



GRACE DART
FOUNDATION
ANNUAL
REPORT
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The Grace Dart Foundation Annual Report 2021-2022

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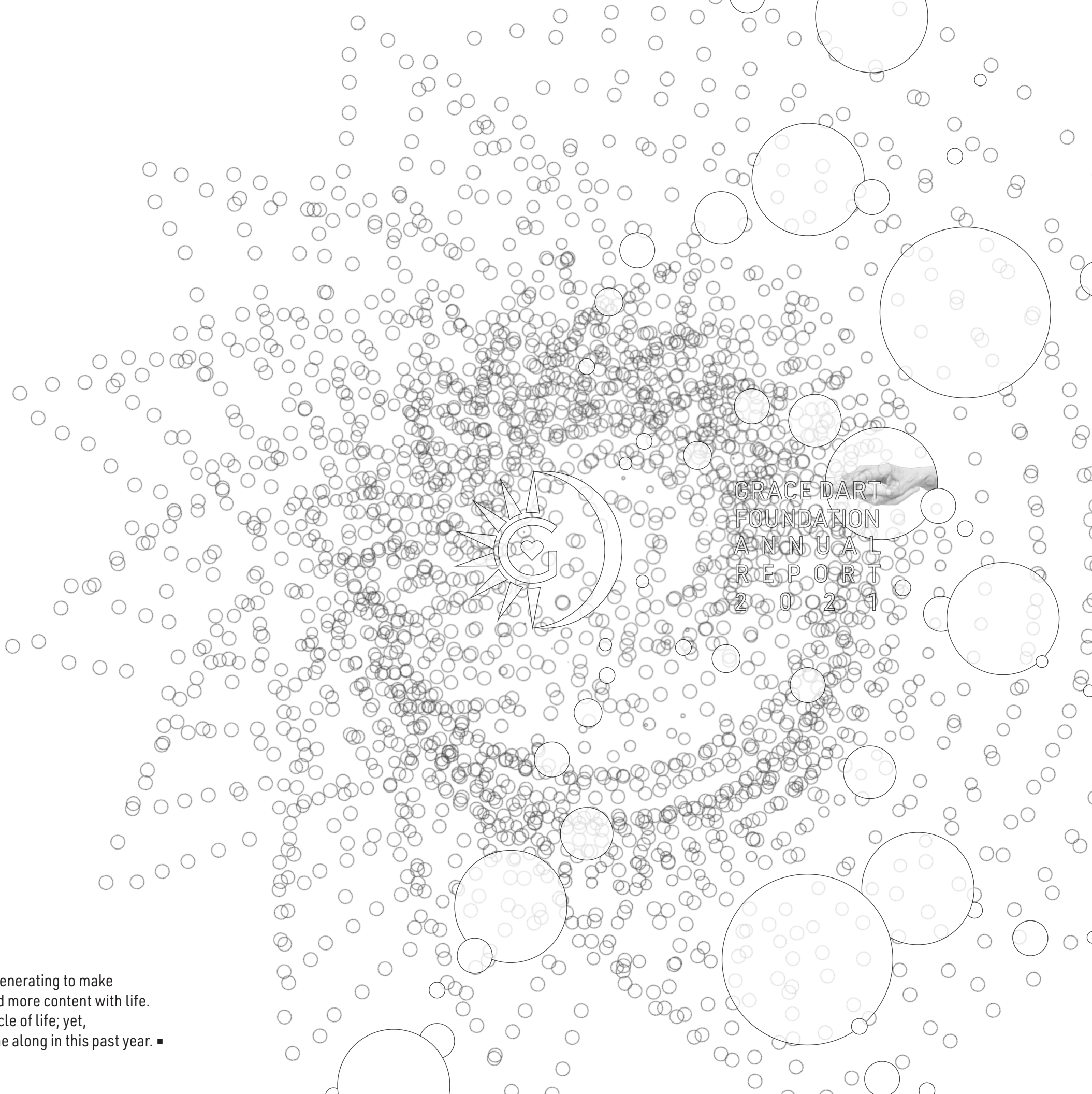
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This year's cover is a celebration, in colour, with the logo elements computationally regenerating to make a spiralling set of windows into what it is like to grow older while only growing more and more content with life. The logo – and the Foundation itself – are part of this pinwheel denoting not only the cycle of life; yet, also the life of the Foundation, how far it has come, and how its achievements have come along in this past year. ■



INDEX

The Foundation at a Glance	2-3
Mission, Vision, Values, and Areas of Giving	4-5
Message from the President	6-7
Board of Directors	8-9
Testimonials	10-17
Our Community of Funding Recipients	18-19
The Impact of Your Donations	20-21
Financials at a Glance	22-23

THE FOUNDATION AT A GLANCE

\$2.29 Million

In 2021-2022, more than \$2.29 Million was donated to 50 organizations in the Greater Montreal area.

The Foundation provided a total of **\$566,433** to the Integrated University Health and Social Services Centre, to which it is affiliated, and to long-term care facilities.

A total of **\$803,311** was donated to both long-term care centres (CHSLD) of the Montréal West Island Integrated University Health and Social Services Centre (IUHSSC).

\$691,800 was donated to fund research projects affecting the elderly.

\$1,032,000 was donated to fund Montreal area non-profits.

26,850 people were helped through the Foundation's support.*

*This estimate is based on the long-term care facilities occupancy and number of clients of non-profits and of foundations.

With an elderly population of approx. 774,749 residing in the Greater Montreal area.¹ By 2036, this figure will increase by almost 45% and will mostly affect the eastern and western -most parts of the island.²

As of July 2020, nearly one in five Canadians (18%) was aged 65 and older. Information on the health and well-being of older Canadians is important to guiding policies and programmes that promote healthy aging, especially as the proportion of older adults in Canada is expected to grow.³

From September to December 2020, during the pandemic, 11% of Canadians aged 65 and older reported often feeling isolated from others, lacking companionship, or feeling left out. This was an increase, from 2019, when 7% reported these feelings of loneliness.³

¹ Source: Statistics Canada, 2017.

² Source: Santé Montréal, 2016.

³ Source: Canadian Health Survey on Seniors, 2020.

OUR MISSION

The Grace Dart Foundation provides **love and care** to the elderly in the Greater Montreal Area. The Foundation supports a warm and personal environment for the well-being of the elderly through its various donation efforts in line with the following five areas of giving: basic needs, loneliness & isolation, socialization & personal development, cognitive disorders, and living environment.

OUR VISION

We wish to bring **love and care** to as many elderly people as possible in residential and in long-term care centres (CHSLD), and to support non-profit organizations that contribute to the well-being of the elderly in the Greater Montreal area.

OUR VALUES

RESPECT

To recognize the intrinsic value of each person we help, because every resident of a long-term care facility and elderly person in our society deserves to be valued.

DIGNITY

To treat our elderly by offering help and special attention in their everyday lives in the manner which they deserve to be treated as important members of our community.

KINDNESS

*The manner in which we approach our elderly population guides the actions of the Grace Dart Foundation. Our work embodies our motto: “**love and care**”*

AREAS OF GIVING

BASIC NEEDS

Donations covering basic needs include clothing, shoes and toiletries. It may include requests for assistance in creating a place, or system, to distribute basic amenities. For example, the creation of a system to distribute second-hand clothing to residents. Food banks and housing assistance programmes are also considered under basic needs.

LONELINESS & ISOLATION

Donations designed to meet the needs of people in isolation are aimed at those who have physical or psychological problems and are unable to leave their rooms in institutions or their homes. Music therapy, pet therapy, support programs and specific volunteer activities that are designed for helping to lessen the feelings of loneliness and isolation.

SOCIALIZATION & PERSONAL DEVELOPMENT

Donations to a group activity designed to foster discussion, creativity, and involvement in their environment through the enjoyment of a special activity or a cultural event. For the elderly living at home this could include fun activities that ease loneliness or creative programmes that help people get involved and contribute to their community.

COGNITIVE DISORDERS

Donations to programs that include activities and tools used to aid people suffering from cognitive disorders such as Alzheimer's, stroke, etc.

LIVING ENVIRONMENT

Donations that help create an environment where people feel at home while being part of a community. These may include programs that support a warm, personalized living environment, that promotes autonomy, respect, dignity, intimacy, identity, self-determination, quality of life, consistency, and safety, self-esteem, maintaining meaningful ties and adapted care and services.



MESSAGE FROM THE PRESIDENT

With the ongoing pandemic, challenges remain for our society and the Grace Dart Foundation. We continue to meet virtually and have all become used to a new normal. I can't wait to host in-person meetings with all our dynamic funding recipients, and to hear their stories about how they are helping the elderly. This year we focused on "Community Collaborative Care" with a focus on programs and initiatives for the elderly at home, and innovative approaches that answer their needs, while highlighting their essential part of our community.

The members of the Foundation wish to see the community grow and develop, and to imagine future generations benefiting from the impact of their elders. The Grace Dart Foundation, through its donations and support, can become an agent of change in the daily lives of seniors.

The Foundation remains anchored in its commitment and service to its five areas of giving: basic needs, loneliness and isolation, socialization and personal development, cognitive disorders, and living environment. I am very proud of our Board members who directed funds generously to programs around the city again this year. Their dedication and involvement is extraordinary as they navigate and adapt during these difficult COVID times and manage to reach as many seniors as possible. I encourage you to read a sample of some of these remarkable stories in the testimonial section of this report.

Driven by the simplicity of providing Love and Care, the Grace Dart Foundation continues to develop and seek out groups and organizations that provide innovative approaches to caring for the elderly in a changing world. We invite you to join us on this journey with our dedicated staff, board members, and donors, to help us deliver on our mission of helping the elderly in the Greater Montreal area.

Elise Nesbitt,
President and Chair of the Board of Directors



FRANÇOIS LEBLANC
DIRECTOR



GUYLAINE MORIN
DIRECTOR



ALAIN FILION
DIRECTOR



CHRISTOPHER PALIN
DIRECTOR



MICHAEL MARTIN
SECRETARY



JOSÉE LÉGER
TREASURER

2021-2022 BOARD OF DIRECTORS



ELISE NESBITT
PRESIDENT



JAWAID KHAN
VICE-PRESIDENT



ALDO SYLVESTRE
DIRECTOR



RONALD KAULBACH
DIRECTOR



DIANA MULROONEY
DIRECTOR

TESTIMONIALS

Atwater Library

The Atwater Library and Computer Centre uses the Grace Dart Foundation's funding to build on its strengths by providing digital technology training and support to people aged 60+. Through its well-loved Connect Project, the Atwater Library conducts over 100 free digital literacy group activities a year and gives a limited amount of one-on-one help.

With funding awarded by the Grace Dart Foundation, the Atwater Library and Computer Centre is providing invaluable digital literacy services for older adults, including many who live alone and are isolated. We're boosting the digital technology skills and confidence of hundreds of elderly people a year through our free courses, hands-on workshops, peer discussions, and lectures. To maximize our impact, we collaborate with several seniors centres and other community groups serving the elderly.

Here's what one 80-year-old participant said: 'The Atwater Library digital literacy programming taught me confidence with unfamiliar but now necessary technologies, skills and abilities shared by knowledgeable instructors and supportive co-participants, and ways to use digital resources wisely and safely.'

- Lynn Verge, Executive Director,
Atwater Library and Computer Centre



The Cummings Centre

The Foundation's funds will be used to transform our programs for seniors to a hybrid platform. This will give Montreal's diverse senior population greater accessibility to the Cummings Centre's programs, both virtually and in-person (simultaneously). Our goal is to enhance resiliency among older adults by reducing isolation and encouraging engagement among older adults. Due to the pandemic, seniors have been highlighted as being vulnerable affecting their ability to take part in activities and volunteer opportunities. This project will allow seniors to take part in specialized senior programming that will support their overall wellness and life-long learning, be it in the comfort of their own homes or in-person at the Centre.

The Cummings Centre is grateful to the Grace Dart Foundation for their financial support of the transformation of our senior programmes to a hybrid platform. This will give Montreal's diverse senior population greater accessibility to the Cummings Centre's programs, supporting programs virtually and in-person (simultaneously). Our goal is to enhance resiliency among older adults by reducing isolation and encouraging engagement. Funding received from the Grace Dart Foundation will allow seniors to take part in specialized senior programming, supporting their overall wellness, and life-long learning, be it in the comfort of their own homes or in-person at the centre.

- Pauline Grunberg, M.Ed, Executive Director,
The Cummings Centre





CODE LiFE: MGH Foundation

The Foundation funding will support marketing of the SAFE Program, highlighting fall prevention in seniors, online, and with the health network. About 25% of people age 75 and older sustain a fall every year. Once they fall, they are predisposed to more and more falls as underlying problems are often not resolved. This cycle is a major public health problem with about 20% of falls leading to serious injury; however, tailored exercises are effective in reducing and preventing injury. SAFE provides a platform for research-based exercise videos tailored to seniors and is under consideration to be rolled out province-wide in 2022.

Thanks to the generosity and collaboration of Grace Dart Foundation, we were able to invest in the SAFE Program. With its website and exercise videos designed especially to meet the needs of frail seniors and caregivers throughout the province, SAFE is a simple yet incredibly effective way to help prevent falls amongst this population. The Montreal General Hospital Foundation is proud to support, in partnership with Grace Dart Foundation, a program designed to help our community and to encourage healthy aging.

- Jean-Guy Gourdeau, President & CEO,
CODE LiFE: MGH Foundation

Contactivity Centre

Contactivity Centre is a non-profit community centre which provides programs and services to seniors. Activities are designed to nourish the mind, body, and soul of adults 60+. Seniors join the Centre for social engagement, learning opportunities, health and wellness programs, lunches, celebrations, and much more both online and in-person. Home Support Services for the less autonomous include grocery shopping, accompaniment to medical appointments, friendly visits, and Telecheck. The Foundation's funding helps support programs like Telecheck which is a vital service for seniors who live alone. The daily phone contact with Contactivity staff provides an essential social connection to seniors who are typically socially isolated and lonely. A check-in call from Telecheck is more than a daily hello; it's an outreach service to our most marginalized population and reminds them that they are part of the Contactivity family.

Our shared core values of kindness, respect, and dignity make our partnership with the Grace Dart Foundation very meaningful. At Contactivity Centre, we believe in the warmth of caring, sharing, giving, and supporting. We are very grateful that the Grace Dart Foundation supports our work to provide seniors with dynamic opportunities for socialization and engagement. Together with its support, we build a community where no senior feels alone.

- Benita Goldin, Executive Director,
Contactivity Centre





The Red Cross

The Red Cross will use the Foundation's funding to launch a pilot project specifically aimed at enabling seniors to remain at home, in safety and health, for as long as possible. The Proximité aînés project will bridge the gap between seniors and the community and the health and social services network. It will focus on two objectives: prevention and assisted support. The project has outreach and a research component aiming to log the innovation of this initiative and approaches in addition to highlighting the benefits for seniors who will participate.

The Canadian Red Cross - Quebec is grateful for the significant financial support provided by the Grace Dart Foundation for the "Proximité aînés" Project. This innovative and responsible community health initiative on the island of Montreal aims to have a significant impact on the well-being of seniors in vulnerable situations and to improve the living conditions of at-risk seniors so they remain in their homes. The project is an opportunity for the Red Cross to put its expertise, its ability to mobilize and coordinate volunteers, its extensive network of community, and health and research partners to work for seniors in need. The support of the Grace Dart Foundation will enable the Red Cross to support the well-being, independence, and dignity of at-risk seniors for the next two years.

- Lucie Pinsonneault, Advisor,
Major Gifts



SAMS

SAMS has emerged as a partner of choice to provide customized musical services in places that benefit greatly from the presence of professional musicians. From a medical point of view, several studies have shown the effectiveness of regular visits by professional musicians in health care settings. With the Foundation's funding, SAMS will produce 260 musical animations in seven SHSLC of the CIUSSS W-I with 225 room-to-room visits and 35 community concerts. As the largest network of professional musicians in the healthcare field in Quebec, SAMS is dedicated to improving lives of patients and residents in health care settings via access to the arts.

The SAMS would like to thank the Grace Dart Foundation from the bottom of its heart for its invaluable support over the last few years. Beyond the funding -- what is so touching for us -- is the Foundation's real attachment to our organization, to the services we offer, and to the residents of the West Island's long-term care facilities (CHSLDs). The Grace Dart Foundation is a multiplier of musical happiness.

- Françoise Henri, Executive and Artistic Director,
SAMS





Concordia University

Concordia University's Centre for Research on Aging (engAGE) aspires to change how our society thinks about aging. Through innovative, collaborative, interdisciplinary research, engAGE researchers work with older people and their communities to address challenges and facilitate opportunities in all realms of life. This capacity for creative, interdisciplinary, and community-engaged research is one of engAGE's unique strengths in Canada and around the world and calls attention to a central engAGE value: to empower the voices of older adults.

Thanks to your generous donation, the engAGE Centre Living Lab is able to launch two new research projects that will explore solutions to enhance the wellbeing of older adults. Funds from the project will be used to develop and support Dr. Laurel Young's programme, "Exploring Older Adults' Perspectives on Participating in Online Music Experiences", as well as Dr. Natalie Phillips' research, "How have COVID-19 pandemic experiences affected persons with or at-risk for dementia?". Both projects fall squarely within the Centre's mandate to change how we think about aging and to integrate the needs and perspectives of older adults who belong to marginalized communities. Your donation will also provide ample training opportunities for students.

Karen Li, Interim Director,
engAGE Centre

OUR COMMUNITY OF FUNDING RECIPIENTS

≤\$25,000

Tyndale St-Georges Community Centre
Les Berceurs du Temps
ABOVAS West Island Volunteer Accompaniment Service
Literacy Unlimited
NOVA Hudson
St-Andrew's Presbyterian Homes Foundation
La Maison d'Aurore
Bread & Beyond
Centre Greene
Mile End Mission
La Maison d'Aurore
Almage Senior Community Centre
Carrefour Montrose
Centre SCAMA
Contactivity Centre
The Cummings Centre
Douglas Foundation
Grand Rassemblement des aînés de Vaudreuil-Soulanges
Habilitas
Lasalle D & D 50+ Centre
Saint-Antoine 50+ Community Centre
Société Alzheimer Rive Sud
St-Andrew's Presbyterian Homes Foundation
The Desmarais Healing Art Foundation

>\$25,000 <\$100,000

Patro Villeray
Eva Marsden Centre for Social Justice and Aging
The Yellow Door
Centre communautaire le Rendez-Vous des Aînés
ALPA - Association Lavalloise des Personnes Aidantes
Atwater Library
Centre Communautaire Petite-Côte CCPC
Le Pas de la Rue
The Teapot 50+ Centre
La Sams

≥\$100,000

Concordia University
Nova Montréal
Nova West Island
The Red Cross
The Neuro (Montreal Neurological Institute Hospital)
Montreal General Hospital Foundation
McGill University Faculty of Dentistry
Dr. Clown
CIUSSS - Ouest de l'Île de Montréal



enGAGE

BERCEURS DU TEMPS

Centre communautaire Tyndale St-Georges Community Centre

santé • health NOVA hudson

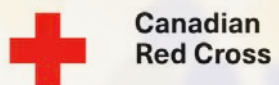
ST. ANDREW'S PRESBYTERIAN HOMES FOUNDATION

McGill Faculty of Dental Medicine and Oral Health Sciences

Literacy Unlimited | Alphabétisation sans limites

scaña Au centre de votre autonomie

SANTÉ • HEALTH NOVA L'OUEST DE L'ÎLE • WEST ISLAND



Canadian Red Cross

CODE LIFE.CA

neuro

Douglas FONDATION

La Maison d'Aurore

Centre LaSalle D&D 50+

nova SOINS À DOMICILE • HOME CARE

BREAD and BEYOND

PAS DE LA 55e RUE PRÉCARITÉ, ISOLEMENT, ITINÉRANCE

THE YELLOW DOOR LA PORTE JAUNE

ALPA

ABO VAS

centre communautaire Petite-Côte

Patro Villeray Centre de loisirs et d'entraide

Carrefour Montrose

Centre intégré universitaire de santé et de services sociaux de l'Ouest-de-l'Île-de-Montréal Québec

fondation HABILITAS foundation

CENTRE GREENE



Sams Musique Santé Bien-être

Saint-Antoine 50+

Alzheimer Society

RVA Le Rendez-Vous des Aînés

The Teapot 50+ Center

CENTRE COMMUNAUTAIRE POUR PERSONNES AGÉES Almâge 50+ SENIOR COMMUNITY CENTRE

GRAVES GRAND RASSEMBLEMENT DES AÎNÉS DE VAUDREUIL ET SOULANGES

50 YEARS AINS 1972-2022 Contactivity CENTRE Contactivité

LE CENTRE Cummings CENTRE

FONDATION DR CLOWN

MISSION MILE-END

FINANCIALS AT A GLANCE

Grace Dart Foundation, Year ended March 31, 2022

	<u>2022</u>
REVENUE, EXPENDITURES AND SURPLUS	
Revenues	6,659,371
Expenditures	260,035
Distributions	2,480,124
Surplus, end of year	39,192,165
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CASH FLOWS	
Operating Activities	(2,552,934)
Investing Activities	2,186,756
Cash, end of year	188,405
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FINANCIAL POSITION	
Assets	39,223,225
Liabilities	31,060
Surplus	39,192,165
<hr/>	
ACCOUNTS RECEIVABLE	15,231
<hr/>	
MARKETABLE SECURITIES AND CASH HELD FOR INVESTMENT	38,956,507
<hr/>	
GENERAL AND ADMINISTRATIVE EXPENDITURES	146,645

For a more detailed financial overview, please refer to the audited financial report published on the site at www.fondationgracedart.org

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To all the volunteers serving on the Board of Directors, and the Foundation,
our administrative team members, our partners, and our generous donors
-- and all the amazing volunteers -- that share with us our mission of
helping the elderly with love and care in the community:
thank you for your ongoing dedication.

