has been removed down to the steel structure. The roof deck was found to be in very poor condition, with holes through the steel structure in several areas.
- East Parking Lot - This side lot has been fenced in to facilitate operations and improve site security
- Water - The new backflow valve and water meter have been installed, and the site now has running water.

Core Services Report

Support Services



Over the past year Supports Services has been dedicated to enhancing the lives of seniors living in the St. James Assiniboia area. Knowing that individuals age more comfortably and smoothly in their own homes it's our mission to help keep them there as long as safely possible. Some of the ways we catered to the needs of our community were; weekly educational presentations, referrals to our Home Maintenance Program and other trusted service providers, dispersing E.R.I.K. kits to senior's and arranging transportation through our Rides for seniors program.

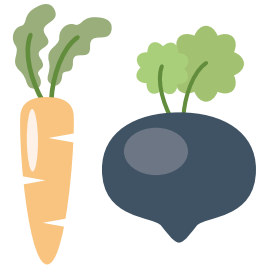
It's hard to comprehend just how many seniors have been impacted by our efforts so we figured we would include some statistics to give you a better idea. This last year we distributed over 1,750 ERIK kits to a large variety of community members and community organizations. There were a total of 37 different support presentations that provided resource education to over 510 St. James community members. Some of the topics of presentations and events included patient advocacy, wills and estates, and nutrition for healthy aging. We are looking forward to providing more necessary supports, referrals and information to our community in the years to come.

The Support Service programs can only run efficiently with the help of our dedicated and

compassionate volunteers. We would like to say a special thank you to all the volunteers that helped whether it be by providing rides, creating E.R.I.K. kits, conducting presentations and more. We greatly appreciate the time and energy you have invested into making our efforts more impactful in our community.

H.A.R.T.

WRHA Healthy Aging Resource Team 2019-20



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.

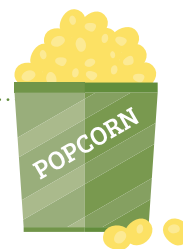
Students are also a very big part of our program and this year we had the pleasure of having a Social work student for 6 months with our program. Kathy our BSW student from the University of Manitoba assisted the team in the community with education on diabetes and fall prevention as well as some blood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



Special Events, Food and Friendship and Outings:

We had a great year for programming at the Centre with many new and old favourite programs returning. We were able to head back to Kenora over the summer, as well as take trips to tea rooms, and Folk Fest.

Autumn brought our Fall Feast, the Murder Mystery Dinner, and the Scandinavian Travelogue. The Fall Feast was a rousing time with the B Side Apostles. Our intriguing Murder Mystery Dinner welcomed many guests to the mid-century home of Harrison and Viola—socialites who found themselves caught amidst a murderous conspiracy—for a turkey dinner. This could not have been a success without our eager and dedicated volunteers! The Scandinavian Travelogue took us on a tour of Scandinavia, the Baltics, and parts of Russia while enjoying the traditional flavours of beet borscht, salmon, herring, and pumpernickel. An additional highlight of our year was releasing our 2019 edition of the Making Memories in the Kitchen Cookbook, a collaborative effort amongst our staff and members. It is full of delicious and delectable recipes for your enjoyment.

Winter adventures included the Ukrainian Dinner with the Chad Celaire and hosting a Gingerbread Village Party with our friends at the St. James PARENT Child Coalition for some holiday fun. Dr. Craton presented his book, "Wisdom from the Homeless," which shares his volunteer journey. We also had a lot of fun with our belly-dancing guest teacher and trying our hands at the art of making sushi.

When an unforeseen threat to public health brought some programming challenges, we made our way through to provide you with continued online programming and telephone services that met the changing needs of the St. James Assiniboia 55+ community. Much delight found in bingos, trivia, and travelogues to help pass our time at home. When summer brought some lifted restrictions we opened programs at half capacity and explored new food, crafts, and movies with members who were eager to return.

Fitness Classes:



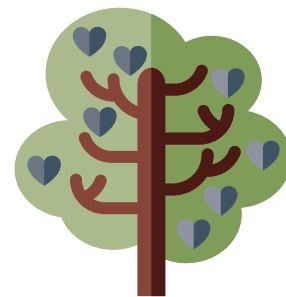
This past year we offered Yoga, Growing Young, Lite N' Lively, Zumba, Line Dancing and our Friday Wellness series. All of these classes were well attended. Floor curling remains a popular activity among our members, with about 20 attendees coming on a weekly basis for fun and fellowship. Our Pickleball 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.

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

Adrien Sala, MLA
A&O, Support Services for Older Adults
All Seniors Care Living Centres
Alzheimer's Society
Arthritis Society
Reid & Associates Chartered Professional Accountants
Caregiving with Confidence
Community Paramedics
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Connect Hearing
Daily Function Occupational Therapy
Dying with Dignity Canada
Elite Sports Injury St. James
Food Fare
Hearing Life
Heritage Winnipeg
Holiday Inn Airport West
Institute for Patient Safety
Manitoba Association of Senior Centres
Mood Disorders of Manitoba
My Smaller Nest
RBC
Reliable Mobility
Safety Services Manitoba
Scott Fielding, MLA
Scott Gillingham, City Councillor
Scott Johnston, 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
Travelling Guardian
Transportation Options Network for Seniors
Transplant MB
United Way – Winnipeg
University of Manitoba Dental Program
Victoria Lifeline
Westwood Community Church
Wildlife Haven
Winnipeg Regional Health Authority
H.A.R.T. Team
Winnipeg Transit
906 and Me

Funders

Canada Summer Jobs
Healthy Together Now
New Horizons for Seniors Program
Winnipeg Regional Health Authority
Winnipeg Foundation

Sponsors

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Desjardins Financial Security Investments
Pharmasave Assiniboine Pharmacy
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Jeff Brown, Sutton Group



St. James Assiniboia 55+ Centre

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