

Publications

Donor Appreciation

Community Economic Development

Program Updates



Building Community Foundations for Self-Reliance

Spin
CYCLE
Volume XXXIII. Number I. 2023



Greetings from the Board of Directors of LIFE*SPIN

Low-Income Family Empowerment * Sole-Support Parents Information Network (LIFE*SPIN) has been operating in London since 1989 operated by a handful of incredibly passionate staff, dedicated volunteers and generous supporters. As we find ourselves moving into the third year of our adapted approach to supporting the clients that access our programs and services, we want to acknowledge how challenging the last few years have been for our clients, staff, community, and the country on the whole. The COVID19 pandemic has disproportionately impacted and continues to impact the individuals and families we serve adding additional levels of worry around income, housing, and food security concerns. With the safety of our staff, volunteers, partners and supporters at the forefront our minds we have continued to do the work we have been committed to for over thirty years in spite of ever-changing news, updated protocols, and latest recommendations on managing the spread of COVID-19.

In the last few years our Food Security program transformed into a beautiful partnership with On the Move Organics during the pandemic in which we have provided over 50,000 meals to community. In 2022 the community food box program has provided fresh, local and organic food to 8452 people in 2193 families in the past year thereby improving nutrition and alleviating some financial stress.

Our Free Store which is a “hand-me-down” boutique that offers our clients dignity in addition to clothing, linens, and small housewares. They have served 3,166 people in 1,298 families this past year. In addition to this, the Free Store serves as a meeting place and network for support facilitated by our amazing volunteers who without we wouldn't be able to open our doors the two days and one evening a week we do.

Our Peer Advocacy is unique to LIFE*SPIN. For more than 25 years, we have provided a safe space for low-income families, disabled individuals, seniors, children and individuals who need specialized assistance such as OAS, GIS, ACSD, Canada Pension Plan, Ontario Works, subsidized housing, and provincial disability supports and benefits. Last year we saw an increase in families requesting assistance to complete forms for the Assistance for Children with Severe Disabilities Program. As such, we have responded creating resources pertaining to his program which will be available this Spring. Overall, we saw 560 people representing 271 families.

In the past year we have served 4,024 children in 1,467 different families through our various children's programs. Recognizing our children are our future and a part of how and why LIFE*SPIN came to be we run several programs for the most vulnerable individuals in our community such as the Baby Hamper Program, the Back-To-School Program, the Summer Day-camp Program, and the Christmas Sponsorship Program, which assisted 1,350 families this past year. These programs have incredible buy in and are only possible because of the outpouring support we receive from community.

In 2022 our Community Volunteer Income Tax Program ran all year, working closely with Canada Revenue Agency to help submit 632 returns for 414 families and resulted in \$1,986,052 of direct

benefits for those living in poverty due to age, disability, unemployment, and under-employment.

The Community Economic Development ~ Housing Initiative Program has been an evolving program for more than 20 years. And, it's this multi-residential initiative that has allowed us to provide permanent affordable housing units for families, young people and for those challenged by aging or disabilities. It's because of this program that in this coming year we anticipate becoming completely mortgage free. Recognizing we have a built strong model with a proven track record of success we want to continue to build it out and have submitted a zoning application to the city of London to build an additional 13 units that will help to provide a viable solution to London's housing crisis as it pertains to low income families, particularly those headed by sole-support parents, young people, as well as seniors and disabled Londoners who need accessible housing units to live independently. This will be supported by a sizeable donation we received which we hope we can use to help leverage other supports.

As we move into this next year, we want to thank everyone who has helped both past and present to make LIFE*SPIN the beautiful and vibrant organization that it is today. What started as a group of sole-support mothers trying to do what they could to help alleviate poverty within London has grown into an incredible network of clients, staff, volunteers, partners and supporters who truly highlight what community can be – and more importantly what it can do.

Chi miigwetch & thank you,
Frances Elizabeth Moore, President
Marie Rioux, Vice President Board of Directors

Ken Palmer Memorial Music Award

The Bursary was founded in the spring of 2014 by Ian Davies, to honour the memory of the late Ken Palmer, who passed away in 2013, at the age of 65 (October 5, 1948 – October 30, 2013).

Ken was an integral part of the London music scene for more than 40 years, as a performer with the Dixie Flyers, Artistic Director of the Home County Music & Art Festival, and as a music teacher/mentor to many young musicians. Ken also worked at LIFE*SPIN to develop a business plan for a performing arts centre.

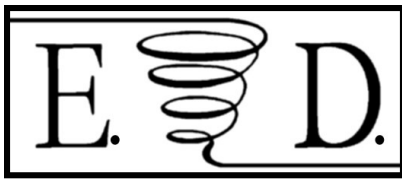
After two years of fundraising, the first Ken Palmer Music Bursary was awarded in 2016. Since then, 14 more \$1,000 bursaries have been awarded. The winners of the 2023 Ken Palmer Music Bursary were announced at the Classical, Jazz and World Music Gala, held at the Aeolian Hall on June 11, 2023.

The 2023 Recipients of the Ken Palmer Memorial Music Award are:

Ashley McIntosh & Nylie DeLeon Katula

We sincerely congratulate them and wish them all the best as they embark on their post-secondary music education journeys.

LIFE  **SPIN**



This officially is LIFE*SPIN's 30th Anniversary year. We were incorporated on June 21, 1993, four years after a group of sole-support parents gathered at a kitchen table in Kilworth to bring our ideas together for our collective futures. We started as "SPIN", but very quickly our efforts came to include other low-income families, and "LIFE*SPIN" was formed: Low Income Family Empowerment * Sole-support Parents Information Network.

Organizationally, we worked together by an old land-line system, which enabled me to call -forward my phone calls to another number. So while I was in class at Western University, or working at my paid job, another member who was at home would take the calls. We organized our schedules and started taking referrals to help provide information to other families that were struggling.

We shared a large garden, where we grew food to share; one parent had a car, so we could take trips to the beach; one family had in-home laundry, savings hours spent walking to and from the laundromat; one family had an empty loft, which enabled us to organize night classes and shift work. Whatever we had, we shared with each other; the goal was to empower each other to fulfill our dreams, and give our children the best futures possible.

When we look at our children and our grandchildren, we cannot help but celebrate. They will tell you stories of growing up at LIFE*SPIN, which is literally true. Many come back to volunteer with us for special events, or to take on leadership roles to continue our mission. I still have a picture of Astrid on my filing cabinet, from 2005. Her mom, Stephanie, was one of our first Pocket-sized Farms leaders in 1994, and the cycle spins around to another generation, as Astrid comes forward to serve on our Board.

It brings me indescribable pleasure to see our youth continuing to connect in meaningful ways, to see Kyle helping his mom at the Free Store; university practicum student, Meagen, now the Treasurer of our Board; to have Anissa drawing a card for our baby fair; to see Arthur grow up, go to college and return to help us with technology, and of course, my own son, Andrew and his wife, Amanda, booking their holidays to help us with the Christmas program. There are so many stories, so many memories, so many beautiful souls that created the magic of the past 30 years.

I am eternally grateful for the wisdom of Stewart Perry, who taught us what Community Economic Development means, and how to implement long-term visioning. We bought our current building 23 years ago and, this fall, we can celebrate the 'mortgage-burning' when the final pay-

ment is made. Perhaps we can slip in a little birthday celebration for LIFE*SPIN too, just because we should celebrate our milestones.

LIFE*SPIN core staff are simply amazing people that share some of their skills and time with us. Myrna is currently in Greece for an Art Residency, and a well-deserved break from her dedication to our work. Deb has been the face of LIFE*SPIN to those who walk through our doors and the voice of kindness on the phone for almost 20 years. Nicole came for a summer job, many moons ago, and is now the lead in our Office of the Community Advocate, providing information and support resources to so many families, as in days of old. Realizing that Len has been filing taxes for clients for the past ten years, makes me wonder where the time has gone. Odie was awarded a Queens Jubilee Pin for the years, the kindness, leadership and deduction she has given to the Free Store. This program began as a series of pop-up events, but another whole team of wonderful kind people, including Dan, Manni, Bruce, Kyle and several new volunteers, make this a going concern, and a place for families to get support and meet others in similar circumstances.

We are happy to welcome back some familiar faces this summer Aram, Gerda, Arthur, Thomas, Soleil, Rose, and MK. We are excited to welcome new staff to help us recover and reinvigorate for the next stage of our visioning, with the support and leadership of our esteemed Board of Directors.

None of this work would be possible without the hundreds of donors that believe in our work and mission. We are deeply grateful for each and every contribution to our work, be it time, money, skills, or just the kind words of encouragement you share with us.

Thank you LIFE*SPIN for the community you have given us!

*Jacqueline Thompson
Executive Director*



*AGM 2000
Fire Hall #5
Stewart Perry
Mayor Haskett*



Office of the Community Advocate

Public Legal Education
Community Development
Law Reform
Casework
Referrals
Volunteer Tax Specialist

To start, I would like to extend my thanks and gratitude to Jacque, Myrna, Deb, and Gerda, who have made my first year as Community Advocate a very enjoyable one. They welcomed me with open arms, and have helped me to settle in to my new role here at LIFE*SPIN, I am truly blessed and grateful for the opportunity. I am passionate about, and dedicated to, the work I do here at LIFE*SPIN, with my whole heart.

Over the past year I have experienced many challenges, but also successes, with regard to securing benefits for clients. Listening to personal tales and stories from clients allows me to understand the unique struggles they face, and empathize with their experiences. It's these personal connections that drives my motivation to make a positive impact in our community. All have touched me in a way that fuels my desire and dedication to continue the fight for social justice. It is also a stark reminder that the work we do at LIFE*SPIN is incredibly important, and that our efforts are making a difference in people's lives.

We have seen an increased demand for help with housing, food, wills/power of attorney, and applications for children's disability supports, such as Assistance for Children with Severe Disabilities, Special Services at Home, and the Enhanced Respite for Medically Fragile and/or Technology Dependent Children Program.

I am able to help clients with Priority Housing forms more than ever now. The expansion of eligibility for professionals from any social service agency to sign off on special circumstances for Priority Housing forms is a significant development. It opens up more opportunities for individuals to receive the assistance and support they need in securing housing. By broadening the range of professionals who can sign off on these forms, the Housing Access Centre has recognized that individuals from various social service agencies possess the knowledge and expertise to assess and determine the need for special priority. This change eliminates the requirement for a social worker specifically, allowing more professionals to contribute to the process.

With the cost of living steady on the rise, more and more clients have been reaching out to for assistance with food security. I continue to refer and sign up clients for our community food box program. However, the demand for food security far out-reaches the city's ability to accommodate this important need. I began my LIFE*SPIN service assisting with the Pocket-Sized Farms program, and am hopeful that teaching children to grow food when they are young will have lifelong impact for them to help meet their food needs.

As the population ages, there has been and there will continue to be an increased need for legal assistance, specifically creating wills and appointing powers of attorney for elderly individuals with low incomes. While our public legal education resource booklet helps prepare them to meet with a lawyer, there is still a gap in legal services to help them implement the documents. Recognizing this need and brainstorming ideas to address it, is a proactive approach to finding ways to address the need; I have a few ideas brewing as I type this up.

With regards to applications for children's disability supports, this is a new application assistance service we offer, which explains the increased demand from clients to assist them with this process. I have successfully filled out over 8 of these applications over the past year, but I worry about the families who are not aware of these programs. It is my goal to spread the word far and wide about these programs, and to point out that I can offer my assistance in filling these applications out.

ODSP and Pension applications continue to be the most requested service of the Community Advocate. I also take on the occasional request, such as assisting to replace ID, help in filling out citizenship forms, and supporting parents of disabled children at school meetings. Where there is a need, I will find a way to fulfill it.

Nicole Davis – Community Advocate

Community Volunteer Income Tax Program

For the past 10 years, Len Roozen has been helping low income individuals and families file their current and prior year tax returns, as part of the Canada Revenue Agency's Community Volunteer Income Tax program. Returns are completed and filed, free of charge. In most cases, returns are filed electronically and instantly, which helps ensure that people receive any tax refund they are owed, as quickly as possible, and that they qualify for the Climate Action Incentives, HST Credits, senior's benefits, Ontario Trillium Benefits, and Canada Child Benefits to which they are entitled. Len, assisted by Debbie, is often able to help clients who are behind in filing, allowing them to recover refunds and benefits they may have missed for up to nine prior years, giving them access to badly-needed funds.

Last year (2021), we helped our clients file 632 tax returns. This year, the Canada Revenue Agency provided a small grant to assist us with the costs of paper, toner, and postage used in 2022. We have applied for a similar grant for 2023.



LIFE*SPIN—Children's Programs

Pocket Sized Farms ~ Ploughshares Project

LIFE*SPIN supported low-income families with children, by providing home-based start-up food garden kits and online classroom activities for the past two summers. Since 1994, LIFE*SPIN has been offering a free day-camp program, Pocket-Sized Farms, to teach young children about environmental protection, organic food production, literacy and building community. We have 77 children registered in the program this summer.

A local business is sending us three teams in the first week of July, to deliver gardening kits to their homes. Each ploughshare kit includes a garden shovel, sheep manure/compost, topsoil, vegetable seeds, and instructions on how to get started growing food at home. These volunteers will provide no-contact drop off to their homes and help them prepare the first row of the garden. We will continue to use the on-line classroom where participants can view instruction videos, learn practical tips on how to grow, harvest, and cook these vegetables. They can also participate in a zoom classroom, where they can ask leaders questions, share recipes, and share pictures from their gardens. The year will kick off with a pizza party for the whole family, and we will send each child home with a craft kit for the first two weeks of camp. Weekly outings will always include parents and other children in the family, as we explore the natural areas of the city that are accessible by transit.

This is an opportunity for us to increase residential food gardens, and come together as a community to support children in low-income families throughout the summer.



Back—Pack Program

The students registered in the summer program were able to sign up for a new back-pack, filled with school supplies and handmade masks. We had our final outing in Queen's Park and they collected packs for all the children in the family. This is a luxury in which many children in low-income families can participate.

BUILDING COMMUNITY FOUNDATIONS FOR SELF-RELIANCE

LIFE*SPIN FREE STORE

The Free Store extended our services in 2018, from 4 hours once a week, to three times a week, including evening hours, to enable more equitable access. Then Covid-19 happened. Our amazing team of Free Store Volunteers carried the program through the pandemic, and are again open two days each week, with Covid safety measures in place.

Now, construction is happening which prevents our families with children, who travel great distances by bus, from getting to the store to shop, which is one reason the store will be closing until September this year. Another reason is that our volunteers deserve a holiday. The Old East Village landscape has changed drastically in the past two years and the lack of proactive community improvement and care is evidenced in the decay of the neighbourhood, which has created new challenges for our volunteers. Always ready to respond to environmental changes, LIFE*SPIN will revisit how to better serve the low-income families who need our support, before we re-open September.

We are grateful for the kindness and dedication of the Free Store Manager, Odie MacDonald. Odie is now a proud recipient of a Queens Jubilee Pin that recognizes her contribution to the community in one small way. Dan and Manni have continued to show up for every shift and to follow the leadership of Odie in serving our clients. We are thankful for their commitment and enthusiasm, as well as that of Kyle and Bruce, who come whenever they are needed to help. We hope the volunteers in-training do stay on to become reliable team members in September.



Watch the next stage of re-opening video at:
<https://youtu.be/PipWa9oTMaA>

Odie ~ Manager
Dan ~ Assistant Manager
Greeter ~ Manni

LIFE*SPIN Christmas Program



SECOND ANNUAL RAILWAY CITY CHARITY CLASSIC

PRESENTED BY CIPG Impressions Printing HD PACS LIFE*SPIN Local Youth Sports

IN SUPPORT OF

THURSDAY AUGUST 24TH, 2023

2022 TOURNAMENT SOLD OUT IN ONE WEEK AND RAISED OVER \$35,000.00

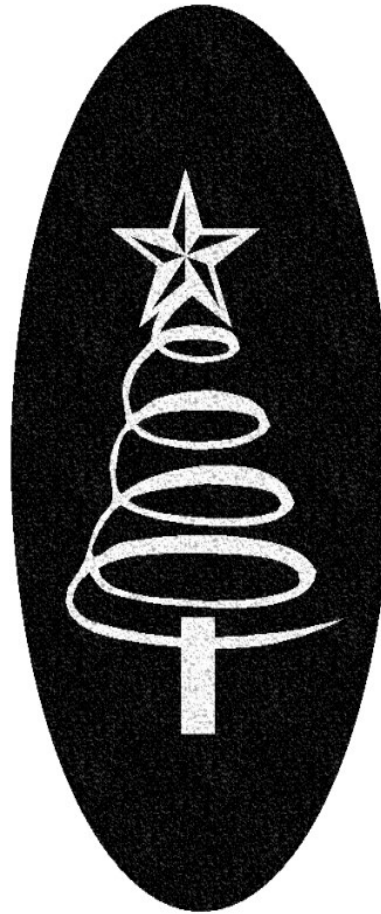
HOLE SPONSORSHIPS AVAILABLE \$800

\$1200 PER FOURSOME
INCLUDES GOLF, CARTS, LUNCHEON, STEAK DINNER, ONE BEER AND DONATIONS TO EACH CHARITY (TEE GIFT FOR EACH PLAYER) | GREAT PRIZES

10:00 A.M. RANGE
11:00 A.M. SHOTGUN
5:00 P.M. DINNER

TO REGISTER CONTACT

WILL BUCKBROUGH WILL@CIPG.CA
CORY STUART CORY.STUART@IMPRESSIONS-PRINTING.COM
JON DRYFOUNT JON@HDPAINING.CA



Christmas is a particularly difficult time for many struggling to raise children in poverty, and this is exacerbated by rising costs for food and housing, post Covid. Thanks to generous donations and community support, we were able to sponsor more than 1,400 low income families, for Christmas. Families continued to register on-line and we saw a marked increase in the number of direct sponsorships, as folks could again shop safely, and so many donors like the feeling of buying something special for the little ones they sponsor.

Two special events resulted in enough toys for us to match to the remaining children. Emergency Services London hosted their annual **Christmas Lights & Sirens** toy-drive at Fire Station 1 and a team of businesses came together to host the first annual Rail City Golf Tournament, and they shopped for the toys and delivered them to us for matching. A dedicated team then delivered 100 Christmas parcels every day and another 450 boxes of fresh food were sent out to at-risk families through our partnership with On the Move Organics.

We had a special donation of 75 new bicycles for teens this Christmas. It really took a community to get them from a shipping container of canvas bags into the hands of smiling youth. We are so grateful for all the encouragement and support we receive. We are particularly grateful to you for your amazing fundraising to support families at Christmas.

Publications

LIFE*SPIN has a growing number of self-published resources available for download from our website. We identify publication needs through our client advocacy services, so that they are timely and relevant to the families we serve. We have had the absolute pleasure of working with Professor Daniel McNamera, through Pro Bono Law Students Canada, for the past several years. His retirement brings us a sense of loss, as he excelled as a mentor to youth working on their law degrees.

This year, we completed a manual for helping families looking for "Assistance for Children with Severe Disabilities" (ACSD). The English version is now completed, and Aram is working on the Arabic Translation this summer. Nicole will host an on-line workshop with Aram in August, to help explain the program application process and answer any questions parents may have.

THANK YOU!

Our great thanks to all the folks who played a role in getting more than 70 bicycles to area youth for Christmas.

CIPG ~ St. Thomas
London Machinery
London Food Bank
Unifor Local 27
First Cycle Works
Shepherd Cartage Inc
Arco Business Networking Inc

LIFE*SPIN

Our Board of Directors must have a minimum of 60% low-income representation. We can have from three to twelve Board members, as long as we maintain this balance. Any nomination from the floor will need to retain this balance or will need to be balanced by an election of the required number of directors. Nominees must read, and agree to, the Conflict of Interest Policy. The Board Slate presented below meets the requirements of our Bylaw.

We have a slate being proposed by the Nominating Committee, following a process by which members put forward names of nominees, who then submitted their biographical information, including confirmation that they do not have a Conflict of Interest that would prevent them from participating fully on the Board.

The following 6 current members of the Board of Directors have completed one year of their two-year term, and have indicated that they wish to continue on the Board.

PAOLA BLASCHKE	MEAGEN CIUFO
SAHAR EL-KOTOB	FRANCES MOORE
MARIE RIOUX	LAURA ROSEN

We present to you the following nominees for the vacant positions on the Board.

Three current Board members, whose two-year terms are expiring

PATRICIA FYFE
BRAD HESLOP
RICHARD NANCARROW

Our former Treasurer, DAVID MURPHY, has offered to continue as an “*ex officio*” Board member.

The Board is saying farewell to ROSE WHITE, who has dedicated numerous years of insightful energy to the organization, and who is continuing to serve our community.

Two new nominees have agreed to join the Board.

ASTRID MCNEELY, who has been actively involved at LIFE*SPIN for fourteen years, & JENNIFER SURERUS, our placement liaison with the Doula Studies program at Fanshawe College for three years.

Full biographies:

<https://www.lifespins.org/board-of-directors>

Community Food Box Program

The Community Food Box program was an urgent hunger relief program to help people get through the state of emergency of the first Covid summer. This program was initiated by LIFE*SPIN, in partnership with local businesses. By working together, we supported fixed-income families, seniors and expectant mothers, who are at-risk, with direct access to food, delivered right to their doors.

Covid funding for food programs ended in 2021. However, On The Move Organics (OTMO) offered to continue the partnership forged during the pandemic. Their customers can contribute to the Community Food Box program, and OTMO makes a donation to the program every month, as well. In 2022, the community food box program provided fresh, local and organic food to 8452 people in 2193 families.

Even though the program has been scaled down, we continue to serve seniors and expectant mothers, as well as those with disability barriers. Food security is critical for low-income families.

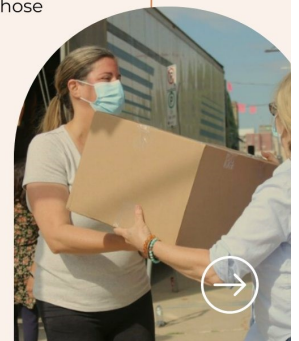
<https://www.lcf.on.ca/stories-backend/2023/6/13/lifespins-commitment-to-food-security>



25,152

Meals Were Delivered.

Over 25,000 meals were delivered throughout the year within those 1,152 community boxes.





*Donations of time and expertise made to LIFE*SPIN are critical contributions that enable us to serve low-income individuals and families in London.*

*LIFE*SPIN staff and Board of Directors gratefully acknowledge these generous and heartfelt gifts.*

Alanna Dugas
Alexis Manaligod
Alisha Alger
Amanda Thompson
Amanjot Gill
Amy Trembley
Andria Hazelwood
Aram Abujazar
Ashley Lapointe
Astrid McNeeley
Aurora Choban
Bob Earhart
Bob Maginnis
Brianna Wardle
Brittany Macdougall
Bruce Sr. MacDonald
Bruce MacDonald
Carolyn McLeod
Catherine Tovell
Claudia Earhart
Colin Woodside
Dan Leaver

Daniel McNamara
Debra Ann Woodhall
Donohue Legal Team
Elana Pimintel
Eloise MacDonald
Emily Corra
Fidha Sabir
G. Daniel Langohr
Glenn Sigsworth
Hope Melady
Ioanna Hopper
Jacob Beech
Jenna Davis
Jerry Skinner
Jill Watson
Jim Kennedy
John Makaran
Joshua Lim
Julie Minifie
Karen Maginnis
Kate Lawless
Katherine Lawless
Kathleen McCully
Kendra Fitzgerald

Khadry Galil
Kyle Mackie
Leila Marie Juriansz
Lorna Bruce
Lucas David Kopp
Lucas Firas Kayssi
Malinda Heaslip
Manal Birani
Mandy Mcdowell
Manuel Baron
Maria Hopper
Marissa Thorburn
Marshall Lozon
Martin Whittaker
Matt/Brandon Horst
Meagan Ciufu
Mehmood Ali
Melissa Adler
Michael Marcarian
Mike Hopper
Miranda Vaughan
Molly Gangbar
Morgan Batten
Nathalie DiBerardino

Odie McDonald
Palkin Arora
Paola Blaschke
Polina Klimova
Rachel Abby Fox
Rachna Sharma
Rasika Fathima Halideen
Reid Christie
River Christie-White
Robert Bener
Robert Duff
Rose White
Roshni Iguidez
Ryan Henry
Sandy Duncan
Sheng Wu
Suhani Shah
Taylor Mac4i
Tina Conners
Tom Thorburn
Wael Ali



*LIFE*SPIN ~ Building Community Foundations For Self-Reliance*



Stewards Committee

The highlight of our year, is the stair-climbing dolly, which carries heavy boxes up and down the stairs for us. Western University's Mechanical Engineering Department provided mentorship for two teams of students, who designed and built this for our location. Myrna was an incredible support in making this come to fruition. We are still experiencing some problems with the Solar Inverters. However, the panels are currently online and turning nature's gifts into core funding. Despite the problems with inverters, the benefits to the environment are astounding. LIFE*SPIN installed solar panels in February 2014. They have generated significant environmental results: the 81.78 MWh are equivalent to 996 trees planted=64.1 kg of CO2 saved.

Old East Common

The flowering trees in the garden burst with colour every Spring. The Dogwood trees at the gate are maturing with a multitude of blooms, and the Red Bud trees create a pink haze in the shade. The shade trees keep the garden cool on the hottest of days, but alas no vegetables can be grown in the centre. Thomas has stewarded the garden for the past three years and continues to work the grounds around the building, despite the construction debris.

Housing Development Committee

With thousands of families on the waiting list for affordable housing in London, we have turned our thoughts to using some of our stability to provide additional affordable housing, particularly for seniors and families with children, as the AI tools being used in London to allocate housing resources, leaves them out in the cold. <https://globalnews.ca/news/9765050/london-ontario-artificial-intelligence-homelessness/>

We established a 'housing investment fund' with a generous legacy gift of long-time supporter, Jean Herman. We now have preliminary drawings and a proposal in development for zoning approval. We will, however, need to raise several million dollars to put shovels to ground. We welcome your fundraising ideas and contributions to the vision. Please feel welcome to share the campaign with friends, colleagues, and family members who may help; <https://www.canadahelps.org/en/charities/lifespinn/campaign/housing-investment-fund/>

Living Room

While the Living Room could not accommodate social events during a period of social distancing, we were able to continue to meet the costs of the space, by renting it out for various campaigns. By last fall, we were utilizing it for our clients, with the support of several practicum placements with Western University.

Seniors

A team of Occupational Therapy students completed a 'wellness check-in' with our most senior clients. Not only did this benefit our seniors, it also identified program delivery changes that would improve our service delivery to them.

Nicole is preparing a workshop: "When I'm 64" to help guide folks through the processes of applying for the various programs with new access based on the age eligibility. We have scheduled our first in-person gathering of senior clients in the Living Room for February 14, 2024. We are planning special guests, resources, and a little social time for our older friends, who have been isolated for so long.

Expectant Mothers:

On March 20th, we hosted our very first on-site workshop, since February 2020. All of the families we serve who were expecting a newborn were invited to the 'Labour of Love; Welcome Baby Fair. We had a special photo booth area, where mothers could pose for a keepsake photograph, and Lewis took some delightful photographs, which we shared only with them. The Middlesex-London Health Clinic and Child Reach were invited to share information and register families for their programs. Our team was on hand, as well; Deb booked Income Tax appointments, and Nicole opened files to assist them with accessing pregnancy allowance, cribs, and car seats. Door prizes were drawn for each participant, and every family left with a baby hamper of clothing, toiletries, diapers and a hand-made quilt and sweater/bootie/hat set, and, most notably, beaming smiles.

Our practicum students from the Doula program at Fanshawe College were an amazing help in organizing this event. On The Move Organics also delivered a box of fresh fruit and vegetables to every family.





1079395 Ontario Inc	Ashley Havers	Cassandra Johnson	Dara Ferguson	Erin Macaluso	Jana Stuyt
81 Masters Masonic Organization	Ashley Smith	Catherine Blokker	Darren Middleton	Erin O'Neill	Jane Bremner
A.E. Gustin	Barbara Baskerville	Catherine Bruni	Darrin Rykse	Erin Stewart-Guilfoil & Jeff Guilfoil	Jane Evans
Abigail Mayne	Barbara & John Kightley	Catherine Gauthier	David Heron	Faith Chiacchia	Jane Moffat
Acqueduct Foundation	Barbara & Richard O'Hara	Catherine Norsworthy	David Murphy	Family Law Group	Janice Dillabough
Adam Millman	Barbara Axford	Catherine Shaw	David Swift	Felicia Huff	Janice Marchant
Adam Stanish	Barbara Thompson	Catherine Traill	Dawn N. Urbanowicz	Foxy Roxy	Janice Merkley
Agnes Murray	Barry Scott	Catholic Womens League St. John Divine	Deb Crowe	Fr. Alan Momney	Jean Knight
Agriculture Union Of PSAC, Local 17	Ben and Melissa Cook	Cathy Bruni	Debbie Pangborn	Frances Whiston	Jean Van Dusen
Alex Achillini	Ben and Sarah Corrigan	Cathy McGarnell	Deborah Bisnaire	Franco De Marco	Jean Wright
Alex Shipley	Ben Blay	Chantalle Czerwinski	Deborah Jarvis	Frank Lazowski	Jeanne Bank
Alexander C. Judge	Ben Corrigan	Charities Aid Foundation of Canada	Dell Tech Laboratories Ltd	Fred Rose	Jeff Crossett
Alicia Ciaciek	Benefaction	Charlene Jardine	Dena Norton	Garry Wastell	Jeff Scratch
Alison Bekendam	Bernice Brydie	Charlotte Kay McQueen	Denise Kinting	Gary Johnston	Jeffery & Louise Carroll
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Alizabath Vouvalidis	Beth Page	Chelsy Henderson	Derek Illman	Genet Hodder	Jen Podonis
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Amanda Humphrey	Bill Lawrence	Christie Somers	Disbrowe Chevrolet Buick GMC Cadillac	Grace Coutinho	Jermy Denomme
Amanda Shaw	Bluewater Mediation Services	Christine Glavin	Dogmara Wozniak	Graham Casson	Jessica Best
Amanda Thompson	Bob & Claudia Earhart	Christine Knight-Smith	Donna Banks	Grant Inglis	Jessie O'Neill
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