

Annual Report 2013-14

Mission

To support women, children and 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.

Bringing Hope, Security, Self-Esteem and Choice

Message from the President of Adsum's Board of Directors

Dear Friends of Adsum,

To our many supporters, I want to offer my sincere thanks. Your hard work and generosity help make this community better for everyone. We are proud to serve the Adsum community for 30 years and in this fiscal year to finally acquire 2421 Brunswick Street in Halifax, for this is the home address of our emergency shelter Adsum House.

Thousands of people have walked through our doors. We are humbled by their strength and perseverance and inspired by the compassionate support offered by staff, donors and volunteers including the Board of Directors. You have all put so much heart and care into this organization. Your efforts are deeply appreciated.

We receive support in so many different ways from our local community. Nothing demonstrates this support more than our signature annual event, the Successful Canadian Women's Dinner held in October of each year. This past year marked the 24th annual dinner. We honoured Jeanne Beker as one of the most iconic and influential women in the fashion industry, here in Canada and around the world. It was a wonderful tribute to her many achievements.

From the caliber of the dinner committee volunteers to those who donated prizes for the auction; to the sponsors who provided the financial support for the event to those who purchased tickets, it never ceases to amaze me how the community around us is so willing to get involved in Adsum endeavours. You help to make our jobs at Adsum that much easier.

I also want to offer congratulations to our Executive Director, Sheri Lecker. Eleven years is a long time to be committed to one organization; that is especially true of a small, non-profit that provides direct services.



In large part due to Sheri's leadership and endless dedication, Adsum has grown to include the provision of a full range of housing options and supports while also building and maintaining a solid financial standing. Sheri has seen the organization's goal of expanding into stable housing become a reality. She believes that it is possible to end homelessness in our province and is actually contributing to this goal as a provider of long-term homes.

It is wonderful to see Sheri recognized this year with an Honorary Doctorate from Saint Mary's University as well as the Dr. Burnley Allan (Rocky) Jones Human Rights Award.

The word Adsum means "I am here". Sheri and her staff of almost 40 are here, serving the Adsum community and beyond, in every sense of the word.

With gratitude,



Donna Morykot
President of the Board

Remarks from Adsum's Executive Director: from her convocation address of January 2014



In Nova Scotia, there are almost 6,000 organizations registered in the non-profit voluntary sector. They represent a broad range of activities and touch almost every aspect of our lives.

Women comprise more than 80% of the non-profit workforce in Nova Scotia and they are the lowest paid, yet highest educated, in the country. The helping professions have long been dominated by women, and even though it is important, indeed, essential work, it is not valued and compensated in the same way as work that generates financial profit.

In our non-profit world, resources are often limited and frustrations high. Compassion fatigue is real. There is rarely enough money, materials or people to accomplish organizational missions. Yet I always believe and hope that change is possible, change is happening.

You see, at Adsum we don't have to invest in a fancy wardrobe or wear a suit to work. Professional emphasis is placed on effectiveness and results, not on how we look. Workers are regarded as individuals with complex needs and abilities; family lives and individual challenges are not dismissed in the face of achieving profit. We can take initiative, be flexible with our schedule and ways of working and often find ourselves making big decisions that can effect change.

Working with like-minded people who share in a social justice mindset is certainly a benefit. When social change, and not financial profit, holds esteem in our workplace, a different kind of work culture emerges, and a different kind of efficiency can be enjoyed.

Education is important. Learning the language of policy and theory is useful, but there is also immeasurable benefit in embracing multiple ways of knowing and doing.

While non-profit work is not for the weak-hearted, I believe it is as challenging as any mainstream career path. It is also worthwhile. The impact of our work can be immediate and life-changing for everyone involved. I have seen things that we take for granted, yet when provided to people in need, have profound lifelong benefits.

I have always been privileged to work with extraordinary people in incredibly demanding situations. This is certainly true at Adsum! I am moved to come back each day because of the women and families who trust us with their stories and the staff and volunteers who provide a welcome at the door, lend an ear, make no judgments, offer support and create a caring environment. They provide insight and inspire me to do better.

Respectfully submitted,

A handwritten signature in black ink, appearing to read 'Sheri'.

Sheri Lecker, Executive Director

Adsum takes ownership of the Emergency Shelter: Adsum House

31 years ago, Adsum House's founding board took a dilapidated, boarded up building, brought it to life and opened the doors to women, children and youth needing shelter. Adsum assumed occupancy and all capital and operating costs of 2421 Brunswick Street, maintaining the house and property and making significant improvements over the years.

However, we did not own Adsum House and therefore were unable to insure it against loss. If the building had been lost to a fire, without insurance we would not have had the resources to rebuild. This would be disastrous to our community as there would be nowhere to turn for the many people who seek shelter and support every day and night.

In late 2004, Adsum initiated talks to transfer ownership of Adsum House to the organization. We quickly learned that a transfer would be far more complex than imagined because of a shared interest in the property by the Halifax Regional Municipality and Canada Mortgage and Housing Corporation.

In March of this year, Adsum took full ownership of the house on Brunswick Street, allowing us to protect the building and the services we provide to women, children, youth and transgender persons in our community.

"Over the years, thousands of people have called Adsum home. Sadly, three decades after our doors first opened, there is still an ongoing and growing need for our shelter, programs and services," says Sheri Lecker. "The community provided tremendous support to Adsum over the years – through volunteering, donating, and advocating for our organization. It is the great people of our community that have helped keep these doors open. Owning this property is a final and long-awaited step in ensuring that we will continue to be here for those who need us when they turn to us for support."

"Ten years of hard work have culminated today in the great news that Adsum House on Brunswick is now owned by Adsum for Women & Children. We are very pleased that we can now protect this asset to ensure years of continued service from this location," says Donna Morykot, President of the Board.



Programming Helps to Strengthen Physical, Mental and Emotional Health for Residents

We are fortunate to access grants which allow us to establish a program schedule for current and former residents of the emergency shelter. Over the past 12 months, this project has involved in excess of 200 participants. Residents of Adsum House have the opportunity to meet with the Program Officer to find out their interests and needs. Four nights a week, 8-10 participants gather with staff in the dining room or program room. The agenda is varied, but weekly activities focus on creative arts, healthy living and life skills development including:

- Resume building workshops
- Cooking and baking
- Weekly yoga classes
- Painting and crafting
- Bowling, movies and events

Our Program Officer, pictured here, also provides supplies to women who have established hobbies or find a new hobby via programming. This could mean buying yarn for a resident who enjoys knitting or canvas for someone who likes to paint. This encourages residents to explore new things as well as utilize recreational activities as a coping skill outside of set program hours. Adsum also provides passes so residents can enjoy activities in the community with their children such as swimming, movies, sporting events and cultural outings.



It becomes clear, through interviews, that residents of an emergency shelter such as Adsum House typically do not have the opportunity to focus on things outside of their daily life stressors.

Our experience demonstrates that program time, focused on individual goals, benefits our clients in important ways.

- Increases self-confidence and self-esteem
- Improves communication and relationship building
- Improves physical, mental and emotional health
- Increases comfort with regular routines and time frames
- Offers a positive and healthy alternative to using drugs, alcohol or other unhealthy coping mechanisms

What some residents say about programming:

"An added value of programming is that we often make something we can take away. Like my bird house. It will be hanging in my new apartment."

Former House resident

"My kids really loved the pirate costumes! They were all dressed up in Tim Hortons!"

Current House resident

"I was really into art a long time ago but haven't had a chance to do it recently with all the moving around. Thank you for getting me back into it."

Former House resident

The regular programming is such a success that we often partner with external facilitators to offer certification workshops and programs which would contribute to an individual's preparedness for employment. External community programs provide residents with opportunities to engage with community resources and attend workshops while supported by Adsum.

Adsum adds Three Condominiums for Single Moms and their Families

Late in 2013 we purchased our first condominiums in Clayton Park. We bought a third in March, enabling Adsum to offer affordable stable housing with supports to single mothers who are working or planning to return to work. The condos are dispersed throughout the neighbourhood of Clayton Park in safe and secure buildings, close to schools, recreation facilities, countless employment opportunities and situated on bus routes.

Each two-bedroom condo has been renovated and furnished to allow families to move right in and begin rebuilding their lives. Rents are far below the market rate and Adsum staff provides ongoing support to the moms and their children.

Adsum was fortunate to make these purchases after successfully applying for a federal grant. Added to Adsum's other housing units, shelter and residential centre in HRM, we can now provide safe housing to 80 women and children every night of the year.

Treasurer's Report

It has been both a pleasure and honour to serve as Treasurer on the board of Adsum Association for Women and Children during the fiscal year ending March 31, 2014. This year has been a successful financial year for the Association.

Perhaps the two most significant figures that have changed between 2013 and 2014 are government grants and property assets. The decline in revenues and expenses from the previous year largely reflects the inclusion of the grant money for shelter enhancements and out of the cold program not included in the current year. An increase in revenue from fundraising helped offset a decrease in provincial funding. Operating expenses continue to climb as costs for energy, food and staffing increase. The Executive Director, Sheri Lecker, and the Accounts Administrator, Nancy Lamrock, play a large role in controlling these costs by being so attentive to every source of revenue and every expense to make sure that every dollar is well spent

The positive change in assets was largely due to the acquisition of 2421 Brunswick Street, Adsum House, from the Federal and local Municipal Government. Also, three family condo units in Halifax were acquired through a Federal Government grant program. Net assets grew as a result of favorable market conditions at the end of March 2014.

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 would not exist. Donations and fundraising continue to be a significant source of revenue for the Association. We are grateful for this support, from both long-standing and new donors.

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, dedicated and hard-working staff who continually go above and beyond to make sure that Adsum's clients are always treated with respect and are given every opportunity to improve their situation. To all of them, as well as to our donors, we are so very grateful.

Respectfully submitted,



Catherine Baker, Treasurer

Adsum for Women & Children

2013 -14 Board of Directors

Donna Morykot, President
B&M Consulting Ltd.

Christine Saulnier, Vice President
Canadian Centre for Policy Alternatives

Catherine Baker, Treasurer
Wilson Fuel Co. Ltd.

Jenny DeZoete, Secretary
Grace United Church

Mary Hale
Community Activist

Penny Harding
Bell Aliant

Gabrielle Horne, Past President
Dalhousie University

Brenda Merritt
School of Occupational Therapy, Dalhousie



Georgette Moffatt
TD Canada Trust

Gary O'Meara
Armbrae Academy

Ron Pizzo
Pink Larkin

Scott Smith
Rooftight Construction

Statement of Revenues and Expenditures

Year Ended March 31, 2014

	2014	2013
REVENUE		
Donations	\$ 370,412	\$ 378,236
Amortization of deferred contributions	182,361	135,884
Investment	37,280	18,911
Fundraising events	88,854	78,048
Government grants	424,767	484,143
Other	19,573	111,513
Rental operations	226,346	218,026
Per diems to authorities	501,413	527,566
	<u>\$ 1,851,006</u>	<u>\$ 1,952,327</u>
EXPENSES		
Administration	73,467	58,105
Amortization	127,517	127,820
Employee services	897,211	944,443
Interest	19,834	20,502
Operations	419,638	371,010
Other	22,666	112,410
Promotion and fundraising	74,338	81,230
Property expenses	228,066	277,037
	<u>\$ 1,862,737</u>	<u>\$ 1,992,557</u>
REVENUE/LOSS	<u>(11,731)</u>	<u>(40,230)</u>

Statement of Financial Position

March 31, 2014

	2014	2013
ASSETS		
Current		
Cash	8,974	72,551
Accounts receivable	171,153	157,399
Prepaid expenses	14,949	10,770
	<u>195,076</u>	<u>240,720</u>
Property, plant and equipment	4,175,860	2,932,834
Long term Investments - restricted	412,013	377,254
Long term Investments - unrestricted	107,806	169,021
	<u>\$ 4,890,755</u>	<u>\$ 3,719,829</u>
LIABILITIES		
Current		
Accounts payable	75,694	86,097
Current portion of long term debt	11,985	10,247
Tenants' damage deposits	5,360	7,271
Unearned income	8,560	10,963
	<u>101,599</u>	<u>114,578</u>
Long term debt	318,871	331,900
Deferred contributions - capital assets	3,523,291	2,279,385
Deferred contributions - future expenditures	52,639	122,639
	<u>3,996,400</u>	<u>2,848,502</u>
Net assets		
Investment in property and equipment	321,827	311,301
Investment in endowment fund	412,013	377,254
Unrestricted fund	160,515	182,772
	<u>894,355</u>	<u>871,327</u>
	<u>\$ 4,890,755</u>	<u>\$ 3,719,829</u>

(Audited Statements Online & Available By Request)

2013-2014 Fundraising Report

Adsum is fortunate to have the support of individuals, service clubs, corporations, foundations, community groups, churches and all levels of government. They recognize that we manage donations and ensure their gifts go to programs and services directly impacting Adsum clients.

Different ways people donate to Adsum

Déjà vu– We accept clothing and household items from families and individuals who want to ensure their gently-used items are provided at no charge to others who can make use of them. We open the doors to our clothing room on weekday afternoons to women and youth who 'shop' for clothing, toys, books and household items, all free of charge. These donations also help clients who find stable housing start off with many of the kitchen, bedding and small appliances they need. We ensure **every item that comes in our front door goes back out the door**, directly to a client or to the community through Free Sales each summer and by sharing with non-profits in other parts of the province when we have a surplus.

Bequests– Friends of Adsum are generous in making bequests in their wills or making gifts honouring the memory of family members who pass away. A bequest is a very kind commitment to Adsum's longterm viability that is planned in advance by people who have specific ideas about how they wish to be remembered.

Third Party Events– We are overjoyed by the number of groups that want to raise money for Adsum. Families, church groups, businesses and schools fundraise week after week through 50/50 draws, special occasion parties, car washes, a portion of corporate sales, the sale of used clothing, auctions, musical performances and office casual days. We have many great friends like Tony, who collects new pajamas at Christmas at his school. Some events have corporate or bank matching programs, which can double the donation made to support Adsum's work. We appreciate every donation and the novel ways people find to fundraise for us .

Love Does– This was a fantastic night of music at The Company House featuring Amelia Curran, Dana Beeler, Stewart Legere and Jenny MacDonald. Planned as a way for concerned Haligonians to channel their strong feelings about domestic violence, Love Does was a positive and effective show of support for Adsum and other women's organizations.

Bluenose Marathon– Our staff, families, friends and supporters teamed up to walk and run the Scotiabank Bluenose Marathon for a second year. Our team of 29 worked for months to collectively raise almost \$14,000 from 244 sponsors.

We greatly appreciate the generosity of our community.
Kathy McNab, Fund Development & Communications Officer

Donors of cash, gifts-in-kind and sponsorship of \$500 and more in 2013-2014 (excluding private individual donations)

Foundations

Black Family Foundation
Canadian Tire Jumpstart Charities
Canadian Women's Foundation
Encana Cares Foundation
Flemming Charitable Foundation
Mental Health Foundation of Nova Scotia
RBC Foundation
SEDI
Shoppers Drug Mart Life Foundation
Vancouver Foundation

Service Clubs, Organizations & Community Groups

Canadian Institute of Plumbing & Heating
Canadian Progress Club Halifax-Cornwallis
Dalhousie School of Occupational Therapy
Halifax International Airport Authority (Staff)
Love Does
RCMP Veteran's Auxiliary
Sackville, NS Lioness Club
Saint Mary's University Environmental (SMUFS)
The Wednesday Bridge Club
United Way of Halifax Region

Government

Capital Health
Halifax Regional Municipality
Government of Canada
Province of Nova Scotia

Companies

Accountant Staffing & Administrative Staffing
Allen Print Ltd.
Argyle Fine Art
Atlantic Wealth Management
Bootlegger
Bounty Print
Canadian Tire Halifax Dealers
Clearwater Seafood Limited
Chez Tess
Creative Curve
Creative Loop
Crimson Clover
DHX Hour Productions (NS) XXI Inc.
Enfield Home Hardware
Financial Horizons
Glen Arbour Golf Course
Great West Life
I.H. Mathers (Staff)
I.H. Mathers
Lush
Manulife Financial
Maritime Beauty Supply
Maritimes & Northeast Pipeline
Nova Scotia Home Builders Association
Nova Scotia Power
Penningtons
PepsiCo Foods Canada
RBC Almon Street Branch

RCR Hospitality Group
Reitmans
Ricki's
Rooftight Construction Ltd.
Scotiabank
Stewart McKelvey
Sutherland Watt Chartered Accountants
The Prince George Hotel
Theriault Financial
Thyme
TLC Handyman
Winners Apparel Limited

Faith-based Organizations

Bedford United Church
Bethany United Church
First Baptist Church
Sisters of Charity Congregational Fund
Society of the Sacred Heart
St. Brendan's Parish-CFB Stadacona
St. Catherine's Church Bingo
The Cathedral Church of All Saints
Women of India Auxiliary

Estates and Trusts

Estate of Annie Mary Holmes
John & Elizabeth Godin Charitable Trust



Adsum's Community of Volunteers - 2013-2014

Volunteers are a vital part of our organization. Volunteer opportunities at Adsum range from preparing meals and baking to organizing donations or assisting with special events and fundraising. Our volunteers are dedicated and hard working. They are tireless supporters of the work that we do and we are so very grateful to have them as part of our team.

We have also hosted many groups of volunteers coming from various workplaces and community groups whose names do not appear below but who have contributed enormously to our annual operations. Thank you all!

Adriana Afford
 Sonja Amarandos
 Kayleigh Amarandos
 Anaia Anais
 Jennifer Anderson
 Glady Ascah
 Maureen Babin
 Natasha Banks
 Brian Barton (Bed Bug Detectives)
 Rebecca Batman
 Leigh Beauchamp Day
 Ruth Bernard
 Nicholetta Bokolas
 Michele Bourgeois
 Canadian Progress Club Halifax Cornwallis
 Tracy Cipryk
 Shira Collins
 Linda Cummings
 Dalhousie Occupational Therapy Students
 Lorraine DeLuca
 Anne Louise Desrosiers
 Emma Edmonds
 ENACTUS (Dalhousie University)
 Pascale Favore
 Alison Gerard

HMCS Toronto
 Sarah Hamilton
 Christina Hare
 Jamie Hatt
 Meghna Isloor
 Denise Jamieson
 Jennifer Johnson
 Lavitta Johnson
 Natasha Johnson
 Linda Jones
 Lori-Ann Jones
 Kaitlyn Keeping
 Sherry Keizer
 Ralph Lamrock
 Sara Landry
 Anne Leblanc
 Bessie Lecker-Evans
 Emily Linehan
 Kara Loop
 Amanda Lewis
 Adrienne MacKinnon
 Penny MacKinnon
 Ann Mann
 Melissa Mathers
 Bette McNutt

Teri Naigle
 Lisa Peck
 Valarie Pennant
 Heidi Petracek
 Leanne Przybylowski
 Maria Camila Quinones
 Som Maya Rai
 Caroline Resende
 Crystal Ross
 Craig Sampson
 Pat Saunders
 Pauline Shields
 Heidi Stewart
 Ann Swain
 Linda Thorne
 Terry Thorne
 Lisa Tilley
 Cindy Wasson
 Jenna Watson
 Debra Wells-Hopey
 Emily Williams
 Paul Williams
 Theresa Winters
 Julie Wynn
 Cynthia Yazbek



Tackling Barriers to Housing for Women and Families

Our Housing Support Worker, Maggie King, describes her experience with the Housing Support Initiative. Maggie works out of The Alders, our apartment building on Gottingen Street.

This past year, I worked with 213 women and children and housed 62. Almost half of the total, 52 women and 43 children, were fleeing abuse. The overall numbers reveal an increase in women and families seeking housing support from this office.

In addition to supporting people in need of housing, my position has increasingly come to include providing support to previous clients already housed, whose housing is at risk.

Often a change in their situation, like returning to the work-force or a change in their household, can put them at an increased risk of losing housing because it means a decrease or interruption in income assistance. A change in situation can also affect a woman or family's eligibility for a housing subsidy. Navigating through income assistance and Metro Regional Housing Authority can be both daunting and time-consuming especially when one's living situation is complex or in flux.

Usually landlords offer some flexibility as we sort out these issues and make arrangements to pay rental arrears. However, without a housing support worker to advocate and navigate the complexities of the income assistance and shelter subsidy programs, some women and families may lose housing.

Housing subsidy programs need to be more flexible to ensure housing stability for women and families throughout periods of transition. There also needs to be better supports for women receiving assistance who wish to return to work. Instead many women endure housing instability, struggling to pay rent and bills while making the transition to work.

Metro Regional Housing's shelter subsidy is an important tool for women and families but because it is restricted to those staying in shelters, many others in crisis cannot access that support. I would like to see the subsidy be available to everyone in housing crisis or at imminent risk of homelessness.

Single-parent families face increased struggles in establishing and maintaining stable housing. This is even more apparent in cases with two or more children and/or older children. The shelter amount for single-parent families with two or more children receiving income assistance is only \$620. There are very few adequate housing options for families within that rental amount. They must often use their food and personal allowance for rent, leaving them with little for food. Many rely on food banks and other food support programs but that support is limited. A family can only visit a Feed NS food bank once a month for a food basket valued at \$40 in groceries. Churches may help with grocery vouchers, but usually only once every three months. Although helpful, these services do not provide adequate support for a family struggling to put food on the table.

Many women and families I work with are victims of domestic partner violence. Women also experience violence within the larger community. I have spoken with multiple women who have been sexually assaulted where they are living—usually by a building employee or neighbor who gains access through familiarity or position. This has happened to both single women and single mothers living with children. In one case, it was the woman's child who was sexually assaulted. When this happens, women often choose to relocate but have few resources or options available. The traumatic event undermines their sense of safety and can negatively impact their experience of living independently.

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