

4 Korner
Family Resource Center

IMPACT REPORT 2017-18

English community services & support



Increasing our impact.

A message for our donors, supporters & funders



Peter Andreozzi
President



Stephanie Helmer
Executive Director

Dear Supporters;

It was another big year for 4 Korner! The past year was full of challenges, ideas and solutions. It was our first full year in the new location and the last nine months of the year were led by a new Executive Director. We examined the financial uniqueness of 4 Korner and implemented a plan to ensure the sustainability of the organization. The future is bright with change and movement! Technological habits of accessing resources and information are shifting along with societal priorities which will present new and adapted initiatives.

The focus of 2017-2018 was to adapt the new location and leadership to the strategic direction, to ensure the stability of the organization under the transition of staff and leadership, continue our programming and activities, make sure we were out in the communities of the Laurentians, increase our presence on social media and listen. We flew through the year thanks to key staff, board and volunteers that were knowledgeable, supportive, adaptive and positive. We thank you all intensely for this.

After a flip chart with a blank piece of paper and some markers at the Open House with the question; "what do you wish to see in you community?" and an online survey to members concerning their wishes for programs and services – that had 81 responses and a 20% answer rate – we allocated a bit of unrestricted funds directly to a program opportunity fund, had two small fundraisers and implemented four new programs that will all be carried over to the next year. Some of these include; Women's Wellness evenings with different topics and guests each time, the monthly family craft nights, a new playgroup with activities in Rosemère and our weekly Walking group for seniors and caregivers. Our office in Lachute has expanded its partnerships and is serving multiple communities now thanks to the funding received for our Senior Wellness Program in isolated communities.

The next year, we will be reviewing our strategic plan, continuing our services to promote access to health and social services in the minority-language with partners all over the Laurentians, building our branch of community development initiatives – with a new grant received for the minority-language community in Deux-Montagnes - and evaluating the needs in des Laurentides and Pays-d'en-Haut.

With that, we invite you to see what is brewing in the next year by signing up for our newsletter, following us on social media, supporting us with a membership or your time and skills as a volunteer, or just simply joining us in one of the many vast events we offer in the Laurentian region.

It's been a full-packed year of meeting many new people and places that we reach and I am humbled by the fact that I get to serve as Executive Director of 4 Korner Family Resource Center, in the beautiful Laurentians on the land of the traditional and unceded territory of the Haudenosaunega (St Lawrence Iroquois) peoples; Kanien'kehá:ka (Mohawk) nation.

Respectfully,

Peter Andreozzi

Stephanie Helmer

4 Korner's Family Resource Center



Our Mission

In the spirit of respect, support and empowerment, the 4 Korner's Family Resource Center is a non-profit community organization dedicated to assisting youth, adults, seniors and their families in the Laurentian region in accessing health and social services, information and resources in English.

Values

We believe that it is important for people who share a common language to have an accessible, affordable and comfortable place to meet, to build social support networks, exchange information and develop projects and programs for itself.

We believe that each person contributes to their own health and well-being and to that of the community.

We believe that each voice is valuable within an organization, a system or a community and therefore a strong sense of belonging and responsibility should be encouraged.

We believe that there is strength in collaboration, partnerships and networks.

We believe that healthy families are the building blocks of a healthy community.

Objectives

To promote mental and physical health by delivering programs and services to individuals marginalized by factors such as; isolation, language and other risk factors.

To provide early stimulation programs for pre-school children.

To offer programs to prevent isolation, frailty and other conditions associated with aging.

37,555

This is the total amount of English-speaking community members of the Laurentians that we serve.

2660 

total participants in last years various activities

1590 

emails, walk-ins & phone calls

186 

regular users of our programs & services

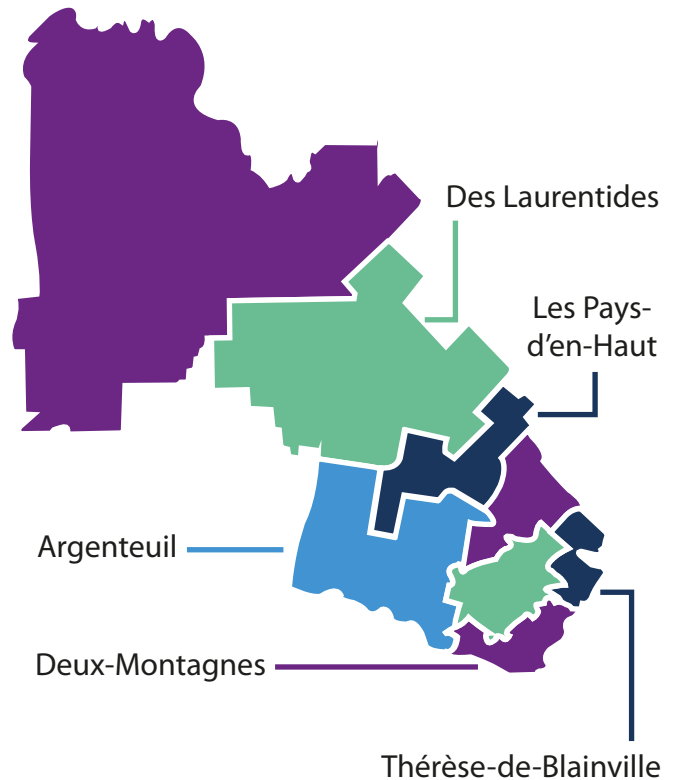
270 

referrals to other organizations or service providers

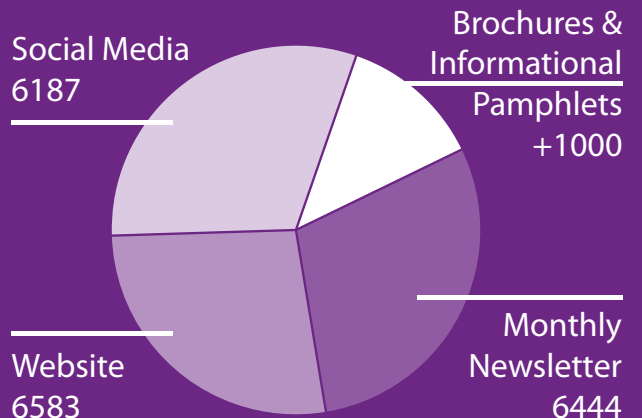
965 VOLUNTEER HOURS



We provide services in 5 MRC's



COMMUNICATION REACH



4K monthly newsletter saw an INCREASE IN SUBSCRIPTIONS by 15%.
537 TOTAL SUBSCRIBERS!



Working with our public health partners to improve access to health and social services in the minority-language.

THE HEALTH CARAVAN

The Health, Justice and Social Services Caravan in collaboration with John Abbott College took services to 5 towns in 4 MRC's. Over 500 high school students were exposed to possible career paths in the sectors represented. They also gained knowledge interacting with the John Abbott students.

The communities were welcome to drop in and have various basic health tests, some of which are not regularly given at a general check-up. This year the students and their teachers consulted with at least 90 seniors.

Each year, there is a story to tell about how the Caravan saved a life. This year was no exception and an intervention saved another life of a non-French-speaking person who desperately needed help and had no where to go. Offering the best possible health and social services to a society's citizens are a measure of success and human decency.

The Health Passport



The Health Passport is available as an app to download online or as a paper booklet. Gave out approx. 550 Health passports at vaccination clinics in Mirabel and Lachute.

Health, Wellness & Legal Workshops

There were a total of 42 information sessions throughout the region with a total of 448 participants

La Citad'elle Womens Shelter

Translation project of outreach material and training material for the Women's shelter, La Citad'elle in the MRC Argenteuil.

Playing Cards

These cards with health and social service resource information were designed, printed and began being distributed in March 2017.

Available for free at all our events!



Networking & Partnership Initiative

4 Korner's Family Resource Center, through a grant from the CHSSN (Community Health and Social Services Network) and Health Canada, sponsors a network called the Laurentian English Services Advisory Network (LESAN).

LESAN is a network of citizens affiliated with organizations and public institutions who work to improve the health and vitality of the English-speaking communities of the Laurentians.

Members of the LESAN committees sit at various round tables throughout the region to communicate the needs of the English-speaking population and to bring information to the English-speaking community.

In 2015, a Communication Committee was formed. This allowed for an improved flow of information, support and solidarity between the LESAN working groups. The Committee's communication kit is available on the 4 Korner's website to reach individuals, organizations and institutions.

4 Korner's is present on 22 different tables or committees with French-speaking organizations in the MRC of the Laurentians, 3 Regional tables and facilitate and coordinate 4 LESAN committees.

A network of citizens affiliated with organizations and public institutions who work to improve access to and availability of Health, Justice and Social Services in English throughout the Laurentians.



Un réseau de citoyens affiliés à des organismes et des institutions publiques qui travaille à l'amélioration et pour la disponibilité de services de santé, juridiques et sociaux en anglais partout dans les Laurentides.



A CHSSN initiative funded by Health Canada through the Roadmap for Canada's Official Languages 2013-2018: Education, Immigration, Communities.

The views expressed herein do not necessarily represent the views of Health Canada.

Une initiative de CHSSN financée par la Feuille de route pour les langues officielles du Canada 2013-2018 : Éducation, immigration, communautés.

Les opinions exprimées ici ne reflètent pas nécessairement les opinions de Santé Canada.



PROGRAMS & TRAINING THAT BRING PEACE OF MIND TO THE WHOLE FAMILY

SENIORS MISTREATMENT AWARENESS TRAINING

MRC Deux-Montagnes - 30 participants

SENIORS WELLNESS

12 Lunch and Learns in 3 isolated communities
MRC Argenteuil
average number of participants 15

REASSURANCE CALL PROGRAM

Volunteers call seniors at their homes to chat,
have social connection and to give their
families peace of mind.
4 volunteers made 1050 phone
calls in 2017-18.

THE CAREGIVERS GUIDE

which was a translation project from
2015-2016. 28 of the 30 paper copies
left were sold. It is available to down-
load for free on our website!

WE ALSO SUPPORTED
#CAREGIVERS
WITH WORKSHOPS & SUPPORT GROUPS

Caregivers & Seniors

A day in the life of a caregiver

Have you helped your neighbour or a family member that is caring for someone lately? Did you know that isolation and burn out is common amongst those taking care of someone? Many hours per week are spent caring for these family members (median of 14 hours for spouses and 10 hours for children). Caregivers perform a range of tasks in caring for their family member or friend. Below are the tasks most commonly reported.



73%
Providing
Transportation



51%
Housework



45%
Home
Maintenance

Statistics Canada



31%
Scheduling
Appointments



27%
Managing
Finances



23%
Medical
Treatments



22%
Personal
Care

WE HELPED 64 CAREGIVERS IN 2017-18!

Marsha's story

" I felt reassured when I asked that a volunteer from 4 Korner's phone my mother on weekday mornings. Mom lived alone in a seniors independent living apartment. Her glaucoma got worse and her vision was quite bad. She did not mingle with other people in her building; only saying hello when she got in the elevator to get her mail, have her hair done or to buy a few things at the "dep" downstairs.

These phone calls were wonderful and a very kind lady named Gerri would chat with her each morning. If Gerri couldn't call, it would be Gertrude. My mind was at ease, especially when my husband and I would go out of town. A couple of times mom didn't answer her phone and I would get a phone call to make sure that everything was ok. These reassurance calls were as important for me as for my mom.

Sadly, my mother passed away in August. I will never forget the kindness of 4 Korner's to have this program and I am very grateful. Thank you so much...Marsha "

Let's get moving!

Physical activities
for seniors

TAI CHI

1/week, 8 participants

NEL'S YOGA

3/week, 20 participants

VIACTIVE

1/week for 10 weeks, 11 participants

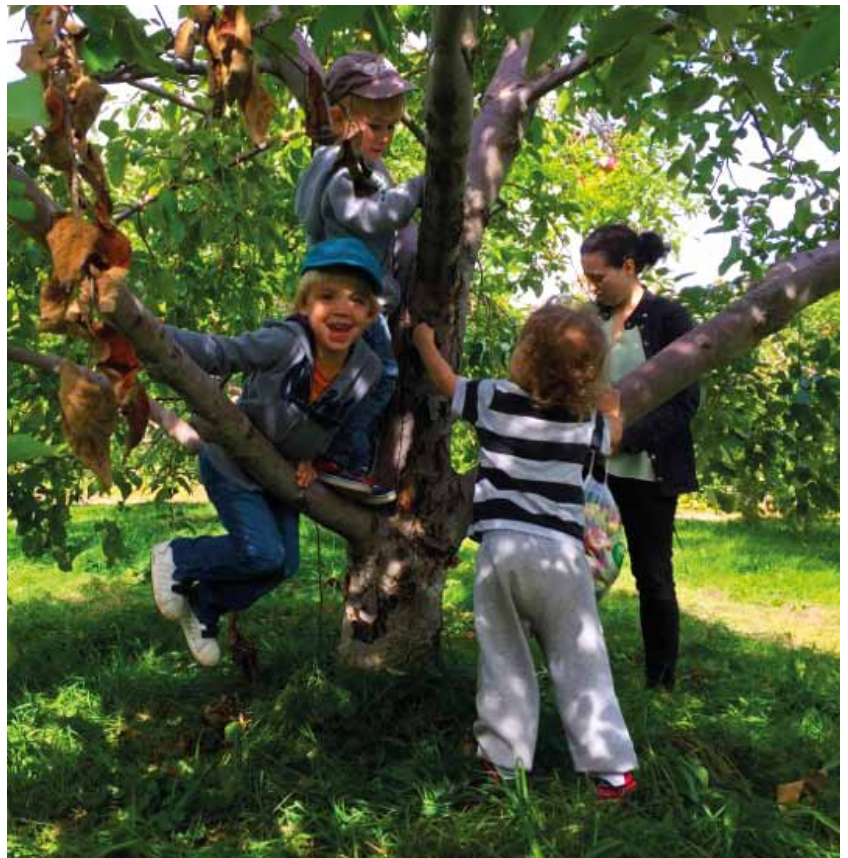
CARING WALKING GROUP

1/week, 5 participants

SCRAPBOOKING

Memory & Fine Motor Training
1/week, 9 participants





FAMILY & YOUTH

Programs & Participation

Kids, Let's Talk

MRC Des Laurentides - 9 children, 7 families

Parents & Tots

MRC Deux-Montagnes - 8 children, 6 families

Craft Nights

MRC Deux-Montagnes - 16 children, 9 families

Womens Wellness Group

MRC Deux-Montagnes - Biweekly - 12 women

Playgroup

MRC Thérèse-de-Blainville - 12 children, 9 families



COMMUNITY DEVELOPMENT

Community Gathering
in Morin heights of partners
25 representatives attended

Legal information workshops
in Arundel, Sainte-Agathe
and Morin Heights
37 people participated

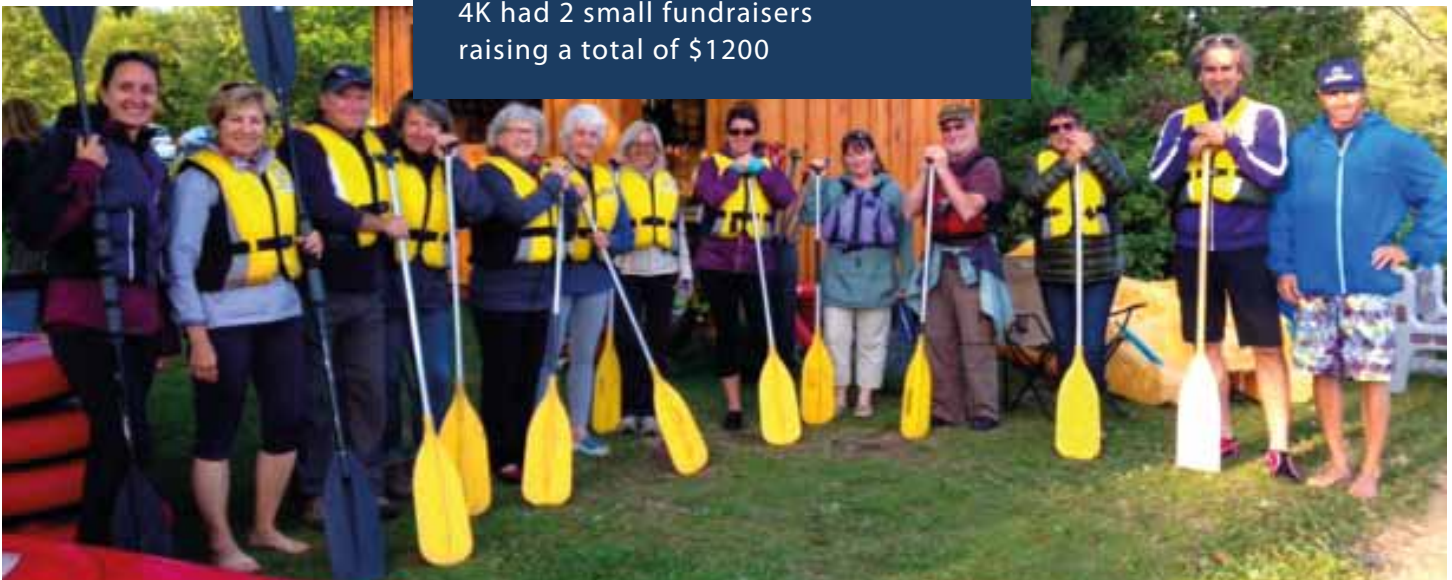
Forest clean-up
in Deux-Montagnes

Kids Paint Nite
33 participants

Deux-Montagnes en Fête

Journée des parcs

Fundraisers
4K had 2 small fundraisers
raising a total of \$1200



OUR FUNDERS



Health Canada
Santé Canada



RASSEMBLER
POUR AIDER • AIDER POUR
RASSEMBLER



Special thanks to our Supporters, Partners and Project Sponsors

Agapé Deux-Montagnes
Alheimers Society of the Laurentians
Arundel Elementary School
Avoca Community Centre
Bombardier – donated Christmas gifts to kids.
Carol and Gord Wetmore - donations made
in memory of Darlene Gargul and Nel McChristie.
C.E.S.A.M.E.
Cal-en-Bourg 0 -5
Catholic Women's League of Canada
Centre d'Action bénévole solidarité Argenteuil
Centre d'entraide Racine-Lavoie
City of Arundel
City of Blainville
City of Deux-Montagnes
City of Lachute
City of Morin Heights
City of Rosemère
City of Sainte-Eustache
City of Sainte-Marthe-sur-le-Lac
City of Mont-Tremblant
Comité d'abus Deux-Montagnes
Comité de parents Deux-Montagnes
Comité des proches aidants Argenteuil
Comité des proches aidants Deux-Montagnes
Comité des proches aidants Thérèse De Blainville
Community Learning Center Morin Heights
Community Connections
Community Learning Center Lachute
Community Learning Center St-Agathe
Coop Bon-Ménage
Coop Coup de Pouce Argenteuil
Deux-Montagnes Lions Club
Deux-Montagnes regional police
Fonds communautaire d'accès au micro-crédit
Fondation Médicale Pays-d'en-Haut des Sommets
Fonds d'Emprunts des Laurentides
Harrington Golden Age Center
Health Canada
Heritage Social Club
John Abbott College
Kanesatake Health Center
L'APPUI des Laurentides
La Citad'elle Lachute
Lake of Two Mountains High School

L'appui des laurentides
Laurentian Club of Canada
Laurentian Elementary School
Laurentian Literacy Center
Laurentian Regional High School
Le Carrefour Peri-naissance et familiales
Les artisans de l'aide
Les petits frères
Mainstreet Newspaper
Maison de la Famille Argenteuil
Maison de la Famille du Nord
Maison des jeunes Deux-Montagnes
Maison du Citoyen Deux-Montagnes
Maltraitance commitee
Margaret Rodger Memorial Presbyterian Church
Maxi St-Marthe-sur-le-Lac
Morin-Heights Elementary School
Morin-Heights St-Eugene's Church
Mountainview Elementary School
Municipality of Grenville-sur-la-rouge
Municipality of Harrington
Paint Nite Montreal
PANDA BLSO
Petite Maison Pointe-Calumet
Portail Lac2M
Quebec Community Groups Network
Québec en Forme Argenteuil
Sainte-Agathe Academy
Seniors Action Québec
Sur les ailes des artisans
Service Canada
Sir Wilfred Laurier School Board
Sound Life Scholarship
Sûreté du Québec
Table Consultation Régional Aînés Laurentides
Table 0 -6 Pays-d'en-Haut
Table 3e âge Deux-Montagnes
Table 3e âge St. Thérèse-de-Blainville
Table de concertation de Rosemère
Table jeunesse 6-12 Deux-Montagnes
Table de jeunesse des Sommets
Tandem 0 -6 Deux-Montagnes
Ville de Brownsburg-Chatham
Ville de Sainte-Agathe-des-Monts

Governance

17 members not including Board and Staff attended the last Annual General Meeting
8 Board meetings in 2017/2018, and two new board members
87 members renewed or joined by paying the annual fee in 2017/2018

Board of Directors

Peter Andreozzi - President, Private sector
Julie Piette - Vice-President, Education sector
Salinda Hess - Education sector
Gertrude Dore - Volunteer Coordinator, Community member
Linda Draycott - Community Member
Carolynn Roberts - Education sector
Joanne Bradley - Community member
Janet Murphy - Private sector

Current Team

Caitlin Sigouin - Individual and Family Support Specialist, MRC Deux-Montagnes and MRC Thérèse-de-Blainville
Lucie De Vido - Communications Coordinator
Laura Young - Family and Youth Coordinator, MRC des Laurentides
Joanne Lamarre - Family and Youth Coordinator, MRC des Laurentides
Stephanie Helmer - Executive Director
Joyce Piette - Bookkeeper
Lilia Idinarene - Family and Youth Coordinator, MRC Deux-Montagnes
Helen Fraser - Reception
Jill Grumbache - Community Development and NPI Coordinator, MRCs Pays-d'en-Haut and MRC des Laurentides
Melanie Wilson - Seniors and Caregivers Coordinator and Specialized Educator, MRC Argenteuil

Contact us:

Head Office 200 Henri-Dunant, Deux-Montagnes, Qc. J7R 4W6
1-450-974-3940 or 1-888-974-3940

Lachute Office 508 rue Principale, Lachute, Qc. J8H 1Y3
1-450-974-3940 ex. 231

By appointment only:

MRC Therese-de-Blainville 1-450-974-3940 ex. 232

MRC Pays-d'en-Haut 1-450-974-3940 ex. 233

MRC des Laurentides 1-450-974-3940 ex. 233

Open Mon-Fri 8:30 – 3:30. Closed 2 weeks per year in December

