

## Happiness is... Volunteers 😊



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# LOFT

# 416 + LOFT = Perfect Match

We are so excited to tell you about 416 Community Support for Women! If you have visited the LOFT website lately, or you follow us on Facebook or Twitter, you may already be aware. If not, here's the story.

416 Community Support for Women is a respected organization offering mental health supports to women, primarily from the Regent Park Neighbourhood. Their services include social programs, life skills training, case management and addiction services specifically geared to the needs of women.

The Board of Directors at 416 had determined that the best way to optimize these services would be to join with a larger organization, so they set out to find a good match. Their search led them to LOFT.

At LOFT we agreed. Members of our staff who were already familiar with 416 commented on how "LOFT-y" their facility and programs felt. There was a warm and welcoming atmosphere that felt very much like our own programs.

In fact, we could tick off a list of shared values and approaches: a holistic view of health and wellness, an individualized and person-centred approach, a focus on recovery, a belief that our clients can take control of and manage their own lives, and that everyone has both the ability and the right to live a dignified life.

Of course, the other place where the match was obvious was among the clients we serve. 416 reaches out to women with mental health and addiction issues, and social isolation, who are homeless or precariously housed. From the LOFT perspective, 416 clients look very much like "our kind of people".

After a brief courtship, we all decided the match was perfect and on April 1, 2017 we made it official. 416 Community Support for Women became the newest program of LOFT Community Services.

We are delighted to welcome the 416 staff and clients into our LOFT family.

HELLO  
my name is



## Accredited by Imagine Canada

On June 13, 2017, Imagine Canada, the umbrella for Canada's charitable sector, welcomed the most recent group of 21 organizations to join more than 200 charities and nonprofits already accredited under its national Standards Program.

LOFT Community Services is proudly numbered among those 21 organizations. We decided to seek accreditation because we understand that maintaining trust and credibility with our donors is critical to our organization's continued success.



The Standards Program awards accreditation to charities and nonprofits that demonstrate compliance in five fundamental areas: board governance; financial accountability and transparency; fundraising; staff management; and volunteer involvement. The goals of the Program are to increase organizational transparency in these areas and to strengthen public confidence in individual organizations and the sector as a whole.

# Volunteering at LOFT

Volunteering is important in so many ways.

According to the 2011 United Nations State of the World's Volunteerism Report ... "volunteerism benefits both society at large and the individual volunteer by strengthening trust, solidarity and reciprocity among citizens, and by purposefully creating opportunities for participation."

According to Statistics Canada's 2015 report on Volunteering in Canada, about 13 million Canadians, or nearly ½ the population over the age of 15, volunteer their time, energy and skills. Together they account for an incredible 2.07 billion hours, the equivalent of 1.1 million full-time jobs.

They also report that the number of volunteers is growing faster than the population overall. Between 2004 and 2010 the number of volunteers grew by 12.5% while the Canadian population in general over the age of 15 grew by only 8.4%.

At LOFT, volunteers contribute some 13,000 hours a year; more

than 6 full-time staff positions. This volunteerism takes a variety of forms.

We should first recognize our leadership volunteers – the people who serve on the Board of Directors providing the governance oversight that is so critical to any organization. We have a big group of volunteers who help with our mailings, coming into the office 9 or 10 times a year, when we mail out newsletters and donation appeals. In addition to contributing their time, they save LOFT as much as \$40,000 or \$50,000 a year that we would have to pay if we sent our mailings out to a mail house to be processed.

Speakers Bureau volunteers travel far and wide to tell the story of LOFT to others. Our Work Teams come from a variety of organizations, as corporate employee groups, churches and service clubs volunteer to do gardening and painting to keep our properties up to standard.

By far the largest number of volunteer hours – about 8,000 hours a year – are contributed by LOFT clients. Many clients embrace volunteerism as a

way to give back to their program, and contribute to their community, and they do it all kinds of ways.

Program volunteers participate in administrative work, look after common areas, help out in program kitchens, deliver mail, make deliveries back and forth between their program location and the administrative offices. They help with social events, organize trips and outings, activity and hobby groups, sit on staff hiring committees and formal program advisory groups.

The end result, and the reason this is all so important, is that everybody benefits. LOFT reaps the undeniable benefit of all those valuable hours of support. In addition, volunteering helps the volunteers to reduce stress, meet new friends and learn new skills, provides mental stimulation and a sense of purpose. Some scientific studies even suggest that people who volunteer are happier and live longer than those who do not.

Clearly, when volunteers are involved, everybody wins.

## National Volunteer Week 2017



*The group of volunteers at St. Anne's Place during National Volunteer Week.*

The last week of April marked National Volunteer Week and to celebrate the occasion, we invited LOFT volunteers to a little shindig. This annual event is an opportunity for us to say a special thank you!

Thanks to Leonie and her team, the evening was filled with tasty food. Two of our volunteers, Ted Krawchuk and Lesley Hill, spoke about why they volunteer. The evening ended with a treat: a delicious homemade scone made by volunteer Teeshia. Guests were able to take one home to enjoy.

Thank you to everyone who attended, and thank you to our great volunteers who continue to help us in immeasurable ways.

# Volunteer Spotlight: Meet Burgundy

*Burgundy is a 4th year Social Work student at York University and an OCAD graduate and artist. She has been volunteering at LOFT's John Gibson House for the past 3.5 years.*

## **How did you first hear about LOFT?**

When speaking to people in the field about great places to volunteer LOFT was mentioned several times. LOFT is well known for their care and compassion.

## **Where do you volunteer and what do you do?**

I volunteer at John Gibson House (JGH) and I facilitate the Art Club. I am privileged to offer technical support to a group of very talented mature artists. The house serves as a gallery and art is displayed all over – from the dining room to the hallways to resident rooms.

I also enjoy cake making/fondant cake art. I make and decorate the cakes for the JGH Christmas parties. I enjoy making and sharing my edible art. I think that different mediums of art can make people think about what art is and what it can be...and I think that's pretty cool. Being able to eat the art is definitely a bonus. 😊

## **What do you enjoy most about volunteering with LOFT?**

The friendly people, being able to work with such talented individuals, and watching the artist's body of work progress and continually transform. Everybody is so kind and caring and they aren't afraid to laugh and have fun! I especially enjoy watching the gallery evolve and watching the participants in the Art Club grow as artists.



*Art by residents of John Gibson House.*



*'Peanuts' cake art for the holiday season.*



# KENNETH THOMPSON

In 2016, LOFT lost a kind friend, and an outstanding volunteer. Ken Thompson, together with his wife Katharine, was a stalwart of the LOFT Mailing Team from the very beginning. Ken and Katharine have been supporting LOFT from the early 1990s when it was still called Anglican Houses, and they were among the first to join the mailing team when it was formed in 1998.

The Mailing Team volunteers assemble in the LOFT boardroom every time we have a big mailing to go out. Between the quarterly newsletters, and the annual fundraising appeals, it is hard even to imagine how many pieces of mail passed through Ken's hands over those years. Certainly thousands, and maybe tens of thousands!

Stuffing and stamping envelopes was a long way from his career as a Professor of Classics and Registrar of Victoria College at the University of Toronto. But according to Ted Krawchuk, the Mailing Team "Captain", Ken caught on quickly. Katharine, on the other hand, having worked in Administration at the University, was already an expert.

Ted, himself a volunteer, and the person who recruits and organizes the Mailing Team, speaks of the pleasure of having Ken and Katharine, and of their reliability. "They were the only two from that original volunteer group who were still coming" says Ted.

Conversation can be an important part of any volunteer experience, as it certainly is for the Mailing Team volunteers. Ted says the conversation tends to expand and "go all over the place" as everyone contributes. Ken could always be counted on to contribute insightful academic and literary references that added depth and were enjoyed and appreciated by everyone.

LOFT was truly honoured to be chosen as one of the charities to receive gifts in memory of Ken. It is a tribute to Ken that so many friends, relatives, colleagues and former students all chose to remember him this important way. People's lives will be changed as result.

## MEET THE BOARD OF DIRECTORS - CARRIE HAYWARD

Carrie is Assistant Deputy Minister, Regional Operations Division, Ministry of Natural Resources and Forestry. She worked previously with the Ministry of Health and Long-Term Care as inaugural Director of the Local Health Integration Network Liaison Branch, Director of Mental Health and Addiction, and was responsible for a significant expansion in community mental health and supportive housing services. Carrie has a Bachelor's degree in Environmental Studies from the University of Waterloo and has completed the Queen's Executive Program.



**Number of years on the board** – 5

**Current Board Role** - Secretary

**Why did you choose to join the LOFT Board?**

When I received a call about possibly joining the Board, I was very interested. LOFT is one of the most credible mental health and addiction agencies in Ontario, providing a wide range of services to a diverse group of clients – young adults, adults and seniors. I saw this as an opportunity to continue to share my knowledge of the health care system in a new role, as a Board member.

**What is one thing you think everyone should know about LOFT?**

LOFT has a caring, creative, coordinated team of professionals – from peer support workers connecting with clients in new ways like social media to very special caregivers working with seniors in their own homes. LOFT has a new strategic plan designed to help the

organization prepare itself for an ever-changing world including people with more complex needs, innovative care models and more collaboration across health care and social services systems. LOFT likes to think ahead, and it is ready!

## Heart of Social Work Award



*Heather McDonald, LOFT's Director of Adult & Youth Services, was selected for the 2016 Heart of Social Work Award!*

*This award is presented by the North American Network of Field Educators and Directors in recognition of a field instructor that has made exemplary contributions to field education and the social work profession.*

*Congratulations, Heather!*

### Donating Online Is Easy

Did you know you could donate online?

Go to the LOFT website [www.loftcs.org](http://www.loftcs.org) and click on the orange "Donate" button. Once your donation is complete, your tax receipt will be generated and emailed to you instantly.

### E-NEWSLETTER AVAILABLE!

Would you like to receive our newsletter in electronic format instead?

Go to [www.loftcs.org](http://www.loftcs.org) and use the Newsletter Sign-up option on the front page.

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To subscribe to our newsletter, go to [www.loftcs.org](http://www.loftcs.org).

## You're invited to LOFT's Annual General Meeting

**Tuesday, June 27, 2017**  
**St. James Cathedral Centre,**  
**Snell Hall**  
**65 Church Street**  
(behind St. James Cathedral)

### TOGETHER WE WILL

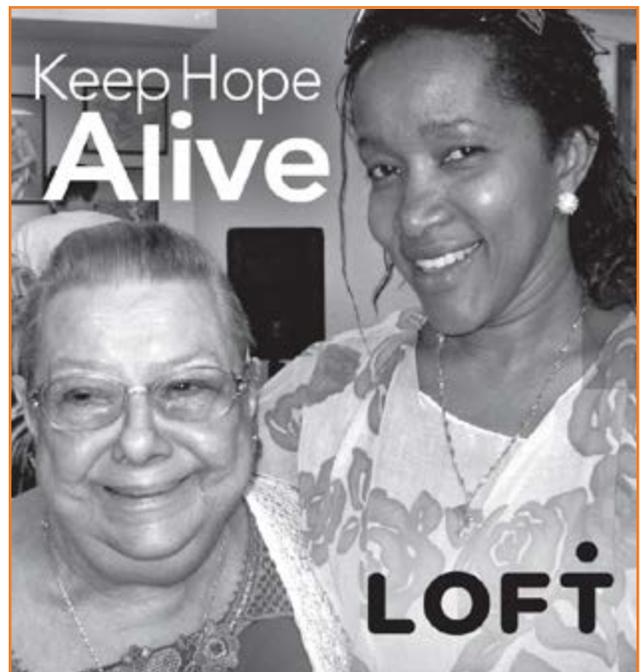
A stakeholder panel responds to LOFT's new Strategic Plan 2020

•  
Doors open at 7:00pm  
Celebration begins at 7:30pm

•  
Business Meeting at 6:30pm  
(attendance optional)

•  
Please RSVP to Amy Tran at  
[atran@loftcs.org](mailto:atran@loftcs.org)  
or call 416-979-1994 ext. 233.

### Consider including LOFT in your Will.



For more information, or to receive a free estate planning brochure, call 416-979-1994 ext. 227, or email [jcorbett@loftcs.org](mailto:jcorbett@loftcs.org).