



MARCH
OF DIMES
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LA MARCHE
DES DIX SOUS
DU CANADA

NON-PROFIT HOUSING CORPORATION
LA SOCIÉTÉ D'HABITATION À BUT NON LUCRATIF

Rising to the Challenge

Non-profit Housing Corporation
2019/20 Annual Report

March of Dimes Canada Non-Profit Housing Corporation
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Rising to the Challenge

Life is full of challenges. March of Dimes Canada's Non-Profit Housing Corporation (NPHC) includes six affordable, community-based supportive housing locations where residents with complex needs receive 24-hour care, based on unique challenges associated with brain injury, physical disability or various medical conditions. We have been helping people across Ontario meet those challenges since 1992.

Our residences provide an opportunity for individuals who need a high level of support to live in the community, close to their families and friends, and to work on their individual goals. Too many people live in settings, such as long-term care, that weren't designed for their particular requirements and don't have the capacity to support them.

We provide all necessary personal support for the tasks of daily living, such as eating, dressing, bathing, toileting and transferring into or out of a wheelchair. We also provide more complex care, including tracheotomy support and gastronomy tube feeding. Residents direct their care, setting their own schedules and making their own decisions about their rehabilitation and what they want to do.

Just as important as personal support, we create social opportunities on-site and in the community

because social isolation is just as significant a challenge as daily care. We understand that, and we're working hard to meet both needs.

One highlight of the year was the completion of Bishop Alexander Carter House in Sudbury, which accommodates 12 people living with brain injury. This is the result of a hard-working committee and generous donors who rose to the challenge of meeting a significant need for this type of housing in Northeastern Ontario. We also benefited from donations of time and money towards the regular maintenance that keeps all our sites safe, attractive and comfortable.

We can't talk about 2019/20 without acknowledging our staff's remarkable response to COVID-19. The pandemic hit in the final weeks of our fiscal year, but it had an immediate and enormous impact. Our next annual report will include details, but for now, we thank our staff for the swift response that kept everyone safe.

Strong connections enable our work. Staff, residents, families and partners all contribute to the supportive atmosphere that fosters the resilience and sense of community that you'll read about in this annual report.

Ronnie's Story

Ronnie Carrie has lived at Jason's House for 25 years. He has cerebral palsy (CP) and requires full-time support with daily tasks like showering, shaving, toileting and brushing his teeth. Eating is also a challenge, since he uses a feeding tube.

"The CP affects my muscles," Ronnie says through a communication device. "I can't control them the way I want to."

Ronnie is non-verbal, so he uses a Bliss board – a collection of pictures and words – to communicate. He also has a new Dynavox, assistive technology that he controls with his head that vocalizes for him. He's learning to use it with help from staff.

Before Jason's House, Ronnie lived at another, larger supportive housing location. He was looking for a change – somewhere smaller, more like a home – and Jason's House fit the bill.

Everyday challenges, like trying to answer a phone call or respond to a question, can still be frustrating for Ronnie. But now he has a routine, and things to do, as well as the practical support he needs.

Ronnie's days begin when staff get him up and feed him breakfast. Then he'll go outside to enjoy some fresh air before listening to music, watching a documentary or using his sensory tray. The tray includes a variety of textured objects – he finds it relaxing.

Ronnie is also artistic. "He loves finger-painting, sand art, Playdough, water colours," staff member Heather says. "He's got a million art supplies."

Then there are walks around the block, Bingo nights, regular visits from the recreational therapist, and trips to the sensory room at Mohawk College.



"The room has aromatherapy, and a chair that rocks to music. All sorts of things to engage his senses," Heather says.

Jason's House has provided Ronnie with the 24-hour support he needs, as well as the homier, more intimate setting he wanted. When asked how he'd describe Jason's House to other people living with disability, Ronnie doesn't quite have the words.

"I don't know how to express it—but come live here."



Jason's House

- **Address:** 66 West 28th Street, Hamilton, Ontario
- **Type:** Single-family home adapted for residents
- **Capacity:** 4 people

Staff at Jason's House kept residents busy and active last year with trips to hockey and football games, concerts, movies and more. They also took up gardening to experience the pleasure of growing and nurturing plants.

Jason's House is a social place. Residents love to connect with their community by playing bocce, wheelchair dancing, or anything else that gets them out and about. One of the challenges they

face is getting to a last-minute activity, since accessible transportation has to be booked in advance. Staff work hard to organize activities and events on-site or to plan them in advance.

Plans to enhance the building had to be put on hold due to COVID-19, but we hope to proceed with painting, new curtains and a kitchen renovation as soon as possible.

Allan's Story

Allan Burroughs had been living with multiple sclerosis (MS) for over a decade when he survived a stroke last year.

“The MS took out my right leg, then the stroke took out my left.”

In fact, the entire left side of Allan's body was compromised. The muscles are now so weak that he can't move them. The stroke was a sudden, shocking change that presented serious new challenges for Allan and his wife. Daily tasks like getting dressed, bathing, eating and transferring into his wheelchair became much more difficult.

“I was used to the MS getting worse,” he says. “I should have been planning for this, but I didn't think it would happen so fast.”

Allan, who describes himself as a bit of a “smart-mouth”, spent six months in the hospital. “I would have jumped out the window to get out of there, if I could have,” he says. Fortunately, he found Meynell House.

Allan was worried about moving in, at first. He hadn't expected to live in supportive housing, and he didn't know what to expect. Even an in-person visit didn't quite reassure him. A year later, though, he describes Meynell House as a great place to live.

“I get my meals cooked, everything done for me,” Allan says. “I'm living like a king.”

On top of the practical support he needs every day, Allan also deals with significant pain. This can make it challenging for Meynell House staff to provide care without hurting him.



“The staff are great, and they do their best,” he says. “But the pain is hard to control. Sometimes I scream, and then I apologize because they don't need to hear that. But I can't stop myself, either.”



Meynell House

- **Address:** 30 St. Lawrence Street, Toronto, Ontario
- **Type:** Multi-resident home
- **Capacity:** 8 people accommodated in 8 individual bedrooms and shared common living spaces

Residents at Meynell House enjoyed a variety of activities organized by our staff this year. They went to sports games, watched plays and visited local tourist attractions, as well as celebrating holidays with staff and family.

Their annual BBQ at Woodbine Beach is always a highlight because it's a chance to enjoy games and food in the fresh air. Staff also started organizing weekly activities like bingo, baking,

pizza nights and arts and crafts. Social and recreational opportunities like these combat the isolation so many people living with disabilities face and help residents connect with their communities and each other.

Improvements included adding closets to each bedroom so that residents have more space to store their belongings, making it easier to safely move around.

Stephen's Story

"I'm the luckiest guy in a wheelchair you'll ever meet," says Stephen Cull.

Stephen has lived with quadriplegia since breaking his neck in a tobogganing accident 30 years ago. He uses a wheelchair and needs support to meet daily challenges like transferring out of bed, cooking and showering.

He also leads a busy, active, fulfilling life.

Steve's days start at 7 a.m. Staff at Jean and Howard Caine Apartments wake him up, assist with bathing and dressing, and provide personal care as needed. Then they fix him breakfast, which Steve is happy to share.

"If you're making me tea, make yourself tea," he says. "If you're making me toast, make yourself some."

Once he's caffeinated and nourished, Steve is ready to tackle his extensive to-do list. Most of it revolves around CharterAbility, the charity he founded in 2003 and has run ever since.

"I'm down at our dock on 16 Mile Creek in downtown Oakville two to four times a day," says Steve. "It's a nine-minute wheel from my apartment."

CharterAbility provides free, accessible boat rides to people living with disabilities, from children to seniors. Before his accident, Steve loved the water and had lived on Lake Ontario his entire life. Afterwards he'd often watch boats out on the water. He noticed that there were no wheelchairs, and he thought why not? Why shouldn't people with disabilities enjoy boating? So in 2003, he gathered a team of seven, secured funding and started CharterAbility.

The charity provided 40 rides in its first year. Last year, that number was 700. All were free thanks to dedicated volunteers.

"It's location, location, location," he says. "If March of Dimes



Canada hadn't built this place, I wouldn't have moved to Oakville, and there'd probably be no CharterAbility. This city has really embraced us. And I'm two blocks from our totally accessible dock on Lake Ontario."

Steve acknowledges that living with quadriplegia presents significant challenges, from day-to-day tasks to dealing with the crises we all encounter occasionally. But he's built what he describes as a fascinating life, and he always sees the glass as half-full.

"I have the best life anyone could imagine," he says. "I did that myself, surrounded by great people, including the folks from March of Dimes Canada. So thank you!"



Jean and Howard Caine Apartments

- **Address:** 259 Robinson Street, Oakville, Ontario
- **Type:** 5-storey building
- **Capacity:** 59 apartments

It was a year of challenges and highlights at the Jean and Howard Caine Apartments.

Unfortunately, there were two fires at the site. Everyone rose to the occasion, however, by supporting each other and moving forward together. With their unwavering commitment, staff continued to provide their usual high standard of care.

On a positive note, generous donations allowed us to start renovating kitchens, with more to

be completed next year. One resident was so appreciative that they shared a thank you note with staff explaining what a difference their renovation had made, and how much they were enjoying their new kitchen. "It's accessible to me, sitting or standing. Easy to work in, as well...I truly appreciate all the work and all the people involved. Thank you!"

Units were also upgraded as they became available to ensure that they were comfortable and safe for new tenants.

Socially, residents enjoyed planned activities in their common area which helped create an enjoyable community atmosphere.

Jeremy's Story

Jeremy Vautour was born with cerebral palsy.

"He has several disabilities," his mother Monica says. "He can't speak or walk. He needs a tracheostomy to breath, and a gastrostomy tube to eat. He doesn't see well, either. He's a happy individual who happened to be born with some challenges."

Jeremy lived at home until he turned 15. At that point, his daily care became too much for his parents. They made the heart-breaking decision to move him into long-term care at a local hospital.

"When a child with a disability is born, you're young and healthy," says Monica. "You think you can manage forever. But then you hit a brick wall, and you realize you can't do it alone."

The hospital provided excellent physical care for nine years, but it was the wrong place for Jeremy. His roommates were much older, and unable to interact. It was hard for his parents to watch.

"We'd go visit him, and he'd be in his room doing nothing. There was no talking, no music. It was dead silent. They did their best, but there was no stimulation."

There was simply no appropriate setting for someone Jeremy's age, living with Jeremy's challenges. So a group of parents – including Monica – decided to change that. They created Community Concerns for the Medically Fragile, a group dedicated to building a specialized group home in Sarnia.

They partnered with March of Dimes Canada and the Rotary Club, as well as the Ministry of Health and Long-Term Care, to open Standing Oaks in 2004. It's been Jeremy's home ever since.

Standing Oaks provides much more than basic care. It's a community. There are things to do, people to interact with, and Monica is thrilled.



"They have art classes and music classes. Sometimes there's pet therapy and massage therapy, too," she says. "Jeremy has spastic quadriplegia, so his limbs are very tight and contracted. He's like a wet noodle after a massage. He loves it."

And if there isn't an organized activity going on, there's someone to watch TV or listen to music with.

Jeremy will always live with the challenges of his condition, but now Monica knows that his physical, mental and emotional needs are all being met. She no longer worries about him being isolated or lonely. In fact, Jeremy went to school with several of the residents at Standing Oaks.

"It's like he moved in with a bunch of friends."



Standing Oaks

- **Address:** 1212 Michigan Avenue, Sarnia, Ontario
- **Type:** Multi-resident home
- **Capacity:** 9 people accommodated in 9 bedrooms with one respite room and shared common living spaces

Standing Oaks welcomed two new residents this year, bringing the location to its full capacity. All of them stayed busy with weekly music and art classes, dances and holiday celebrations with family and friends, and rose to the challenge of funding these activities by selling their art.

Kind employees from Shell Canada came out to volunteer for two days, during which they cleaned

up the yard, painted, stained and installed cabinets, as well as making a generous donation. A local Home Depot also donated two ceiling fans, which were put to good use in the hot weather. Other enhancements included new curtains and furniture, and updated kitchen countertops and backsplash.

Ken's Story

In 2004, Ken Vandeligt was an active 24-year-old man – a heavy equipment operator who loved to fish, hunt and work on cars; engaged to be married; planning to buy his first house.

“It was a totally independent life,” he says. “I loved it.”

Then he survived an ATV accident that resulted in a brain injury. Ken's accident left him in a coma for several weeks. His injuries were described as catastrophic and his prognosis was poor.

“He doesn't remember the accident or the 11 months of living in long-term care afterwards, which is probably for the best,” his mother Joe-Ann says.

Ken faced significant challenges as a result of his injury. He needed a feeding tube to eat, for instance, and required 24-hour care. “The workers were great,” says Joe-Ann, “but he just made no progress. So we went looking for a home, and we found March of Dimes Canada.”

Ken moved into an apartment supported by March of Dimes Canada in Sudbury, ON, and started to improve. “He went from a feeding tube to eating whatever he wants,” Joe-Ann remembers. “They worked on his swallowing, his speech, his physio. Everything.”

From there, Ken moved into Wade Hampton House, where he still lives. Ken has his own room, and has 11 others living with effects of a brain injury to socialize with. He can continue to pursue his interests and goals at home and in the community; he's at the local Y for pool therapy twice a week.

He also has the support he needs to meet the practical, daily challenges of life with an acquired brain injury. Staff are there 24 hours a day, seven days a week, and Joe-Ann can focus on being Ken's mother, rather than his caregiver.



Ken has come a long way since his accident. March of Dimes Canada has been a big part of his journey, and Joe-Ann's.

“He has some quality of life, now,” she says. “I don't have to worry about him.”



Wade Hampton House

- **Address:** 2915 Bancroft Drive, Sudbury, Ontario
- **Type:** Multi-resident home
- **Capacity:** 11 people, accommodated in 9 bedrooms with shared common living spaces and 2 apartments

Wade Hampton's 11 residents played an integral role in supporting our new Bishop Alexander Carter building, which sits on the same property as Wade Hampton House. During the 15-month capital fundraising campaign, they hosted news conferences to announce donations and graciously allowed funders to tour their home. This effectively illustrated how the money would be used, and the impact it would have.

With their help, we were able to engage the community and expand our much-needed services in Northern Ontario.

Another highlight was a trip to Camp Dawn in Waterford, Ontario. Residents enjoyed canoeing, creative arts, fishing and yoga, while making new friends in a beautiful setting. It was a memorable weekend for everyone.

Residents and staff also welcomed loved ones to celebrate special occasions together throughout the year.



Meeting a need in Northern Ontario

When we took on the challenge of building a second congregate care site for people living with brain injury, we had 27 people on our waiting list who needed around-the-clock support and another 36 people waiting for supportive housing. The need in Northern Ontario was significant. We were already operating Wade Hampton House in Sudbury, but we wanted to do more.

As the former North East Local Health Integration Network CEO, Louise Paquette appreciated the importance of this type of setting in our community and joined Dr. Rayudu Koka as co-chair of our capital fundraising campaign. Both played a crucial role in our ability to create an additional building on our Sudbury site. Louise explained to the Bishop Alexander Carter Foundation the need for supportive housing to accommodate people living

with the effects of brain injury, and how March of Dimes Canada could meet that need.

Thanks to her advocacy, the Bishop Alexander Carter Foundation saw that need and responded with a donation of \$100,000. Bishop Carter led the Diocese of Sault Ste Marie from 1958 to 1985 and, when he passed away in 2002, the Bishop Alexander Carter Foundation was established to honour his legacy. The Foundation's purpose is to care for and counsel people in need, which clearly describes the support provided by March of Dimes Canada.

Between that generous donation, the efforts of our fundraising committee and support from all levels of government, we raised enough to build Bishop Alexander Carter House and support more people living with brain injury.



Bishop Alexander Carter House

- **Address:** 2915 Bancroft Drive, Sudbury, Ontario
- **Type:** Multi-resident home
- **Capacity:** 12 people accommodated in 6 bedrooms with shared common living spaces and 6 apartments

well as an exercise room and designated therapy space. Outside is an outdoor patio, accessible garden beds, fire pit and courtyard.

We're proud to announce that our sixth Non-Profit Housing Corporation location is now open. Bishop Alexander Carter House in Sudbury is home to 12 people living with brain injury.

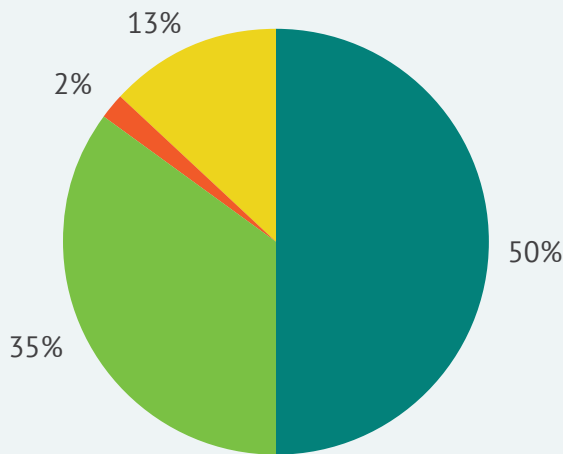
Situated on the same property as Wade Hampton House, the building includes six private bedrooms and bathrooms that share a kitchen, dining room and living space. There are also six apartments, as

Our Financial Performance

March of Dimes Canada Non-Profit Housing Corporation ended the year in a break-even position. NPHC had a small increase in Grant Subsidies and Rents. However, overall revenues and expenditures declined compared to the previous year due to lower spendings of designated grants for upcoming projects. These changes had no

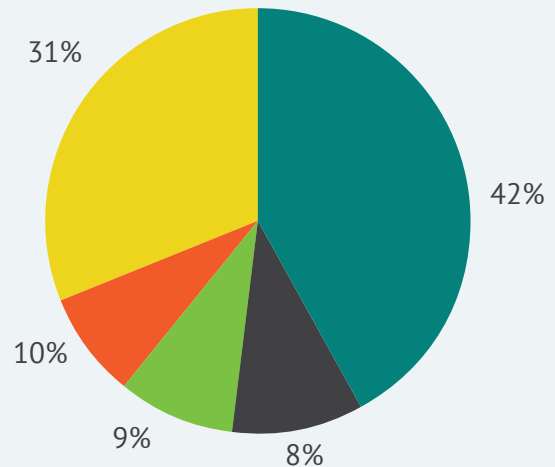
impact on bottom-line results. In keeping with our commitment to stewarding granted and donated funds responsibly and efficiently, 90% of our total operating expenses went toward building and operations and 10% to administration. Our financial reserves are \$0.7M, supporting the future growth and sustainability of our work.

2019/20 Operating Revenues



- Grant Subsidy
- Rent
- Parking, laundry and utilities
- Miscellaneous

2019/20 Operating Expenses



- Building expenses
- Amortization
- Administration
- Other operating
- Property taxes

March of Dimes Canada Non-Profit Housing Corporation

Statement of revenue and expenses (Year ended March 31, 2020)

	2020 Total	2019 Total
	\$	\$
Revenue		
Grant Subsidy	736,250	716,947
Rent	509,767	493,794
Parking , laundry & utilities	29,385	29,552
Miscellaneous	197,294	312,992
	<u>1,472,696</u>	<u>1,553,285</u>
Expenses		
Building expenses	615,199	538,462
Property taxes	113,548	111,416
Other operating	134,595	286,811
Administration	153,509	165,039
Amortization	458,804	436,738
	<u>1,475,655</u>	<u>1,538,466</u>
(Deficiency) excess of revenue over expenses	<u>(2,959)</u>	<u>14,819</u>

Please see our full audited financial statements at
marchofdimes.ca/financials

Thank You to our Donors

Maintaining our supportive housing sites requires significant time and money. We are fortunate to have generous donors who fund our work, as well as community partners who volunteer their skills and resources. Their contributions help create a safe, comfortable, and attractive home for our residents.

Thank you to everyone who donated or volunteered over the last year. Your generosity makes our work possible.

Donor names are also published online at marchofdimes.ca/donate

Non-Profit Housing Corporation Donors

- Adrock Capital Inc.
- Arlanxeo Foundation
- AWB Charitable Foundation
- Bishop Alexander Carter Foundation
- Bot Construction Ltd.
- Cadillac Fairview Corporation Ltd.
- Catherine and Maxwell Meighen Foundation
- D.H. Gordon Foundation
- H.G. Bertram Foundation
- Knights of Columbus - St. Jacques
- LiUNA Local 1089
- Lodge Of The Ancient Landmarks No. 654
- Martin Foundation Fund at Hamilton Community Foundation
- May Court Club of Oakville
- Oakville Community Foundation
- Ontario Realtors CARE Foundation
- REALTORS Association of Hamilton-Burlington
- Rotary Club of Hamilton Mountain
- Rotary Club of Oakville
- Rotary Club of Oakville Trafalgar
- Rotary Club of Sudbury Sunrisers
- Sarnia Construction Association
- Schwenger Family Foundation
- Shell Canada
- Smith Funeral Home
- Sudbury Real Estate Board
- Toronto Real Estate Board
- Walmley Foundation

Past Donors

Ellen Fairclough Society (\$1,000 – \$4,999)

- The Arlanxeo Foundation
- Capreol Lions Club
- Catherine Wilson Foundation
- Corrosion & Control Construction
- Dr. Andrew B. Adegbite Medicine Professional Corporation
- Gore Mutual Insurance Company
- H.G. Bertram Foundation
- Huntington University
- K.N. Crowder Manufacturing Inc.
- LiUNA Local 1089
- LMV Holdings Inc.
- Lodge Of The Ancient Landmarks No. 654
- Minnow Lake Lions Club
- OCP Construction Supplies
- RBC Dominion Securities Inc.
- Schwenger Family Foundation
- Smith Funeral Home
- Valley East Lions Club

Paul Martin Senior Society

Member (\$5,000 – \$9,999)

- Gear Foundation
- Home Trust Company
- Knights of Columbus - St.Jacques
- Oakville, Milton and District Real Estate Board
- Rotary Club of Sudbury Sunrisers
- Sarnia Community Foundation
- Sudbury Real Estate Board

Patron (\$10,000 – \$24,999)

- Judith & Norman Alix Foundation
- Malloch Foundation Fund at Hamilton Community Foundation
- Martin Foundation Fund at Hamilton Community Foundation
- Oakville Community Foundation
- Ontario Realtors CARE Foundation
- REALTORS Association of Hamilton-Burlington
- Rotary Club of Oakville Trafalgar
- Sarnia Construction Association
- Sudbury Credit Union
- Toronto Real Estate Board
- Rotary Club of Oakville

Benefactor (\$25,000 – \$49,999)

- Home Depot Canada Foundation
- James Rutley Grand Memorial Fund (Toronto Foundation)
- Lougheed Foundation
- Shell Canada

Investor (\$50,000 – \$99,999)

- Adrock Capital Inc.
- AWB Charitable Foundation
- Cadillac Fairview Corporation Ltd.
- D.H. Gordon Foundation
- Gregory Gittings Better Living Fund at the Oakville Community Foundation
- May Court Club of Oakville
- Rotary Club of Sarnia

Jonas Salk Circle of Friends

Pioneer (\$100,000 – \$499,999)

- Bishop Alexander Carter Foundation
- Catherine and Maxwell Meighen Foundation
- Harold E. Ballard Foundation
- Walmley Foundation

If you are interested in donating, please visit marchofdimes.ca/nphc



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