

Awards & Recognition



Martin Laforet Memorial Volunteer Award
From the Board of Directors in recognition of outstanding volunteer commitment to Life After Fifty.

2022 Recipient: **Amy Szewczuk**



Staff Recognition Award

2011—2022: 11 Years of Service
Suzanne Poirier



Staff Recognition Award

1997—2022: 25 Years of Service
Meg Chaberek

Outgoing Board Members



Dorothy Davis and Amy Szewczuk—

Thank you both for your dedicated years of service with the Life After Fifty Board of Directors.

2021/2022 Highlights

November 2021

Life After Fifty said goodbye to Joyce Nixon after 7yrs as Executive Director.

December 2021

We were excited to welcome Lynn Calder to the team as our new ED!

February 2022

February 2022 marked the beginning of our 60th Anniversary year! LAF will be celebrating this milestone all year long. Stay tuned!



Fundraising, Grants & Sponsors



\$27,500

Amount received in sponsorships from Megaloid, Windsor Honda, MCCCU & Chartwell—**THANK YOU!**



\$7,908

Received through Paradise Charitable Gaming thanks to our dedicated volunteers who assist at Bingos throughout the year!



\$6,190

Funds raised by our lottery which was recently re-imagined as an online 50/50 due to COVID closures.

OTF Craft Grant



Life After Fifty received \$87,000 from the Ontario Trillium Foundation's **Resilient Communities Fund** to assist in re-engaging senior artisans, recover lost revenue from the annual bazaar and develop an online store featuring craft goods made by LAF members.

Through this grant, LAF was able to host over 380 older adult participants in our craft workshops series!



GSC /WECF Re-Engagement Grant



Life After Fifty received \$95,000 from the Green Shield Canada **Community Investment Grant** for a three-part campaign that will support the mental health of older adults as they emerge from the pandemic to re-establish social connections at LAF and re-connect with their community.



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fit.
Be well.
social!



June 28, 2022

Message from:

Board of Directors' & Executive Director President



Welcome to Life After Fifty's Annual Meeting for the 2021/ 2022 fiscal year

Hello Everyone,

This past fiscal year has been a roller coaster for everyone. LAF said goodbye to Joyce Nixon who served as Executive Director for the past 7 years. There were faces who left to pursue other careers and a few new faces who arrived to continue the energy and good service of the agency. Lynn Calder, our new Executive Director is one of those new faces. The Board of Directors and the Life After Fifty Members gave her a warm welcome as we kicked off 2022!

While change is constant, we rolled with this in the midst of COVID-19. Now restrictions are lifting, and LAF is taking a cautiously optimistic approach to rebuilding itself. We are careful. We are taking care of each other. We are looking to the future. Our programs and activities are ramping up as our membership numbers grow. We are continuing virtual and telephone engagement as we add in-person opportunities. We are keeping a close eye on the Health Services and Social Services systems to ensure that LAF is contributing to our community and to our seniors in the best ways possible. Our Strategic Plan refresh will be published and available this summer as a planning road map until the end of 2024. Thank you to everyone who contributed to that process.

Continuing in the spirit of being grateful; we would like to thank the volunteers for stepping up to help with Bingos, craft creations, information booths, telephone assurance / virtual friendly visiting to name only a few of their labours. Thanks as well to the LAF staff. You all give more than 100% every day. You make sure that we are able to provide as much as possible with few resources to all of our members. Your kind, creative and positive energy is what allows us to accomplish what we do every day.

As we look toward the future we know that there will be challenges but it feels like we are emerging with strength and the continuing Life After Fifty spirit: Be Fit, Be Well, Be Social!

Lucie Lombardo
President

Lynn Calder
Executive Director

Funding support from:



Be Fit!



50+

5 Health Care teams and 4 independent physicians signed on for the Social Prescription Referral Program resulting in over 50 referrals to LAF!

357

Total number of Foot Care clients who came to the East & West Side Centres for 1066 Foot Care appointments!

3701

Total number of sign-ins to our Zoom fitness classes including LAF Fitness, Essentrics, StrongerU and Yoga!

Be Social!



5669

Total number of hours of in-person programming hosted. LAF also offered 941 hours of online Zoom programming and 176 hours of recreational telephone programming!

4132

Number of calls made to Telephone Assurance clients! 276 clients received 2614 hours of calls from 111 volunteers!

4400

The LAF Virtual Book club, sponsored by Motor City Community Credit Union, read 11 books over the year... over 4400 pages!

Be Well!



184

Number of people who were able to get their tax returns completed at the in-person tax clinics with the help of 3 generous volunteers.

3000+

Frozen LAF Meals 2 Go that were cooked, packaged and sold! Frozen meal sales continued even when in-person programs had to be cancelled due to COVID.

1570

Number of outreach packages that went to Seniors' Apartments letting them know about the services they can access — sponsored by GreenShield and the WECF.

Financial Summary

2022 Fiscal Year Revenue vs. 2021 Fiscal Year Revenue

Source	March 31, 2022	March 31, 2021
Client User Fees and Programs	\$55,997.00	\$28,110.00
Other Revenue and Grants	\$169,003.00	\$229,236.00
City of Windsor	\$172,438.00	\$172,438.00
Bingo and Lottery	\$14,098.00	\$28,690.00
Province of Ontario Funding	\$221,212.00	\$235,931.00
Ontario Trillium Grant	\$85,400.00	\$85,400.00
Federal Grants	\$259,796.00	\$320,859.00
Total	\$977,944.00	\$1,100,664.00

2022 Fiscal Year Expenses vs. 2021 Fiscal Year Expenses

Source	March 31, 2022	March 31, 2021
Agency Dues	\$4,161.00	\$3,000.00
Building Occupancy	\$115,105.00	\$92,969.00
Employee Salaries & Benefits	\$618,989.00	\$665,451.00
One Time Fund Expenses	\$54,150.00	\$70,039.00
Office	\$23,106.00	\$16,099.00
Program Supplies	\$42,036.00	\$53,848.00
Promotion and Publicity	\$10,296.00	\$1,405.00
Purchased Services	\$65,288.00	\$71,971.00
Transfer to Capital Fund	\$28,390.00	\$68,585.00
Total	\$961,521.00	\$1,043,367.00