



adsum
FOR WOMEN & CHILDREN



2014-2015 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

2014-2015 was a good year for Adsum for Women & Children, full of change and progress.

We've been constantly growing and learning. Informed and inspired by many stakeholders, we created a new strategic plan to guide our work. We published research that speaks to the monetary and non-monetary benefits of our housing and support services. We implemented a program of intensive case management to help end very long and repeated experiences of homelessness for some women. We entered a community partnership to provide occupational therapy, a much needed service for our clients. We completed a first full year of ownership of condominiums that we rented to women-led families. We celebrated successes great and small of women and trans identified persons who use their voices to advocate for change in their own lives and in their community. We mourned the loss of many amazing women. We remembered them through story-telling and shared kinship. We welcomed new staff and new volunteers, and reached out to new and generous supporters to bring more financial stability to our work. We focused on building strong healthy relationships that will have a lasting and positive impact on the people we are privileged to meet at Adsum.

As you read this Annual Report, we hope you are proud of what your support accomplished last year. We worked hard to meet your expectations and achieve results for the people who used our shelter and housing, programs and services, and advocacy efforts.

Our success is the community's success. With the ongoing and extraordinary support of you, our donors, partners, staff and volunteers, Adsum is ready for the challenges ahead as we seek to realize a future where everyone has the right to a safe and secure home.



Donna Morykot
President of the Board



Sheri Lecker
Executive Director





ADSUM HOUSE

Provided

- 5,199 bed nights for emergency shelter
- 167 unique persons, ranging in age from infancy to +70 years, with shelter and social work support
- 12,716 hot meals to residents and visitors
- 2,052 visits to the Deja Vu clothing room
- 836 hours of programming activities
- 78 women with household items when they moved
- 155 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
- 800 meals prepared by residents together with staff
- 768 hours of programming activities
- 936 food bags from Feed Nova Scotia to supplement residents groceries
- 260 meetings with an Adsum social worker



THE ALDERS

Provided

- 12 women and 2 children with affordable housing; tenancy ranged from six months to almost 4 years
- 597 visits to the Drop-In for showers and laundry
- 151 counseling support visits and referrals
- 108 people, including 42 children, with housing searches and support
- 46 women and children with assistance to find and keep stable housing



ADSUM CENTRE

Provided

- 22 women & 5 children with housing and 24-hour support
- 17 hours of educational, therapeutic, and recreational programming a week
- 547 hours spent one-on-one with a key worker, for those women who exited in 2014
- 13 mothers with Strengthening Parenting program
- 12 children with regular supervised access visits with their mothers
- 2 women with the opportunity and ability to have their children returned to their care
- 6 women and families with support to move on to independent housing
- 201 days of stay, on average



FAMILY CONDOS

Provided

- 13 people, including 5 mothers and 8 children, with safe, quality housing
- 5 families with supplemented rent to make the housing affordable
- 1 family with a second year of stable housing and an open-ended lease
- 3 children with sports, camps and equipment through Canadian Tire Jumpstart
- 5 families with support including a social worker, as needed

CONDO STORY

After leaving an abusive relationship, mom and son ended up in a shelter. They connected with Adsum's housing officer and were supported to move to a new home: a condominium that was purchased by Adsum in 2014 and rented at a truly affordable rate, geared to the family's income.

"We left with nothing but the clothes on our backs. We walked into a furnished condo with laundry. It gave me a sense of hope that my luck was changing and something was working out for me finally. Without stable housing, it's hard to do anything else. Stability allowed me to move forward."

Mom and son are doing well. Mom has traded part-time work for college. She is the first in her family to attend. Her three-year-old is into making cookies, kicking around balls in the yard and playing with children who live nearby. Together, they have a safe, secure home with Adsum. "Because of the wonderful staff at Adsum, I feel much less alone and that I have a support system in place. It is very much a new beginning for me, a chance to start fresh."



ADSUM STORY



KD - October 20, 2014

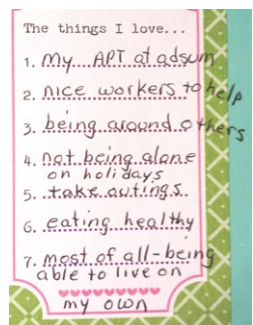
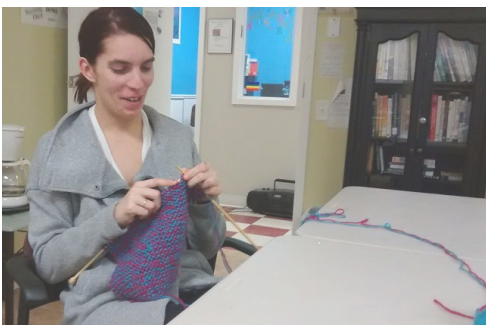
Before coming to Adsum Centre I was struggling with addiction issues and had been incarcerated several times for addiction related issues, such as domestic violence. I came to Adsum Centre because I truly wanted to change my life; I had hit my rock bottom.

When I came to the Centre I had no sense of self-worth or self-esteem, I was always carrying the shame, guilt, and embarrassment around with me that comes from struggling with addiction issues. Today though, I feel great about myself. I have grown in so many ways since I became a resident of Adsum Centre. I've learned a completely new way to live life to its fullest. When asked to describe myself, I answered that I am a beautiful young woman who is in recovery, flourishing every day, and becoming a successful member of society.

Since becoming a resident of Adsum Centre I have learned coping skills, which I had never learned before. Self-medicating was the only way I had learned how to cope. I also learned about healthy relationships and boundaries - I now know I have not yet had a healthy relationship in my life. The accomplishment I am most proud of though, is my one year of sobriety which was on October 21st, 2014. I've once again began a daily journal, and it helps me see my progress. Also I have been seeing an addictions counsellor through Capital Health because I am no longer ashamed to ask for help when I need it. I've participated in marathons, parades, and other events to represent Adsum for Women and Children and plan on continuing to do so, as well as volunteering in the other facilities run by Adsum when I am able to.

I enjoyed my stay at Adsum Centre, especially because I felt staff truly cared about my well-being and wanted me to succeed. The most helpful programs offered for me were "Therapeutic Change" and "Road to Recovery." In Therapeutic Change we did a trauma series and it was truly eye-opening for me and helped me understand why I've felt this way about myself for years. The Road to Recovery program helped me by teaching me about the cycle of addiction and relapse prevention. I had tried to get sober for several years before taking this program, but it never lasted long. Also, it is my wish that I may be able to continue attending these programs that are offered after I have left Adsum Centre.

I am leaving Adsum Centre to move into the WISH (Women in Supportive Housing) program, which is yet another step towards gaining back my independence, without feeling overwhelmed with the transition. I want to complete the work program I am currently in and further my education. My goals for the future include gaining full- time employment and once again becoming self-sufficient. My advice for anyone just arriving at Adsum Centre would be if you really want to succeed, get engaged and participate in the programs as much as possible. You will learn so much about yourself. If these places (like Adsum Centre) were non- existent, I would probably just be another statistic. Thank you to all the people who contribute to these programs!



ADSUM COURT GAINS VOLUNTEER PARTNERSHIP AND A NEW LOOK

What started as yard work quickly took on a life of its own when the Regional Cadet Support Unit – Atlantic (RCSU (A)) of Shearwater met up with Denise, our Property Manager. Together, they created a greater vision to develop a park-like setting in the square and behind the building for tenants of Adsum Court. A large employee crew arrived for a two-day job with donated stones from Bergman Concrete and equipment from Hertz. The residents enjoyed the activity and joined the team when invited for a BBQ lunch. Picnic tables and benches were donated by RCSU (A) and Major Joan Eager found a lovely three-seat swing for the park.

This new setting brings people together outside more regularly, enhancing the community at Adsum Court. The residents and Client Support Officer, Ferne McCombie, planted and maintain two vegetable gardens for community meals and keep the furniture in good repair.

RCSU (A) team will return each spring and fall to keep Adsum Court looking beautiful. Their partnership with Adsum Court also includes a concert at Christmas along with Santa and stockings for everyone living there. A huge thank you for the remarkable investment of time, funding and commitment.



FRONT - BEFORE



FRONT - AFTER



BACK - BEFORE



BACK - AFTER



INTENSIVE CASE MANAGEMENT

In January, Adsum began to offer Intensive Case Management to help bridge the gaps women and trans individuals can experience when facing multiple challenges that impact their housing. The individuals we are working with in this pilot project have had multiple and extended stays at Adsum House; most have also used other shelters and services in Halifax.

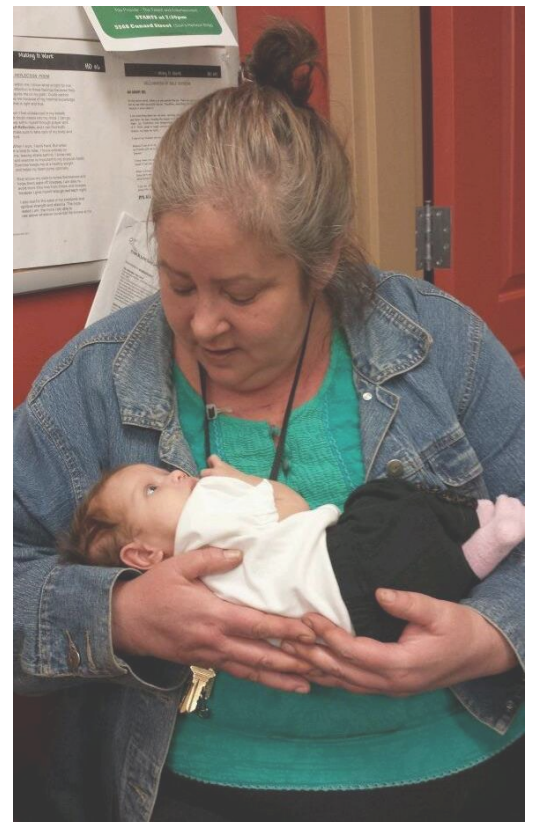
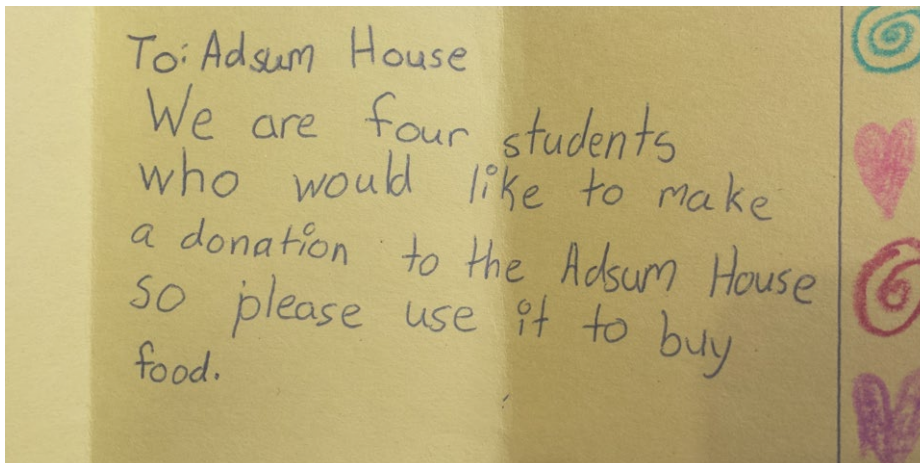
An Adsum social worker, Shannon Van Mol, is supporting a small number of individuals to set goals and access resources around their physical health, mental health, substance use, involvement with the justice system, daily living skills, financial literacy, and day-to-day activities. Every person taking part is encouraged and challenged to explore areas of risk and what they want for themselves, and establish a case plan to for support and services. This plan continues once a person is housed in the community.

Intensive Case Management offers people a lot of time to work one-on-one to help to overcome the obstacles they have been facing for so long, and develop the skills and connections to have better outcomes. During the course of this initiative, Shannon has helped participants secure housing in the community. She has also helped them to connect to a variety of community resources, and worked in collaboration with social service, legal and healthcare professionals to maintain ongoing service as part of the case management plan. It is a win for everyone when someone ends the experience of homelessness.

The letter that follows is from a participant of our Intensive Case Management.



To: Adsum House
We are four students
who would like to make
a donation to the Adsum House
so please use it to buy
food.



LETTER FROM TARA

June 16, 2015

To whom it may concern,

I am Tara Wesley. I was homeless back in December. So I ended up back at Adsum House, where I had stayed multiple times starting in 2009. Upon staying there, I had a flare up from my rheumatoid arthritis. I was so bad, I had to have other residents and staff members help me out of chairs, my bed, and almost everything. I could not open my hands half the time, and I had to have help for almost everything I did. Thanks to the special caring support of the Mobile Outreach Street Health (MOSH) team and the staff of Adsum House, I was chosen to be a part of a new project back in February 2015.

I was assigned to Shannon Van Mol, who helped me to get my own apartment within two or three days of our first interview. I do not know why I was chosen but it just seemed to be the right time. I was going through many trials and tribulations. With the support of Shannon, I got over my fears of going to doctor's appointments. I attended an Arthritis program for 6 weeks. I surprised myself by making it to four of the six two-hour educational sessions on how to manage arthritis. Accomplishing any programs in the past was a no for me. Shannon helped make my life settled as I am. She did everything to make sure when I moved from the shelter, my apartment was ready. Due to my mobility issues at the time, she cleaned up my apartment. I was not eligible for funding for furniture through income assistance but Shannon helped to furnish my house. If it was not for the help of the staff of Adsum House and Shannon, I would probably still be homeless.

Shannon continues to take me to all my appointments. She stays with me, and makes me feel like I am worth the support and that I want to succeed. Shannon has been heaven sent to me. Besides my old therapist, years ago, Shannon has showed me that I am worth working with. That is what I needed at the time. I have a kidney biopsy coming up on 17th of June and Shannon will be there. Her support makes me want to get it done. Shannon helped me to see a Rheumatologist for the first time. I have waited 15 years for someone to mention one, and it never happened. Shannon came in and helped me to turn my life around.

I know if I did not have the caring support of Adsum House and Shannon, I probably would not be anywhere I am right now. I get to see my children all the time now. Compared to a few months ago, all these wonderful things are happening. Shannon has put more interest in me than people would ever try to do. Shannon also helps me to get to the food bank when needed. She also advocates on my behalf when no one will respond. I am so proud to have her in my corner.

In this program, I have learned to make goals and live by them every day. I try. Since I have moved from the shelter, my pain is very minor. I am happy now and things are so much simpler. Shannon also helped me see an eye doctor. We even completed exercises to help me with my arthritis.

Shannon, I thank you very much for putting in time, effort, compassion, and support. Most of all, I thank you for having faith in me. I am truly grateful for everything you have done and do. God bless you, Shannon Van Mol for the person you are, and the person you are going to be.



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, 2015. I am grateful to the staff and directors of Adsum for supporting me in my role as Treasurer. I have been inspired over the past year 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 finished the financial year with \$38,442 excess of revenue over expenditures from operations. Adsum relies 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. An increase in revenue from fundraising and favorable market conditions contributed to the growth in revenue to \$2,167,392 in 2015 from \$1,840,623 in 2014.

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 a particularly challenging winter resulted in expenditures increasing to \$2,128,950 in 2015 from \$1,862,737 in 2014.

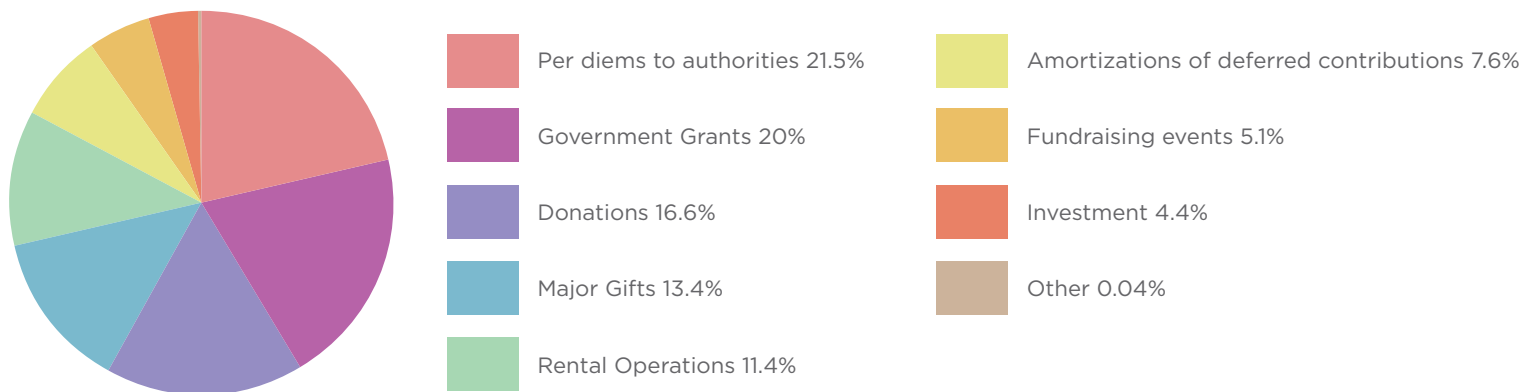
It is very pleasing to see the strength in Adsum's financial position. Readers are encouraged to examine the audited accounts as published on our website.

Respectfully submitted,

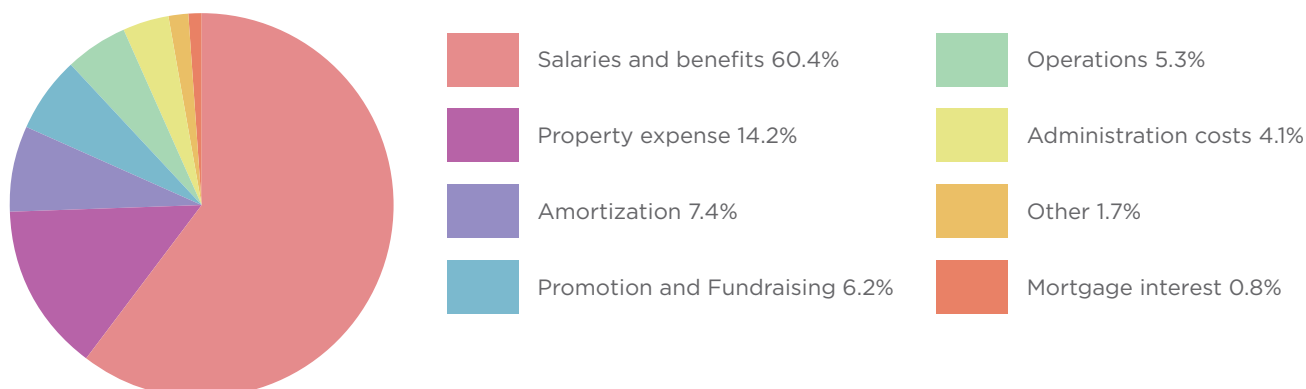


Catherine Baker
Treasurer

2015 REVENUE



2015 EXPENSES



STATEMENT OF REVENUE & EXPENDITURES

YEAR ENDED MARCH 31, 2015

	2015	2014
REVENUE	\$2,167,392	\$1,840,623
EXPENSES	\$2,128,950	\$1,862,737
EXCESS OF REVENUES OVER EXPENSES FROM OPERATIONS	\$38,442	\$22,114
OTHER INCOME (UNREALIZED GAIN)	\$43,525	\$10,383
EXCESS OF REVENUE OVER EXPENSES FOR THE YEAR	\$81,967	\$11,731

STATEMENT OF FINANCIAL POSITION

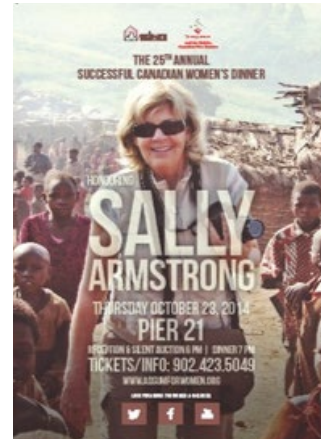
MARCH 31, 2015

ASSETS	2015	2014
CURRENT		
CASH	\$ -	\$8,974
ACCOUNTS RECEIVABLE	\$204,867	\$171,153
PREPAID EXPENSES	\$22,209	\$14,949
	\$227,076	\$195,076
PROPERTY, PLANT AND EQUIPMENT (NOTE 5)	\$4,023,469	\$4,175,860
LONG TERM INVESTMENTS - RESTRICTED	\$348,733	\$412,013
LONG TERM INVESTMENTS - UNRESTRICTED	\$347,124	\$107,806
	\$4,946,402	\$4,890,755
LIABILITIES		
CURRENT		
BANK INDEBTEDNESS (NOTE 3)	\$117,471	\$ -
ACCOUNTS PAYABLE	\$86,852	\$75,806
CURRENT PORTION OF LONG TERM DEBT (NOTE 6)	\$17,902	\$11,985
UNEARNED INCOME	\$9,665	\$8,560
TENANTS' DAMAGE DEPOSITS	\$6,003	\$5,360
	\$237,893	\$101,711
LONG TERM DEBT (NOTE 6)	\$298,545	\$318,758
DEFERRED CONTRIBUTIONS - CAPITAL ASSETS	\$3,379,363	\$3,523,291
DEFERRED CONTRIBUTIONS - FUTURE EXPENDITURES	\$117,442	\$52,639
	\$4,033,243	\$3,996,399
NET ASSETS		
INVESTMENT IN PROPERTY AND EQUIPMENT	\$327,661	\$321,827
INVESTMENT IN ENDOWMENT FUND	\$348,849	\$412,013
UNRESTRICTED FUND	\$236,649	\$160,516
	\$913,159	\$894,356
	\$4,946,402	\$4,890,755

WE ORGANIZED THESE FUNDRAISING EVENTS WITH THE HELP OF COMMUNITY VOLUNTEERS AND STAFF TO RAISE FUNDS AND FRIENDS



In September, we held our first annual Females Fore Females golf tournament at the Links at Montague. We hosted 74 women golfers and raised more than \$10,000.



In October, Sally Armstrong was the honouree at the 25th Annual Successful Canadian Women's Dinner. The event at Pier 21, including a popular silent auction and 340 guests, helped to raise over \$50,000.



In February, we hosted 140 people at Argyle Fine Art for the 7th Annual Mystery Art Show & Sale of works by established and emerging artists. The sale and raffle of a Shackle Cuff raised more than \$14,000.



In March, the day after the worst snowstorm of the year, The Prince George Hotel hosted 140 people for afternoon tea. Scrumptious cakes were raffled and we raised more than \$6,000 from the 8th Annual Blooming Tea.



**WE ARE GRATEFUL TO HAVE AMAZING SPONSORS
WHO MAKE OUR EVENTS POSSIBLE.**

**THANK YOU FOR YOUR GENEROUS SUPPORT AND
COMMITMENT TO ADSUM.**



**WE ARE ALSO FORTUNATE TO BENEFIT FROM
THIRD PARTY FUNDRAISERS ORGANIZED BY MANY
SUPPORTERS ON OUR BEHALF**



WE ARE INCREDIBLY FORTUNATE TO HAVE SO MANY SUPPORTERS WHO TRUST ADSUM TO USE DONATIONS TO MAKE A POSITIVE IMPACT ON THE LIVES OF PEOPLE IN OUR COMMUNITY. THANK YOU FOR ALL YOUR GENEROUS GIFTS.

LISTED HERE ARE DONORS OF CASH, GIFTS-IN-KIND AND SPONSORSHIP OF MORE THAN \$500 BETWEEN APRIL 2014 AND MARCH 2015 (EXCLUDING PRIVATE INDIVIDUAL DONORS).

FOUNDATIONS

Canadian Tire Jumpstart Foundation
Canadian Women's Foundation
Catherine Donnelly Foundation
Encana Cares Foundation
Harrison McCain Foundation
John & Noreen Barter Fund
Shoppers Drug Mart Tree of Life Foundation
The Black Family Foundation
The Flemming Charitable Foundation
The Home Depot Canada Foundation

ESTATES

A. Mary Holmes Trust
John & Elizabeth Godin Perpetual Charitable Trust
The Estate of Marjorie Kidd
The Estate of Zitamaría Pinto Noble

FAITH BASED ORGANIZATIONS

All Nations Christian Reformed Church
Bethany United Church
Grace United
Saint Benedict Council Parish
Sisters of Charity – Halifax
Society of the Sacred Heart
St. Catherine's of Siena Parish Bingo
St. James Anglican Church
The Cathedral Church of All Saints

GOVERNMENT

Capital District Health Authority
Department of Community Services
Halifax Regional Municipality
Housing Nova Scotia

SERVICE CLUBS & COMMUNITY GROUPS

1 for 1 Initiative
Astral Drive Junior High
BNS Hubley Centre
Brecken Ridge Community Lane
Canadian Progress Club Halifax Cornwallis
Dalhousie Student Union
Halifax Dump & Run
Liscombe Lodge
Mount Saint Vincent University Recreation Society
NSCAD Ceramics League
United Way Halifax
Wednesday Bridge Club
Women in Business Halifax
Women Unlimited

BUSINESSES

Accountant Staffing & Administrative Staffing
Allen Print Ltd.
Argyle Fine Art
Atlantic Wealth Management
BMO-Bank of Montreal
Bergman Landscape & Masonry Centers
C100
Canadian Tire Halifax Dealers
CIBC
Clearwater Seafood Limited
Crimson Clover
CTV
Enterprise Rent-A-Car
Frida Jewellery
Glen Arbour Golf Course
Good Life Fitness
I.H. Mathers
Kitchen Design Plus
Manulife
Maritimes & Northeast Pipeline
Marsh Knickle Psychological Services
Marshalls
Miller Waste Systems Inc.
O'Regans
Pattison Outdoor Advertising
Penningtons
PricewaterhouseCoopers Canada
RBC- Royal Bank
Ricki's
Rogers Communications
Scotiabank
Simple Things, Bookseller & Gifts
Stewart McKelvey
Sutherland Watt Chartered Accountants Inc.
TD Bank Group
Taste of Nova Scotia
Tempo Food + Drink
The ChronicleHerald
The Prince George Hotel
Theriat Financial Inc.
Thumpers Salon
Unthinkable
Via Rail
Winners

BOARD OF DIRECTORS

PRESIDENT

Donna Morykot, *B & M Consulting Ltd.*

VICE-PRESIDENT

Christine Saulnier, *Canadian Centre for Policy Alternatives - NS*

PAST PRESIDENT

Gabrielle Horne, *Dalhousie University*

TREASURER

Catherine Baker, *Wilson Fuel Co. Ltd.*

SECRETARY

Jenny de Zoete, *Grace United Church*

DIRECTORS

Gary O'Meara, *Armbrae Academy*

Mary Hale, *Community Activist*

Penny Harding, *Torys*

Ron Pizzo, *Pink Larkin*

Georgette Moffatt, *TD Canada Trust*

Alice Mailman, *Sisters of Charity*



ADSUM STAFF

EXECUTIVE DIRECTOR

Sheri Lecker

ACCOUNTS ADMINISTRATOR

Nancy Lamrock

SOCIAL WORK COORDINATOR

Megan Gray, Kellie McLeod

PROGRAM MANAGER

Cheryl MacIsaac

FUND DEVELOPMENT AND COMMUNICATIONS OFFICER

Kathy McNab

PROPERTY MANAGER

Denise Snow

EXECUTIVE ASSISTANT

Sarah MacArthur

HOUSEHOLD COORDINATOR

Fiona Baguma-Nibasheka

SOCIAL WORKERS

Gill Landry, Linden Hardie, Michelle Towill, Shannon Van Mol, Kellie McLeod

HOUSING SUPPORT WORKER

Maggie King

HEALTHY LIVING OFFICER

Elizabeth Harvie

CLIENT SUPPORT OFFICER

Ferne McCombie, Michelle Malette, Susie Bloomfield, Vic Beresford, Lindsay Jones, Erin Bissonnette

PROGRAMMER

April Peckham

PARENTING PROGRAM AND VOLUNTEER COORDINATOR

Jennifer Krewenki, Shannon Hardy

PROGRAM SUPPORT OFFICER

Lisbeth Nielsen, Amanda Brown

CLIENT SUPPORT OFFICERS (casual)

Dolly Williams, Kim Mundle, Sonya Paris, Meghan Steele, Sarah Leuthard, Kim Harper-Given, Jordan Roberts, Bernadette Warburton, Christina Rodrigue, Marie Christine Parent



VOLUNTEER NICHOLETTA BOKOLAS AT INTERNATIONAL WOMEN'S DAY

SPEECH EXCERPTS

"When I first began my journey at Adsum Center, I had no idea what an impact it would have on my life. At the very core, my time at Adsum has given me a new perspective on the world, on the resilience of the human spirit, on the strength that is present every single day as a result of tireless efforts, committed staff and leadership that is steadfast and strong."

"As we break down barriers and stereotypes and pre-conceived ideas, we realize we are all the same deep down. Mothers, Daughters, Sisters. Friends. People with hopes and fears and dreams and ambitions. People who want to run and taste and live and breathe. People who support and want to be supported. People who love and want to be loved."

"Armed with the knowledge that small words or gestures can indeed change the world. A world where change is viable and doable and sustainable." "I want to extend a heartfelt thank you to the entire staff at Adsum Center who welcomed me with open arms from the very beginning and who've worked diligently for The Lunch With Nic program."

"Being a part of Adsum has allowed me to give back to my community. A community that has embraced the notion that women's right... are human rights. An organization that believes in diversity, in education, in support. The strength that comes from facilitating change and being instruments in the tapestry of life has indeed changed my OWN life. Adsum has become a big part of my identity. A really big part of my OWN story."

"We can all contribute, in some small way. Small changes have the ability to make an explosive impact. But perhaps the biggest and most profound lesson for me has been that we can all be ambassadors of hope in the face of darkness and adversity."



ADSUM'S COMMUNITY OF VOLUNTEERS- 2014-2015

Volunteers are vital to our work. Volunteer opportunities at Adsum range from preparing meals and baking to organizing donations, serving on the Board, assisting with special events and fundraising.

Our volunteers are dedicated and hard working. They are tireless in their support of our work. We are so very grateful to have them as part of Adsum's team. Thank you to each and every one!

Jennifer Abbass	Emma Edmonds	Kathleen Leaman	Wilma O'Grady
Adriana Afford	Licia Elder	Bessie Lecker-Evans	Gary O'Meara
Sonja Amarandos	Erin Elliot	Kara Loop	Meghan Oliver
Brittany Armsworthy	Keltie English	Jan MacAuley	Jessie Pappin
Glady Ascah	Terri Fader	Penny MacKinnon	Olivia Pappin
Maureen Babin	Linda Felix	Kara MacPhee	Grace Park
Catherine Baker	Rory Flynn	Maxine MacPhee	Heidi Petracek
Brian Barton	Isabelle Foisy	Margo MacGregor	Ron Pizzo
Rebecca Batman	Alicia Frederick	Jennifer Maddigan	Kathryn Robb
Leigh Beauchamp Day	Alison Gerard	Alice Mailmen	Crystal Ross
Nicholetta Bokolas	Nicole Gerber	Lisa Malenfant	Craig Sampson and Family
Susan Burg	Heike Gottschalk	KelleyAnne Malinen	Christine Saulnier
Jeff Burley	Maria Grady	Ann Mann	Susan Shephard
Diana Burns	Lana Grant	Susan Matthews	Meagan Sinclair
Marley Burns	Mary Hale	Brenda McBean	Paulette Smith
Patty Burrage	Penny Harding	Julie McCloskey	Jessica Sperry
Cathy Byrne	Christina Hare	John McKibbin	Melanie Stanick
Stella Campbell	Kinza Hart	Brenda McGrath	Ann Swain
Lynne Cann	Loren Holton	Bette McNutt	Linda Thorne
Alison Chabassol	Gabrielle Horne	Andrea McQueen	Terry Thorne
Anita Chaput	Kaitlyn Hoyt	Brenda Merritt	Elizabeth Turner
Emma Clarke	Chris Iannetti	Angela Miles	Emileigh Van Dusen
Emily Clarke	Meghna Isloor	Lisa Misener	Jenna Watson
Shira Collins	Denise Jamieson	Georgette Moffatt	Angela Whitten
Lorraine Deluca	Jenna Jamieson	Hilary Morgan	Paul Williams
Jenny de Zoete	Lavitta Johnson	Donna Morykot	Richelle Williams
Barbara Diamond	Linda Jones	Erin Naugle	
Amy Downie	Sherry Keizer	Kim Nicholson	
Shelagh Duffett	Ann Kelly	Bethany Noye	
Angela Eaton	Victoria Lapp	Steph O'Connell	

We have also hosted many groups of volunteers coming from various workplaces and community groups who have contributed enormously to our annual operations.

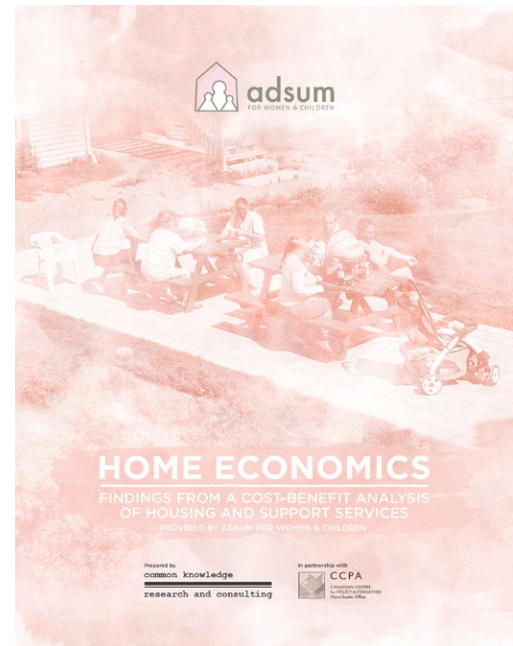
ASAE Fellows	Mount Saint Vincent Nutrition Students
Blue Ocean Contact Centres	NS Cadet Tri Service Band
Canada World Youth	Regional Cadet Support Unit (Atlantic)
Canadian Progress Club Halifax Cornwallis	Saint Mary's University Immersion Program
Dalhousie ENACTUS	Saint Mary's University Women's Centre
Dalhousie University Explore Program	Salesforce
Dalhousie University Medical School	Scotiabank
Dalhousie Occupational Therapy Students	Spectra Energy
Keller Williams Select Realty	TD Bank
Living Charity Volunteer Program	The Growing Place
Mount Saint Vincent University Faculty	The Prince George Hotel

WHAT MONETARY AND NON-MONETARY BENEFITS HAVE BEEN ATTRIBUTED TO PROGRAMS PROVIDING HOUSING TO WOMEN AND CHILDREN?

“Home Economics”; Findings from a Cost Benefit Analysis of Housing and Support Services demonstrates that Adsum for Women & Children provides good value for money. The report was prepared by Common Knowledge Research and Consulting in partnership with CCPA (Canadian Centre for Policy Alternatives) and published in this fiscal year.

Conducted in a framework that places the public interest at the centre, this cost benefit analysis seeks to demonstrate the benefits that accrue to all community members; as Individuals, Community and our Society. For the purpose of examining the work done by Adsum, it is critical to allow for a broader interpretation of success.

From an investor’s perspective, Adsum offers an excellent return. For each dollar invested, Adsum creates at least \$1.09 in individual, community and societal benefits. The work of Adsum creates at least \$172,857.07 in net benefits per year. The organization is able to take funding provided by government and use it to leverage an almost equal amount. Thanks to additional sources of revenue, including rental income and charitable donations, government only funds 53% of Adsum’s expenses. The direct savings to government provided by Adsum’s services more than cover the entire cost of what government contributes to its operations. Every dollar that government invests in Adsum saves government \$2.05.



This analysis raises questions for us to consider as a community. The questions do not relate to Adsum as an organization, but the context in which it operates.

- How much time and effort is it reasonable to expect not-for-profit organizations to spend on fundraising versus providing services to their clients?
- If housing is indeed a human right, doesn't our government have a responsibility to ensure that those in need have access to affordable, quality, housing in the most effective way no matter the cost?
- How can we best recognize, support and invest in the work of successful non-profit, community- based organizations like Adsum for Women & Children?

You can request a copy of the report from Adsum or go to our website:
www.adsumforwomen.org/about-adsum/cost-benefit-analysis

INTERVIEW WITH LORI WILLIS WHO LIVES IN AN APARTMENT AT THE ALDERS

When did you come to Adsum for Women & Children?

LW: 4 1/2 years ago I was staying with my boyfriend; he was abusing drugs/alcohol and becoming violent. I decided to leave, and moved into Adsum House. I stayed for 4 months during which time I worked a lot with Megan (social worker) and was helped with clothing and personal care items provided by Adsum. There was a two bedroom apartment available at the Alders and I was offered it. I came to live at Alders 4 years ago and was provided furniture, household items and a package of food was also provided to help me get settled. Adsum did not have to do this and give me this chance. I have learned to open up more about myself and emotions, connecting especially to Michelle at the Alders. I go to the programming offered at Adsum, Sunday brunch, bingo and take my kids to plays and shows.

What has changed in your life now that you have stable and safe housing?

LW: I now have joint custody of my two youngest children, shared with my mother. I see them every weekend. My 17 year old daughter saw things that I've done that I shouldn't have done. I have developed a healthier relationship with her and I find she wants me around. I have learned to distance myself from unhealthy relationships and I no longer speak to or hang out with people from my past that weren't healthy to be around. I self-identified an alcohol abuse issue and have spent 4 years working on it. I learned how to create and enforce safe and healthy boundaries with those around me. I didn't want to let my children down.

You have set and reached many goals. Tell me about them.

LW: I didn't have goals before, [it was] more about existing. I don't like being on welfare. It feels degrading and makes me feel dependent. I want my kids to have a healthy mother and help them with their future. Now I am realizing my potential. I had a brain, but I didn't use it. I have more of an analytical mind, I like math and numbers. Upon coming to the Alders I gained a stable living situation and despite many obstacles and challenges was determined to have a career. I attended Cunard Centre for some courses and to refresh my school work. I graduated from the Transition Year program at Dalhousie

University which I applied for twice before actually being accepted. I need an average B+. My sister became a registered nurse two years ago, and is now someone I really look up to as a person to emulate. Because of connections made through Adsum I volunteer at Souls Harbor rescue mission and Brunswick mission (2 1/2 and 1 year). I received support from a volunteer; Jan to help with the struggles of applying for jobs, while I attend school. I ran in the 5km Bluenose Marathon to help raise money for Adsum House and I know how important it is to eat healthy and exercise.

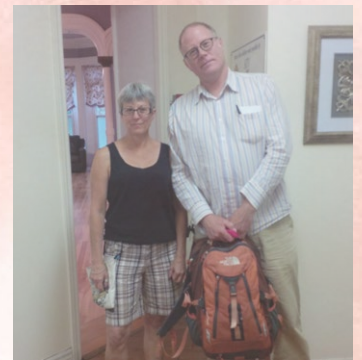


What are you most proud of?

LW: My oldest daughter did drop out of school for a short period, but seeing her mother pursue more education, I think helped prompt her to go back to school, as well. Now she is an honors student. I am a lot more outspoken and confident. I used to walk kind of closed up with my head down; now I almost strut (laughs). I became a poverty advocate and work with Benefit Reform Action Group; a committee working to change the income assistance policies and with Community Advocates network; which fights for the rights of those living in poverty.

What do you see in your future?

LW: I want to go to med school and set aside money for my children to help pay for their education. I want to become a homeowner and own a car. I would like to open my own mission. "Adsum believed in me and I don't want to let them down or myself."



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