

# MARY CENTRE

OF THE ARCHDIOCESE OF TORONTO

## ANNUAL REPORT 2004-2005

### PRESIDENT'S REPORT ANNUAL GENERAL MEETING 2005

#### Mission Statement:

Mary Centre of the Archdiocese of Toronto is dedicated to supporting adults with a developmental disability to improve their quality of life.

#### Value Statement:

##### Dignity of every person

We respect the whole person, the uniqueness and right to equality of each individual.

##### Integrity

We treat all people with honesty, empathy and respect consistent with Catholic values. We commit ourselves to the highest standards of professional and ethical conduct.

##### Focus on Individuals

As a co-ordinated team of professionals and volunteers, we are dedicated to assisting individuals to achieve their goals.

##### Responsibility

We support individuals and families by providing services to the best of our abilities and by striving for excellence. We are accountable to each other, including our staff, funders and those we support.

As coincidence would have it, Mary Centre's Annual General Meeting this year takes place on the first day of fall, the official date of transition between the last remains of a glorious hot summer and the inevitable deep chill to come. It also finds me at the precise mid-point in my term as President. After a year of learning the ropes, I'm reminded of a wedding scene in D.H. Lawrence's famous novel, *The Rainbow*, which has stayed with me all these years since my university studies. One of the main characters, Tom Brangwen, is about to give his daughter away in Marriage. Standing at the altar, he stares through the blue light reflecting off a back window and contemplates his own life as a family man at age 45. He realizes that he has lived most of his life already, and yet there is the troubling sense that he is not yet established and confident, or even mature.

**He felt himself tiny, a little upright figure on a plain circled round with the immense, roaring sky: he and his wife, the heavens shimmered and roared about them. When did one come to an end? In which direction was it finished? There was no end, no finish, only this roaring vast space.**

We all sometimes feel like Tom, not sure of our place in the universe, wondering when we will "arrive", and whether there will ever be a sense of closure. I wonder if Mary Centre is showing signs of a similar kind of identity crisis. Here we are, a small organization with a fairly lengthy and favourable track record, wondering where we fit in, in the scheme of things, trying to get our cause noticed in a fiercely indifferent universe. When do we get that sense of pay off, of establishment?

The key, perhaps – if D.H. Lawrence is any authority – is to take pride in what has been achieved, and to persevere in the journey, even if the destination is not entirely clear to us. In terms of the accomplishments, I think we've had a good year. We got the word out to our funders about the contents of our strategic plan, and we received valuable feedback in return. We also began to receive the fruits from an alternative funding source, which should stand us in good stead over the foreseeable future. Our independent fundraising efforts were a success, but we haven't sat on our laurels – we experimented with the annual golf tournament and we've been rethinking our approach to the late fall dinner/theatre event. We raised the profile of our organization thanks to the public service announcements that described Mary Centre services on several local radio stations. Finally, the new respite care program at St. Bernard's has been a roaring success. So what's ahead on the journey, at least in the short term? Well, if perseverance is key, then the commitment of Board members is essential. I ask our existing Board members to commit to regular attendance at, and enthusiastic participation in, governance meetings and Mary Centre events. We also have to work hard in the next year to find equally dedicated new Board members to replace (if that is possible) some really important contributors whose terms are expiring now, or will expire this time next year.

In terms of work to be done, I hope to see further progress on the implementation of our strategic plan. Much has been achieved there, but there remains a good deal left to be done. To some extent, the degree to which we are able to bring the strategic plan alive depends on getting a better handle on program evaluation and statistical information regarding our services and their effectiveness.

Mary Centre remains a model agency, and an organization in whose journey I am excited and proud to participate. Many thanks to my colleagues, our Executive Director and his excellent staff for the efforts of the past year and the renewed commitment to an even better future!

Respectfully submitted Patrick Kelly, President, Board of Directors

**Committed to enhancing the lives of people with a developmental disability**

**MANAGEMENT REPORT  
ANNUAL GENERAL MEETING 2005**

Mary Centre is extremely proud of the dedication, passion and commitment of our staff and volunteers to our mission and values. Through their leadership, we are a leader in the community and recognized for our creativity to respond to the needs of individuals and families.

Mary Centre continues to be a key player at the community tables in Peel, Toronto and York Regions. Our involvement includes the Peel Planning Group and its sub-committee, Toronto Developmental Services System and its structure and the York Region Planning Group. Mary Centre employees have been actively involved in MARC (Metro Agencies Representatives Council) and the development of the Beyond Numbers document highlighting the stressors that impact Toronto agencies. Our commitment in each of these communities will continue, given indication of a multi-year funding announcement by the Ministry of Community and Social Services.

As busy as the community has been, our programs have seen the needs of the residents increase, the opening of two new locations and the ongoing demand for more service.

**SCARBOROUGH PROGRAMS -- Scarborough Residences --** The past year has been a busy year for the seniors living in the three group homes in Scarborough. There was one new individual who moved into Redcastle. Margaret has settled into the home comfortably and is attending a day program with the Salvation Army five days a week. Her family is very involved in her life and maintains contact with her. Also during this year, Carolyn, who had lived at Mary Centre Redcastle location from the day we opened our doors, moved to a nursing home in Richmond Hill. Her health needs had become more than we were able to support, therefore with help from family and support from staff she was able to move into a Catholic run Nursing Home. Her family wanted her to remain with a Catholic Organization. Keith continues to enjoy community outings and regular visits with his family on Sunday Afternoons. Honey also continues with her shuffle board and seniors programs with St. Paul's L'Amoreaux. At present there is one vacancy at Redcastle which the staff and residents are interviewing a new person to move in.

A gentleman named Robert, who lived in one of Mary Centre's apartment programs in Brampton, moved into Leyton due to need more staffing support. He has settled into the home very well. He is volunteering at the Salvation Army Thrift Store five days a week. He is also involved in a bowling league. Isla is very active in the community. She went to Calgary last fall and during the summer spends lots of time with her brother at the cabin. Margaret continues attending Bendale Acres 4 days a week attends church faithfully everyday. Nasim continues to enjoy Mosque with her mother twice a week, special cultural occasions, the CNE, and Indian Restaurants and movies.

The Brothers are very busy with maintaining their home, volunteering, working and enjoying recreational and leisure programs. The family has been trying to deal with the issues of their aging house and trying to make it a safer environment for them. The continue to receive staff support during the week and on weekend.

**Integrated Seniors Program Toronto--** The Integrated Seniors Program in the Toronto Region has been rapidly expanding to meet the needs of seniors with developmental disabilities living out in the GTA community. Since the beginning of the year the program has attracted two new clients and is looking at the possibility of gaining one more in the near future. Two clients are from the Scarborough area and one is from North York.

The Integrated Seniors Program continues to look for more ways to promote the program. I Presentations have been given to the following groups: The Syme 55+ Centre, The Civitan and as well for a group of young ladies at the Invictus Youth Centre. The presentations were well received by all and the young ladies in the detention centre gave something back to our community by donating their hand painted and decorated crosses as Christmas presents to the individuals that we support.

In July the coordinator attended the Celebration of Life resource fair for seniors where our booth was displayed and after having a conversation with the social worker from Extencicare, a new referral was made and connections were made in the community for an individual residing in their long term care facility.

The coordinator is currently involved in are Staff Training and Development, Protecting the Vulnerable, Coordinators Committee and Day Support committees.

There are also connections with some of the residential staff to try and help facilitate some programs for those residents who require a little more support to be able to participate in the community. There is one resident and one staff member from each residential location in Scarborough to participate in the group. The plan is to rotate the meeting place and have it at a different house each Tuesday. The staff at the hosting house would be responsible for facilitating the program and have the other staff members provide support wherever necessary. The group would not only participate in activities in the house but would also participate in day trips of their choosing as well as getting involved in the TAFFY group at the Mid Scarborough Community Centre.

The biggest project that is underway is the Meet Connect Support Participate group. A group of 10 adults and 3 staff met at St. Bernard's every Wednesday for 8 weeks and participated in full day excursions to places like the Science Centre, the Zoo, Pioneer Village and Centre Island. The group will be back by popular demand in September. It will be similar but on a smaller scale, running Wednesday afternoons and shorter excursions will be planned. In the year ahead the hope is to expand the program into the East end as well as make it more integrated by connecting with existing seniors programs. The idea is that the Meet Connect Support Participate program will meet in the morning and do a planned activity and then after lunch go to the seniors group and participate with other seniors and have a truly integrated experience. This will hopefully take place next summer and looking to have the program run twice a week so that we can meet the needs of those who are in the East end of Toronto as well as those who

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**PEEL PROGRAMS** -- Community Support and Integrated Seniors Programs -- The Peel Programs have experienced some very joyous times and sad times over the past year. There was much joy and elation as the Community Support and Integrated Seniors Programs moved from the Aberdeen basement to their new Office on Bartely Bull. Although not officially christened it has certainly received many compliments from community professionals. Thanks to the Board for their support in helping our vision come to fruition. Since April the Bartely Bull site has allowed 5 individuals with developmental delays to come together 3 half-days a week to learn life skills and move toward independence. They are learning to comparison shop, use their community safety skills; get to know each other to share friendships, laughs and lunch.

Support for individuals living at home has our workers supporting another 15 individual to work on their life skills. The focus of home supports is cooking, laundry, home management. We receive about 4 - 5 calls per week for these programs but are unable to accommodate these requests with our current staffing and still provide the quality.

The Integrated Seniors program has its ebb and flow as the programs change and the interest change. We are currently supporting 10 to 15 seniors in Peel to participate in programs such as line dancing, dominos, cards, tai chi, and other interesting activities.

Supported Independent Living -- The sad times came after Christmas when one of our Supported Independent Living people become ill while visiting her family and was hospitalized. Due to the nature of her health needs she was unable to return to the apartment program.

Our SIL Program in Brampton is at capacity with two new individuals filling the vacancies. They are both very excited about having the opportunity to live a more independent life. Our Woodbridge program continues to support the three individuals with their many activities and employment challenges. At our Lady of Victory we are at capacity with 8 residents. Two who are working at Famous People Players, one at IBM one, one at Dominion, one at Loblaws, one at Bayview Cinema, one at a day program and one at Rogers Video.

We saw much more family involvement with individuals spending more time with their families rather than travel. Many spent time at home; cottage or having family members come to visit. If travel was on the mind it came to two individuals who now have a drivers license.

**Brampton Residences** -- At Easter we experienced the untimely death of Karen at one of the homes in Brampton. It has been a difficult time for everyone involved in Karen's life.

Training and Development -- We have sent 19 of our staff to be trained in working with individuals who have a dual diagnosis (mental health and developmental disability). Two employees have been certificated in Health and Safety and 4 more are in the process. Along with all of our Mandatory Trainings required we have offered additional workshops on Epilepsy, Diabetes, Schizophrenia and Behaviour Management.

Respite Programs -- Mary Centre's respite care program is currently in its seventh year of operation. Developed April 1998, the program offers short term, temporary respite care to adults with a developmental disability in order that their families can take a break from the daily routine of care giving.

The respite care program focuses on the strengths and needs of the entire family, and in keeping with this philosophy Mary Centre has expanded the services offered to families, individualized supports both in the Peel and Toronto.

Respite Family Relief Providers match the individual to a Respite Family Relief Provider to provide the Individual and their family with much needed support. This year a total of 16 individual received respite supports within the GTA, which is an unfunded program for a total of 1,207.3 hours of parent relief. The Central West region (Ministry funded program 1-coordinator, 2 full time respite family support workers) supported a total of 49 Individual for a total 5,755.75 hours of parent relief.

St. Bernard's Out of home Residential Respite opened its doors January 10, 2005. St. Bernard's offers 5 temporary residential respite beds. Four beds are available to individuals living at home or in the community and the fifth bed supports Individual's in partnership with Toronto's Crisis Network. Since the doors open thirteen Individual have utilized the 4 community beds for a total of 243 days. And five Individual have been placed via the Crisis network for a total of 135 days of support. Combined St. Bernard's has provided support for 378 days.

Residential respite supports are offered to the community at two residential respite beds in Scarborough supporting individuals with cognitive decline. From March 31, 2004 to April 1, 2005 the out of home respite beds supported three Individuals with a total of 200 days of caregiver relief. Although the number of individuals supported this year was less than the previous year as family situations were more of a crisis situation in which the beds were continuously utilized.

**Volunteer Program** -- Seventy-seven active volunteers provided tutoring, friendly visiting, driving individuals to church, appointments and day programs, special events assistance, yard and in-house maintenance, worked on distributing the newsletter, and served on the board of directors. A group of 7 volunteers from KPMG spent 'a Day of Service' at 3 of our residences, painting and cleaning windows. A group of 10 High Schools students did a day of general 'Clean Up' duties for their community service experience at our 2 homes in Brampton. Twenty-six individuals were served by volunteers, while twenty-two individuals are awaiting volunteers. Two volunteers received *SAVA Volunteer Service Awards*; one volunteer received *Peel Volunteer Recognition Award*. Mary Centre's Volunteers were celebrated at an Annual Volunteer Appreciation Dinner at the Columbus Centre. Parish Outreach -- **All** Mary Centre residents were supported to access their faith community. Connections were maintained to Parish Social Ministries in the Scarborough and Brampton areas, Catholic Social Ministry Network Scarborough, Multi Faith Inclusion Network and the Ontario Multifaith Council. The Coordinator made a presentation about the network at the Ontario Association for Developmental Disabilities) conference in April.

**Respectfully submitted, Dominic Conforti, Executive Director**

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## Condensed Financial Statement

### Condensed Balance Sheet Year ended March 31, 2005

	Assets	
	2004	2005
Current	\$911,341	\$1,190,578
Capital Assets	1,678,400	1,653,238
<b>Total</b>	<b>\$2,589,741</b>	<b>\$2,843,816</b>
	Liabilities/Net Assets	
	2004	2005
Current	\$198,856	\$446,100
Long Term	1,733,453	1,712,220
Net Assets	657,432	685,496
<b>Total</b>	<b>\$2,589,741</b>	<b>\$2,843,816</b>

### Condensed Statement of Revenue, Expenses and Changes in Net Assets Year ended March 31, 2005

Revenue	2004	2005
Govn't Ministries	\$2,305,083	\$2,636,224
Fundraising & Donations	185,924	157,946
Grants	94,630	136,522
Other	271,668	354,900
<b>Total</b>	<b>\$2,857,305</b>	<b>\$3,285,592</b>
Expenses		
Salaries & Benefits	\$2,093,504	\$2,407,043
Program & Other	648,811	811,653
Fundraising	40,459	38,833
<b>Total</b>	<b>\$2,782,774</b>	<b>\$3,257,529</b>

Excess of Revenue  
Over (Expenses)           \$74,531           \$28,063

Net Assets beginning  
Of Year                   582,901           657,433

Prior Year funds repaid  
During Year                   0                   0

**Net Assets,  
at end of year           \$657,432       \$685,496**

*Note:  
The condensed Financial Statement above  
provides a summary of our financial position.  
The detailed audited Financial Statements are  
available upon request.*

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### Fundraising Report

#### Annual General Meeting 2004 - 2005

Fundraising activities during fiscal 2005 focused on the 7<sup>th</sup> Annual Famous People Players Dinner Theatre Event and the 5<sup>th</sup> annual Charity Golf Tournament. While both events were well attended and supported (netting Mary Centre approximately \$80,000 -- the second highest amount on record), the Committee focused extensively on the changes required in order to sustain and increase this level of support. In the case of the Famous PEOPLE Players Event, corporate contributions remain strong but attendance has declined from peak levels. With respect to the Golf Tournament, it has been attended (a virtual sell-out in May 2004) but our ability to generate additional revenue at the Silver Lakes location is questionable.

With that in mind, our plans are to scale back the Dinner Theatre Event to a single evening and to enhance the profile of the golf tournament by shifting it to a location closer to the GTA (Glencairn in May 2005). In addition, thought is being given to a third event which will both raise the profile of Mary Centre and contribute to our financial position. Details have yet to be finalized but we are aiming for delivery of this event in the late winter of 2006.

Fundraising Committee members have taken an active role in the development of the Strategic Plan in recognition of the direct connection between Mary Centre's financial position and its ability to take on new and expanded projects.

*Respectfully submitted, Frank McAuley, Vice-President*

### 2005 – 2006 BOARD OF DIRECTORS

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Ministry of Labour

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- John Amodeo  
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