4 Korners
Family Resource Center
A Cornerstone of the Community

ANNUAL REPORT: 2010-2011

This year's programs and projects made possible by:

CHSSN Community Health And Social Services Network
Agence de la santé et des services sociaux des Laurentides Québec
McGill
Canadian Heritage
Patrimoine canadien
Centraide Laurentides
Avenir d'enfants des communautés engagées
Emploi Québec
Ville de Deux-Montagnes

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Governance

2010-2011 Board of Directors

Peter Andreozzi, President
Private sector

Carol Knight, Vice-President
Volunteer and member

Darlene Goyetche, Treasurer
Member

Sarah Leboeuf, Secretary
Youth member

Tim Foreman, Director
CLC Partner/Lachute

Kate Baldwin, Director
Education representative

Laura Young, Director
Laurentians representative

Lori Leonard, Director
Laurentians representative

Joanne Gagné, Director
Professional sector

Staff

Shane Corrigan, Executive Director
Sylvia Schatrowski, Program Manager
Linda Draycott, Administrative Assistant
Tiara Hammond, Project Coordinator
Anne Baudouin, NPI Project Coordinator
Trista Nerenberg, Balcon Vert and Reassurance Calls
Monica Crousset, Resource Coordinator

President's Report

Transitional, if I could pick one word to best describe the year we had it would be transitional.

A lot of changes have happened over the last 15 months at 4Korners, our President resigned in November 2010 and I took over as President as of January 2011.

Our Executive Director, Shane Corrigan, also resigned to pursue other endeavors which provided us with the opportunity to meet and hire Rola Helou, our current Executive Director.

Our Board of Directors is also new and the learning curve at 4Korners is very steep. Given all of the movement, "transitional" is an excellent word to describe the past year.

We have reviewed our mandate and have made significant strides to achieve our targets. 4Korners has evolved and has positioned itself as the English speaking leader in encouraging mental and physical health by promoting access to health and social services in the English language for Laurentian families in our communities. The Laurentians include the following areas Ste-Agathe, Piedmont, St-Sauveur all the way up to Mont Laurier. I am pleased to say that we are working together to achieve our common goals.

We have stayed true to our roots in 2011 and have continued to offer "homegrown" programs in the Deux Montagnes area that meet the needs of our community.

In 2012, we will look at securing additional responsibilities and funding to better promote English access to mental and physical health services. We will work closely with our partners at the CHSSN and the CSSS. This is our most important objective, as the population ages, the need to get people the services they need for English services increases.

I would like to take this time to thank the dedicated Board of Directors who have served their mandate year after year. I would also like to thank our staff and the countless volunteers who contribute daily to improve our community services for the English speaking population.

As for next year, plans are already well underway, which we are excited about. Rola Helou, our new Executive Director is establishing guidelines and procedures, which will lead 4Korners to the next level in professionalism and dedication.

At the end of 2012, I will be searching for a new word that will best describe the year, I hope that it will be "outstanding" or "exceptional"!!

Sincerely,

Peter Andreozzi
President, 4Korners Family Resource Centre

Mission Statement

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

We believe that each person contributes to his/her 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.

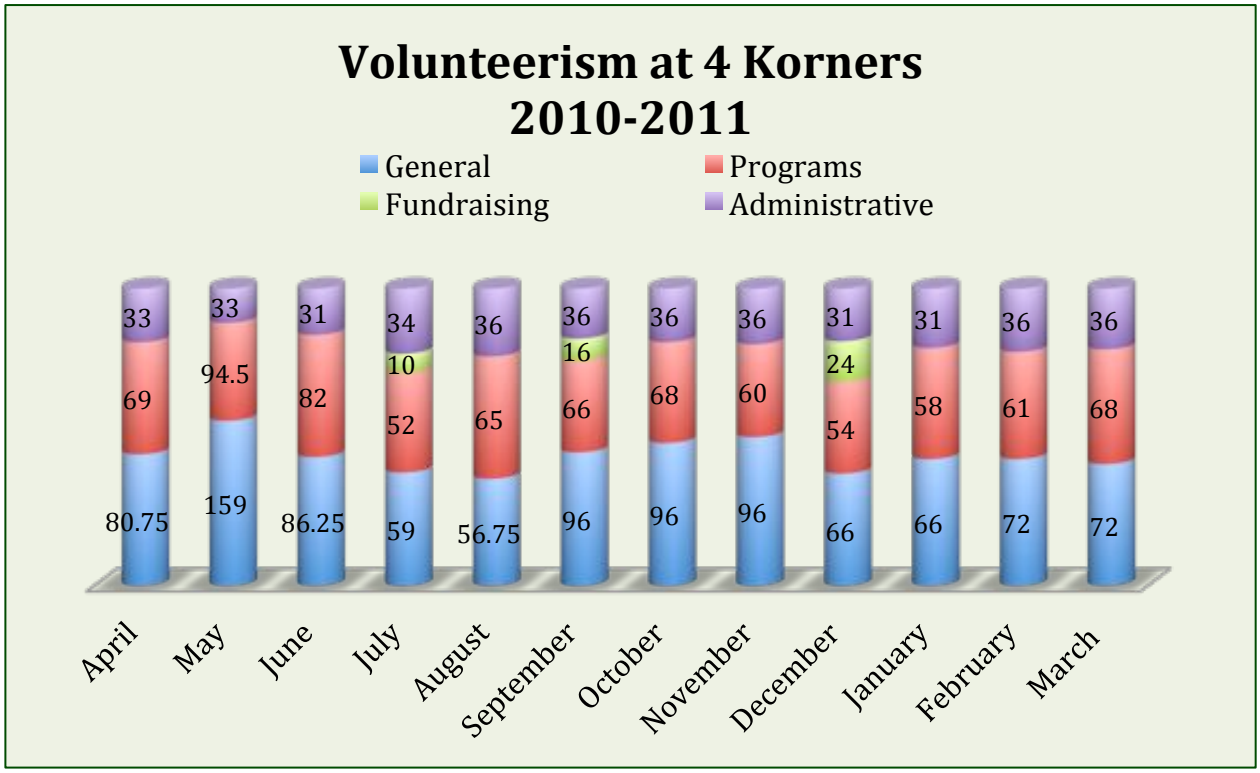
To operate a drop-in-daycare (Halte Garderie).

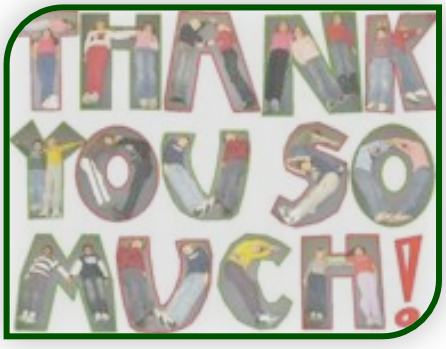
To offer programs to prevent isolation, frailty and other conditions associated with aging.

Volunteers

Volunteers are the backbone of 4 Korners. Without the generous contribution of at least 70 people in the community, many of the programs could not be offered. We, the Board of Directors, the Staff and the Participants, are thankful for these outstanding individuals, and we are honoured that they are part of our team.

The following table shows the breakdown of volunteer hours, which total more than 2200. The table includes the contribution of the members of the Board of Directors, but excludes the numerous extra hours generously given by paid staff who go above and beyond their usual 40 hour-week.





Programs

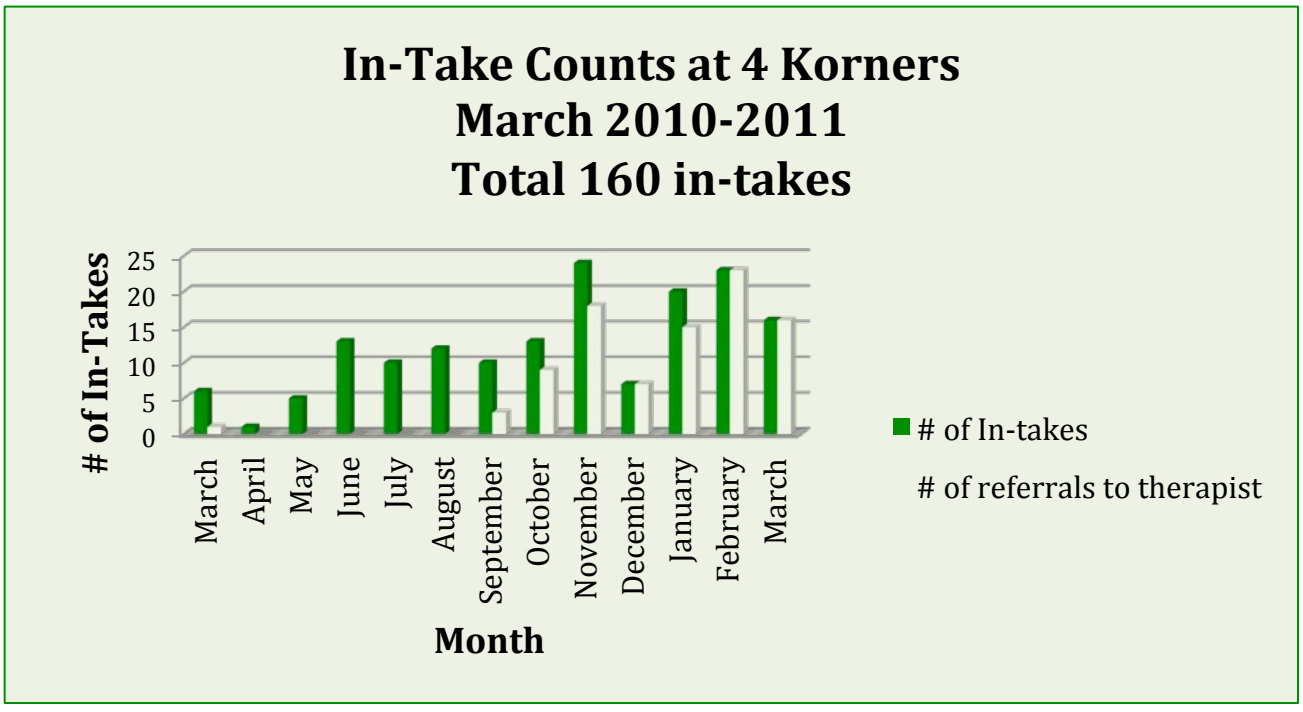
PROGRAMS AND SERVICES FOR ALL AGES

Information and Referrals

4 Korners is dedicated to assisting people of all ages to access information, resources and services in English. We are proud to be able to provide referrals and specific information to our members. Our collection of English language pamphlets describing the various programs and services available in the region is constantly growing. Our knowledgeable staff can help find information and make a referral to an appropriate service. In addition, we are constantly updating our online health and social services directory, which includes a comprehensive list of services available in English in the Laurentians.

Intakes

Each year, several individuals come, or are referred, to 4 Korners in search of comfort, support or services in English. A member of the staff will listen to the individual's concerns and needs and will make a referral to either an in-house service or to one of the other resources available in English in the Laurentians.



Oh, Cébo! Painting
Once a week, people of all ages and skill levels gathered to express themselves through painting. Cécile Bouchard, a professional interior designer and artist, animated this fun course.

Therapy and Grief Support
Last year volunteer therapist Joanne Gagné supported individuals in the region by providing one-on-one and small group therapy.

Cancer Support
Retired Nurse Gertude Dore volunteered her time to support families whose lives were impacted by cancer.

FOR ADULTS OF ALL AGES

Scrapbooking with Carol
This program was designed to provide participants with another medium for self-expression, while improving fine motor skills and memory skills. Once a week, Carol Knight walked participants through the fun, creative world of scrapbooking while they exercised their memories and shared their stories.

Tax Clinic
In March, through a generous contribution from local chartered accountant, Eun-ju Baek, 4Korners was able to offer a tax clinic to serve those in the region on a low or fixed income.

Balcon Vert
The purpose of this program was to provide individuals living in the area with the means to grow their own produce. A team of volunteers prepared and delivered the bins around the MRC Deux-Montagnes area. In addition to learning about gardening and having fresh produce, the individuals shared their experiences with other participants, thereby countering the effects of isolation.

GENDER SPECIFIC PROGRAMS

Women's Information Sessions
4 Korners, in collaboration with Women's Time Out, launched a new series of information sessions for women. This past year, a variety of health related issues were addressed including: diabetes, elder abuse, Alzheimer's and cancer.

Senior Men's Program
This pilot project, designed and animated by Stephanie Soutière, brought men together once a week to discuss any topic that was of interest to them. This helped break the isolation faced by many of these men.

PROGRAMS FOR YOUNG FAMILIES

Chatterbox
Parents of preschoolers came together once weekly to engage in conversation, share information about the trials, tribulations and rewards associated with parenting a preschooler, and other family issues. Free childcare was available through the CAL.

What's for Lunch?
Once a week, parents of preschoolers met to learn about preparing a healthy meal for their families. This program sponsored by the CAL and animated by Shannon Moss, provided parents with information on how to choose healthy meals and how to fit meal preparation into an already busy day. Free childcare was available through the CAL.

Daycare Services
Monday mornings parents had the opportunity to drop off their children at 4Korners. Educators provided a fun and educational atmosphere while parents took care of other business.

PROGRAMS FOR STUDENTS

Brainwaves Tutoring
Once a week, Heather Tremblay and a group of volunteer teachers offered support to students from elementary and high school who experienced difficulty in school.

PROGRAMS FOR SENIORS

Reassurance Calls
Our dedicated volunteers continued the 4Korners tradition by offering a daily reassurance call to seniors who wished to remain independent by staying in their homes.

Yoga – For the Rest of Us

Nel McChristie, one of our dedicated volunteers, combined basic yoga positions and proper breathing techniques in this yoga course designed for seniors. This course was offered twice weekly over the course of the year.

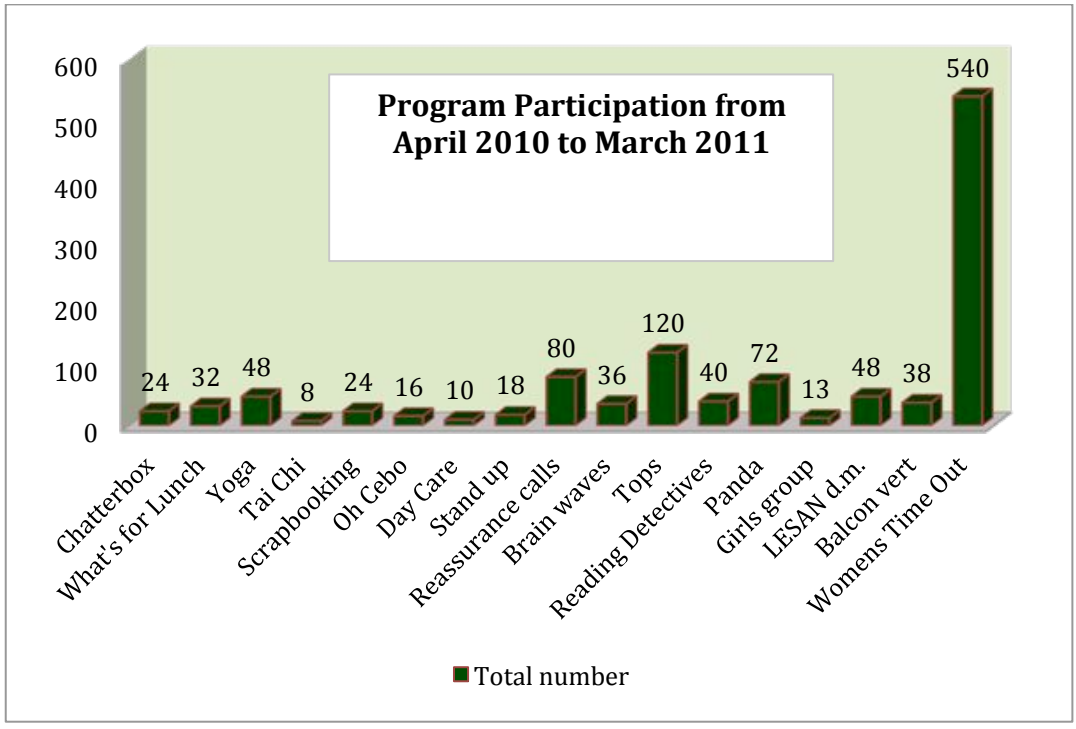
Foot Clinic

Sandra Capagreco and Mary Lessard visited seniors in their homes to help prevent health problems such as infections and diabetes-related complications by providing foot care. This service was available by appointment only.

PROGRAM FREQUENCY AND PARTICIPATION

Programs at 4Korners begin in the fall, last for 10 weeks and end before the Christmas holidays. Registration for the winter session begins in January. The winter session lasts another 10 weeks and ends just before the end of March. Program registration for the spring begins in April. The spring session lasts for another 10 weeks. Only the truly dedicated continue programs throughout the summer. Normally, the center was too hot to provide a comfortable atmosphere for programs. However, there was a group of dedicated yogis who did not allow a little heat to ruin their opportunity to keep active and stay healthy. Who are we to stop them?

The graph below shows the distribution of members who participated in the various programs offered through 4Korners over the course of the year. A total of over 260 individual activities were offered and over 170 individuals were welcomed.



PROGRAMS AND PARTNERSHIPS

Stand-Up Program
This program is offered in French at the local CSSS. In 2010-2011, it was offered by a bilingual intervener from the CSSS, in English to a group of seniors looking for strategies to improve their posture and prevent falls. The results were impressive.

PANDA BLSO
PANDA BLSO offered three programs at 4Korners in 2010-2011: the Reading Detectives Program, the Girls Group and Parent Information Sessions. The PANDA BLSO group contributed to the ongoing functioning of the Center.

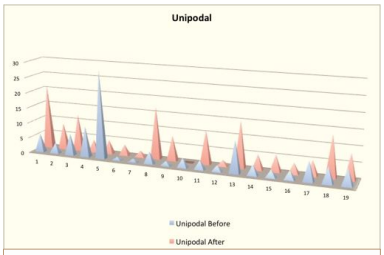
TOPS
TOPS is a weight loss support group for males and females of all ages. TOPS met once a week at 4Korners. The TOPS program contributed to the ongoing functioning of the Center.

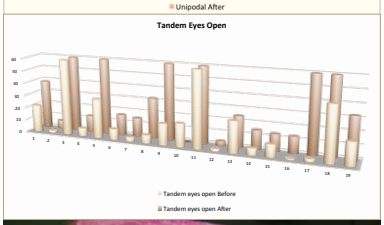
Belly Dancing
This program was designed for individuals who sought to have fun, while improving their health through the ancient art and moves of belly dancing. This program was offered once a week at 4Korners. Profits from the Belly Dancing program contributed to the ongoing functioning of the Center.

Zumba
Instructor Leighann Dufault guided participants in this Latin inspired fitness program. This program was offered three times per week to promote a healthy lifestyle that included regular physical activity. Profits from this program allowed 4Korners to offer other important and essential programs at no charge to participants.

Women's Time Out
4Korners, in collaboration with Women's Time Out, offered a series of information sessions for women. This past year, a variety of health related issues were addressed including: diabetes, elder abuse, Alzheimer's and cancer. These information sessions were offered once a month from September until April.

Tai Chi
Christine Neumayer led participants of all ages in a series of slow, gentle movements designed to promote overall health and total body harmony. Tai Chi promotes strength, stamina, and flexibility and also contributes to healthy joints. Profits from the Tai Chi





program allowed 4Korners to offer other programs and activities free of charge to participants.

Tables de concertations

In 2010-2011, members of the 4Korners team participated in various tables with other organizations and the CSSS. Through this participation, 4Korners strengthened its ties to other organizations that served the population in our territory. In addition, 4Korners was there to ask, "Is this available in English?"

Projects

Canadian Heritage: Moving Forward

The purpose of this project was to increase awareness among youth, of cultural and social activities that exist in the Laurentians. There were over 40 participants between the ages of 13 and 17. The result was that students, both Francophone and Anglophone, recognized the importance of culture in a healthy community.

McGill: Laurentian Regional Internship Placement System

The purpose of this project was to increase bilingual health professionals in the Laurentian region. 2010-2012 was the first year of this three-year project. In the first year, partnerships were made with educational institutions and health institutions and equipment was purchased to facilitate communication. There were also four nursing students placed in the region.

Health Prevention and Promotion: As Long as it Takes

The purpose of this project was to form a comprehensive partnership with CSSS's, and Seniors' organizations to address, coordinate and provide as much support and information for family home caregivers in the following areas: transport, Meals on Wheels, Occupational Therapists, activities, Tel-aide, and information workshops on ergonomics, falling, nutrition, finances, security, abuse, end of life decisions, housing, and grief counseling. The result was that there were many partnerships that were created and strengthened.

Networking and Partnership Initiative: Helping Ourselves Year 2

This was the second stage of last year's mobilization project. The goal was to bring together English-speaking communities throughout the Laurentian region and initiate dialogue as a basis for the creation of an information and support network aimed at promoting greater access to health and social services in the English-language. A networking day was organized on February 25, 2011. The day brought together partners from various parts of the Laurentians. The theme of the day was "Working together towards common goals".

Statement of Operations and Changes in Net Assets for the Year Ended March 31, 2011

	2011	2010
Revenues (Note 5)	$ 215,065	$ 176,071
Expenditures		
Salaries and related benefits	111,948	16,833
Program salaries and related benefits	44,003	59,539
Program expenses	9,323	6,194
Consulting fees	29,529	44,681
Rent	11,176	11,229
Professional fees	6,768	-
Telecommunications	1,547	1,829
Utilities	7,588	6,164
Travel	6,992	8,830
Property taxes	559	2,140
Office and general	12,667	19,705
Amortization	762	1,144
	242,862	178,288
Deficiency of revenues over expenditures for the year	(27,797)	(2,217)
Balance, beginning of year	(5,591)	(3,374)
Balance, end of year	$ (33,388)	$ (5,591)

Sponsors and Supporters 2010-2011

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