



**adsum**  
FOR WOMEN & CHILDREN

## 2015-2016 ANNUAL REPORT

*bringing*

HOPE, SECURITY, SELF-ESTEEM

*& choice*



## VISION

Everyone has a safe and secure home.

## MISSION

To lead change in housing through advocacy, supports and services to end homelessness.

## VALUES AND GUIDING PRINCIPLES

We live these values to create hope, security, self-esteem and choice.

## RESPECT

In order for people to feel respected, valued and have dignity, we meet people where they are, without judgement.

## SELF-WORTH

We value the uniqueness of each person in order to support self-worth.

## TRUST

We build and maintain relationships that exemplify credibility and trust.

## INCLUSION

We believe that people have the right to be included on their own terms.

## STRATEGIC DIRECTIONS

1. To be the best we can be as a centre of excellence in housing and homelessness
2. To expand our ability to care for people along their housing and homelessness journey by offering a continuum of holistic supports in combination with case management
3. To be truly client-directed by ensuring the people who use our services are engaged in identifying their needs
4. To make Adsum a great place to work



## MESSAGE FROM THE PRESIDENT OF THE BOARD AND THE EXECUTIVE DIRECTOR

Dear Friends of Adsum,

We've experienced real success this year. For the first time in memory, occupancy at Adsum House is decreasing. In other words, demand for beds at the shelter is declining. We don't believe there is a diminished need for emergency shelter. We believe this has more to do with the impact of working in a more focused way with some women, families and trans\* persons who need housing, an approach we initiated years ago and have intensified over the past 18 months. We've successfully built on models used in other jurisdictions to provide intensive case management to individuals and families who experience long stretches, or repeated cycles, of homelessness. Their situations are complex and precarious, and the goal is to provide housing first. With the stability of housing, people are then able, on their own terms and with support, to address other complicating factors such as poor physical and/or mental health, addictions, and the criminal justice system, to name a few. Although shelter will always be needed, with more people housed and stable, we can imagine a time when our community will need fewer emergency beds. This, of course, is linked to and highly dependent on the availability of housing that people can truly afford.

In December, we launched a new venture called PeerWorks which you can read about in detail on page 8 of this report. Among other benefits, participants report feeling pride and purpose. They are learning or practicing skills, and they say their well being and standard of living is improving. There are advantages for Adsum too; we can more quickly prepare apartments for new tenants and better care for our properties. Given the laughter emanating from PeerWorks sites, we would also say that participants and staff are having fun and enjoying each other's company as they work side by side.

Another highlight of the year is the real step we've taken to recognize Adsum employees and compensate them for the work they do. During collective bargaining, we offered union members a Living Wage as a minimum; once this was accepted, we enhanced compensation for our casual employees as well. The Living Wage, and benefits, are critical to keeping our team strong and supported. The Living Wage is about alleviating financial stress and ensuring a standard of living that promotes well-being and social inclusion. Paying the Living Wage to everyone will cost tens of thousands of dollars more a year. This is not easy to squeeze into our budget, but it is the right thing to do.

As you read this Annual Report, we hope you are inspired by the people you meet who have generously shared their experiences with us. We also hope you are proud of what we have accomplished with your support in responding to real needs of real people. It never ceases to amaze us how donors and volunteers, staff and the community are dedicated to the mission of Adsum. With ongoing and extraordinary support, Adsum is working to realize a future where everyone has a safe and secure home.

Donna Morykot  
President of the Board

Sheri Lecker  
Executive Director







## ADSUM HOUSE

### Provided

- 5,278 bed nights for emergency shelter
- 193 unique persons, ranging in age from infancy to +70 years, with shelter and social work support
- 15,834 meals to residents and visitors
- 2,447 visits to the Deja Vu clothing room
- 932 hours of programming activities
- 52 women with household items when they moved
- 6 outdoor Free Sales to the full community
- 156 women & children with Christmas gifts at a community party
- Weekly on site access to a MOSH nurse (Mobile Outreach Street Health)

## ADSUM COURT

### Provided

- 26 women with housing, rented at 30% of their income; tenancy ranged from a few months to 20+ years
- 806 meals prepared by residents together with staff
- 904 hours of programming activities
- 949 food bags from Feed Nova Scotia to supplement residents' groceries
- 280 meetings with an Adsum social worker

## THE ALDERS

### Provided

- 11 women and 2 children with affordable housing; tenancy ranged from six months to almost 5 years
- 373 visits to the Drop-In for showers and laundry
- 174 supportive counseling, referral and advocacy visits
- 86 people, including 32 children, with housing searches and support
- 17 women and families transition to stable housing
- 46 women and trans individuals with ongoing support to maintain their housing

## ADSUM CENTRE

### Provided

- 21 women & 10 children with housing and 24-hour support
- 735 hours of educational, therapeutic and recreational programming
- 17 mothers with Strengthening Parenting Skills program
- Program and support to mothers of 23 children and 3 pregnant women
- 13 children with regular supervised access visits with their mothers
- 9 children were returned to their mother's care while residing at the Centre
- 11 women and families moved on to independent housing
- 196 days of stay, on average
- 5 of the women who exited still receive ongoing outreach support

## FAMILY CONDOS

### Provided

- 9 people, including 4 mothers and 5 children, with safe, quality housing
- 4 families with supplemented rent to make the housing affordable
- 1 family celebrated 2 years in stable housing and Mom completed college
- Services and social work support, as needed



## DEBBIE AT HOME: “LIFE IS GOOD”

Just over two years ago I landed on Adsum House's doorstep with everything I owned in two suitcases and an overnight bag, scared, depressed, and very suicidal. Today I have a beautiful, fully furnished apartment and want for nothing. How could this be you might ask?

There's absolutely no doubt in my mind had it not been for Adsum House I would not be where I am today. I thought it was simply a shelter that would give me shelter for a few weeks and then send me on my way. I was so wrong on so many levels. The support system is awesome and works for those who want it. With social workers to help set me up with apartment hunting, finding a family doctor, and getting proper documentation, I was well on my way to a new life. My stay there ended up being almost 6 months and by the time I left to move into my “forever home” I was a totally different person.

And with staff there 24/7 I did not have to suffer alone when I was down and depressed. Many times I could be found sitting in the office at two in the morning working through panic attacks, depression. By the time I left, I could still be found sitting in the office but to share funny stories, inspirational stories or just watching funny videos. I like to refer to Adsum House as the Ritz of all shelters. Arriving there sickly under weight, by the time I left I was up 2 dress sizes and a very healthy weight. There was no such thing as being hungry. With Fiona at the helm in the kitchen, the meals were to die for. Healthy but tasty with a fridge full of leftovers and freshly baked goods for snacking.

There was no such thing as being bored. Residents were given one chore a day which we were paid to do. Shhhhh, don't let them know I would have done them all with no pay at all. So I ask, what shelter provides a roof over our heads, a warm bed, three meals a day with snacking, counseling 24/7, love, support, laughs, tears...?

Fast forward to six months later. One day I was asked by Gill, social worker on staff, if I would consider moving to Dartmouth, that she knew of an apartment that was available... When I was told the name of the complex I jumped on the opportunity to go see it, Adsum Court. Viewed the apartment, signed the lease and moved in a few days later.

All I had for furnishings was a cot, loaned to me by Adsum Court and a few cardboard boxes that were used as tables and that is all I had for the next three months. Then nothing short of a miracle started happening. Staff from Adsum and residents of Adsum Court started showing up at my door with pieces of furnishings. Before I knew it my home was fully furnished with absolutely no cost to me. For the first time ever I am able to have guests over without the fear of being embarrassed by an overbearing spouse, parent or sibling. I even host coloring parties twice a month. Life is good.

I am finally home! Thank you Adsum for all you have and continue to do for me. Thank you for having faith in me but most of all, thank you for holding me up when I was not able to stand on my own. I love you all!!

Debbie,

*Former resident of Adsum House, current and forever resident of Adsum Court*





# ADSUM CENTRE: RESIDENTS EXPERIENCE HOW THEY CAN MAKE A DIFFERENCE

“The action projects are so powerful. I feel so lucky to voice my opinion and be a part of it. I feel so thankful – even though the topics have been difficult, I feel fortunate to have shared my voice with other women. I feel inspired. Someone will say something {in program} that brings my hope back. If we stop talking about it, it is never going to change.” ~ Adsum Centre resident

Client inclusion in decision-making and action is integral to our work. At Adsum Centre, residents have long been involved in contributing to guidelines, policies, programs, advocacy and social action. This past year, we’ve seen Centre residents participate even more. Programs such as Therapeutic Change, Communal Living, Women’s Studies, and Critical Thinking, focus explicitly on advocacy and action as a means to self determination and empowerment. With the support of staff, current and former residents have taken direct action in areas that most directly impact their lives: homelessness, poverty, violence and discrimination. Residents have also taken active roles in fundraising and in endeavors to raise awareness.

Centre residents take a leading role in the organization and representation of Adsum in Halifax’s Pride Parade. They create the Clothesline Project and participate in local December 6th events, the National Day of Remembrance and Action on Violence Against Women. V-Day and International Women’s Day provide opportunities to grow awareness about the issues that residents themselves experience. Additionally residents have composed and shared open letters as a means of expressing their perspectives in response to various social injustices in Nova Scotia, in Canada and abroad. They have looked at sexualized violence, the re-victimizing experience of the justice system, women’s experiences of poverty and the discriminatory treatment of Aboriginal communities.

Centre residents have also taken more active roles in fund and awareness-raising. The Scotiabank Blue Nose Marathon is always popular. The 5km event is often the first opportunity to participate in an activity of its magnitude that promotes active living. During the summer of 2015, residents created, planned and hosted the Adsum Family Fun Festival. This event was borne out of a Therapeutic Change program that focused on community building.

Residents who move on from our Centre are invited to share their stories. The telling and recording of personal narratives is often a very powerful and cathartic experience. Many residents choose to share their stories publicly to help raise awareness about Adsum and how their own lives have been impacted. Current and former residents spoke at a variety of public events this year including our annual Successful Canadian Women’s Dinner. Additionally, residents co-authored letters that were mailed to many supporters as part of this year’s direct mail campaign.

When clients are part of decision making and awareness-raising, they feel a rightful sense of belonging and ownership of the Adsum community. By sharing their experiences and expertise, residents witness firsthand how they can make a difference.



# OUR LETTER TO THE EDITOR ON INTERNATIONAL WOMEN’S DAY

Dear Editor:

March 8 is International Women’s Day. Women around the world are being recognized for their contributions and accomplishments, and for their progress toward equality and freedom from oppression. We have come a long way over the years, but there is still a lot of work to be done around the world and here at home. Barriers to equality persist that have negative impacts on our health, dignity, and well-being.

We are residents of Adsum Centre, a transitional housing option for women, trans individuals, youth, and children who are homeless or at risk of becoming homeless. We come from diverse experiences and backgrounds, but we do share some common concerns and challenges which include, but are not limited to, poverty, sexualized violence, and consent. We face multiple social and personal obstacles, such as trauma, violence, abuse, mental health issues, disabilities, single-parenthood, and addictions.

As women and heads of households struggling with complex challenges, most of us require support from Income Assistance (IA). We continue to be shocked at IA rates for food and shelter that we are expected to survive on, particularly in a wealthy nation that has repeatedly promised to eradicate child poverty and homelessness.

The cost of living and rent continues to rise in Halifax, but IA rates in our province remain the same. Women are more often single parents than men and have additional costs on top of this. Clothing and toiletries cost more for women than men. Services marketed to women and girls are more expensive, like haircuts.

One glaring cost is menstrual products, which are regarded as a luxury rather than a necessity. Not only do such extra costs eat away at a meager personal allowance of \$255.00 a month, but pads and tampons are packaged and promoted as health products when Health Canada does not even require that their ingredients be made publicly available, such is the disregard for women’s health.

The issues that impede women’s equality are many and complex, and too numerous to mention at once. The most significant of these for us currently is the issue of sexual consent and of giving voice to our experiences of sexualized violence. In light of recent media attention to the issue of consent, we are pleased this issue has become a prominent topic in our social consciousness.

People are talking about consent more openly than ever before, and this is encouraging. But even with the increased prominence of consent in our public dialogue and the implications its greater visibility has for women’s health and dignity, we continue to see women being blamed for violence committed against them. This revictimization that happens in our justice system and in the media is dehumanizing and reprehensible. We do not ask to be violated, no matter what our lifestyle and history. And people wonder why victims of sexual assault hesitate to come forward.

Women’s disproportionate experiences of poverty, of violence, and of how our bodies are objectified, controlled, and commercialized; all of these are complex and part of a greater system of oppression. How do we educate our children about these issues and teach them hope, strength and resilience, when the root causes of oppression go unaddressed?

On this International Women’s Day, please help us to teach our children compassion and empathy by showing it to the women around you by acknowledging the barriers they have to face.

Happy International Women’s Day,

Residents of Adsum Centre  
BM, SC, JC, LR, KK, RL, PM





# HOUSING, A DREAM COME TRUE

As Adsum’s Housing Support Worker, I have the privilege of working with women including many single mothers, children and trans\*. While some are referred to me from our shelter, Adsum House, most are staying with friends or family, couch surfing, or living with partners where they feel unsafe. In other words, they fall into the category of the ‘hidden homeless’.



My daily work involves helping people find housing that is affordable for them and providing ongoing support to those who are housed. In a typical day I might go to apartment viewings with someone, visit someone else at their home, make advocacy calls to landlords or Income Assistance, and meet with a client who stops by the office for help completing paperwork for a rental subsidy.

My position is unique because I get to work with individuals and families on a variety of issues, in a variety of different settings. One individual I support struggles with hoarding and was at risk of losing their apartment. They worked hard to clean up to avoid an eviction, and now feel pride in their living space. Home visits help them stay focused on their goals and we work together to tidy the space when belongings start to collect again.

I talk with clients in a variety of settings; over coffee or while going for a walk in a park, at the grocery store while discussing budgeting and healthy meal planning, and at the library. Home and community visits help combat social isolation and can foster a sense of well-being and belonging in the community. As one individual has said, “getting together for visits gives me someone to talk to and helps me be more positive.”

The people I work with face multiple challenges when trying to find housing that is safe and affordable. We still lack affordable housing in the HRM and Income Assistance rates are too low. (Monthly allowances for housing are \$300 for a single individual, \$535 for someone on disability allowance, \$570 for a mom with one child and \$620 for a mom with two children or more.) There are also many gaps in support services, like the mental health system, that create extra barriers for people trying to access support. By merely existing, women and those who identify as trans\* always face the threat of violence and this threat creates a sense of vulnerability. Many of my clients have been victims of physical and sexual violence at some point in their lives. Despite these challenges, the people I support are maintaining their housing and are focusing on other goals. Some have gone back to school or work, some have become involved in their community, and others are raising their children.

One of the best moments in my position is witnessing the excitement of someone signing a lease or getting the keys to their new home. For some people, this is the first time they will feel safe in their home and for others having a home represents a dream come true.

Lisbeth Nielsen; Housing Support Worker



# PEERWORKS REALLY WORKS

“For years I thought I’d never work again because of my criminal record. It helps to build my self esteem when I’m trusted and just given a second chance to work again ... I find I’m more reliable with PeerWorks, because the property manager is depending on me to show up. I’m working on being on time and reliable and trustworthy so that down the road if I get an opportunity, I could get a regular job. Adsum has given me so much. It feels good to help!”

PeerWorks is a supported work program for adults involved with Adsum services or housing. The Adsum Occupational Therapist, hired to promote health, participation and success in community living, initiated PeerWorks to provide a real, accessible opportunity to participate in a highly-valued, stabilizing, health-promoting and income-generating activity that holds powerful meaning for adults in our society: work.

In the first six months, five Adsum clients have joined PeerWork. They have contributed 164 hours of productivity under the mentorship of Adsum’s Property Manager. They receive a monthly honorarium for assisting with property upkeep in our buildings, ie: preparing apartments following move-outs so we can make them available to those in need of affordable, supported, quality housing.

In joining PeerWorks, participants have realized various personal benefits:

“PeerWorks was an absolute brilliant idea and hats off to all those involved in getting it off the ground and running. I cannot begin to tell you what a change it has made in my life. I no longer wake up in the morning and wonder, “is this all there is?” PeerWorks has put meaning back in my life. I now feel like a contributing member of society and that I can give back at least something that was so freely given to me. The program has helped me on so many levels. I have overcome so many fears that I’ve had most of my life...fear of riding buses, fear of climbing ladders, fear of failure (big one for me)... I enjoy the one on one contact and have learned to do so much. [The property manager mentor] is an absolute delight to work with. Since starting PeerWorks back in January I always have money in my bank account at the end of each month. Just recently my laptop went on the fritz and I was able to afford to get it fixed. Thank you Adsum for approving PeerWorks and to all who made it work. And thank you for having confidence in me when I had none for myself.”

PeerWorks is one of the many things that Adsum delivers to create the conditions for successful community living. We look forward to the growth and successes of its current and future participants!



# TREASURER'S REPORT

It has been both a pleasure and honor to serve as Treasurer on the board of Adsum Association for Women & Children during the fiscal year ending March 31, 2016. I am grateful to the staff and directors of Adsum for supporting me in my role as Treasurer. I continue to be inspired by the Executive Director, Sheri Lecker and the Accounts Administrator, Nancy Lamrock, who play a large role in the success of the Association's finances by being so attentive to every source of revenue and expenditure.

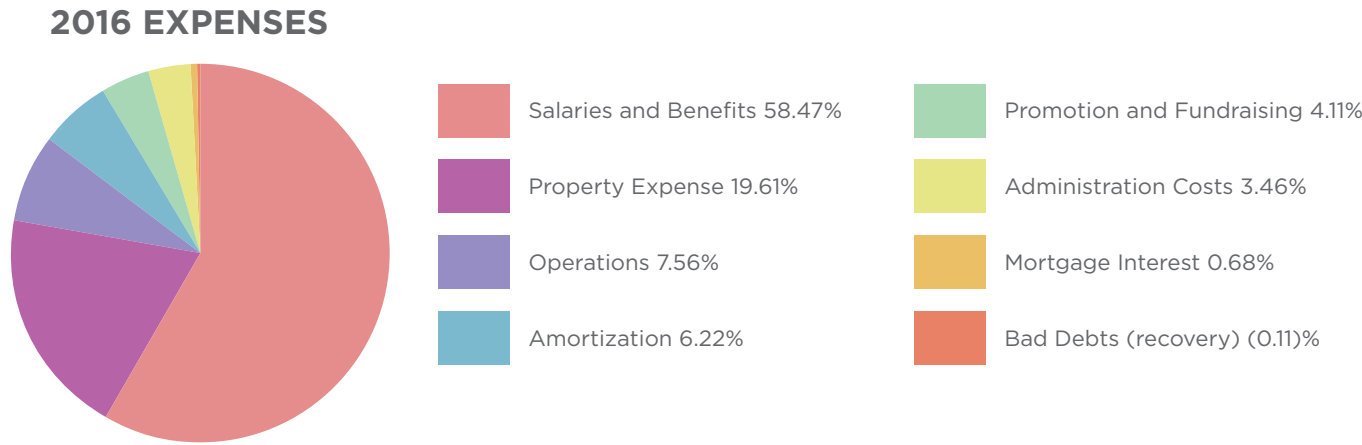
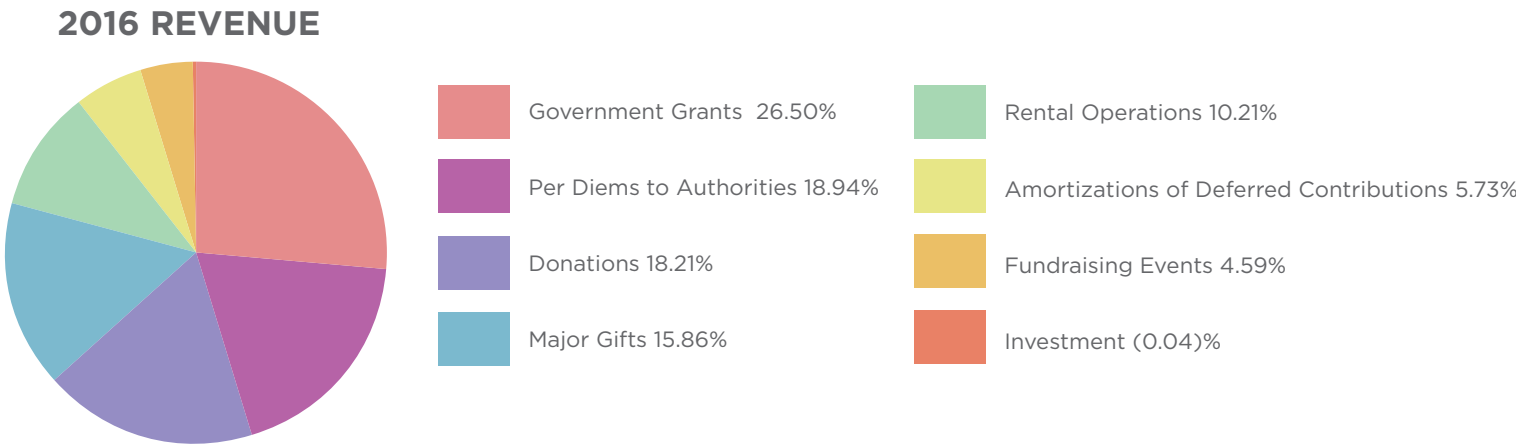
Adsum relies on per diems from the provincial government, rental income and, most significantly, on the generosity of donors. If not for the latter, Adsum would not exist. Donations and fundraising continue to be a significant source of revenue for the Association. An increase in revenue from fundraising largely contributed to the growth in revenue to \$2,308,093 in 2016 from \$2,167,392 in 2015.

The expenditures of the Association continue to grow as the operations and services of Adsum expand. The addition of three family condominium units, enhanced client services and shelter improvement grants resulted in expenditures increasing to \$2,331,780 in 2016 compared to \$2,128,950 in 2015.

It is very pleasing to see the strength in Adsum's financial position. Readers are encouraged to examine the audited accounts as published in the annual report and on the Association's website.

Respectfully submitted,

Catherine Baker  
Treasurer



# STATEMENT OF REVENUE & EXPENDITURES

YEAR ENDED MARCH 31, 2016

	2016	2015
REVENUE	\$2,308,093	\$2,167,392
EXPENSES	\$2,331,780	\$2,128,950
EXCESS OF REVENUES OVER EXPENSES FROM OPERATIONS	(\$23,687)	\$38,442
OTHER INCOME (UNREALIZED GAIN)	(\$9,076)	\$43,525
EXCESS OF REVENUE OVER EXPENSES FOR THE YEAR	(\$32,763)	\$81,967

# STATEMENT OF FINANCIAL POSITION

MARCH 31, 2016

ASSETS	2016	2015
CURRENT		
CASH	\$ -	\$ -
ACCOUNTS RECEIVABLE	\$161,604	\$204,867
PREPAID EXPENSES	\$20,278	\$22,209
	\$181,882	\$227,076
CAPITAL ASSETS	\$3,903,197	\$4,023,469
LONG TERM INVESTMENTS - RESTRICTED	\$332,034	\$348,733
LONG TERM INVESTMENTS - UNRESTRICTED	\$272,580	\$347,124
	\$4,689,693	\$4,946,402

LIABILITIES		
CURRENT		
BANK INDEBTEDNESS	\$127,676	\$117,471
ACCOUNTS PAYABLE	\$95,628	\$86,852
CURRENT PORTION OF LONG TERM DEBT	\$236,744	\$17,902
UNEARNED INCOME	\$11,805	\$9,665
TENANTS' DAMAGE DEPOSITS	\$5,433	\$6,003
	\$477,286	\$237,893
LONG TERM DEBT	\$61,066	\$298,545
DEFERRED CONTRIBUTIONS - CAPITAL ASSETS	\$3,247,006	\$3,379,363
DEFERRED CONTRIBUTIONS - FUTURE EXPENDITURES	\$40,871	\$117,442

NET ASSESTS	\$3,826,229	\$4,033,243
INVESTMENT IN PROPERTY AND EQUIPMENT	\$358,381	\$327,661
INVESTMENT IN ENDOWMENT FUND	\$332,034	\$348,849
UNRESTRICTED FUND	\$173,049	\$236,649
	\$863,464	\$913,159
	\$4,689,693	\$4,946,402



## COMMUNITY VOLUNTEERS AND STAFF RAISED FUNDS AND NEW FRIENDS FOR ADSUM AT OUR SIGNATURE FUNDRAISING EVENTS



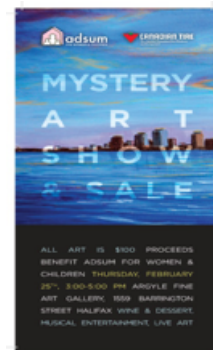
In June, 70 women golfers enjoyed our second annual Females Fore Females Golf Day at the Links at Montague. Despite terrible wet weather, spirits were bright and our sponsors made sure everyone laughed a lot, and enjoyed the activities and treats. The event raised more than \$13,000.



In December we joined a new phenomenon, Giving Tuesday, to kick off the busy month of December giving. We welcomed seasonal donors and new donors. Together, individuals, families, businesses and groups provided cash and clothes, toys, services, tickets, personal care items and jewelry valued at almost \$80,000.



We were delighted to honour Elizabeth Manley in October at the 26th Annual Successful Canadian Women's Dinner at The Westin. After expenses, the dinner and auction raised \$50,000. We are grateful to the lead sponsor, Canadian Tire and Canadian Tire Jumpstart, for presenting us with a cheque for an additional \$50,000. Amazing!



In late February we hosted two separate shows at Argyle Fine Art, for the 8th Annual Mystery Art Show & Sale. Works from established and emerging artists were sold, fetching more than \$10,000.

## THANK YOU TO OUR GENEROUS EVENT SPONSORS



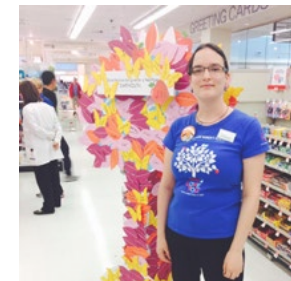
## THIRD PARTY FUNDRAISERS

We offer our warmest gratitude to the many wonderful groups who have organized events such as a golf tournament, raffle, fair, car wash, BBQ, Bluenose run, meal, auction, bake sale, birthday, wedding, food, toy and clothing drives.

### Wilson's Golf Classic raises \$70,000

"Our 2015 Golf Classic for Adsum for Women & Children was a tremendous success. During the dinner we heard stories of the trying times some of the women and children who grace Adsum have had to cope with. The staff at Adsum is incredible; taking care of everyone and pouring their hearts into helping these families get back on their feet and focus on rebuilding and enjoying their lives again. Adsum for Women & Children, for me signifies hope; hope that tomorrow is always going to be better than yesterday or this very moment."

-Shelly Boone; Wilson Fuel Co. Limited



### Shoppers Growing Women's Health Campaign collects \$42,000

17 Halifax stores supported marginalized women by selling leaves and butterflies and doing store activities with the support of enthusiastic team captains and committed associates.

"Thank you all for the great work you do for the women & children in our city! We hope these funds raised at Spring Fling help your cause."

-Julia, Laura & The Women in Business Helping Women in Need

### Spirit of Ramadan deliver 141 food bags

"In July, the Muslim community of Halifax put together a unique community initiative called "Share the Spirit of Ramadan". Over \$15,000 was raised and over 1,000 people were helped right here in HRM. We are proud to support Adsum for Women & Children as they provide essential services to the most vulnerable members of our community. Thank you for all you do year round!" ~Asraa El-Darahali



### District 8 votes for Adsum House Renovations

"Adsum for Women and Children projects are well respected in our community - this is obvious through the strong support in the District 8 Participatory Budget community vote. Your work makes a difference and we are grateful for all you do to build respectful and caring communities." ~Councilor Jennifer Watt

### Kitchen Design Plus wins Small Business Philanthropy Award

Louise O'Haran had friends and clients give birthday gifts to outfit new apartments instead of to her and continues giving with a donation from every new client



"This donation is in honour of Sara Daley and Alex Finck's wedding. As we celebrate together we reflect on how lucky we are. Sara values her work at Adsum and speaks often of the wonderful people she worked with." ~Blake and Vicki Daley

"A safe home and environment is what every parent strives to maintain. Customers who benefit from OutGROW OutPLAY love supporting Adsum for Women & Children". ~Sara and Ray Schlieff



ADSUM'S COMMUNITY OF VOLUNTEERS 2015-2016

Volunteers are critical to the work that we do at Adsum. Our wonderful volunteers sort & organize donations; they prepare meals and do special baking projects; they sit on our Board of Directors and help with our special events and fundraising. Our amazing volunteers are dedicated and full of community spirit. We feel such gratitude for all that they do!



- Adriana Afford

Lindsay Algee

Dominique Allard

Sonja Amarandos

Brittany Armsworthy

Glady Ascah

Maureen Babin

Erica Baguma

Catherine Baker

Leticia Balcarse

Brian Barton

Rebecca Batman

Leigh Beaucamp Day

Morgan Benjamin

Sylvia Boissonneault

Nicholetta Bokolas

Mindy Bouchard

Joan Bourque

Angela Bransfield

Mary Brown

Jeff Burley

Susan Burg

Carol Burk

Marley Burns

Patricia Burrage

Nicole Butler

Cathy Byrne

Lynn Cann

Daniel Carrier

Alison Chabassol

Emily Chisholm

Emma Clarke

Kathleen Collins

Anne Conner

Emily Costello
- Carly Currie

Lorraine DeLuca

Jenny deZoete

Amy Downie

Shelagh Duffett

Emma Duffy

Angela Eaton

Moya Farrell

Keltie English & Maiya

Jennifer Fitzpatrick

Marissa Fong

Heike Gottschalk

Maria Grady

Mary Hale

Sara Hallett

Penny Harding

Adam Hartling

Rebecca Hartling

Gabrielle Horne

Nice Ishimwe

Jenna Jamieson

Bryanna Jew

Amy-Mae Jewell

Lavitta Johnson

Linda Jones

Jeighk Jorgensen

Sherry Keizer

Ann Kelly

Rafeeda Khashmelmous

Breanna Lane

Victoria Lapp

Bessie Lecker-Evans

Katie Lindsay

Kelly Lockhart

Gordon MacArthur
- Jan MacAuley

Susan MacDonald

Tiffany MacDonald

Sarah MacGilivary

Margo MacGregor

Penny MacKinnon

Katherine MacLatchie

Jessie MacNeil

Maxine MacPhee

Kara MacPhee

Ann Mann

Katarina Marinic

Shannon Martin

Sarah Matheson

Susan Matthews

Nicole Maunsell

Julie McCloskey

Johanna McDonald

John McKibbin

Hazel McNab

Alexandra McNab

Bette McNutt

Sarah McVey

Brenda Merritt

Georgette Moffatt

Donna Morykot

Erin Naugle

Ntombie Nkiwane

Yvonne Noel

Stephanie O'Connell

Wilma O'Grady

Gary O'Meara

Meghan Oliver

Jessie Pappin

Grace Park
- McKayla Peddle

Heidi Petracek

Ron Pizzo

Morgan Pugh-Toole

Haana Rashid

Timothy Richard

Lisa Richard

Kathy Robb

Craig Sampson & Family

Christine Saulnier

Leah Schillings

Susan Shephard

Danielle Skuy

Angi Smith

Andrew Spears

Alexandra Stewart

Kerry-Ann Stoddart

Holly Stuart

Una Sverko

Ann Swain

Linda Thorne

Greg Towndrow

Celine Tracy

Lea Danae Umuhoza

Nancy Valardo-Penney

Shannon Van Mol

Linda Wilks

Susan Williams

Paul Williams

Richelle Williams

Anna Wilson

Maddison Wilson

Hannah Witherbee

Haley Zacks



“CHANGING THE WORLD IS AS EASY AS REACHING OUT YOUR HAND”

We are grateful for the hundreds of volunteers who come through our doors every year. Some come on their own or with family members, but often we see groups from local businesses, community faith-based organizations and schools. We could not do our work without you!

We appreciate the time, effort and enthusiasm. Huge thanks to these Volunteer Groups:

- 2nd Forest Hills Pathfinders

C100 Street Team

Dalhousie University Medicine, OT, OBGYN, ENACTUS &

School of Social Work Students

Dal Legal Aid

Department of National Defense

Destination Imagination

Doshisha University

Emera HR Department

HALIFAX Recreation Youth
- Hostess Frito Lay

Integrated Staffing Limited

Mobile Outreach Street Health - MOSH

Mount Saint Vincent University

Nova Scotia Power Tufts Cove

On-Point Volunteers Association

RBC

Regional Cadet Support Unit (Atlantic)

Sacred Heart School
- Saint Brendan's Catholic Women's League

Saint Mary's University Career Services & ENACTUS

Scotiabank

Spectra Energy

Success College

Tate Engineering

“Engaging with Adsum House clients and staff reminds me that changing the world is as easy as reaching out your hand and saying “I understand”. As women, we all share some common experience and just knowing that we are not alone lends strength- strength that runs both ways. I am both proud and thankful to be a part of the Adsum community.” ~Jan MacAuley

“The volunteer hours I spent working for Adsum gave me personal satisfaction, but the bonus was that my employer was willing to recognize my efforts through the TD Volunteer Grant program and provide a \$500 donation to Adsum. It was a win-win situation all around.” ~Cathy Byrne

“I really enjoyed organizing the clothes and displaying them attractively for the clients. After I completed 40 hours, my employer McInnes Cooper donated \$500 to Adsum House under our Volunteer Support Program. When McInnes Cooper recognized my volunteer work with a large donation, I felt that I had been able to give twice to Adsum House.” ~Alison Chabassol

“Maritimes & Northeast Pipeline (Spectra Energy) is committed to supporting our communities by working to enrich quality of life through spirited giving. We have found the staff at Adsum to be very professional, helpful and so appreciative of every project we’ve assisted with over the years. Personally, I volunteer at Adsum because I have so much in my life to be grateful for these days and really just want to give back a little. It’s that simple I guess.” ~Ann Swain





WE ARE HONOURED TO HAVE MANY SUPPORTERS WHO TRUST ADSUM TO USE THEIR DONATIONS IN WAYS THAT HELP OTHERS FIND HOPE, SECURITY AND SELF ESTEEM.

THANK YOU FOR YOUR GENEROUS GIFTS.

Listed here are donors of cash, gifts-in kind and sponsorships of more than \$500, between April 2015 and March 2016 (Excluding private individual donors)

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Canadian Tire Jumpstart Foundation  
Canadian Women’s Foundation  
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You Gotta Sing! Chorus

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Xara Choral Theatre Society





## YOUTH IN PHILANTHROPY AWARD FOR SACRED HEART SCHOOL

We are thrilled that our nominee for a Maritime Philanthropy Award, Sacred Heart School of Halifax, was this year recognized for 30 years of social action at Adsum House. Grade 11 student volunteers, Holly Stuart and Morgan Pugh-Toole, along with Mrs. McKay, the coordinator of the social action program, accepted the award.



Morgan and Holly truly valued their experience with us.

“Sacred Heart School of Halifax is one of many Sacred Heart schools around the globe. As a network of schools, we are educated based on five main pillars. One of these pillars is to educate to a social awareness which impels to action. We believe that it is through this incredible opportunity that we are able to truly expand and learn upon this pillar to further our education and awareness of what is not only going on globally, but in our own local community as well.

My time spent volunteering at Adsum House has been truly life changing. From my early days helping out in the kitchen, to working in the Déjà Vu room with Sherry, Fiona and all of the other amazing volunteers that work there, I feel it has definitely changed who I am as both a student and a person in a positive way. It has been such a rewarding experience and I am so thankful to have been given this incredible opportunity to volunteer ... [it] has definitely made me want to continue to work with Adsum in future years as well.” ~ Morgan

“Volunteering at Adsum House has changed my life, it truly brings me joy. It has also given me a new perspective in my life. I love the people there and I can really see the way I am helping at Adsum House. One week I hung up a blue shirt and the next week it was gone. It helped me to see that I was actually helping people, and I knew that someone was wearing that blue shirt that needed it to start the next part of her life.

Every year Sacred Heart Girls’ High School develops a theme, at the beginning of the year, which we live by and follow for the remainder of that school year. This year it was “for the good of the sisterhood”, which I feel is not only an ideal that we carry as school, but also at Adsum House. Adsum House provides drop in care for women in need, and goes the extra mile to provide them with the life skills they need to get back on their feet. Sacred Heart also teaches us as young women how to stand strong.” ~ Holly

\*UBUNTU mean Human Kindness

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