

Annual Report 2012-13

Building Community, Strengthening Connections

Mission

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

Vision

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

Values

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

Message from the President of the Board

Dear Friends of Adsum,

When I reflect on the past year at Adsum, what strikes me as a common thread in the work that has been done, the challenges that have been faced and the successes that have been enjoyed, is the ongoing focus on 'community'. Whether through the development of a sense of community for Adsum's clients, the building of communities at our various locations, finding connections for staff and clients within communities, or appealing to the greater community for support in keeping our doors open - *COMMUNITY* is central to the heart of Adsum.

Thanks to the generosity of our donor community, we continued to benefit from support through our individual donations, memorial and tribute gifts, and our signature events—the Successful Canadian Women's Dinner, Mystery Art Show & Sale and the Blooming Tea. Additionally, we were remembered in the bequests of individuals whose legacies will continue to benefit our organization for years to come. We are also grateful for the kindness of businesses, foundations and community and church groups who embraced our mission and provided crucial funding for our programs and services.

The fiscal year 2012-13 also saw Adsum benefit from a number of successful applications for government grants. We would like to acknowledge the continued funding of the Housing Support Worker positions by the Province of Nova Scotia. These funds allowed Adsum staff to work with more than 170 additional people and help more than 80 find and keep safe, stable housing during this past year. The provincial government also provided funds through the Shelter Enhancement Program to address emergency repairs to Adsum House and Adsum Court.



The Affordable Housing Association of Nova Scotia assumed responsibility in this past year to act as stewards of the federal government's Homelessness Partnering Strategy funds. Through this program, Adsum undertook some major renovations and repairs at two locations and was also able to purchase new beds for all of the units at Adsum Centre.

During the past year, Adsum's executive director also worked with municipal government and federal government agencies to move along the transfer of ownership of Adsum House. We are pleased with the progress made in 2012-13 and expect exciting news in the upcoming fiscal year.

It never ceases to amaze me how committed donors and volunteers are to the mission of Adsum, how tirelessly Adsum's staff work to bring it to life and just how many representations of 'community' rise out of one organization. I would like to take this opportunity to thank the staff, volunteers, my board colleagues and the huge community of supporters who are ensuring that Adsum can continue to bring hope, security, self-esteem and choice to those who seek its support 24 hours a day, 365 days a year.

With gratitude,

Donna Morykot
President of the Board

Greeting from Adsum's Executive Director

Last year was my 10th as executive director at Adsum. So much has changed in this decade—yet so much is still the same. There is still, and in fact, perhaps a worsening, shortage of affordable housing in our city. Our emergency shelter, Adsum House, continues to be full or over capacity nearly every night of the year. We see some of the same faces as we did 10 years ago still struggling to find the resources and supports that will provide them with the stability they desire and more importantly, the dignity they have the right to expect.

Although the idealist in me wishes there wasn't a need for Adsum's services three decades after its doors first opened, I am amazed, humbled and grateful that we are still here for those who need us. I am in awe of the wonderfully generous community that has wrapped itself around our organization for 30 years, making sure that we can keep our lights on, that we are properly staffed, and that we are able to expand our services to best meet the needs of the folks who come to us for support.

I marvel at the many opportunities to experience a sense of community I am provided with through my work with

Adsum. When I observe how our residents, tenants and staff interact and support each other at every Adsum location, I experience community. When I meet with our partner agencies and we are able to share our challenges and best practices, I am part of a community. When I stop by my local Canadian Tire or Shoppers Drug Mart and see public displays of their support, I feel a sense of community. When we experience the death of a client and staff quietly console each other while never losing focus on the many other folks still needing our support, I see such strong community.

Ten years in, I am so grateful for the support of our staff, donors, volunteers and the entire community who keep us going. And, I am honoured to serve this community. Thank you for allowing us to be here for the hundreds of folks who call Adsum home every year.



Sheri Lecker, Executive Director



Expanding the Reach of The Alders

It has been two years since we opened The Alders, Adsum's affordable, supportive apartment building in downtown Halifax. Home to **14** women and children, The Alders has not only become a community for those living in its units, but it has become a resource for many women in the city who are homeless. The Alders features a street-level office where a client support worker provides assistance to tenants with things such as making and keeping medical appointments, dealing with finances, and learning to live independently.

Regular programs involving baking, cooking, gardening and outings help to build a sense of community and belonging for the women living at The Alders. Another program that is strengthening community - at The Alders and beyond - is the new Pantry Swap. Every Friday, tenants and women from the

greater community bring things from their pantries and food boxes that they don't like or won't use and exchange these items with each other.



Living at The Alders gives women a place to find stability and build their self-esteem, independence and sense of community.

Our Drop In at The Alders launched last year and through word-of-mouth more and more women are accessing our services. Initially established to provide free laundry and shower facilities to women who were homeless, the Drop In has adapted its services to meet the needs of the increasing number of women seeking support. Women drop in looking for emotional support, referrals to other agencies and organizations, personal care and pantry items or simply to sit down for a coffee and chat.

Adsum's Housing Support Worker, a position funded through a project of the Province of Nova Scotia, works out of The Alders. In the project's second year, Adsum worked with **174** people and helped **84** of them find and keep stable homes.

Helping Women Find Community within Themselves, at Adsum Court, and Beyond

Through our experience and evidence-based research, we know that women maintain greater stability, and for longer periods, when they find homes that are not only affordable, but are supportive. Adsum Court in Dartmouth, N.S., is home to 23 women who have experienced homelessness, many of whom continue to live with challenges such as mental illness, addiction and/or violence. Adsum Court provides women with an affordable homes and the support needed to build a sense of community.

"I am doing so much better than when I first moved in here. It is great to see people get healthier the longer they are here," says one current tenant.

Adsum's on-site community is led by a staff programmer 20 hours a week. Tenants also benefit from regular visits by one of Adsum's social workers and access to the organization's 24-hour crisis line. Ferne McCombie, the Court's programmer, works

with tenants to build programs that best meet their needs and interests. Over the past year, programs have included swimming, yoga, walking, crafts, and game nights. Classes are also offered in budgeting and financial literacy, nutrition, and personal safety.



Afternoons of meal preparation followed by a community supper bring the women at Adsum Court together and help to foster a sense of belonging.

Positive Steps for Positive Change at Adsum Centre

Sometimes the people we support need to take time to build personal skills, begin to manage mental health issues, overcome addiction and learn to better care for themselves and their children before they can move onto greater stability and independence. Adsum Centre, which is home to up to **16 residents** at a time, is a place where clients can begin to make changes in their lives to conquer the barriers that are contributing to their housing crises.

When women choose to live at Adsum Centre, they commit to a minimum of six months of mandatory programs such as therapeutic change, healthy living and communal living, financial literacy, parenting and more. There are also electives like yoga, knitting and book clubs and crafts.

Many of the residents at Adsum Centre are mothers - some have their children living with them at the Centre full-time while others have their children visit or reside with them part-time. For mothers who lose custody of their children due to their housing

instability and other issues, their time at the Centre and participation in the parenting program can allow them to build the skills needed to reunite with their children. As a result, many mothers have children returned

to their care and are able to move on from Adsum Centre as a family unit.

While benefiting from the increased stability offered at the Centre, some residents are able to take hold of health problems, complete their GEDs, return to post-secondary education or find employment. Each client's time at the Centre - and the length of stay needed - is different. The average stay

at the Centre last year was seven months - there were some who found the environment and programs weren't a fit and left much sooner, while one woman made continual progress and fully participated in programs but was not ready to move on for more than two years.

Adsum Centre is a safe, nurturing place where folks can make the positive changes needed to move on to independent lives in their own homes.

"There are not enough places like this here, or anywhere in Canada. As far as I know, this is the only place that offers supportive housing like this, and that is so saddening. There are so many women out there that need somewhere like this. Somewhere a woman can go, to pick up the pieces of a shattered life, someone like myself. Adsum Centre changed my life, they saved my life, and I will be forever grateful."

Adsum Centre Resident, Sierra



In June 2012, Adsum Centre hosted an end-of-the-school-year party for children living there. Kids living at the Centre or visiting their mothers can access our homework club, playground facility, library and computer room, sports & recreation opportunities and more.

Treasurer's Report

The year ending March 31, 2013 was a very successful year. Faced with the challenges of increased operating costs and static billing rates the financial results were impressive.

Perhaps the two most significant figures that have changed between 2012 and 2013 are government grants and employee services. The organization received enhancement grants in the amount of \$87,000 which were offset by property expenses when the projects and upgrades were completed. The increase in employee services reflected the adoption of the five-year contract with the Canadian Union of Public Employees, retroactive to March 2011. The positive change in net assets was largely due to the financial markets at the end of March 2013.

Given the salary increases, as a result of the Canadian Union of Public Employees contract, and extensive renovations completed with the shelter enhancement grant, the financial results were remarkably very close to budget. The executive director, Sheri Lecker, and the accounts administrator, Nancy Lamrock, play a large role in this by being so attentive to every source of revenue and every expense to make sure that every dollar is well spent.

Adsum is different from many shelter and housing organizations 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, and we never take it for granted.

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 various clients are always treated with respect and are given every opportunity to improve their situation. To all of them, as well as our donors, we are so very grateful.

Respectfully submitted,



Catherine Baker, Treasurer

Adsum for Women & Children 2012-13 Board of Directors

Donna Morykot, President
EnCana

Andrea Leet, Vice President
Great West-Life

Catherine Baker, Treasurer
Wilson Fuel Co. Ltd.

Anne Leblanc, Past President
IWK Health Centre

Christine Saulnier, Secretary
Canadian Centre for Policy Alternatives

Gary O'Meara
Armbrae Academy

Jenny DeZoete
Grace United Church

Mary Hale
Community Activist

Gabrielle Horne
Dalhousie University

Brenda Merritt
School of Occupational Therapy, Dalhousie

Terry Thorne
Atlantic Wealth Management

Cynthia Yazbek
NS Public Service Commission

Scott Smith
Rooftight Construction

Statement of Revenues and Expenditures

Year Ended March 31, 2013

	2013	2012
Revenue		
Donations	378,236	383,357
Amortization of deferred contributions	\$ 135,884	\$ 111,197
Investment	18,911	9,846
Fundraising events	78,048	88,193
Government grants	484,143	413,606
Other	111,511	62,807
Rental operations	218,026	202,684
Per diems to authorities	527,566	541,663
	<u>1,952,325</u>	<u>1,813,353</u>
Expenses		
Administration	58,105	61,549
Amortization	127,820	122,150
Employee services	989,010	968,612
Interest	20,502	19,445
Operations	326,443	318,094
Other	112,412	57,658
Promotion and fundraising	81,230	68,769
Property expenses	277,035	210,795
	<u>1,992,557</u>	<u>1,827,072</u>

Statement of Financial Position

March 31, 2013

	2013	2012
ASSETS		
Current		
Cash	\$ 72,551	\$ 95,317
Accounts receivable	157,399	154,336
Prepaid expenses	10,770	13,444
	<u>240,720</u>	<u>263,097</u>
Property, plant and equipment	2,932,834	3,058,926
Long term Investments - restricted	507,914	476,884
Long term Investments - unrestricted	38,361	37,806
	<u>\$3,719,829</u>	<u>\$ 3,836,713</u>
LIABILITIES		
Current		
Accounts payable	\$ 97,007	\$ 58,001
Current portion of long term debt	10,247	9,590
Tenants' damage deposits	7,271	6,256
	<u>114,525</u>	<u>73,847</u>
Long term debt	331,900	343,321
Deferred contributions - capital assets	2,279,385	2,390,583
Deferred contributions - future expenditures	2,639	28,380
	<u>2,728,449</u>	<u>2,836,131</u>
Net assets		
Investment in property and equipment	309,576	315,432
Investment in endowment fund	507,914	476,884
Unrestricted fund	173,890	208,266
	<u>991,380</u>	<u>1,000,582</u>
	<u>\$ 3,719,829</u>	<u>\$ 3,836,713</u>

(Audited Statements Online & Available By Request)



Pictured above: Melissa Mathers, Chair, Successful Canadian Women's Dinner; Joel Flewelling, FRED., sponsor & host of Mystery Art; The Halifax Canadian Tire Dealers with 2012 SCWD honorees Mary Coyle, Marnie McBean, Marilyn McHarg; Heidi Petracek, Emcee, SCWD & Blooming Tea

2012-2013 Fundraising Report

Supporting women, children and youth in finding hope, security, self-esteem, choice and a sense of belonging only possible with the generosity of the community. Our supporters are made up of individuals, businesses, foundations, clubs and organizations, church groups, and all levels of government. We are so grateful for the continued outpouring of generosity we receive throughout the year - funds that are vital to operating our four locations, hiring, training and keeping skilled and compassionate staff, adapting our programs and services to meet the needs of the folks who come through our doors, and ensuring the sustainability of our organization.

In addition to its sponsorship commitments to our events, the local Canadian Tire family has continued to support us in so many ways—through a significant annual donation, gifts of product, volunteer hours and more.

We were thrilled to have been chosen as the Tree of Life beneficiary of an even larger group of Shoppers Drug Mart stores in 2012. Last fall we received more than \$30,000 from this annual campaign.

The combined revenues of our three signature events was more than \$75,000. Our 23rd Successful Canadian Women's Dinner was again presented by our amazing friends at Canadian Tire Jumpstart and Canadian Tire's Halifax area dealers. We honoured three women who make incredible differences in the lives of women and children on the international stage - Mary Coyle, Marnie McBean and Marilyn McHarg. Our Mystery Art Show & Sale was also presented by Canadian Tire and sponsored and hosted by FRED. The caliber of the art and collection of pieces continues to be impressive and draws a great crowd. The Prince George Hotel, under new ownership, recommitted to the presentation of our Blooming Tea event and put on a fabulous, successful afternoon of fun, food and fundraising.

And, for the first time, Team Adsum made a showing at the 2012 Scotiabank Blue Nose Marathon, raising more than \$10,000.

Thank you so much for the difference you have made at Adsum and in our community through your financial support of our work.

Donors of cash, gifts-in-kind and sponsorship of \$500 & above in 2012-13. (excluding private individual donations)

Government

Government of Canada
Province of Nova Scotia
Halifax Regional Municipality

Foundations

Black Family Foundation
Canadian Tire Jumpstart Charities
Canadian Women's Foundation
The Edwards Family Charitable Foundation
Encana Cares Foundation
RBC Foundation
Shoppers Drug Mart Life Foundation
SEDI

Companies

Accountant Staffing & Administrative Staffing
Allen Print Ltd.
Atlantic Wealth Management
Bounty Print
Canadian Tire Halifax Dealers
Clearwater Seafood
Cleo
Creative Curve
Emera
Enfield Home Hardware
Financial Horizons
FRED.

Grant Thornton
Graphic Concepts
Great-West Life
Hour Productions XIX Ltd.
I. H. Mathers
I. H. Mathers Staff
Killam Properties Inc.
KOOL FM
Maritimes & Northeast Pipelines
Maritime Beauty Supply
Municipal Group of Companies
Nova Tile and Marble
Penningtons
The Prince George Hotel
Rector Colavecchia Roche
Reitman's
Ricki's
Roofight Construction Ltd.
Scotiabank
Scotiabank—Bridge Branch
Simmons Mattress Gallery
Southport Asset Management
Sutherland Watt Chartered Accountants
Therault Financial
Thyme
TLC Handyman
Winners Apparel Limited

Estates and Trusts

Estate of Anna Godwin
Estate of Ruth Goldbloom
Estate of Edith Lecker
Estate of Mary Elizabeth Walker
John & Elizabeth Godin Charitable Trust

Service Clubs, Organizations & Community Groups

Atlantic Women in Law Enforcement
Gelatinous Dudes
Halifax-Cornwallis Progress Club
Heritage Club Bluenose Chapter
Nova Scotia Insurance Women's Association
NSCAD Ceramics League
The Black Street Aces
United Way of Halifax Region

Faith-based Organizations

Bethany United Church
Rockingham United Church Women
Saint Antonio's Antiochian Orthodox Church (Ladies Auxiliary)
Saint Benedict Council CWL
Sisters of Charity
Sisters of Charity Common Congregational Fund
Society of the Sacred Heart Church
St. Catherine's Church Bingo

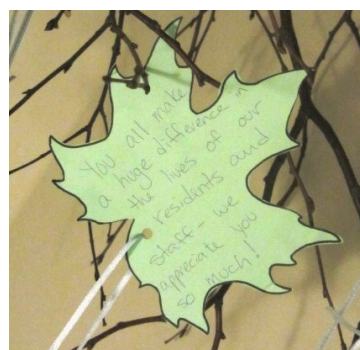
Adsum's Community of Volunteers - 2012-13

Keeping four locations going requires a huge amount of human resources and Adsum is only able to do all that we do because of our solid group of regular volunteers. Whether it's coming to Adsum House once a week to prepare a meal or sort donations, sitting on a committee or our board, or volunteering at our fundraising events—the work of our volunteers is instrumental to the operations of our organization. Thank you to all of our volunteers - those listed below as well as the groups that come in throughout the year to help with special projects. The gift of your time and talents makes such an incredible difference in the work that we do, and more importantly, in the lives of the women, children and youth who seek our support.

Sonja Amarandos
Jennifer Anderson
Gladys Ascah
Rebecca Batman
Necia Browne
Nicholetta Bokolos
Brian Barton (Bed Bug Detectives)
Canada World Youth
Shira Collins
Linda Cummings
Enactus
Dalhousie Explore Program
Lorraine DeLuca
Anne Louise Desrosiers
Claire Gayman
Diane Govindsamy
Kelly Higgins
Denise Jamieson
Natasha Johnson
Linda Jones
Kaitlyn Keeping
Ralph Lamrock
Sara Landry

Emily Linehan
Kara Loop
Adrienne MacKinnon
Penny MacKinnon
Laura MacPhee
Ann Mann
Melissa Mathers
Taryn Mason
Anne Moynihan
April McMaster
Bette McNutt
Neve McRae
Amy Miller
Meghna Isloor Morgan
Lua Moslemi
Grace Park
Valerie Pennant
Shelley Penton
Heidi Petracek
Craig Sampson
Nassimeh Soleymani
Summer Spivey
Donna Sutherland

Linda Thorne
Cindy Wasson
Aimee White
Emily Williams
Theresa Winters
Leslie Woynar



At our 2012 Volunteer Week Dinner, we set up an Appreciation Tree covered in 'leaves' with messages from staff about the impact of our volunteers.

Sniffing Out The Many Great Ways the Community Supports Us

We're always amazed at the unique ways people support us. We'd thought we'd seen and heard all the most unusual expressions of generosity until we met Brian Barton. Last year we were introduced to Brian Barton, owner of Bed Bug Detectives, a company that specializes in bed bug prevention and control in Atlantic Canada. Since meeting Adsum, Brian has donated countless hours of volunteer time and services to our organization.

Managing four locations that are home to 70 women and children each night requires that Adsum have a solid pest management plan in place. Being proactive helps us provide the safest and healthiest environment possible for our residents, tenants, volunteers and staff. Brian looked at the steps we were taking to control pests and offered to enhance our prevention protocol by volunteering his time to do regular bed bug detection at Adsum House. Brian's amazing dogs, Red and Dottie, received nearly 1,000 hours of training at the Florida Canine Academy before becoming Certified Bed Bug Removal Canines. Combined with Brian's two decades of experience in the pest management industry, this trio is a bed bug's worst nightmare.

More than a year since first making his generous gift, Brian, Red and Dottie continue to make frequent visits to the House to ensure we remain bed bug-free and they also make occasional trips to our other locations. This invaluable service not only provides us with the confidence that we are being diligent in our pest management practices, it puts clients, volunteers and staff at ease knowing that Brian, Red and Dottie will make sure we stay free of unwanted critters.



Brian Barton and Dottie

What Does Success Look Like at Adsum House?

We're often asked about the successes we experience and witness at our shelter each year. Defining success is a challenge for those working at Adsum. We're proud of the support we provided for **164** different individuals who called the

House home for a combined total of **5,867** days, and grateful for the hundreds of hours our volunteers donated preparing meals, sorting donations and welcoming more than **1,500** people into our Clothing Room. But, we have a harder time relaying to supporters how client success differs from one person to the next.

Adsum's Social Work Coordinator, Megan Gray, acknowledges that every person we have the privilege of working with has their own story. For some, success can be "making the choice not to use today, getting out of bed and taking a shower...taking the first steps towards finding mental health support."

There are a couple of examples from the past year that stand out for Megan. She

shares the story of H., a woman we've known for seven years. She stayed at Adsum House eight times between 2007 and 2011. H. lived with a lot of violence and was a heavy substance abuser. She worked as a sex worker to fund her addiction and, as a result, experienced horrific violence.

Says Megan, "Recently she made a big change and is engaging in programming and working towards stability."

"When we can recognize over time how a person has come to a choice by taking many baby steps, some of which involve our support, we can celebrate that as our success as well, one that isn't necessarily as obvious as some others. These are the ones that are most special to me."

Megan Gray, Social Work Coordinator

This past year, D., a woman who lives with pervasive mental illness and cognitive delay, worked with our staff to move on to a Residential Care Facility. D. has experienced housing instability for more than a decade. Over this time, she stayed at Adsum House on at least 14 occasions, lived at Adsum Court and even tried our programs at Adsum Centre. It was only after building trust in our organization and our trained, consistent staff over a number of years that D. was able to explore what a care facility could offer her.

"She saw this as a move to peace and stability - one that we barely imagined possible when we first approached her with the idea," says Megan.

"To all the staff at Adsum House - Thank you all so much for your support and help since coming to Adsum House. You are all wonderful and being here has helped me to grow in so many ways, my self-esteem, and to start to gain back my own independence. I still have a long way to go, but I am determined to come out stronger and to have more confidence in myself. Thank you everyone."

This is an excerpt from a note left by a woman when she moved on to her own home. Thank YOU for ensuring that we are able to be here for so many people like her.

Adsum for Women & Children

2421 Brunswick Street

Halifax, NS B3K 2Z4

Tel: (902) 423-5049

adsum@adsumforwomen.org

www.adsumforwomen.org

Charitable Registration # 132257031RR0001