

# Living WELL Together



Welcome Inn  
Community Centre

## Annual Report

April 2019 - March 2020



# Living WELL Together



## Welcome Inn's Vision

Welcome Inn is a dynamic community centre that dares to imagine that there is a different and more vibrant path forward for ALL members of our community. Together with the community, Welcome Inn works to alleviate poverty, loneliness and marginalization—challenges that our community members face on a daily basis—by offering supportive relationships, promoting wellness and providing capacity-building opportunities. Our five program areas include: Children's Programs, Seniors' Programs, Community Programs, Food Access Initiatives and Social Enterprise Initiatives. All five program areas are designed to improve the eight dimensions of wellness.



### The Wellness Areas

For us, it's not about creating another program; it's about empowering members of the community so that **ALL** might be **well**.

Welcome Inn promotes wellness in eight key areas >>>>



**Social:**  
Supported, connected, engaged



**Intellectual:**  
Creative, articulate, skilled



**Physical:**  
Healthy, safe, well-fed



**Emotional:**  
Self-aware, reflective, grounded



**Occupational:**  
Purpose-driven, fulfilled, self-directed



**Environmental:**  
Attentive, active, safe



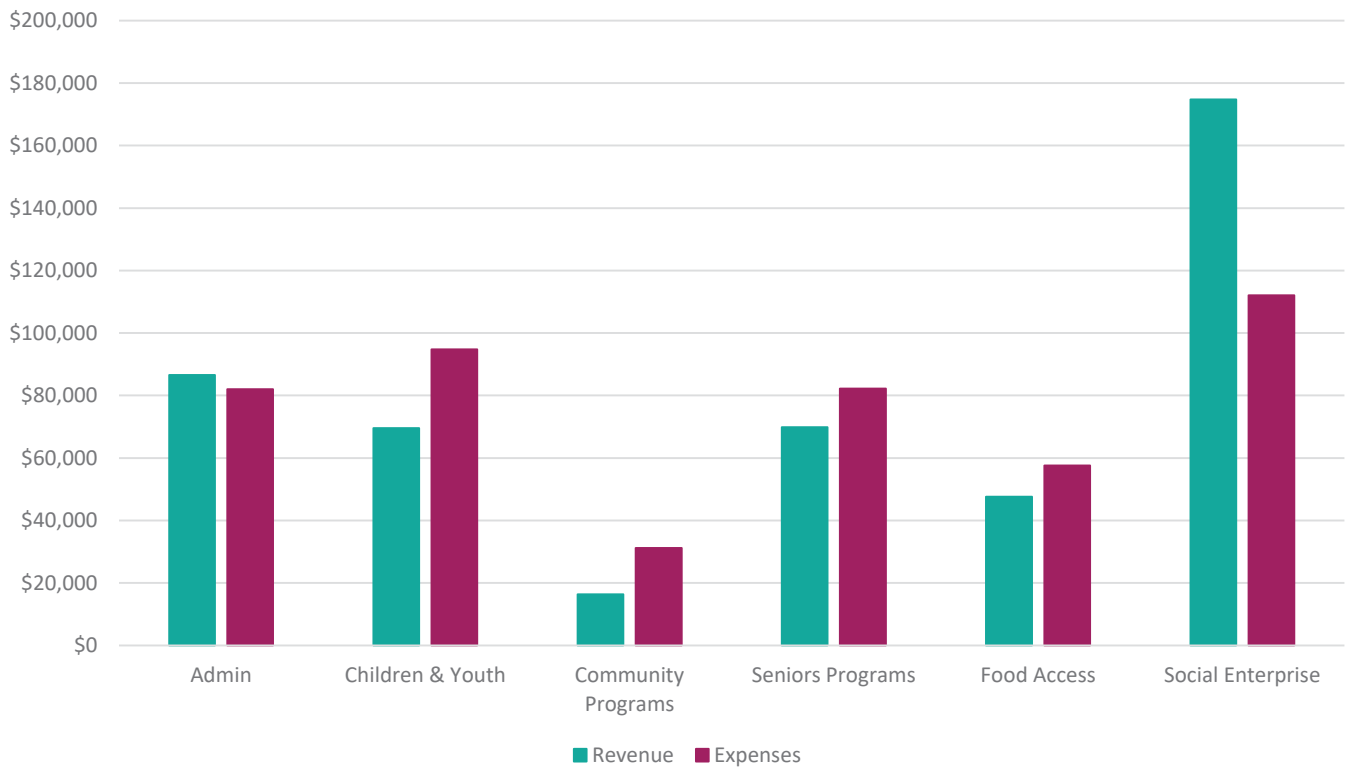
**Financial:**  
Stable, interdependent, housed



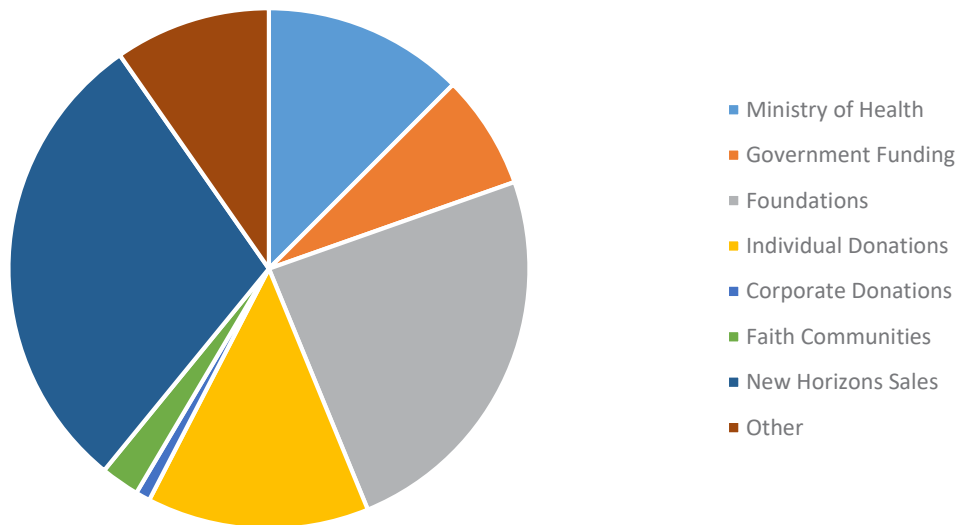
**Spiritual:**  
Peaceful, mindful, compassionate

## Financial Report

Welcome Inn Community Centre  
Revenue and Expenses--2019/20



Sources of Revenue



## Children's Programs

Striving to create safe and inclusive spaces for children and youth to further their academics, practice their leadership skills and become more resilient . . .

This past year, we have seen amazing growth in one of the younger students enrolled in our **Learning and Fun Afterschool Program**. Ricardo faces challenges related to issues of poverty and socialization, impacting his ability to manage his behaviour and interactions with his peers. When he started with us, it was clear that he was a very smart and passionate child. Sometimes, though, he struggled to communicate his feelings to his peers and mentors. Over the course of the year, he began to develop trust with his mentors, and he learned how to identify when he was angry or frustrated. At LAF, Ricardo is able to share his gifts and receive praise and attention for them, contributing to an increased sense of self-worth. Over the year, he has also begun to engage more with his peers, helping other kids use the computer lab and making an effort to join the other kids in the program for the group games. Ricardo is a resilient and talented child, and we are so proud of the work he has done!

*"I was very impressed with my mentee's improvements in reading and comprehension these last few weeks. She went from getting overwhelmed and crying to being proud and excited to answer my questions!" --LAF Mentor, 2020*

**Our Summer Day Camp** in 2019 saw the kids head out on all kinds of adventures to Bronte Creek, Bingemans Water Park, Ripley's Aquarium and the Steam and Technology Museum. It was a summer full of smiles and laughter! Since the beginning of COVID-19, we have transitioned as many of our children's programs as possible to be online.



## Seniors' Programs

Gathering together to reduce social isolation, offer peer support and encouragement, and improve overall wellness in the later years of life . . .



Welcome Inn is committed to assisting seniors to age well in their own homes and neighbourhoods. Every Tuesday, seniors gather at Welcome Inn to enjoy a nutritious, home-cooked meal. **Diners Club** is filled with lively conversations and lots of laughter. Following the meal, there is a community-based program, which includes live music, guest speakers, theme parties, cooking demonstrations, dancing, slideshows, and much more. The best thing about Diners Club is the friendships that are formed and the encouragement that can be offered by those sitting around our tables.

Our volunteer-based **Community Visitation Program** provides socially isolated seniors with friendship and support on a weekly basis. Visits are designed to suit the preference of the senior and could consist of going for a walk in the neighbourhood, enjoying a coffee at a local café, playing checkers at home, or simply visiting over a cup of tea together!

*"One of our youngest volunteers is Victoria, who made cards to be put into seniors' food hampers. The senior who received the card was so moved that she framed it and states that she looks at it every day, and it helps her to stay strong!" –Welcome Inn Staff, 2020*

**COVID-19 Update:** Though we have temporarily stopped meeting together on Tuesdays, our Visitation Program has grown, and we are now delivering food hampers and essential items to seniors in our community.



# Living WELL Together



## Food Bank

Working toward justice for all, recognizing that access to nutritious food is a basic human right (and a great social connector) . . .

Welcome Inn's **Food Bank** is a place for individuals and families to access food and personal hygiene items. This year, we added an additional day of operation to meet the increased need. The food bank is also a community gathering place to connect with neighbours, access resources and learn from one another. We are always working toward embedding good food principals into all that we do. This is also true of our partnership with **Good Food Box!**



## Community Programs

Aiming to provide quality community programs, accessible to everyone, improving financial stability, personal hygiene and access to technology . . .

During tax season, Welcome Inn has volunteers onsite who are trained by Revenue Canada to assist people with low income to file their taxes. The free Tax Clinic helps people file taxes and ensure that they are aware of the federal and provincial supports available. Even COVID-19 didn't stop our efforts! We simply offered the sessions remotely, starting in mid-March. Before COVID-19, our Library & Computer Lab were also frequently used by community members.



## New Horizons Thrift Store

Creating a dynamic retail environment that fosters a spirit of community, provides for capacity building opportunities for volunteers, and improves employment related skills . . .



**New Horizons Thrift Store** is a unique place; it's a community space first and a retail store second. We are working towards a sustainable future by diverting useful items from landfills. The store itself is operated by volunteers who are learning new skills to enhance their employment opportunities, and it's a place for people to connect and experience community. And, the sales are used to not only operate New Horizons, but to support the various programs of Welcome Inn!

***New Horizons generated over \$62,000 in profit, all of which went to support other Welcome Inn programs!***

**COVID-19 Update:** At the very end of the fiscal year, we had to temporarily close New Horizons because of the pandemic. Fast forward to mid-July, though, and we are now back open again.



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## MEET THE TEAM 🖐️ Staff, Partners & Volunteers

With a passion for community development, our staff and Board of Directors propel us forward.

### Our Staff

James VanderBerg,  
*Executive Director*



Ruth Kaulback  
*Seniors Program Coordinator &  
Volunteer Coordinator*



Krista Rao  
*Community Programs  
Coordinator*



Amanda Stafford  
*Social Enterprise Coordinator*



Natalie Barcellos  
*Children's Program Coordinator*



### Board of Directors

Tom Geiger, *Chair of the Board*  
Leah Schwenger, *Vice Chair*  
David Dutchak, *Treasurer*  
Joanne Roth  
Donna Tweedell  
Leah Martin  
Peggy Savage  
Brent Murphy

Our community development efforts would be nothing without the leadership of our dedicated staff team, the financial support of our various partners and the significant commitment of our volunteers.

