

20
22

CREATING ALTERNATIVES

ANNUAL

REPORT

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Director's Message

The focus for Creating Alternatives was to rebuild post-pandemic and plan for the road ahead. The year 2022 was truly a year of many *firsts* for the organization, with significant milestones reached, unprecedented growth, and new beginnings.

Board of Directors

Phyllis Santone

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Mark Colella

Vice-Chair

Ron Gruenberg

Secretary

Pat DiFrancesco

Treasurer

Victoria Mancinelli

Director

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Director

Shavone Lazarus

Director

Rob Fox

Director

Rob Campagna

Director

Chris Sulway

Director

Creating Alternatives embarked on a Quality Improvement journey to ensure that the organization will be well positioned to continue delivering its Mission, create impact, and embrace new opportunities for years to come. The organization is working towards obtaining its very first accreditation seal which will attest to its commitment to pursue excellence within its service delivery and conform to industry standards.

From the family-centric perspective, Creating Alternatives has launched a number of initiatives that assisted families in their quest to care for their loved ones. The organization had received public recognition for its dedication to its families during the height of the pandemic which has fueled further encouragement and momentum as it strives to break new ground.

For the first time, the overwhelming need from the community is pushing Creating Alternatives to plan for service provision that will address the changing landscape within the sector.

As Henry Ford once said, "Coming together is a beginning, staying together is progress, and working together is success." As Creating Alternatives records its 23rd year and celebrates its accomplishments, it is without hesitation that it acknowledges its supporters, families, Board of Directors, and staff for helping to lift Creating Alternatives to higher possibilities.

In excitement for 2023,



Phyllis Santone
Founder & Board Chair



Danielle Dang
Executive Director

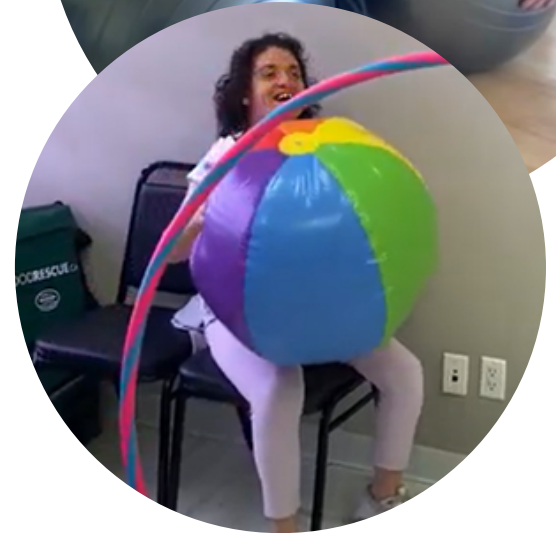


A Year of Firsts... Wellness Reimagined

There was a big focus on wellness and staying active in 2022!

Creating Alternatives collaborated with Bayshore Healthcare to introduce group exercises developed with specific therapeutic goals within the day program setting which was led by a kinesiologist during the summer months. Individuals were given the opportunity to collaborate with friends and get active in a fun and productive way!

For those individuals needing further interventions to improve mobility, safety, balance and to work on gaining confidence, they were paired with a physiotherapist for individualized sessions in-home.



Independent Living Program Lou Fruitman Reena Residence

Providing individuals with the tools and experience to learn valuable life skills, or fostering skills already possessed can be a vital next step for family members' journey to independent living. The new Independent Living program held at the Lou Fruitman Reena Residence in Thornhill is an all-encompassing program focusing on functional life skills. Individuals have the opportunity of learning, practicing, or refining their life skills such as cooking, kitchen safety, household cleaning, building relationships with “roommates”, engaging in their community, and money skills with the goal of increasing independent living.

A partnership with Cisco has designated this site as a Proof of Concept site for the Autonomous Living project whereby technology is leveraged to assist individuals of diverse abilities to perform their daily tasks with reduced assistance. The site is retrofitted with sensors and will rely on smart notifications and smart device integration to promote independence.



Supporting Our Caregivers



A support group was established for caregivers with funding assistance from the New Horizons for Seniors grant.

This initiative, led by its members, was started to provide a support system for caregivers, to provide peer socialization and to provide and exchange knowledge. The group enjoyed social activities such as pizza and wine night, an Argos game, a Niagara winery visit, in addition to knowledge-based events with guest speakers.

The resounding response from this initiative was positive, with existing and new families forming meaningful relationships, gaining knowledge and connecting with like-minded peers.

"H'Art" Anyone?

Creating Alternatives was part of an exciting initiative hosted by H'art Centre in partnership with the Marine Museum of the Great Lakes at Kingston in celebration of the 50th anniversary of the Great Lakes Water Quality Agreement.

Creating Alternatives was 1 of 10 organizations chosen from across Canada by the H'art Centre Inclusive Arts for All Abilities based in Kingston, Ontario to take part in their Connecting Canadians: Freshwater initiative. This project supported visual arts outreach to exhibit art pieces from various Canadian organizations.

Creating Alternatives had the opportunity of sending in 4 art pieces from our very own participants for the exhibit at the museum and priced for sale with a portion of the proceeds going to the artist.



SABRINA BARILLARI
Nature in Flow
Paint (12x16)



ADAMO BALDUCCI
Serenity
Paint (12x16)



STEPHEN COCUZZI
Electricity of the Sea
Paint (16x20)

Recognizing Team Achievement

Creating Alternatives is proud to have accepted the Bhayana Family Foundation Team Achievement Award in November 2022.

This award recognized service excellence and team dedication during the peak of the pandemic. Creating Alternatives continued to support its families despite imposed restrictions, unknown threats of the pandemic, and limited resources and capacity.

Many community agencies within the sector had closed their doors during this time, inversely, Creating Alternatives made the decision of accepting new families and ensuring that its support services reached the most vulnerable.

The team carried forward the mission of the organization and exemplified its values without hesitation.



~ In recognition of team dedication, service excellence, creativity and perseverance during the peak of the global pandemic

Increasing Site Accessibility

Creating Alternatives is grateful to have received a federal grant to renovate two of its washrooms to increase accessibility and inclusivity.

Both washrooms have been designated and updated as gender-neutral with appropriate signage and increased privacy. The washrooms are equipped with handsfree equipment, grab bars, an alert bell and light, a motorized door operator, added space to enable safe transfers and staff assistance. An accessible shower facility was also added which will support personal care needs.

The renovations have been long overdue and are welcomed!



Italian Car Day Feature Sponsor/Donor

This past year, the Italian Car Day (ICD) event has chosen Creating Alternatives as the beneficiary charity.

The luxury automobile show was held on August 7th with rows and rows of exotic and rare makes and models of cars on display. The fun-filled day attracted car enthusiasts as well as families after two years of postponing the event.

Creating Alternatives is looking forward to partnering with ICD in future initiatives!



Program Highlights



- ✓ **Facilitated Music, Art and Pet therapy classes**
- ✓ **Raised over \$1,500 for an adopted family in need during the holiday season to provide with basic essentials**
- ✓ **Facilitated outdoor social and recreational events including day trips to the zoo, CNE, beach, Ripley's Aquarium, trampolining and outings to high tea, the tulip field and the farm**
- ✓ **Attended the production of 'Juliet' at Ed Mirvish theatre and The Friends Experience at Yorkdale**
- ✓ **Launched the Independent Living Program at Lou Fruitman residence**
- ✓ **Holiday celebration at Paramount Event Centre**
- ✓ **Re-launched our Hot Lunch program**

By The Numbers



2,065
HOT LUNCHES SERVED



100
PHYSIOTHERAPY HOURS DELIVERED



415
COMMUNITY BASED OUTINGS



57
INDIVIDUALS SUPPORTED



2,080
PERSONAL CARE HOURS PROVIDED



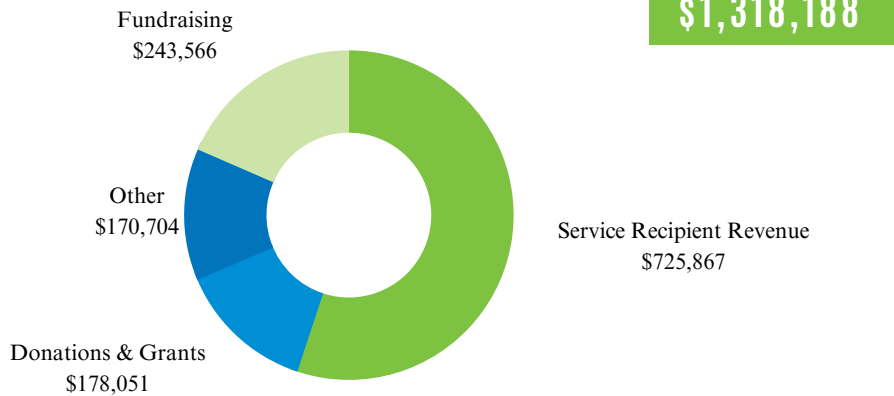
1400
VIRTUAL CLASSES OFFERED



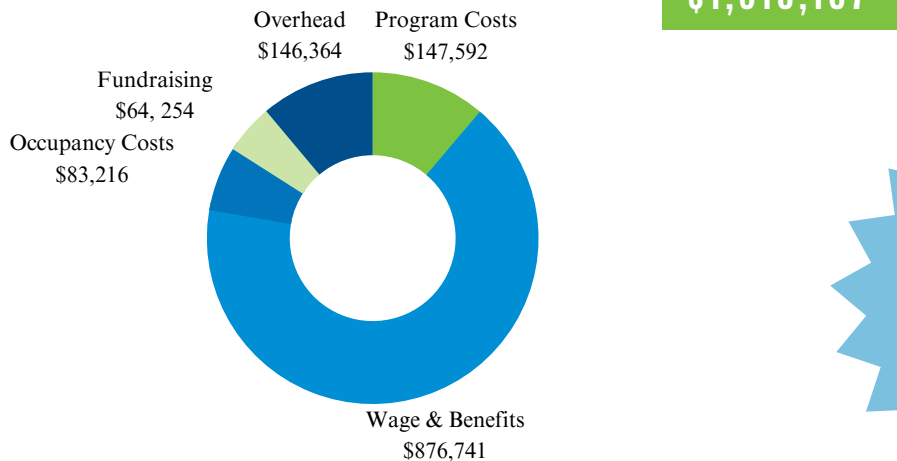
5,804
DAY PROGRAM ATTENDANCES

Financial Summary

Where The Money Came From



Where We Put The Funds To Work



Memorable Gatherings...

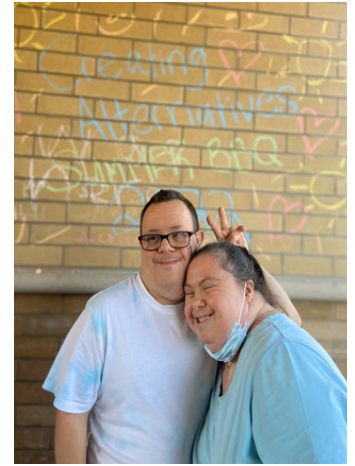
Summer BBQ Social

"What better way to spend a day than with my best friends and some sunshine!" - Alessandra C.

This year over 130 family and friends attended the annual Summer BBQ! For the first time since 2019, families and staff reunited at Doctors Maclean District Park to enjoy beautiful weather and amazing company.

Games, obstacle courses, water fights and more were amongst some of the activities offered. A delicious lunch was served by Feed the 6ix Food Truck with everyone eagerly lining up to get fire-grilled burgers, french fries and ice cream. To keep the good vibes going, music was provided all afternoon by Music Therapist and Drum Specialist Jeff Salem!

There is no better feeling than spending the day surrounded by good food, good music, good times and above all, good friends.



Reviving CA Annual Charity Event

The annual Charity Golf Classic & Dinner finally resumed on September 21st after a few years of being dormant due to the pandemic.

This event brought back together golfers, volunteers, families, sponsors, donors, staff, and of course, participants. Stealing the night away with a fabulous music and dance number, 15 of our artistic dancers, singers and performers took the stage to wow the audience with their show!

The event kicked off the Capital Campaign for Creating Alternatives with silent and live auctions.





Celebrating *firsts* with friends!