



THE GRACE DART FOUNDATION
ANNUAL REPORT
2024 - 2025

#COLLABORATIVE

#COMMUNITY

The Grace Dart Foundation Annual Report 2024-2025
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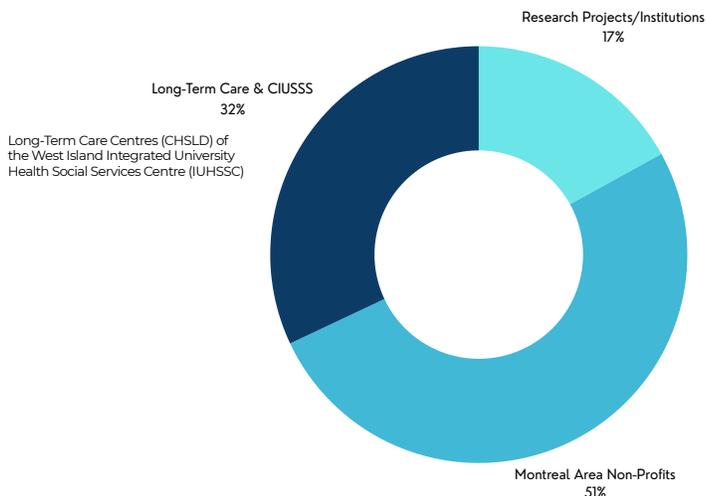
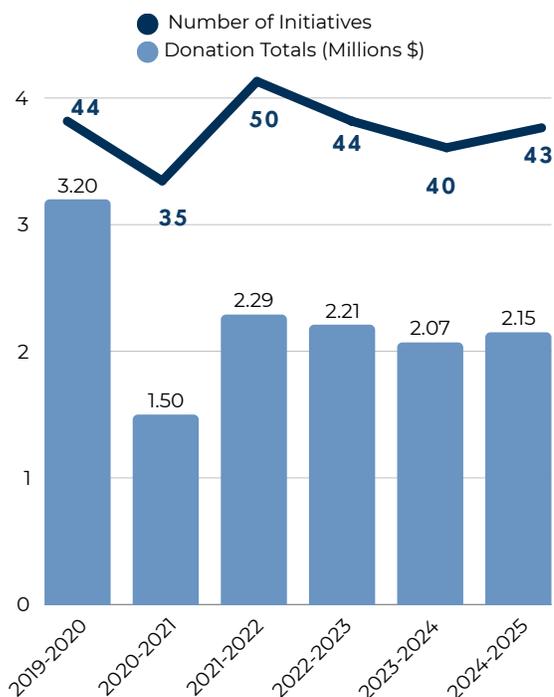
#CARE

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THE FOUNDATION AT A GLANCE

In 2024-2025, more than \$2.15 Million was donated to 43 initiatives with organizations in the Greater Montreal area.



35,000 adults were helped through the Foundation's support.*

Canada's population growth slowed considerably in the second half of the 20th century and has remained historically low since. Meanwhile, there have been substantial increases in life expectancy over the same time. As a result, the share of Canada's adult working-age population is shrinking while the share that's 65 years of age or older has been growing. These developments will continue to strain government budgets in the years ahead.

By 2030, one in four Quebecers will be over the age of 65¹

Although COVID-19 temporarily influenced demographic patterns, the aging of Quebec's population remains the defining challenge. According to recent survey data, the proportion of residents aged 65 and over is projected to rise sharply - from 20% in 2021 to 24% by 2031, and 26% by 2041 - with steady growth expected through 2071.²

The challenges facing the elderly in Quebec, particularly in Montreal with additional strain on our public systems and increased demand in services, underscore the critical mission of the Grace Dart Foundation.

*Estimate based on the occupancy of long-term care facilities and the impact statistics provided by organizations.

¹ Institut de la statistique du Québec, population par groupe d'âge, July 2016

² Perspectives démographiques du Québec et de ses régions, 2021-2022 (Edition 2024)



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.

MESSAGE FROM THE PRESIDENT

As President and Chair of the Board of Directors for the past 12 years, it has been my privilege to help guide the Grace Dart Foundation in its mission to support the well-being of seniors in the Greater Montreal Area. Our commitment is unwavering: to ensure that older adults have the support they need to thrive within their communities, through meaningful programs delivered in a compassionate and collaborative environment.

This year, we are embracing a sense of renewal, having welcomed several new Board members in recent years, along with Jennifer Bradley as our new Managing Director. Each member of our Board plays a vital role in the Foundation's governance—from overseeing our endowment and reviewing funding applications to guiding strategic direction and approving key by-law changes. Some have been dedicated to the Foundation for over 20 years, and I am deeply grateful for their wisdom, experience, and enduring commitment. We have proudly highlighted them on our Facebook and LinkedIn pages—we invite you to meet the dedicated individuals helping shape our vision.

We move forward with optimism. Donations are growing, and community engagement is stronger than ever. The structure we have built over the years is one of adaptability,



open communication, and continuous improvement—rooted in our ability to respond to the evolving needs of the elderly population. Whether we are supporting research, CHSLDs, local organizations, or special initiatives, we remain hands-on, grounded, and focused—making a real difference, without overcomplicating the mission.

The Foundation remains committed to its five areas of giving: addressing basic needs, reducing loneliness and isolation, encouraging socialization and personal development, supporting those with cognitive disorders, and improving living environments. In this report, you will discover just a few of the exceptional organizations we are proud to support this year.

To learn more about our work, visit our website and follow us on social media, and please consider making a donation: foundationgracedart.org/donate.

With sincere gratitude,

A handwritten signature in blue ink that reads "Elise Nesbitt".

Elise Nesbitt
President and Chair of the Board of Directors

BOARD OF DIRECTORS



ELISE NESBITT
President & Chair



CHRISTOPHER PALIN
Vice-Chair



FRANÇOIS LEBLANC
Treasurer



MICHAEL MARTIN
Secretary



ADRIAN DUNN
Director



ALAIN FILION
Director



RONALD KAULBACH
Director



JASEN KISBER
Director



GUYLAINE MORIN
Director



DIANA MULROONEY
Director



ALDO SYLVESTRE
Director

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.



NOVA Home Care

NOVA Home Care's Home Support Program enhances the well-being of over 1,000 seniors each year across Montreal. Through certified personal support workers (PABs), the program provides essential in-home assistance — from hygiene care and mobility support to mental stimulation and physical well-being — while also offering vital respite for caregivers, many of whom are seniors themselves. NOVA's services help seniors maintain their independence and remain safely in their homes for as long as possible, while also reducing isolation, easing financial strain, and upholding human dignity. Focused on continuity of care, the program offers up to six hours of free support weekly, complementing public healthcare services and making a lasting impact on the lives of vulnerable seniors and their families.



"We would like to thank the Grace Dart Foundation for its support, which plays a key role in our ability to provide quality care to isolated seniors. For many years, their involvement has allowed us to expand our impact and help even more people in the community. We share similar values, and the dignity of seniors is at the heart of our mission. A heartfelt thank you!"

Anne-Sophie Schlader
Executive Director

The Neuro-CareAxis Program for Seniors

The Neuro-CareAxis Spine Program for Seniors was launched in 2019 and provides specialized healthcare services at no cost to elderly patients suffering from complex spine pain within the McGill University Réseau Universitaire Intégré de Santé et Services Sociaux (RUISSS).

The idea is straightforward: community physiotherapists receive advanced training from spine surgeons and are equipped with cutting-edge technology to identify conditions that may require surgical intervention. By leveraging physiotherapists to perform surgical assessments and triage, the program significantly reduces lengthy wait times for patients needing to see a spine surgeon for consultation at The Neuro. Patients identified by the physiotherapist as surgical candidates or at higher risk are rapidly referred to a surgeon at The Neuro; non-surgical patients are spared the uncertainty of waitlists and instead are both educated about their condition and given a comprehensive self-management plan, which includes exercises and positions of relief to alleviate their pain.

The program is expanding to enhance musculoskeletal (MSK) assessment and surgical triage services, focusing on seniors aged 65 and older—a population heavily affected by MSK conditions that impair daily function and quality of life. This program aims to address the urgent need for early intervention by seamlessly integrating MSK care into the existing framework supported by The Neuro and the McGill University Health Centre (MUHC) network.





"The Neuro-CareAxis Spine Program for Seniors was inspired by a commitment to support some of our most vulnerable patients. By training physiotherapists to deliver specialized assessments for seniors with complex spine conditions, CareAxis reduced wait times from 27 weeks to less than four weeks. Thanks to the visionary support of the Grace Dart Foundation, thousands of patients have received timely assessments and experienced better health outcomes with a clearer path to recovery."

Dr. Carlo Santaguida

Neuro spine surgeon and Co-Founder of CareAxis

"We are so grateful to the Grace Dart Foundation for recognizing the potential of the CareAxis initiative. The success of our first chapter laid the foundation for expansion into hip, knee, and shoulder pain, allowing us to increase patient access to this proven care model. Because of the Grace Dart Foundation's continued support, we have been able to drive innovation in orthopedic care and transform how seniors access the healthcare system."

Paul Santaguida

CEO and Co-Founder of CareAxis

The Teapot 50+ Centre

The Teapot's mission is to support older adults (50+) in being a valued and connected part of their community. Whether in person or online, this multi-resource community centre is ready to keep older adults active, healthy, and most of all, connected! They are dedicated to fostering an inclusive community where every participant can thrive, explore their interests, and continue to develop their skills.

The Teapot's Enhancing Senior Engagement through Technology & Outreach Program is designed to combat the growing issue of social isolation among seniors by providing comprehensive technology and outreach services. At the heart of this project is a dedicated Program Activity Coordinator who provides one-on-one technology support to seniors helping them navigate essential online services such as healthcare portals, banking, and communication platforms like email and video calls. In addition to individualized assistance, they also lead group workshops designed to foster digital literacy skills in a supportive, peer-based environment. These workshops cover fundamental tech usage, including smartphones and computers, as well as social media engagement and participation in virtual activities like Zoom meetings.



“Thanks to the generous support of the Grace Dart Foundation, The Teapot has strengthened its efforts to reduce social isolation and promote digital inclusion among older adults. This funding has allowed us to offer personalized technology support, increase access to free mental well-being activities, and provide one-on-one guidance that fosters connection, autonomy, and dignity. The Grace Dart Foundation’s investment has enabled us to meet seniors where they are—offering compassionate, timely support during moments of loneliness, grief, and social isolation. This funding has brought warmth, reassurance, and a renewed sense of belonging to those who need it most.”

Tamara Peel
Executive Director

Les Accordailles

For over 42 years, Les Accordailles has been helping seniors in the Plateau Mont-Royal area stay connected to their community by offering a wide range of services and activities.

Their services — including medical and social accompaniment, grocery assistance, walks, and friendship visits – are available to individuals aged 50 and over. For accompaniment services, most referrals come from CLSC social workers or internally. The seniors referred often require specific support due to major mobility difficulties, advanced cognitive disorders, behavioral problems, or mental health conditions. An assessment by a CLSC support worker (or the project manager) determines whether the individual can benefit from volunteer accompaniment services or whether specialized accompaniment is needed.

Ensuring safe and appropriate accompaniment is essential to protecting the well-being and dignity of seniors and to advancing Les Accordailles' mission of providing equitable access to healthcare and support.



“Thanks to the generosity and trust of the Grace Dart Foundation, we have been able to establish a specialized accompaniment service that meets a critical need in our community: ensuring that seniors living with significant vulnerabilities can access essential healthcare services. For many of them, this means no longer having to choose between staying at home alone or risking a difficult trip. This program offers them the opportunity to be accompanied to their medical appointments by a social worker —with dignity and in complete safety. What the Foundation offers us, beyond funding, is the ability to continue being present every day for those who need it most. Their support allows us to focus our energy where it matters most: with seniors.”

Julie-Anne Fortin

Executive Director

Maison d'Aurore

La Maison d'Aurore has been a cornerstone of community life in the heart of Plateau Mont-Royal since 1976. For many years, they have offered Senior Wellness activities in their welcoming community space, supporting older adults through social connection, accessible resources, and personalized assistance.

Building on this experience, La Maison d'Aurore expanded its efforts several years ago to offer programs to residents of the neighbouring HLM de Lanaudière, in collaboration with the Office municipal d'habitation de Montréal (OMHM). In this building, 69 apartments are home to socially and economically disadvantaged seniors, many of whom face growing challenges related to aging and isolation.

Within this complex environment, community outreach offers a vital, reassuring presence. It helps forge meaningful relationships among residents and plays a key role in allowing them to remain in their homes with dignity.

La Maison d'Aurore's initiatives aim to reduce isolation and provide consistent support. Whether through organizing activities, raising awareness of local resources, assisting with administrative tasks, or simply offering a listening ear, their social workers deliver essential care. Their presence ensures residents' well-being while promoting autonomy and a sense of community.

"The Grace Dart Foundation's support has enabled Maison d'Aurore to maintain and expand its range of wellness activities for seniors in our community. This makes a big difference in the lives of many who never miss their weekly gatherings to keep fit, take part in cultural activities, and get together - creating precious bonds of friendship and mutual support. At the HLM seniors' residence, our support has enabled us to strengthen our presence and energize this living environment, so much so that a new tenants' committee was set up this year!"

Annie Pelletier
Executive Director



“Every smile, every shared moment, is a reminder that caring for our elders strengthens the heart of our community.”



COMMUNITY OF FUNDING RECIPIENTS

Partners & Programs

The Grace Dart Foundation proudly supports and collaborates with incredible partners running impactful programs for seniors in the Greater Montreal Area.

Community - Collaborative - Care

LESS THAN \$24,999

Accompagnement bénévole de l'Ouest (ABOVAS) - Medical and Social accompaniments
Bread and Beyond - Senior-led Inter-Generational Sandwich Making Workshops
Douglas Foundation - Snoezelen room, Porteous Pavilion
Groupe l'Entre-Gens Inc. - HLM Seniors Holiday Celebrations
Literacy Unlimited - Unlimited Seniors Club 55+
Maison d'Aurore - My HLM, a Community of Support
Mile End Community Mission - Senior Leadership Team
NOVA Hudson - In-Home Nursing Care
Santropol Roulant - Meals-on-Wheels
St. Andrew's Presbyterian Homes Foundation - Saint Andrew Residential Centre Oral Hygiene Program
Temple Emanu-el Beth Sholom - Creative Connections
Vers Vous - Community Life Activities
Welcome Hall Mission - Compassion-Pathways Program
West Island Women's Centre - 55 Up! A safe, supportive and empowering environment for older women

\$25,000 - \$99,999

Almage Senior Community Centre - Seniors helping seniors
Atwater Library and Computer Centre - Digital Literacy Tech-Help
Carrefour communautaire Montrose - 'Premier pas dans sa communauté', the first step towards belonging and connection
Centre communautaire Le Rendez-Vous des Aînés - Le maintien des acquis
Centre communautaire Petite-Côte - Independent, But Not Alone (HLM Program)
Eva Marsden Centre for Social Justice and Aging - Healthy Aging Hygiene Initiative
Maison d'Aurore - Senior Wellness Space
LaSalle D&D 50+ Centre - Bonjour to a New Skill!, French classes for seniors
Les Accordailles - Accompagnement spécialisé
Les Petits Frères - Embracing the Elderly

COMMUNITY OF FUNDING RECIPIENTS

\$25,000 - \$99,999

NOVA West Island - Senior Activity Program

Patro Villeray - Services aux personnes aîné.e.s

Resto Plateau - Un milieu de vie à l'image de nos aîné.e.s

Saint-Antoine 50+ Community Centre - Healthy Meals and Wellness Needs Program

Services Bénévoles aux Aînés de Ville-Émard / Saint-Paul - RADAR

St. Andrew's Presbyterian Homes Foundation - Senior Support Program

The Desmarais Healing Art Foundation - Biophilic Healing Art

The Teapot 50+ Centre Lachine - **Ressources Troisième Age Lachine** - Enhancing Senior Engagement

The Yellow Door - Generations Program

Tyndale St-Georges Community Centre - Senior Wellness Centre

MORE THAN \$100,000

CIUSSS de l'Ouest-de-l'île-de-Montréal - Enhancing Quality of Life for Residents Living in long-term care

Concordia University - EngAGE Living Lab for Empowered Aging, Grace Dart Knowledge Mobilization Fund

Contactivity Centre - Care and Connection for older adults 60+

Dr Clown Foundation - La Belle Visite

La SAMS - Bringing the Benefits of Music to the Vulnerable, Elderly and Those Living in Healthcare Environments

McGill University - Dementia Education Program, Faculty of Medicine

McGill University - Dent ma maison, Faculty of Dentistry

NOVA Home Care - Home Support Program

The Montreal Neurological Institute - The Neuro-CareAxis Program

IMPACT OF YOUR DONATIONS



CENTRE COMMUNAUTAIRE POUR PERSONNES ÂGÉES



FINANCIALS AT A GLANCE

Grace Dart Foundation Year ended March 31, 2025

REVENUE, EXPENDITURES AND SURPLUS

Revenues	3,495,567
Expenditures	341,073
Distributions	2,149,519
Surplus, end of year	39,828,506

CASH FLOWS

Operating Activities	(2,129,771)
Investing Activities	2,196,546
Cash, end of year	428,262

FINANCIAL POSITION

Assets	39,869,958
Liabilities	41,452
Surplus	39,828,506

ACCOUNTS RECEIVABLE	14,802
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MARKETABLE SECURITIES AND CASH HELD FOR INVESTMENT	39,415,495
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GENERAL AND ADMINISTRATIVE EXPENDITURES	233,557
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For a more detailed financial picture, please refer to the audited financial report published on the website: fondationgracedart.org.

#COLLABORATIVE

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Together, we are building a community where every senior thrives. Your generosity drives our mission forward. Join us — by giving, sharing our mission, or including us in your will — and help shape a better tomorrow.

Visit fondationgracedart.org/donate to make a difference.

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To our dedicated Board of Directors, our committed administrative team, our valued partners, and our generous donors — all united by a shared mission to support seniors with love and care in our community: thank you for your unwavering dedication.