

Annual Report 2011-2012

Mission

To support women, children and female youth who are homeless or at risk of homelessness in a client-centred, non-judgmental way. To provide services and housing from crisis to stability, through short and longer-term housing, programs and resources that offer safety and opportunity for growth. To advocate for women and children and work to eliminate poverty and the societal conditions that create homelessness.

Vision

A recognized community leader devoted to reducing homelessness and promoting independent living for women and children and youth.

Values

We utilize our resources to support the dignity, worth and potential of every human being; to promote hope, security, self-esteem, free choice and participation in the betterment of one's life; and to advocate and care for one another as members of the community.

Growing Stronger Together

Message from the President of the Board

Dear Friends of Adsum,

Last year was indeed a year of growing stronger together. Early in the fiscal year we marked the opening of The Alders by Adsum - affordable, supportive apartments for women and children in downtown Halifax. There continues to be an increased number of women and female youth who do not have access to safe, stable, affordable housing. Thanks to the support of the community, donors, volunteers and staff we are striving to meet these growing needs.



Lua, a dietetic intern from Mount Saint Vincent University, works with a young Adsum resident to create a new vegetable garden.

We enjoyed a strong financial year in 2011-2012. We embarked on our first direct mail campaign and were delighted to receive the support of many new and continued donors through this effort. Adsum's signature events - the Successful Canadian Women's Dinner, Mystery Art Show & Sale and the Blooming Tea - were all well-attended and combined raised more than \$70,000 after all expenses were paid. We also received generous donations and sponsorship support from a number of businesses, foundations and community and church groups.

I would also like to acknowledge the support of the Nova Scotia provincial government. Its commitment to reducing homelessness and enhancing services for people who are homeless resulted in funding toward operations at Adsum Centre, Job Creation Partnerships, a Housing Support Worker, and a grant through the Voluntary Sector Professional Capacity Trust. Additionally, we benefited from a federal grant through the Canada Summer Jobs Program.

With such tremendous support behind us, the staff and volunteers at Adsum had the resources to live out our mission of providing housing, programs and services to more than 300 women, children and female youth last year alone.

Having completed my first year as president of Adsum's board, I, too, have experienced growth. I've grown in my understanding of the complex needs of so many in our community and in

my awe of how our community steps up to help make sure our doors stay open 24 hours a day, seven days a week. And, my appreciation for what it takes to operate this organization grows each day. I would like to take this opportunity to thank the staff, volunteers, my colleagues on the board and all of the supporters who have embraced Adsum's mission and vision and are each day bringing hope, security, self-esteem and choice to the women who turn to us for support.

With gratitude,

Donna Morykot
President of the Board

Greeting from Adsum's Executive Director

As I reflect on the past year, what stands out most for me are the relationships we've developed as an organization – and in particular, our relationships with staff, volunteers, and supporters. Nearly three decades ago, Adsum House opened with a mandate to provide shelter to women and children who were homeless and to bring an end to the societal conditions that result in homelessness. In the 29 years since our doors first opened, the need for our services – the very basic need for emergency shelter – has continued to grow. And thanks to the commitment of staff, volunteers and donors we've been able to expand to meet these growing needs with programs and affordable housing where women and families can be supported in our community.

Staff turn-over is a significant issue in the not-for-profit sector and causes many challenges for organizations that are caught in the cycle of continually filling gaps. Adsum, however, is fortunate to benefit from a staff group that defies this trend. In fact, nearly half of our full-time employees have been with Adsum for five years or more. Our staff members are not only dedicated to supporting women and children during

their time at work; most are also active in social justice efforts in the greater community.

On the volunteer front we benefit from the commitment of many long-time, loyal volunteers. The continued generosity of so many donors – individuals, community groups, businesses, churches and more – ensures that we have the resources to serve the growing numbers of women who seek our support.

It is the strength of these relationships that has allowed us to expand from one emergency shelter in downtown Halifax to an organization with four locations throughout the Halifax Regional Municipality providing a range of housing, programs and supports for women, children and female youth from crisis to stability. Thank you for continuing to make this possible.



Sheri Lecker
Executive Director



"I look at the world through Adsum eyes."

Elizabeth Harvie, Adsum's Healthy Living Officer, joined the organization as a volunteer more than 20 years ago. After several years volunteering at Adsum House she joined its staff as a client support worker. During her many over-night shifts, Elizabeth played Easter Bunny and Santa Claus and watched countless sunrises, snowstorms, and fireworks displays through Adsum House's third story look-out.

Now working at Adsum Centre, Elizabeth is amazed by how much the organization has grown over the years. What keeps her here is the fact that at the end of the day she feels like she's really done something. The thousands of women, children and youth who have benefited from her support over the years would agree.

Celebrating a Year of Unique Successes at Adsum House

With **333** admissions by **193** women and children, 2011-12 was a busy year for Adsum House. We met women facing a wide variety of challenges that contributed to their loss of housing including substance abuse, parental or partner abuse, family/relationship breakdown, violence, conflict with the law, mental illness, eviction, unsafe housing and, of course, poverty. Our staff work from a client-centred approach allowing them to support and meet the unique needs of each individual.

We can look back on 2011-12 as a year of many successes—each one unique. We helped **101** women and youth move on from Adsum to stable housing including a young person who had spent many years in mental health treatment settings before bouncing between shelters and hospital. We also worked with the Mobile Outreach Street Health (MOSH) team to support a woman who had stayed with Adsum on and off for 17 years. Through her years of living on the streets and in shelters, many believed that significant mental illness contributed to her homelessness. This year, Adsum and MOSH teamed up to organize a proper assessment which led to a diagnosis. This resulted in dramatic changes in her behaviour and stability. She

is now living in a stable, supportive environment.

Last year, there were **1380** visits to Déjà Vu - Adsum's (free) Clothing Room by women staying at Adsum House and those living in the larger community. More than **130** food boxes were given to clients and **50** women were provided with household items for their new apartments. At Adsum House alone, volunteers donated more than **1,557** hours preparing meals and working in our Household and Clothing Rooms. We also benefited from the volunteer efforts of a number of groups including HMCS TORONTO, whose crew undertook projects such as painting and renovating our laundry room.



Strengthening Community Connections at Adsum Court

Adsum Court is home to **23** women who have experienced homelessness, many of whom continue to live with challenges such as mental illness or addiction. Living at Adsum Court provides women with an affordable home and access to a number of supports that aim to maintain their stability and independence.

Through therapeutic and recreational programming, the tenants at the Court benefit from exposure to the community and activities aimed at increasing self-esteem and a sense of belonging. Programs include activities such as swimming, visiting bookstores, introductions to educational programs and institutions, and outings to museums and galleries. They also provide tenants with access to resources that will help them maintain their homes such as budgeting and financial literacy, information sessions on addictions, dental hygiene and other areas of health and meal preparation.

Adsum's program staff and one of its social workers serve as the tenants' link with other important community agencies and

programs. Each week Feed Nova Scotia visits the Court where last year it provided more than **3,000 kg** of food to help supplement its tenants food allowances.

Like our other locations, the women at Adsum Court experience individual successes every day. One of the highlights of the past year has been watching one of the women continue on her path as she completes her high school education at the age of 50. She is learning to read and write to the standard for graduation - an achievement she never thought possible.



Building Strong Foundations at Adsum Centre

Located in Lakeside, Adsum Centre is home to up to **16 women and their children**. Women choosing to live at Adsum Centre commit to staying for a minimum of six months to work on developing the tools and skills they need to create more stability in their lives.



Another resident returned to college to prepare to enter a nursing program. While raising her two school-aged children, she successfully completed her

year of studies and received a grade of 94% in chemistry.

Last year saw many residents at Adsum Centre achieve great personal successes. One woman who had been struggling with a lack of safe housing and complex health concerns was able to regain custody of her children while at Adsum Centre. Through programming focused on parenting and other skills, she found the resources to achieve independence and has recently moved into her own apartment with her children.

Part of the commitment of choosing to stay at Adsum Court is participation in mandatory programs such as therapeutic change, healthy living and communal living. Residents must also choose three electives including parenting, financial literacy, road to recovery, and relaxation circle. Other programs include book club, knitting club, acupuncture, and yoga for moms and kids.

"I am so grateful for the time I have here because I am learning that actually, I'm a pretty awesome girl that deserves good things in life and good people to be around."

*Adsum Centre
Resident*



2011-2012 Fundraising Report

Without the generosity of the community, Adsum would not be able to provide the housing, programs and support services that so many women, children and female youth rely on. Last year was a successful fundraising year for the organization. Our three signature events - the Successful Canadian Women's Dinner, Mystery Art Show & Sale and, Blooming Tea - were all well-attended and supported. Combined, these three events raised more than \$70,000 after expenses.

We were thrilled to honour businesswoman and philanthropist, Annette Verschuren, at the 2011 Successful Canadian Women's Dinner, presented by Canadian Tire Jumpstart and Canadian Tire's Halifax Dealers. Adsum's Mystery Art Show & Sale drew a great crowd at FRED. to view and purchase beautiful pieces by artists from across Canada and the U.S. The Fifth Annual Blooming Tea was held on an uncharacteristically balmy March afternoon and was enjoyed by nearly 200 people.

In addition to our signature events there were a number of other highlights in our 2011-12 fundraising year. Last fall, several local Shoppers Drug Mart stores chose Adsum as the beneficiary of its Tree

of Life Campaign. In just one month, Shoppers Drug Mart and its customers raised more than \$20,000 for Adsum. In December, Sean Tait, a Manulife employee, chose to nominate Adsum for one of the company's annual holiday gifts. Sean's passionate presentation resulted in a \$10,000 donation from Manulife.

Another highlight was the success of our first direct mail campaign. We were honoured to welcome many new donors to our family of supporters as we also celebrated the continued generosity of loyal donors.

A large part of our success comes from the greater community - the children who visit Adsum House each year with gifts for our residents during the holidays; the young boy who collects dozens of pyjamas for the children and women at Adsum; the hundreds of people who come to the front door of Adsum with donations of clothing, household goods and more.

Thanks to the extraordinary generosity and support of businesses, foundations, community groups and individuals, Adsum continues to be here for women and children and female youth who are homeless or at-risk. Thank you for your part in keeping our doors open for those who seek our support.

Many thanks to all of our donors who helped make a difference in the lives of the women, children and youth who are supported by Adsum. Donors listed here include foundations, businesses, estates and trusts, and faith-based organizations who contributed in excess of \$500 in cash, gifts-in-kind and sponsorship in 2011-2012.

Government

Chebucto Community Health Board
Shelter Enhancement Grant
Halifax Regional Municipality

Foundations

Black Family Foundation
Canadian Women's Foundation
Cliff Lede Family Charitable Foundation
Canadian Tire Jumpstart
The Edwards Family Charitable Foundation
Encana Cares Foundation
Flemming Charitable Foundation
Home Depot Canada Foundation
Newman's Own Foundation
Shoppers Drug Mart Life Foundation
SEDI

Companies

Accountant Staffing & Administrative Staffing
Atlantic Wealth Management
Bell & Grant Limited
Bizou
Bounty Print
Canadian Tire Halifax Dealers
Citadel Hotel
Clean Earth
Clearwater Seafood
Cobalt Pharmaceuticals
Cox & Palmer
Creative Curve

Eastlink

Egg Films
Fougere Lohnes
FRED.
Graphic Concepts
Great-West Life
Halifax Seed
Heritage Gas
Hour Productions
I. H. Mathers
I. H. Mathers Staff Casual Day Fund
Killam Properties
KOOL FM
Manulife Financial
Maritimes & Northeast Pipelines
Metals Economics Group
Municipal Group of Companies
Nova Scotia Power
The Prince George Hotel
Rector Colavecchia Roche
Revolve
Scotiabank
Simmons Mattress Gallery
Sutherland Watt
Theriault Financial
TD Canada Trust
TLC Handyman
Tori XO
Winners Apparel Limited
Zibi's Auto

Estates and Trusts

Estate of Anna Godwin
Estate of Frank Somers
Estate of James Cosman
Estate of Jean Guildford
Estate of Mary Elizabeth Walker
John & Elizabeth Godin Charitable Trust

Service Clubs, Organizations & Community Groups

Cape Breton University
Canadian Cancer Society
Gelatinous Dudes
Heritage Club Bluenose Chapter
HMCS Toronto
Nova Scotia Insurance Women's Association
Nova Scotia Homebuilders Association
NSCAD Ceramics League
Sackville NS Lioness Club
Turkey Club
United Way

Faith-based Organizations

Birch Cove United Baptist Church
Cathedral Church of All Saints
Society of the Sacred Heart
Sisters of Charity
St. Catherine's Bingo

Statement of Revenues and Expenditures

Year Ended March 31, 2012

	2012	2011
Revenue		
Amortization of deferred contributions	\$ 111,197	\$ 98,754
Donations	383,357	264,263
Fundraising events	88,193	82,750
Government grants	413,606	355,824
Investment	9,846	10,436
Other	62,807	63,410
Per diems to authorities	541,663	528,985
Rental operations	202,684	145,337
	<u>1,813,353</u>	<u>1,549,759</u>
Expenses		
Administration	61,549	49,567
Amortization	122,150	97,852
Employee services	968,612	879,143
Interest	19,445	7,613
Operations	318,094	279,612
Other	57,658	58,153
Promotion and fundraising	68,769	60,782
Property expenses	210,795	164,723
	<u>1,827,072</u>	<u>1,597,445</u>
Deficiency of revenue over expenses for the year	<u>\$ (13,719)</u>	<u>\$ (47,686)</u>

Statement of Financial Position

March 31, 2012

	2012	2011
ASSETS		
Current		
Cash	\$ 95,317	\$ 201,093
Accounts receivable	154,336	170,232
Prepaid expenses	13,444	18,192
	<u>263,097</u>	<u>389,517</u>
Property, plant and equipment	3,058,926	2,896,669
Long term Investments - unrestricted	37,806	29,122
Long term Investments - restricted	476,884	251,239
	<u>\$ 3,836,713</u>	<u>\$3,566,547</u>
LIABILITIES		
Current		
Accounts payable	\$ 58,001	\$ 218,377
Current portion of long term debt	9,590	5,367
Tenants' damage deposits	6,256	4,077
	<u>73,847</u>	<u>227,821</u>
Long term debt	343,321	106,792
Deferred contributions - capital assets	2,390,583	1,529,698
Deferred contributions - future expenditures	28,380	913,580
	<u>2,836,131</u>	<u>2,777,891</u>
Net assets		
Investment in property and equipment	315,432	443,319
Investment in endowment fund	476,884	251,239
Unrestricted fund	208,266	94,098
	<u>1,000,582</u>	<u>788,656</u>
	<u>\$ 3,836,713</u>	<u>\$3,566,547</u>

(Audited Statements Online & Available By Request)

Treasurer's Report

The year ending March 31, 2012 has been a very successful year. It is ironic that Adsum has to have successful years because, in a perfect world, we would not exist or our occupancy rates would be low. But given the great need for our various services, it is reassuring not only that we exist, but that we are secure financially and continue to be incredibly well-managed.

Adsum is different from many shelters in that we do not have block grants, except for one of our four properties, and our sources of income are neither guaranteed nor predictable. We rely on per diems from the provincial government, rental income and, most significantly, on the generosity of our donors. If not for the latter, we could not exist.

This year saw the successful negotiation of a new five-year contract with the Canadian Union of Public Employees, retroactive to March 2011. The stability that this contract provides, as well as the generous salary increases to our very valuable employees, means that we can project the majority of our costs for the next four years.

Upon the retirement of our previous auditor, the Association is happy to announce the appointment of a new auditor, Sutherland Watt.

I am also delighted to report that donations this year were up almost \$120,000. We are grateful for this support, from both long-standing and new donors, and we never take it for

granted. This generosity has allowed our deficit to be reduced by almost \$35,000 from the previous year. In fact, this year is virtually a balanced budget. I would like to pay tribute to our Executive Director, Sheri Lecker, and her Accounts Administrator, Nancy Lamrock, for being so attentive to every source of revenue and every expense to make sure that every dollar is well spent.

Perhaps the two most significant figures that have changed between 2011 and 2012 on our financial statements are cash and accounts payable. Of course, both of these are linked to the construction of The Alders last year and both have now returned to more historically normal levels.

In addition to our donors, the Association is fortunate to have not only a dedicated Board and a large group of committed volunteers but, most significantly, a dedicated and hard-working staff who continually go above and beyond to make sure that Adsum's various clients are always treated with respect and are given every opportunity to improve their situation. To all of them, as well as our donors, we are so very grateful.

Sincerely,



Gary O'Meara

Adsum for Women & Children 2011-12 Board of Directors

Donna Morykot, President Encana	Mary Hale Community Activist
Anne LeBlanc, Past President IWK	Gabrielle Horne Dalhousie University
Andrea Leet, Vice President Great-West Life	Marie MacPhee St. Peter's Church
Gary O'Meara, Acting Treasurer Armbrae Academy	Brenda Merritt Dalhousie University
Christine Saulnier, Secretary Canadian Centre for Policy Alternatives	Brigid Savage Canadian Cancer Society
Catherine Chan Cox & Palmer	Terry Thorne Atlantic Wealth Management
Jenny DeZoete Grace United Church	Cynthia Yazbek NS Public Service Commission



Adsum's program staff deliver programming that often inspires creativity. Pictured here is a piece of art that was created during Adsum Centre's annual 'Clothesline Project' - an activity that invites women who have been affected by violence to express their emotions on t-shirts that are hung on a clothesline for others to see as a testimony of the experience of violence in the lives of women.

Adsum's Dedicated Team of Volunteers

Sonja Amarando
 Nelson Angel
 Gladys Ascah
 Maureen Babin
 Adrienne Bellamy
 Bronwen Bennet
 Nicholetta Bokolas
 Adele Boudreau
 Arlene Buckley
 Danielle Butler
 Jamie Cahill
 Amanda Carson
 Emilie Chiasson
 Alana Chiasson
 Sophie Corriveau
 Kristin Crocker
 Charlotte Crosbie
 Amanda Cuconato
 Linda Cummings
 Kelsey Daley
 Nicole Daniels
 Noorin Darvish
 Jenny de Zoete
 Lorraine DeLuca
 Anne Louise Desrosiers
 Zoe Deveau
 Erin Drummond
 Amanda Eastwood
 Carolyn Etter
 Julia Fitzgerald
 Danielle Flynn
 Melinda Forster
 Meaghan Gonser
 Jessica Gorges
 Mary Hale
 Lisa Hamilton
 Alandra Harlingen
 Ali Heighton
 Alexandra Hickey
 Courtney Hill
 Stephanie Hires
 Gabrielle Horne
 Alisha Hosein
 Meghna Isloor Morgan
 Laura Keefe
 Kaitlyn Keeping
 Pamela King
 Rebecca King
 Liz Kristolatis
 Colleen Kuhlmann
 Sara Landry
 Anne LeBlanc
 Andrea Leet
 Melissa Legge
 Kathryn Lemay
 Emily Linehan
 Lauren MacAlpine
 Megan MacDonald

Penny MacKinnon
 Elizabeth MacLellan
 Marie MacPhee
 Terri Mann
 Brooke Martin
 Jade Martin
 Melissa Mathers
 Katie Matheson
 Jessica McCann
 Anna McCurdy
 Claire McCusker
 Lesley McIntyre
 Bette McNutt
 Brenda Merritt
 Jodi Miles
 Sherry Monaghan
 Sarah Montgomery
 Melanie Morse
 Donna Morykot
 Rosamund Mosse
 Anne Moynihan
 Michelle Mullaley
 Laura Neals
 Emily Nickerson
 Gary O'Meara
 Kate O'Neill
 Meredith Palmer
 Anuja Panditrao
 Marie-France Parent
 Shelley Penton
 Melissa Pettipas
 Darlene Power
 Shylo Pruyn
 Danielle Purcell
 Ashley Rawle
 Sophie Rayner
 Alicia Regan
 Caroline Resende
 Laura Revie
 Ali Robertson
 Debbie Robertson
 Henny Rykers
 Michel Saad
 Craig Sampson
 Christine Saulnier
 Brigid Savage
 Lauren Scruton
 Angie Selig
 Elizabeth Skeldon
 Madeline Smilie-Sharp
 Jennifer Smith
 Courtney Smith
 Janine Stang
 Emily Stapleton
 Laurie Starr
 Jason Steeves
 Krista Steinhart
 Brooke Stephen



Adsum volunteers come from a variety of backgrounds - students, professionals, stay-at-home mothers, retirees and more. One thing they have in common is that they all sacrifice time from their busy lives to help prepare meals, provide clothing and household goods and deliver programs for women, children and youth at Adsum.

Kaitlyn Keeping (pictured above) is a full-time university student who holds down a busy part-time job. For two-and-a-half years, she has also spent several hours each week at Adsum House sorting donations, organizing our household goods room and more.

Thank you to all of our volunteers who give so generously of their time to make a difference in the lives of those who turn to Adsum for support.

Victoria Stone
 Britt Sutherland
 Donna Sutherland
 Mayfree Syari
 Debora Thomas-Martin
 Terry Thorne
 Paul Trevor
 Candace Turnbull
 Lindsay Turner
 Chloe Walls
 Cindy Wasson
 Laura Westhaver
 Aimee White
 Sarah Wilson
 Katelyn Woolaver
 Cynthia Yazbek

Growing with the Support of The Alders

In the short time that The Alders has been open many women have benefited from its housing, programs and support services. In 2011-12 The Alders' 10 units were home to **10 women and three children**. Programs such as baking and cooking, and outings to the library, movie theatres, museums and more provided women at The Alders with opportunities to build their sense of self-worth and belonging in the community.

Adsum's outreach to the greater community expanded through The Alders Drop-In which offers women who are homeless a chance to do laundry or access a hot shower. The addition of a Housing Support Worker through a provincial pilot project resulted in many women and families finding safe, affordable housing. Working with women who are facing a variety of challenges and barriers in finding and keeping homes, Adsum's

Housing Support Worker assists them in connecting with appropriate supports, works with them through the housing process

and remains in contact long after they have moved into their new homes. This project is meeting great success - in the first seven months of the project Adsum's Housing Support Worker helped **66 women and children** find and maintain secure housing. Otherwise, they would have been couch-surfing with family and friends in crowded quarters or coping with unsafe or unhealthy situations.



Commander P.W. Forget,
Commanding Officer of HMCS
TORONTO and Sheri Lecker, Adsum's
Executive Director

Last summer we learned that Adsum had been selected as the charity of choice for HMCS TORONTO in Halifax. The crew of HMCS TORONTO made a generous donation and spent nearly a month undertaking projects at Adsum House that included renovating our laundry area and painting. We're proud to be the recipients of the continued support of HMCS TORONTO.

"I thank you for your patience and the fact that your organization was definitely a shelter from the storm that Mom, and by connection her family, required many years ago.

I wish your organization many more years of the very good work you do and I will speak well of the care you have provided and I know you will provide for women and their families in the future."

An excerpt from a letter written by Frank - a family member of a woman living at Adsum for many years.

Adsum for Women & Children

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