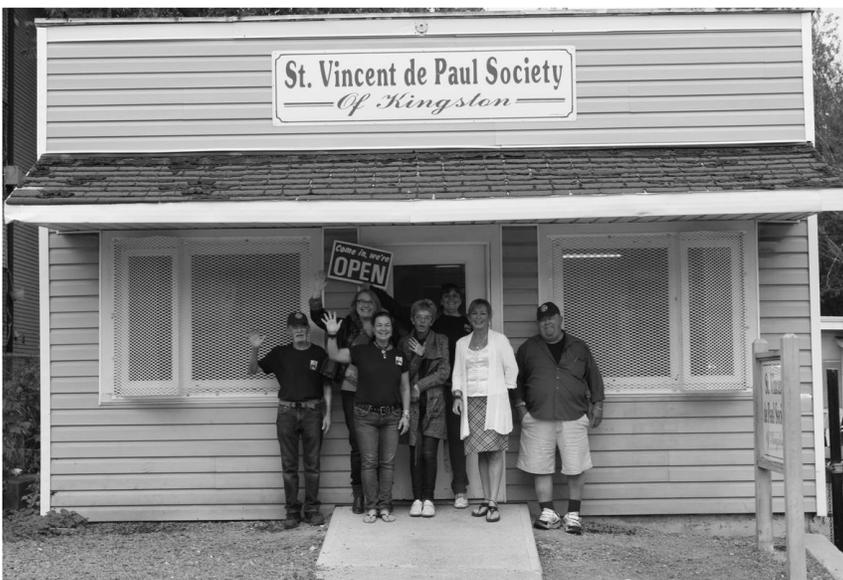


ST. VINCENT DE PAUL SOCIETY OF KINGSTON

ANNUAL
REPORT
●
2016



Address

85 Stephen St.
Kingston, Ontario
K7K 2C5

A Year of Trials and Victories

Our Mission Statement:

The St. Vincent de Paul Society of Kingston is mandated to provide practical assistance and support to individuals and families residing in Kingston. All services are provided in a compassionate and respectful manner which reflects and reinforces the dignity and humanity of all persons.

Contact Info

Telephone
613 766-8432
Website
www.svdpkingson.com

MESSAGE FROM OUR EXECUTIVE DIRECTOR



A year in Review

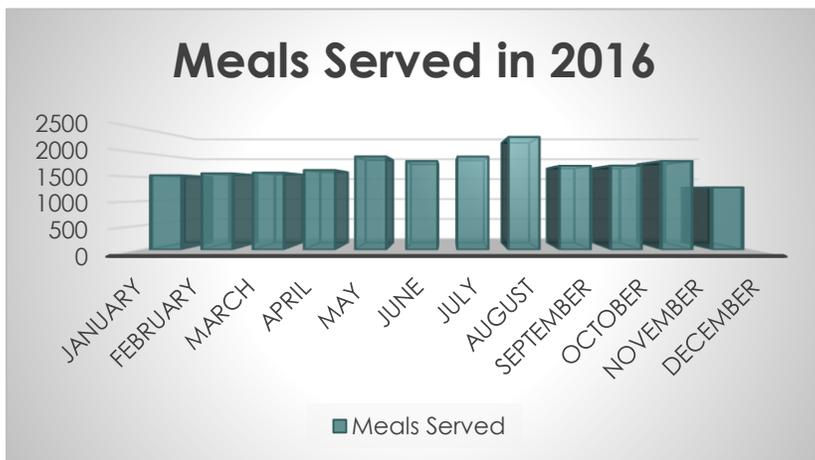
This year, more than ever before, I struggle to write my address to our donors. It occurred to me that my difficulty exists because although much has happened here in 2016, the story I want to tell lies beyond our walls. I want to tell the story of this community and how it pulled together to turn our trials to victories. Our trials in 2016 were primarily financial in nature. We experienced a significant decrease in giving during the first three quarters of the year. This coincided with record breaking service numbers. Not a great combination. By summer, it looked as though we would be ending our year in a deficit. Deficits usually mean that a cut in core services are pending. As an Executive Director, I dread the thought of turning families away or reducing programming that I know is desperately needed. Amazingly, we did not have to make cuts to our regular programs. My goal with this year's annual report is to document all the moments that turned us from deficit to surplus. I also want to highlight the contributions made by our devoted donors; we cried out for help and you answered. Truly, this is a love story.

Judy Fyfe – Executive Director

Programs and Services

Loretta Hospitality Meal Program

The meal program is offered Monday to Friday. It is more than just lunch however. Laurie Day, our Meal Program Coordinator starts her day here around 7:30 am and gets the coffee



going right away. She makes sure that there is something to eat made available for those who arrive at that time. She does this because she knows that the early arrivals are comprised of many who have slept outside all night or who have stayed in a shelter. These folks are often hungry early in the morning and that is why they come to us. We operate this program without a dedicated budget. It is possible only by the

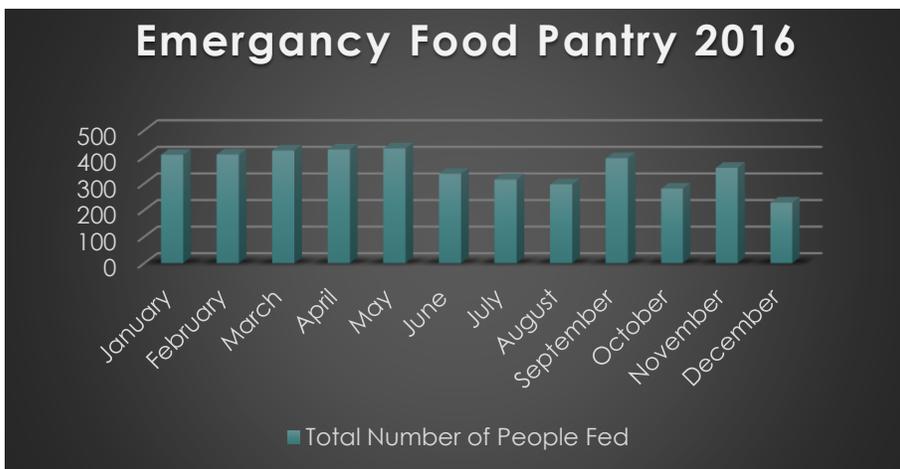
generosity of local businesses such as Cobb's Bakery, Costco, Freshco and others. All the food offered in the morning comes to us by way of donation. Lunch is offered at 11:30 am. We have seen an increase in the number of people we feed over the last five years that is hard to keep pace with. In 2012, we served just over 13,000 meals in a year. In 2016, we

served over 21,000 meals which is an increase of 52% in four years. Our financial resources have not increased to meet this demand, but our support from our community has. Because of the generosity of local businesses and assistance from other service providers such as Loving Spoonful, The Partners in Mission Food Bank and a group known as Club Church, we



are able to meet this need. We are so grateful to our partners. Bergeron and Clifford, a local Law firm have also made a commitment to make our Meal Program happen. They have not only covered the cost for all the Friday meal services for the past two years, they have also enlisted staff members to help serve the meal every Friday. Rorabeck, Sowerby and Theriault LPP has also come to serve our meal throughout

the year. This show of support not only helps us financially, but it sends a clear message to our clients that they are important. Tackaberry Heating and Cooling continued their support of our meal programming in 2016 by coming in every Monday to help prepare the meal for the day and to help prep for the next few days. We are so appreciative of their helping hands. The Kinsmen Club of Kingston funded the purchase of meat for Meal Program and our Emergency Food Pantry. This allowed us to keep the nutritional value of the meals high during our financial difficulty in the first half of the year. This contribution improved the health of those who use our services. Year after year, the Kinsmen demonstrate their dedication to helping those less fortunate. Because of the contributions of those listed above, no one ever gets turned away- even in our lean years. There is always enough for all who seek help. We also make available a computer with internet access and newspapers so that folks can enjoy a coffee and catch up on what is happening in Kingston. These simple amenities provide a way for people to stay connected to their friends and family, look for work and stay in touch with what it happening in our community.



Emergency Food Pantry

The Emergency Food Pantry program is designed to provide some relief for individuals and families that find themselves short on food from time to time. Many of those living in our neighborhood struggle to pay rent and purchase groceries each month. We offer a two-day supply of food, every other month

for individuals and families in need. We rely heavily on donations from the community to keep our pantry shelves stocked. We are so grateful for the support that we receive from both Holy Cross Secondary School and Regiopolis- Notre Dame Secondary School. Students from both Catholic High Schools have offered their time and efforts in supporting this program through food drives, collections and volunteer hours spent stocking our shelves. We ended 2015 with a slight surplus that we decided to allocate to a pilot project – a new milk voucher program. The Rotary Club of Kingston offered a grant that helped to cover some of the cost of the milk for over 6 months. Grant's No Frills, as always, proved to be a great partner in administering this program. Unfortunately, we were not able to continue with the costly program due to a shortfall in donations during the first half of the year. We are hopeful that we will be able to offer this program again to our



families in need. The Sisters of providence, along with offering their annual financial support, show their dedication to serving those in need by contributing their talents and time to us each week. We are blessed to have the help of Sister Evita and Sister Margaret. The Sister of Providence also ran a food drive to help us fill our pantry in 2016. Sister Pauline Lally is a valued member of our board of directors.

WearHouse

Our WearHouse did not suffer a shortfall in donations in 2016. In this area, we have flourished. As word spreads of our good works, we find more and more members of our community supporting us in our efforts to cloth and provide practical household items at no cost.

The success of this program speaks to the desire of our Kingston community to “help out” their fellow neighbor. There is a positive environmental impact as a result of so many items being donated. Items donated here are reused. Our goal is to provide clients with access to the items that promote independence and dignity. We thank all the community



members who have diverted their gently used clothing and household items to us to distribute. Just before Christmas is 2016, Cyclepath, a local bike shop, donated gently used bicycles to us to pass along to families in need. They made sure all were in great working order prior to donating. Over 15 children were given a bike for Christmas through this donation to our WearHouse program.



Recreational Programming

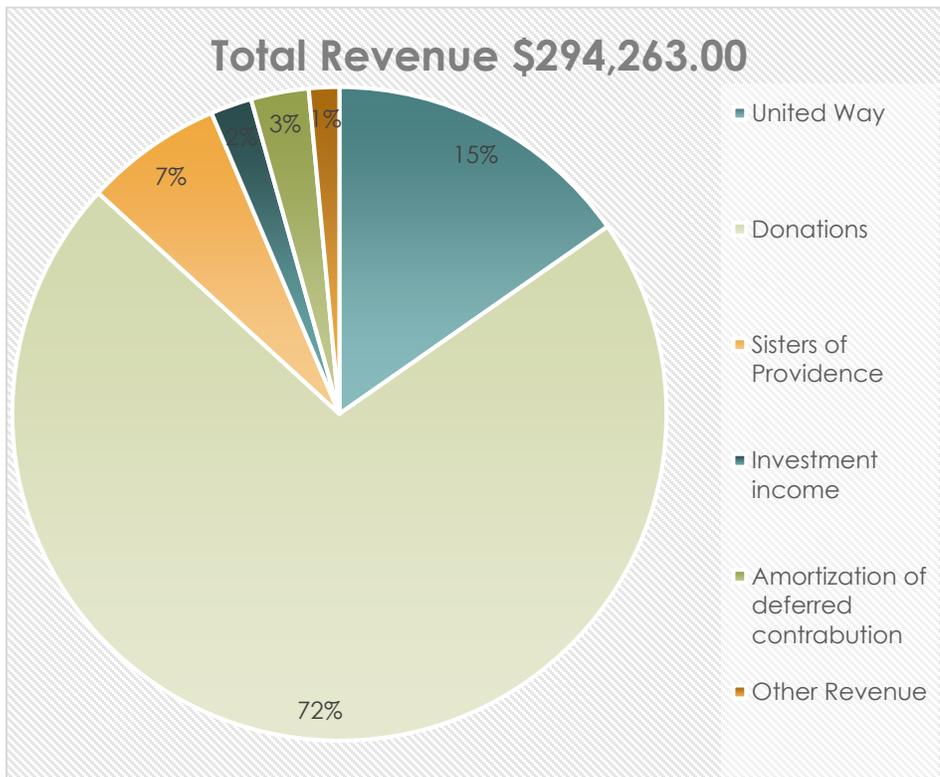


Michelle McCaugherty, our program facilitator, has been running groups for our clients on a weekly basis. The goal of the programming is to encourage social interaction and create community. We recognize that many who live in poverty become isolated. Loneliness is far more painful than hunger. We see time and again the powerful impact creating a sense of belonging has on individuals who feel alone. A weekly bible study lead by Todd Stelmach from Rustle Church was added to our programming in

2016 as well as free haircuts. Several of the staff members from Tangles and Company came to our facility monthly to cut hair and lift the spirits of so many of our clients. They offered their services to us free of charge. We surveyed the clients who use our services and these are the programs that they had requested. We are grateful for the support that we have received from Rustle Church and from the wonderful stylists from Tangles and Company.

Resources and Financial Management

Our financial picture in 2016 illustrates a time of great shortfall and of abundance. We were struggling in the first half of the year. We are not sure exactly why we saw a decrease in financial support, however, we do attribute the Fort McMurray fires and the Syrian Refugee arrivals as factors in our shortfall. When other more pressing needs hit the radar, funds are diverted to address the emergency. The good news is that our community responded to our call for help and we ended the year with a surplus. It amazes me that given the number of people that we served in our meal program in 2016, we were over budget by only \$191.00. This is the result of food donations. Our pantry expenses were also reduced by over \$8,000.00 despite serving comparable numbers to the previous year. We



have received donations for our pantry from St. Georges Cathedral for many years. This, along with the ever-increasing support from St. Joseph's and other local churches has

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resulted in reduced our food costs for the pantry program. As mentioned earlier, this cost saving is also in large part attributed to the wonderful efforts of the students of both Holy Cross and Regiopolis Notre-Dame Secondary Schools.

The support we receive from the United Way provides us with a solid foundation on which to build our annual budget and to plan for our future. The Sisters of Providence also provide us with stable annual funding which strengthens that foundation. As noted in the chart above, we rely most heavily on donations from individuals, businesses, service clubs, schools, churches and other community associations. Our success, in fact our very presence in this city, is a manifestation of the good will that exists here, where we all live.



United Way
Member Agency



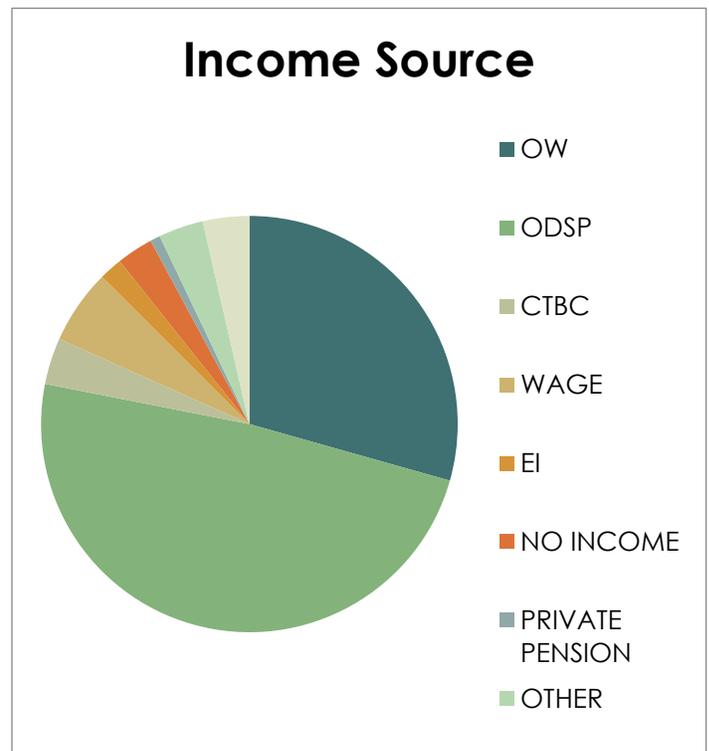
Volunteer Program

Our Volunteers make all the difference. The St. Vincent de Paul Society of Kingston operates with a staff of three. It would be impossible for us to do all that is accomplished each day without the help of our dedicated team of volunteers. Every program we offer requires volunteers to execute. These dedicated men and women contribute over 180 hours each week.

If you are interested in being a part of the good works that take place here each day, please contact Michelle McCaugherty to set up an appointment.

Who Uses Our Services?

One of the wonderful outcomes of providing community members tours of our facility is that they gain a better understanding of who we are serving and what their needs may be. Our client base has changed over the years. We are certainly seeing an increased number of working families and seniors on fixed incomes as a result of increases in housing costs, food costs and utilities. Overwhelmingly however, we are predominately serving those who are not able to work to support themselves due to a disability. This creates a complex set of challenges for the staff and volunteers who endeavor to serve this client base. Many of our clients suffer from debilitating mental health conditions and addictions. It



can be difficult for a staff team of three to serve this challenging group of individuals. This is where the benefit of a tight knit community is most clearly seen. Without the loving and supportive atmosphere, many of our clients would not function well in this very crowded and busy environment.

A Special Thank-You

We would like to take this opportunity to acknowledge the contributions made by our local business community, faith community and other local organizations including schools and service clubs. It is challenging to pay proper tribute to so many supporters in a report such as this. There just are not enough words to express our gratitude. We have tried to capture all who have provided for us in 2016 in the list below. The impact of such a list is found not only in the amount contributed financially, but in the number of groups that have come alongside us to serve those in need. This is what a caring community looks like.

Businesses	Organizations	Schools	Religious Groups
<ul style="list-style-type: none"> Weston's Costco Loblaws Cobs Bread Wholesale Club Grants No Frills Freshco Metro Tackaberry Heating & Cooling Novelis Home Depot Revolving Door Hamme Downs Empire Life Bergeron Clifford Rorabeck, Sowerby, Theriault Kingston Construction Association Palmer & Associates Empire Life Cleo Mercedes-Benz Kingston RentX Transportation The Harbour Restaurant Van Herpt Motors 	<ul style="list-style-type: none"> United Way of KFL&A Loving Spoonful Community Living Sisters of Providence Kingston Kinsmen The Rotary Club Neighborhood Sharing Centre Partners in Mission Food Bank of Montreal Knights of Columbus Ministry of the Environment City of Kingston Kingston Community Credit Union Britton Smith Foundation Community Foundation G A Hamilton Medicine Profession Independent Order of Odd Fellows Catholic Women's League Kinsmen Club of Kingston Notre Dame Community Sisters 	<ul style="list-style-type: none"> Holy Name Catholic School Holy Family Catholic School St. Patrick Catholic School St. Paul's Catholic School St. Marguerite Bourgeoys's Catholic School Holy Cross Secondary School Regiopolis-Notre Dame Queen's University Archbishop O'Sullivan Catholic School 	<ul style="list-style-type: none"> Holy Name St. Joseph's St. Anthony's (Enterprise) St. John the Apostle Cataraqui Untied Church St. Mary's Sydenham Street United Church St. Paul the Apostle Club Church Rustle Church Islamic Society of Kingston Church of the Good Shepherd Church of the Annunciation Kingston Gospel Temple Cooke's Portsmouth United Church First Christian Reformed Church Crossroads United Church Holy Family Chapel Independent Synod of the Diocese of Ontario Archdiocese of Kingston Our Lady of Lourdes Parish Religious Hospitallers of Saint Joseph St. Maximilian Kolbe Fraternity