

Staff & Volunteer Recognition

You will be missed!



Janice, Caitlin, Lubna, Deandra and Mary

Welcome to the Team!



Lara, Lisa, Tanis, and Christine!



Martin Laforet Memorial Volunteer Award

From the Board of Directors in recognition of outstanding volunteer commitment to Life After Fifty.
2023 Recipient Margaret Campbell

2024/ 2025 Board of Directors

Executive: Ron Sheppard (President), Martha Makintosh (Vice President), Mary Bateman (Treasurer),

Directors: Adrienne Brown, Katherine Pham, Louise Veres, Stephanie Douglas, Brittany Dufour, Ken Hoevenaars, Spenser Farias

2023 'Member at Large' Board Representatives:



Sheila Davis
East Side Centre



Adrienne Brown
West Side Centre

Retiring from the Board in 2024:



Don Merritt
Louise Veres



2023/ 2024 Highlights



Implementing our 2023 Strategic Plan:

With a new strategic plan in place we were able to implement new fundraising initiatives such as Be Well Expo and Live LAF Love. We brought back some beloved member activities: Better Living Day, Christmas in July and St. Patrick's Day party!

Fundraising, Grants & Sponsors



\$41,172

Total amount received in personal and memorial donations as well as Corporate donations from Megaloid, Caesars Windsor and Windsor Honda.



\$27,848

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



\$25,507

The total amount received from fundraising events. Mums Sale, Be Well Expo, Colouring Books, Pistons Game, Live Laugh Love, and Strawberryfest.

Live LAF Love

\$9,985

Amount raised from ticket sales, sponsorships, and silent auction.



On February 14th, we hosted our first annual Live LAF Love, Valentine's Day Dinner and Dance. This event was hosted at the Ciociaro Club and we welcomed **133 guests**. We were entertained by the Coffee House Combo Band, with Ballroom Dance lessons offered by Denise from Art of Dance. We auctioned off 28 wonderful donated items raising **\$1,995**.

OTF - Resilient Communities Fund

\$187,400

Amount we will receive over 24 months from September 2022 - September 2024.

This grant from the Ontario Trillium Foundation will be used to support LAF to develop and implement plans to address new organizational needs and prepare for change, such as strategic planning and revenue generation.

These funds will help LAF recover from the impacts of COVID and build future resiliency by securing staff, volunteers and resources required to meet increased demand for seniors' fitness, wellness and social opportunities both in-person and virtually.



Annual Report
2023/2024

A MESSAGE FROM:



RON SHEPPARD,
PRESIDENT
BOARD OF
DIRECTORS



THOMAS WILSON,
EXECUTIVE
DIRECTOR
LIFE AFTER FIFTY

June 25, 2024

Hello Everyone,

This past fiscal year seems to have presented another roller coaster year. LAF said goodbye to Lynn Calder who served as Executive Director for less than a year. 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. Tom Wilson, our new Executive Director is one of those new faces. The Board of Directors and the Life After Fifty Members gave him a warm welcome as we neared the end of 2022! We have new amazing team members also, Tammy Park, Heather Vandenharm, Joslin Allen, Cheryl Abela, Katie Drouillard, Kristi Meloche and Fatima Bazzi. Welcome to the LAF Team!

While change is constant, we rolled with this in the midst of getting everything back on track at both locations. We are now starting to feel like the vibrant organization we once were pre-COVID. Seeing the members involved, hearing their laughter, and seeing their smiles is a reminder of why we do what we do. We are careful. We are taking care of each other, and we are looking to the future. Our programs and activities are continuing to improve, and our membership numbers are growing. We are continuing virtual and telephone engagement to provide opportunities to connect with those who may be unable to attend in person.

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, and the running of programs 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 to all of our members with what resources we have. 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 continuing Life After Fifty spirit: Be Fit, Be Well, Be Social!

Don Merritt
Don Merritt
President

Tom Wilson
Thomas Wilson
Executive Director

Funding support from:



Be Fit!



1049

Number of older adults who became members of Life After Fifty in the 2023/ 2024 fiscal year including 317 members who were brand new to LAF.



48,183

Number of hours of physical activity programming enjoyed by 773 members.
Programs include: LAF Fitness, Yoga, Essentrics, Line Dancing, Pickleball, Functional Circuit, Tai Chi and much more...



2452

The number of Foot Care appointments at the East and West Side Centres with our 2 Basic and Advanced Certified Foot Care Nurses, Becky & Joslin, serving 324 clients.

Be Social!



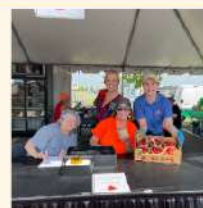
130,644

Number of in-person participation hours logged at both centres, with 49,698 hours being at the East Side. We averaged 81 visitors/ day at the East Side, and 121 visitors/ day at the West Side.



2316

The number of Telephone Assurance Calls made to 54 seniors by 42 volunteers. LAF also offered 261 Seniors' Centre Without Walls (Telephone) programs including 18 guest speakers!



6160

The total number of bowls of strawberries & ice cream our volunteers served in over 380 volunteer hours at the LaSalle Strawberry Fest earning Life After Fifty \$5000!

Be Well!



2200+

In addition to our Café, we offer healthy, affordable frozen meals to go! We sold an average of 185 meals to 36 buyers/month and over 2200 meals total to 434 buyers!



925+

Number of crafting hours in 2023/2024 between the 2x weekly craft drop-ins and 36 craft workshops with an average attendance of 8 people at each.



126

The number of referrals to LAF through Social Prescription in 2023/2024 from 38 care providers resulting in 81 new members!

OACAO

The Voice of Older Adult Centres
LA 5000 800 555 5555
Links2Wellbeing
social prescribing for older adults

Financial Summary

2024 Fiscal Year Revenue vs. 2023 Fiscal Year Revenue

Source	March 31, 2024	March 31, 2023
Client User Fees and Programs	152,703	110,875
Other Revenue + Grants	181,542	156,897
City of Windsor	172,438	172,438
Bingo and Lottery	27,848	18,732
Province of Ontario Fees	236,505	230,479
Province of Ontario Grants	85,400	85,400
Employee + Other Subsidies	57,574	66,494
Membership Fees	96,361	73,482
Total	1,010,371	915,067

2023 Fiscal Year Expenses vs. 2022 Fiscal Year Expenses

Source	March 31, 2023	March 31, 2022
Agency Dues	14,072	1,882
Bank Charges + Interest	4,355	3,243
Building Occupancy	142,176	133,591
Consulting Services	34,441	27,103
Employee Benefits	90,685	90,685
Office	24,928	21,981
One Time Fund Expenses	7,894	15,330
Program Supplies	62,200	48,555
Promotion + Publicity	1,774	13,803
Purchased Services	63,747	69,463
Salaries	526,578	500,767
Transportation	457	280
Total	926,860	926,860