

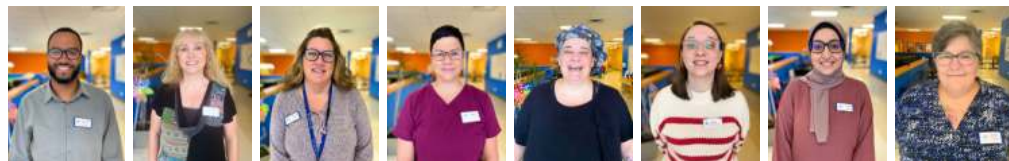
Staff & Volunteer Recognition

You will be missed!



Lynn, Jill, Mary, Nancy, Kristin & Martina

Welcome to the Team!



Tom, Tammy, Heather, Joslin, Cheryl, Katie, Fatima & Kristi



Martin Laforet Memorial Volunteer Award

From the Board of Directors in recognition of outstanding volunteer commitment to Life After Fifty.

2022/ 2023 Recipient: **Margaret Campbell**

2022/ 2023 Board of Directors

Executive: Don Merritt (President), Ron Sheppard (Vice President), Mary Bateman (Treasurer), Lucie Lombardo (Past President),

Directors: Adrienne Brown, Sally Blyth, Julie Clark, Karen Johnson, Martha Mackintosh, Katherine Pham, Louise Veres.

2022 'Member at Large' Board Representatives:



Martha Mackintosh
East Side Centre

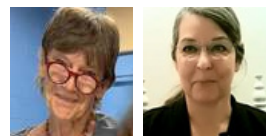


Adrienne Brown
West Side Centre

Retiring from the Board in 2023:



Lucie Lombardo
Julie Clark
Sally Blyth
Karen Johnson



2022/ 2023 Highlights



Celebrating 60 Years!

In December 2022, LAF hosted Anniversary celebrations at both locations to honour 60 years of serving seniors in Windsor/ Essex.

Looking Ahead: Strategic Planning for the Future

LAF hosted a series of focus groups & meetings working towards the organization's next Strategic Plan set to be published in 2023.

Fundraising, Grants & Sponsors



\$42,934

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



\$18,732

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



\$14,200

The total amount received from the **100 Women Who Care Windsor Essex** group after being selected as their chosen **charity** in August 2022.

Shine Where You Are

\$15,674

Amount raised from ticket sales & sponsorships.



On October 1st, (National Seniors' Day) we gathered to reflect on the **impact of COVID and the strength & resiliency seniors showed amidst isolation & loss.** Guests heard from inspirational speakers including local Paralympian **Danielle Campo McLeod**, Bereavement specialist **Colleen Campo**, Poet Laureate **Mary Ann Mulhern** and Windsor's first Indigenous Storyteller **Theresa Sims**. Guests also enjoyed music performed by the **Silver Ambassadors Band.**

Thank you to the planning committee volunteers: **Dorothy, Ron Elizabeth, Sally, Colleen and Katherine** for all of your hard work!

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
2022/2023

A MESSAGE FROM:



DON MERRITT,
PRESIDENT
BOARD OF
DIRECTORS



THOMAS WILSON,
EXECUTIVE
DIRECTOR
LIFE AFTER FIFTY

June 27, 2023

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!



898

Number of older adults who became members of Life After Fifty in the 2022/ 2023 fiscal year including 387 members who were brand new to LAF after the COVID membership hiatus.



906

Number of zoom programming hours offered to 91 zoom members over 10 unique programs including: fitness programs such as LAF Fitness, Zumba Gold, Yoga, StrongerU, Dance and Qigong.



2257

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 310+ clients.

Be Well!



2500+

Though the LAF Cafe was closed due to COVID restrictions, we were still able to offer healthy, affordable frozen meals to go! We sold an average of 275 meals/ month and over 2500 meals total!



550+

Number of crafting hours in 2022/2023 between the 2x weekly craft drop-ins and 15 craft workshops with an average attendance of 12 people at each.



214

The number of referrals to LAF through Social Prescription in 2022/2023 from 43 care providers resulting in 91 new members!



Be Social!



87,487

Number of in-person participation hours logged at both centres, with 29,775 hours being at the East Side. We averaged 58 visitors/ day at the East Side, and 97 visitors/ day at the West Side.



4276

The number of Telephone Assurance Calls made to 105 seniors by 54 volunteers. LAF also offered 287 Seniors' Centre Without Walls (Telephone) programs including 22 guest speakers!



8000

The total number of bowls of strawberries & ice cream our volunteers served in over 230 volunteer hours at the LaSalle Strawberry Fest earning Life After Fifty \$5000!

Financial Summary

2023 Fiscal Year Revenue vs. 2022 Fiscal Year Revenue

Source	March 31, 2023	March 31, 2022
Client User Fees and Programs	110,875	55,997
Other Revenue + Grants	156,897	169,003
City of Windsor	172,438	172,438
Bingo and Lottery	18,732	14,098
Province of Ontario Fees	230,749	221,212
Province of Ontario Grants	85,400	85,400
Employee + Other Subsidies	66,494	259,796
Membership Fees	73,482	-
Total	915,067	977,944

2023 Fiscal Year Expenses vs. 2022 Fiscal Year Expenses

Source	March 31, 2023	March 31, 2022
Agency Dues	1,882	2,407
Bank Charges + Interest	3,243	1,754
Building Occupancy	133,591	115,105
Consulting Services	27,103	31,959
Employee Benefits	90,685	84,378
Office	21,981	22,826
One Time Fund Expenses	15,330	22,191
Program Supplies	48,555	42,036
Promotion +Publicity	13,803	10,296
Purchased Services	69,463	65,288
Salaries	500,767	534,611
Transportation	457	280
Total	926,860	933,131