



ANNUAL REPORT 2016

In 2016 L'Abri en Ville marked its 25th year providing stable housing for people living with mental health challenges. By happy coincidence it was also the year our long search for a property ended, with the purchase of an attractive condo near Atwater Market for use as our office.

In spite of greater demands on time related to our November move, we managed to make positive changes in many other areas, including fundraising, administration of apartment finances, and quality of life for our residents.

Fundraising, always a priority, became even more important once L'Abri acquired a property. Special attention was given to improving our contacts with foundations and other funders, so important to our work.

Apartment rents and utility bills, previously deposited and administered by volunteer treasurers, were consolidated for greater efficiency.

With help and support from partners, we were able to install a computer in each of our ten apartments for general use, and air conditioning to reduce residents' discomfort during our increasingly hot and humid summers.

Many residents contributed to the world around them by volunteering in hospitals, residences and community centres. Others sat on our board of directors or spoke at public events about living with mental illness.

Volunteers continued to play a vital role, sharing their lives with residents and keeping things running smoothly – from helping organize events for the L'Abri family, to offering their expertise in setting up our new office, to redesigning our newsletter.

ADMINISTRATIVE HIGHLIGHTS

A short walk from Lionel-Groulx metro, the property at 2352 Duvernay fulfils our needs as an office and meeting and activity space, and after years as tenants, has assured us of an enduring place within the mental health service community.

We revisited the idea of launching a capital campaign, and considered hiring a part-time fundraiser. Meanwhile we continued our practice of soliciting our individual donors by letter in early summer, and they responded with their customary generosity. Finally we decided to draw on our volunteer resource base, enlisting board members to collect information on foundations in order to update our database. After many attempts to find a volunteer to head our foundations fundraising, our executive director Cheryl Lafferty took on management of this important task, aided by our office assistant.

Another important job of the executive director has been meeting with community partners to share ideas and collaborate. She met regularly with the Mental Health Table for the CIUSSS Central West Territory, and was a member of the Community Council of Volunteerism and the organizing committee of Montreal Walks for Mental Health. Cheryl's visit to Donald Burman UP House resulted in an exciting new arrangement to purchase computers refurbished by UP House members for use by our residents. Using last year's generous grant from MWMH, we were able to install air conditioners in each of our apartments. Meetings with Nazareth House introduced us to its director Sheila Woodhouse, who became a member of our board, opening up new opportunities for partnership. The board of directors met seven times in 2016.

Negotiating a single phone, Internet

and cable package covering all ten apartments has been time-consuming, but has paid off in savings and efficiency. Hydro bills have also been integrated, and payment of all resident bills and rents is now handled directly by the office. Meanwhile, thanks to the ongoing efforts of Denise Hudon, our office assistant, our website has been overhauled, making it more attractive and informative.

McGill students were a big help in this demanding year. After completing a social work placement with us in spring, student Barbora Macikova returned in summer on a federal student employment grant, to help us with the consolidation of apartment finances and installation of air conditioning. In the fall a McGill second-year student in social work, Andre-Louis Noël, began his placement working with residents and helping to plan activities. As the year drew to a close we were surprised and delighted to learn that the McGill Science Undergraduate Society had raised \$12,000 for L'Abri in a series of bake sales and other events.

RESIDENTS

In 2016 five new residents joined L'Abri. Starting the year empty, the LaSalle apartment welcomed three new residents. The Bahama apartment filled a long vacancy when we welcomed a woman in her thirties, while a man in the same age group moved into the Crescent apartment. In an organization with residents whose average age is 55, these younger residents bring energy and renewal.

A variety of social activities helped our residents avoid isolation, whether with volunteers linked to their apartment or with the whole L'Abri community. In February residents met for their annual hamburger supper, to present their resident fund budget, and vote on

the best use for earnings from their 2015 card and calendar sales — deciding on a picnic at Beaver Lake and a fall hot dog barbecue, both attended by several volunteers and staff.

Perhaps most anticipated of our L'Abri-wide outings was a two-day summer stay at Manoir d'Youville on Lac St-Louis, when we had perfect weather for walks and swimming in the pool. In fall many volunteers gathered pledges and came out on a stormy October day for the annual Walk for Mental Health, from which L'Abri earned \$1,900 to carry on its work. In December residents pitched in with volunteers at our citrus distribution days, hefting and wheeling boxes to cars, or selling L'Abri photo calendars celebrating our first 25 years.

On their own, some residents pursued independent interests. They volunteered in hospitals, seniors' residences or community organizations. They attended art shows, talks and concerts. One exhibited her own paintings; another shared her delicious baking with appreciative volunteers.

VOLUNTEERS

Volunteers new to L'Abri benefited from a spring presentation on major mental illnesses by Dr. Allan Fielding of the Allan Memorial Institute, an outstanding educator and friend to our organization.

The many ways volunteers support residents and contribute to our organization were recognized at our Volunteer Appreciation Dinner in May, featuring a special anniversary slide show paying tribute to volunteers over the past 25 years. At each place setting was a copy of

our redesigned newsletter, brilliantly transformed by new volunteer and graphic designer Jennifer Morrison, and in vibrant colour for the occasion.

Renovations to our new office called for many decisions on lighting, floors and paint colours. Volunteer Norma Singerman made available her skills in interior design to ensure our new space was bright and well-planned.

Volunteers opened their homes to residents, went with them on walks and outings, and helped them organize their spaces. They sat on our board, headed committees and took on special tasks. They sold tons of fruit in fall, and kept track of customers' orders at our citrus distribution days. They decorated for our Holiday Party potluck under the guidance of the indefatigable Joan Esar, who also made sure volunteers brought exactly the food that was needed. They were and are a crucial part of L'Abri en Ville.

BOARD OF DIRECTORS

Co-presidents

Gael Eakin
Dale MacDonald

Treasurer

Sharyn Scott

Secretary

Susan Purcell

Immediate Past President

Campbell Stuart

Personnel chair

Sandra Baines

Member at Large

Cecily Lawson

Members

Afric Eustace, Carolyne Harrison, Suzanne Herscovitch, Jerome Kierans, Christian Nielsen, Heidi Paul, Kosta Theofanos, Eric Widdicombe, Sheila Woodhouse

Advisory Council

Eleanor Beattie, Ph.D., Robert Bassett, Susan Grundy, Marc Laporta, M.D., Marjorie Sharpe, BCL, LLM

STAFF

Executive Director

Cheryl Lafferty

Coordinators

Cathy DeChambeau, Star Gale

Administrative Assistant

Denise Hudon

Mission Statement

Our mission at L'Abri en Ville is to provide a stable and fulfilling environment for persons with a mental illness through safe, affordable housing and inclusion in a community that supports their social, material and spiritual needs. We believe in a society in which persons with mental illness can be full, contributing members. We extend support to others interested in adopting the L'Abri en Ville model.



FINANCIAL SUMMARY FOR THE YEAR ENDED DECEMBER 31, 2016

Revenues	JAN-DEC 2016	JAN-DEC 2015	Expenses	2016	2015
Individuals	\$60,542	\$143,367	Salaries & Benefits	\$175,105	\$173,683
Faith Communities	3,371	2,763	Administration	42,903	35,914
Community	3,058	450	Apartment Expenses Bank 1	14,432	21,291
Foundations	129,750	220,144	Insurance	9,647	9,374
Corporations	3,850	3,880	Professional Fees	17,156	9,982
Citrus Campaign	11,030	9,823	Payroll Fees, Visa & Bank Charges	2,181	2,744
PSOC*	67,784	47,254	Collaborative Dissemination	—	7,819
Employment Subsidy	2,494	1,929	Condo Expenses	11,725	—
Walk for Mental Health	2,808	3,759	Apartment Expenses Bank 2	148,043	—
Collaborative Dissemination	—	2,000	Amortization of Condo	7,867	—
Miscellaneous	—	414	Total	\$429,059	\$260,807
Investment Income	3,535	10,568			
Apartment Rent Bank 2	136,847	—			
Total	\$425,069	\$446,351	Net Revenue	-\$3,990	\$185,544

*Programme de soutien aux organismes communautaires