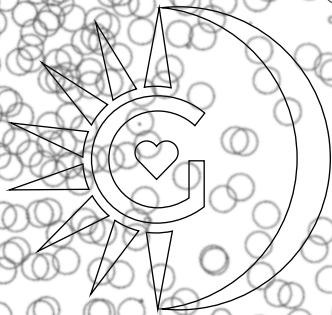


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The Grace Dart Foundation Annual Report 2022-2023

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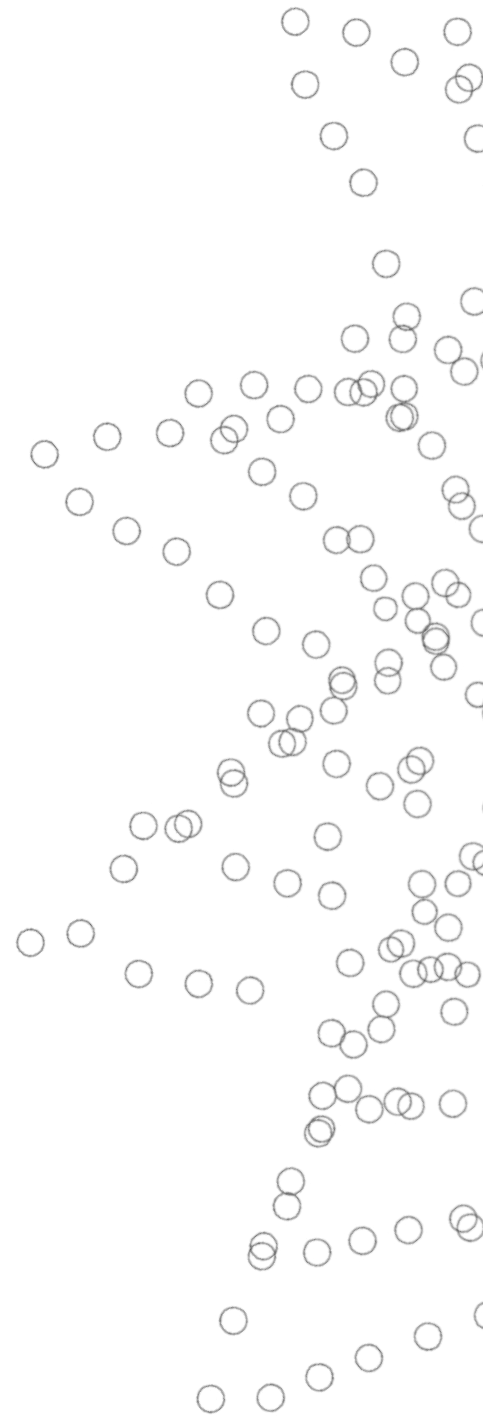
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Continuing last year's graphic language, the cover is a colourful celebration whereby the logo elements are regenerating to make a spiralling set of windows into what it is like to grow older while only growing more and more content with life. The logo – and the Foundation itself – are part of this pinwheel that denotes 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 these past years. ■



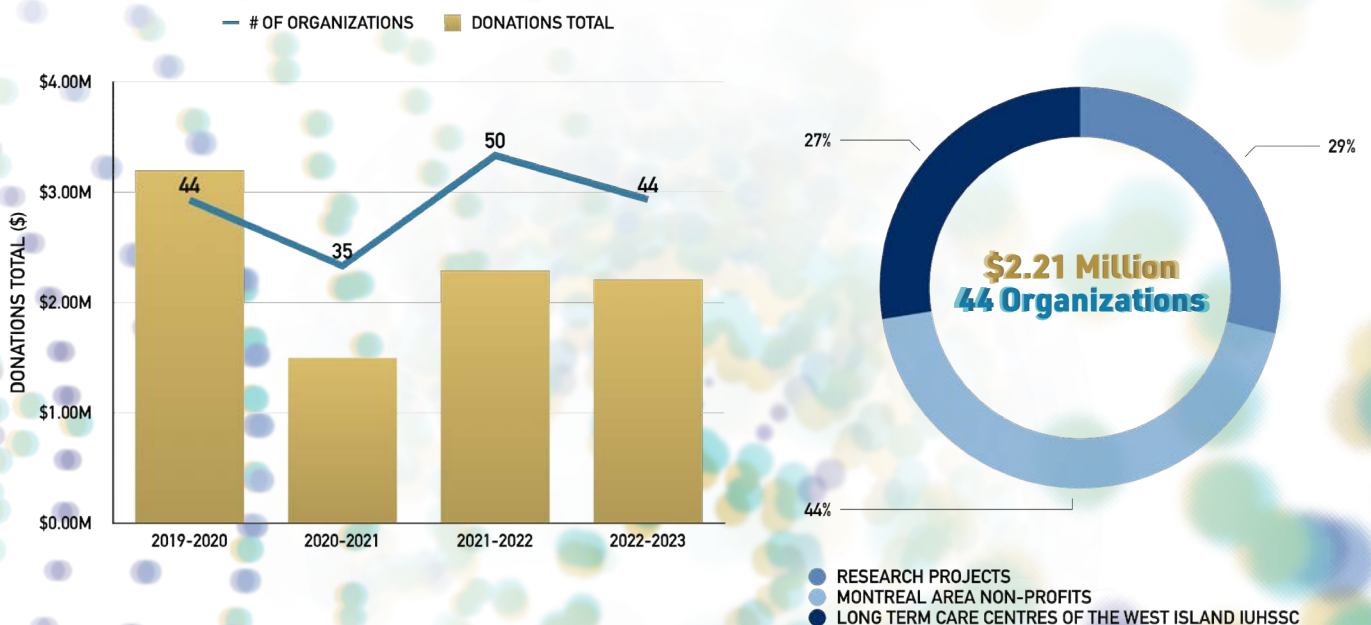


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THE FOUNDATION AT A GLANCE

In **2022-2023**, more than **\$2.21 Million** was donated to **44** organizations in the Greater Montreal area. An estimated **26,720** people were helped through the Foundation's support.¹



In 2021, 1,762,949 people lived in the Greater Montreal area. According to the recent census, of that population, there were **295,475 Montrealers aged 65 or over, representing 17% of all residents.**²

Across Canada, from 2016-2021, the number of people aged 65 and over rose by 18.3% to 7 million, representing nearly 1 in 5 Canadians. It is the second largest increase in 75 years, after the increase observed from 2011-2016.²

Furthermore, in the last quarter of 2020 (during the pandemic), more than 10% of Canadian seniors reported often feeling isolated from others, lacking companionship, or feeling left out.²

Overall, the data indicates that our population is aging and we can only assume that there will be more demand for programs and resources to assist those in need. Information on the health and well-being of older Canadians is important to guiding policies and programs that promote healthy aging, especially as the proportion of older adults in Canada continues to grow. The needs of the elderly will only grow, and the Grace Dart Foundation will be there to help out.

¹ Estimation based on long-term care facilities occupancy and number of clients of non-profits and foundations.

² Source: April 27, 2022, Statistics Canada. Results from the 2021 Census.

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 with its various donation efforts in line with the five following areas of giving:

basic needs, loneliness & isolation, socialization & personal development, cognitive disorders, and the living environment.

OUR VALUES

RESPECT

"To recognize the intrinsic value of each person we help, because every elderly person and resident of a long-term care facility 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' ."

OUR VISION

The Foundation wishes to bring more **love and care** to as many elderly people as possible in both 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.

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, creating a system to distribute second-hand clothing to residents, as well as food banks and housing assistance programs, are 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 fostering discussion, creativity, or 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 programs that help people get involved and contribute to their community.



COGNITIVE DISORDERS

Donations to programs that include activities and tools used to aid people that are 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 greater community. These donations may include programs supporting a warm, personalized living environment that promotes autonomy, respect, dignity, intimacy, identity, self-determination, quality of life, safety, self-esteem, and consistency, maintaining meaningful ties and adapted care and services.

MESSAGE FROM THE PRESIDENT



Although we are still feeling the after-effects of the pandemic, we see a lot of optimism, especially within the elderly community of Greater Montreal. Last year, we were still meeting virtually and I said then that I was eager to return to meeting in person. To prepare for this annual report, we visited with several testimonial candidates and toured their facilities, met with their volunteers, and saw the Grace Dart Foundation's donations and support in action! We took photos, and sometimes selfies, with our grateful community. While on site, it is easy to see their enthusiasm and commitment. The energy can be felt at our Board level as well. We are excited to share these remarkable stories with you.

We support programs that care for our community in a truly collaborative format, and that is why we emphasize "Community Collaborative Care". Our focus is on programs and initiatives for the elderly at home, including innovative approaches that answer their needs while highlighting their essential part of our community.

Witnessing the elderly population in Montreal growing and developing, the Grace Dart Foundation's Board members are enthusiastic in their continuing commitment to improving the lives of seniors through community programs that best serve their needs. The Foundation hopes to continue to be an agent of change in the daily lives of seniors.

The Grace Dart 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 generously directed funds to programs around the city again this year. I encourage you to read a sampling of the stories of these programs in the testimonials section of the report.

Won't you join me in supporting the Grace Dart Foundation, and its continuing work to develop and seek out groups and organizations that provide innovative approaches to caring for the elderly in a changing world?

Elise Nesbitt,
President and Chair of the Board of Directors



FRANÇOIS LEBLANC
DIRECTOR



GUYLAINE MORIN
DIRECTOR



ALAIN FILION
DIRECTOR



MICHAEL MARTIN
SECRETARY



JOSÉE LÉGER
TREASURER

2022-2023 BOARD OF DIRECTORS



ELISE NESBITT
PRESIDENT



CHRISTOPHER PALIN
VICE-PRESIDENT



ALDO SYLVESTRE
DIRECTOR



RONALD KAULBACH
DIRECTOR



DIANA MULROONEY
DIRECTOR

TESTIMONIALS

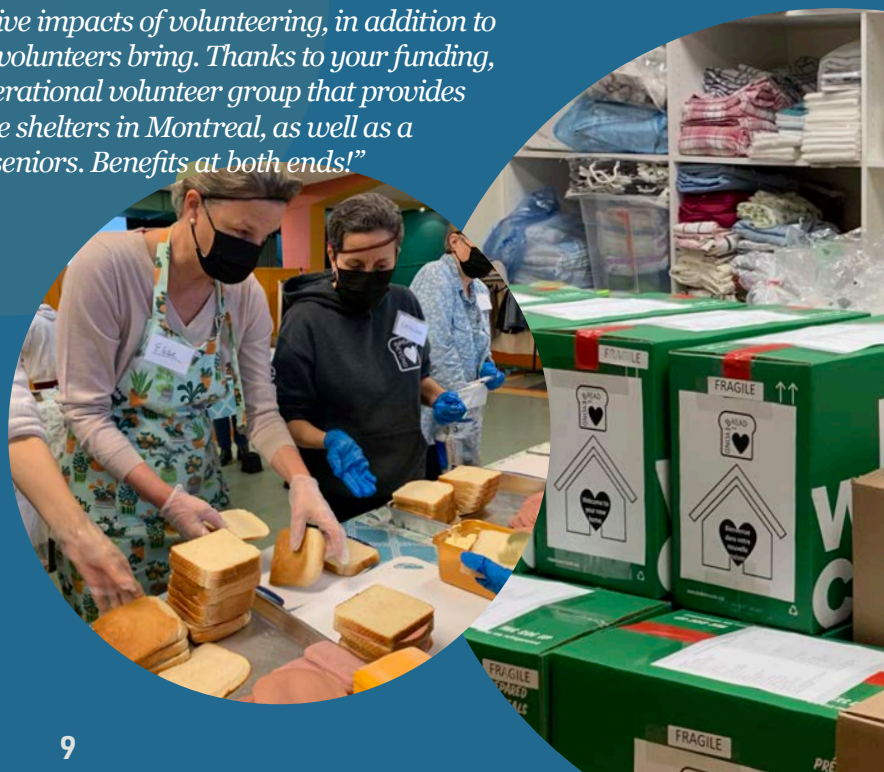
Bread and Beyond

Bread and Beyond uses the Grace Dart Foundation's funding to build on its strengths; continuing to conduct its core activity of making and delivering fresh, nutritious sandwiches to shelters that support people experiencing homelessness in Montreal. This activity creates the pathway that connects the community to the shelters, it fosters engagement, increases awareness and advocacy and is an indispensable part of their mission and identity. With this funding, they created a dedicated program for elderly volunteers within the community to aid in making and delivering sandwiches to those in need.

“Bread and Beyond is extremely grateful for the generosity and support shown by the Grace Dart Foundation over the past two years. We are a relatively new organization with limited history to reassure and motivate donors – yet, Grace Dart showed trust in our work in the early days and has been instrumental in our development and growth.”

We recognize the many potential positive impacts of volunteering, in addition to the strengths and skills that our senior volunteers bring. Thanks to your funding, we have a vibrant senior-led inter-generational volunteer group that provides a source of fresh nutritious food for the shelters in Montreal, as well as a social, fun, productive activity for all seniors. Benefits at both ends!”

- Kirstie Jagoe, Founding Director





Patro Villeray

Patro Villeray is part of a network of Patros in Quebec & Ontario. The Patro's of Quebec are part of the Fédération Québécoise des centres communautaires de loisir (FQCCL), and together they promote accessible, quality, and inclusive leisure. The Foundation's funds for Patro Villeray are specifically allocated to lunchtime meals and partially fund and support their food aid program. A bistro space was created that welcomes the community for a 3-price lunch every Thursday. The cost is at the discretion of the individual. For \$5, \$7, or \$10 a complete meal including soup, main course, dessert and coffee, is provided. These types of services are in line with their mission of mutual aid to the most vulnerable.

“Patro Villeray is proud to count the Grace Dart Foundation among its partners since 2019. Together, we have experienced the merger of our organization and have been able to build a relationship of trust on a solid foundation. During the pandemic, your support was crucial in helping us break the isolation experienced by seniors. With the well-being of our most vulnerable seniors at heart, we are now joining forces to provide them with food security. On behalf of the food aid program volunteers and all users of our services for seniors, a huge thank you for your unwavering support.”

- Daniel Côté, Executive Director

ABOVAS

Accompagnement Bénévole de l'Ouest, more commonly known as ABOVAS, is a non-profit organization with a mission to provide volunteer-accompanied transport for appointments to West Island residents in vulnerable situations. It facilitates meaningful roles for its volunteers, while supporting positive results for its clients. Their clients, who are often isolated and unsupported, can complete their medical appointments and errands knowing that they have someone there to support them and deal with any situation that may arise during their outings.

“With this funding, we will be able to recruit more volunteers to play a vital role in improving the quality of life for everyone involved. We will also be able to continue to make our service more visible in all eligible homes and ensure that caregivers have all the information they need to know that they can entrust their loved ones to us. Finally, we will be able to ensure that every ABOVAS family member has everything they need to provide and receive the highest quality of care that our mission promises.”

- Denise Hupé, Executive Director





Mile End Community Mission

When individuals first visit the Mission, they often feel ashamed, outcast or marginalized with no sense of community. With a welcoming atmosphere and outreach, the Mission volunteers encourage them to share their stories and partake in a meal. They often see clients (referred to as members), while waiting for the weekly food-bank distribution, gradually begin to step out from the shadows of their silence and loneliness, develop relationships with others in similar situations, gain trust, and slowly open up about their lives, their frustrations, their hopes and dreams... For the last 32 years, the Mile End Community Mission has been helping those in need in the community.

“As a central part of the Mile End Community Mission’s Leadership Team, our senior members take great satisfaction in knowing that they’re helping their fellow Mission members. Their daily involvement in preparing free hot and healthy lunches, distributing weekly food bank groceries, and running an affordable Thrift Shop, not only helps to break their isolation and loneliness, but also serves to engage them as truly valued members of the community. We are very thankful for this wonderful group of individuals and for the amazing support we continue to receive from the Grace Dart Foundation.”

- Linda (Lou) Hachey, Executive Director



Tyndale St-Georges

The Adult Development Department located on des Seigneurs Street in Little Burgundy provides various educational and training programs with the aim of developing and strengthening life and work skills among the community members and program participants. They are committed to supporting adults in all aspects of their development and success. One way in which they achieve this, is by countering isolation and providing a sense of community by offering a safe welcoming space where people can drop-in to use the computers, socialize, read the newspaper, and have a snack & coffee.

“The Tyndale Seniors Wellness Centre is grateful to the Grace Dart Foundation for their financial support which allows us to provide a space and programs for the vulnerable at-risk seniors of our community. At Tyndale St-Georges Community Centre, we are propelled with the mission to empower our seniors to remain autonomous for as long as possible and to provide them with the tools to do so. One such tool is our Brain Gym Program which helps battle the symptoms linked to dementia and Alzheimer’s disease. Studies have shown that cognitive, concentration and memory exercises slow the deterioration brought on by degenerative memory diseases. These impactful activities and programs would not be feasible without the support of the Grace Dart Foundation.”

- Natalie Miron, Director, Tyndale St-Georges’ Adult Development Department





HABITATS : un et un font mille Walk

HABITATS is an artistic, scientific, and citizen-led movement that makes the voices of older people heard. It initiates actions surrounding the realities and issues of aging which stimulate thought and encourage us, as a society, to act by asking the question: how would we like to live our old age?

“

“By supporting and participating in the second edition of the HABITATS : un et un font mille walk for the well-being of seniors, the Grace Dart Foundation is part of an ever-growing awareness and visibility movement. The Foundation is part of a group of individuals and organizations that are and will be taking action on a daily basis to imagine the future of older adults and the future of all of us who are aging! Thank you to the Grace Dart Foundation.”

- François Grisé, Founder and Creative Director

”

OUR COMMUNITY OF FUNDING RECIPIENTS

≤\$25,000

Centre de Services bénévoles
aux aînés de Villeray
Aide aux Villageois
Bread & Beyond
Accompagnement bénévole
de l'Ouest
Santropol Roulant
Tyndale St-Georges
Community Centre
Nova Hudson
Intergénération Québec
Mile End Community Mission
La maison d'Aurore

>\$25,000

<\$100,000

Centre d'Entraide du Marigot
Carrefour communautaire
Montrose
Le Centre communautaire
Le Rendez-vous des Aînés
Maison de Quartier Villeray
LaSalle D&D 50+ Centre
Alzheimer Rive-Sud
Welcome Hall Mission
Le pas de la rue
Centre communautaire des aînés
Vaudreuil Soulanges
Service bénévoles aux aînés
Ville-Emard / Saint Paul
St-Andrews Presbyterian
Foundation
Les Accordailles
Acte d'Amour
Les Petits Frères
Saint-Antoine
50+ Community Centre
Patro Villeray
Desmarais Healing Art Foundation
The Teapot 50+ Centre
Centre communautaire
Petite Côte
The Yellow Door
Contactivity Centre
Atwater Library
Nova - West Island
La Sams

≥\$100,000

Nova Home Care
Concordia University
La Croix Rouge
Dr. Clown
Montreal General Hospital
Foundation
McGill University
CIUSS - West Island



FINANCIALS AT A GLANCE

Grace Dart Foundation, Year Ended March 31st, 2023

REVENUE, EXPENDITURES, AND SURPLUS

Revenues	(685,034)
Expenditures	(906,745)
Distributions	2,211,130
Surplus, end of year	36,074,290

CASH FLOWS

Operating Activities	(2,149,525)
Investing Activities	2,158,987
Cash, end of year	197,867

FINANCIAL POSITION

Assets	36,106,772
Liabilities	32,482
Surplus	36,074,290

ACCOUNTS RECEIVABLE	15,791
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MARKETABLE SECURITIES AND CASH HELD FOR INVESTMENT	35,878,903
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GENERAL AND ADMINISTRATIVE EXPENDITURES	171,269
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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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This year, our Annual Report is dedicated to the memory of **Jawaid Khan**,
devoted Board member and friend of the Foundation.

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.

