

Action Centre Action

Annual Report 2017

Creating a World of Opportunity

Contents

Message from the chair & the director	2
Who are we?	3
Creating A World of Opportunity	4
Leadership Team.....	5
Activities' Committee & PAAS Action Team.....	6
Action Centre Program pillars.....	7
Education pillar	8
Arts and Creativity Pillar	9
Health & Wellness Pillar.....	10
Community Participation Pillar.....	11
How Effective Have Our Programs Been?	12
Member's statistics.....	13
Testimonials	14
Action Centre Accessibility	15
Connecting To Our Community	16
Community Involvement and Collaboration	17
2017 Accomplishments	18
The Action Centre Foundation Fundraising Success.....	19
2017 Budget	20
Tribute	21
Contacts.....	22

Message from the chair & the director



Andrew Lindsay
Chair

2017 marked another positive year of growth, renewal and evolution. The Action Centre remains a unique and welcoming Community day Centre - offering structured activities for those with physical and cognitive disabilities.

The Board of Directors is extremely proud of, and benefits greatly from, the dedicated and talented leadership of our Management Team - who bring continuity, creativity and stability to our programmes, activities and overall operations. Equally, our Staff, teachers, employees and volunteers are indispensable and continuously stimulate minds, motivate bodies and inspire wisdom, independence and camaraderie to our membership.

On behalf of the Board, I am grateful to each and every one of you; proud of what we have accomplished thus far and optimistic and confident of what we can accomplish together.

It is with great pride and accomplishment that we present to you the 2017 annual activity report. This report highlights many notable achievements. I am proud to celebrate these achievements along with my 15 years work at the Action Center; and continued progress in the pursuit of improved programs, activities and services designed for the specific needs of our members who live with physical and cognitive disabilities.



Ilham Bouzouma
Director

As you read the report, I hope you will gain insight into the breadth and depth of our activities. As the director of the Action Center, I pledge to continue the quest for greater knowledge, better programs, and enhanced capacity on behalf of every member impacted by a limitation or a disability which may be keeping them from optimal growth and development. They deserve to see the promises of tomorrow become today's reality. The accomplishments over the past years and the work ahead depend on the support and contributions of our partners and dedicated staff. I am immensely grateful to those individuals and partners whose energy and support sustain us.

Thank you and we look forward to another amazing year at the Action Center.



Who are we? The Action Centre was spearheaded 20 years ago when the Day-Program at Constance Lethbridge Rehabilitation Centre was spun off as an independent member-driven charity for adults with multiple disabilities; offering significant savings for the government Health and Social Services agency and the Action Centre autonomy. The Centre provides bilingual activities and workshops, 5 days a week, 50 weeks a year, for 170 active members with a wide-range of disabilities.

What do we do? The purpose of the Action Centre is to respond to the needs that adults with disabilities have after they have completed rehabilitation. More than 90% of the members of the Action Centre live below the poverty line, and approximately 75% live in government subsidized residences. Furthermore, most are not able to find work or stay employed because of the overwhelming burden of their disability. So, in addition to having physical or cognitive limitations, they also have very little resources to stay engaged in society. Leaving many, who, before their life-changing event, lived full and purposeful lives, feeling hopeless and adrift. Most people with disabilities, who are not involved in a programme tailored for their specific needs, end up isolated and severely depressed. The Action Centre is a life-line for these adults and answers the questions 'Now What?' and 'Where do I go from here?'

Why does this matter ? Responding to these needs is important because as a community, we have a moral obligation to take care of our most vulnerable and not addressing these needs has a real cascading financial burden for Canadians. This includes health care costs, lost productivity and reductions in health-related quality of life. While the Action Centre helps the government to save about 3.5M \$ yearly.

Creating A World of Opportunity

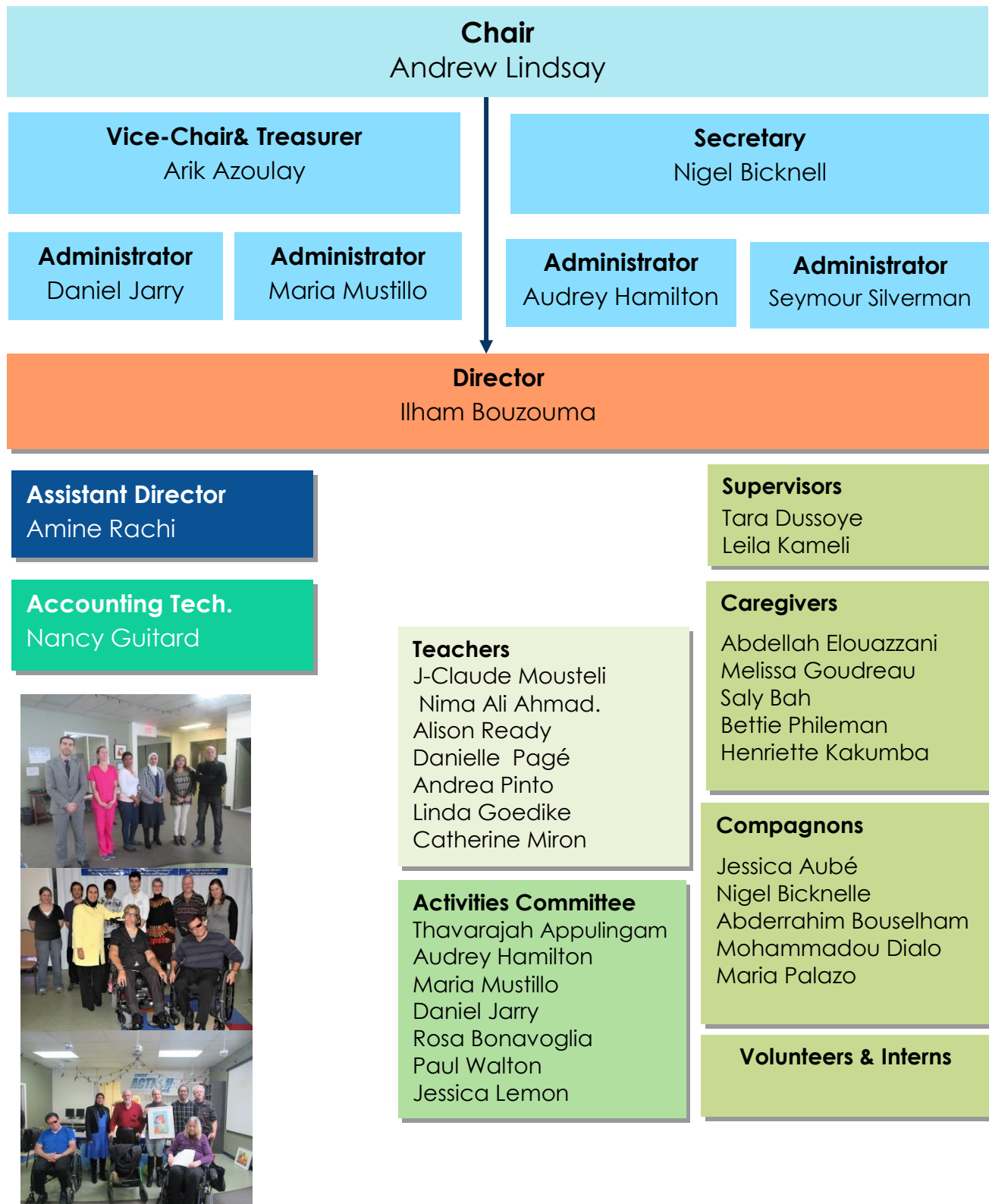
The Action Centre has a great team who provide “A World Of Opportunity” for a marginalized segment of the population. Individuals with physical and/or cognitive limitations are burdened not only with the challenges of their disability, but in many cases these individuals do not have the family and social support systems they need. This is a pervasive issue across all countries and cultures.

In response to this global issue, our members benefit from an affordable, bilingual and multicultural community who are all navigating these challenges. “A world of opportunity” is created through meaningful participation in recreational and educational activities that develop members’ skills while increasing their self-esteem. As our internal surveys have demonstrated, our services improve our members’ and their families’ quality of life.

We are honored to provide such important and imperative services to the community and the families of adults with disabilities. The services offered at the Action Centre offer over 65,000 hours of respite for families, caregivers and government agencies every year. Furthermore, they also offer tremendous financial savings to the government. With that said, fluctuations in government grants and dedicated subsidies limit how the funds can be used which make it challenging to meet all the organization's financial needs. Because of the hard work of our team, our members can live their lives to the fullest and give back to their community, which has resulted in a profound, positive global impact.



Organizational Structure of Action Centre



Activities' Committee & PAAS Action Team

The contribution of some dedicated members is equally essential to the smooth running of the Action Centre. So many wonderful members give selflessly of their time, patience and kindness in the interests of their colleagues at the center.

ACTIVITIES COMMITTEE

**Daniel
Jarry**

Community
Liaison

**Audrey
Hamilton**

Procurement /
Supplies

**Maria
Mustillo**

Internal
Fundraising

**Thavarjah
Appulingam**

Finance

**Rosa
Bonavoglia**

TA Coordination/
Reception

**Jessica
Lemon**

TA Coordination
/ Reception

**Paul
Walton**

Network Admin
and Advertising

PAAS ACTION TEAM

Cantina

**Neville Blair
Patrick Dumont
Hicham Saadi**

Office

**Mireille Breton
Alain Bouchard
Caroline Théberge**

Reception

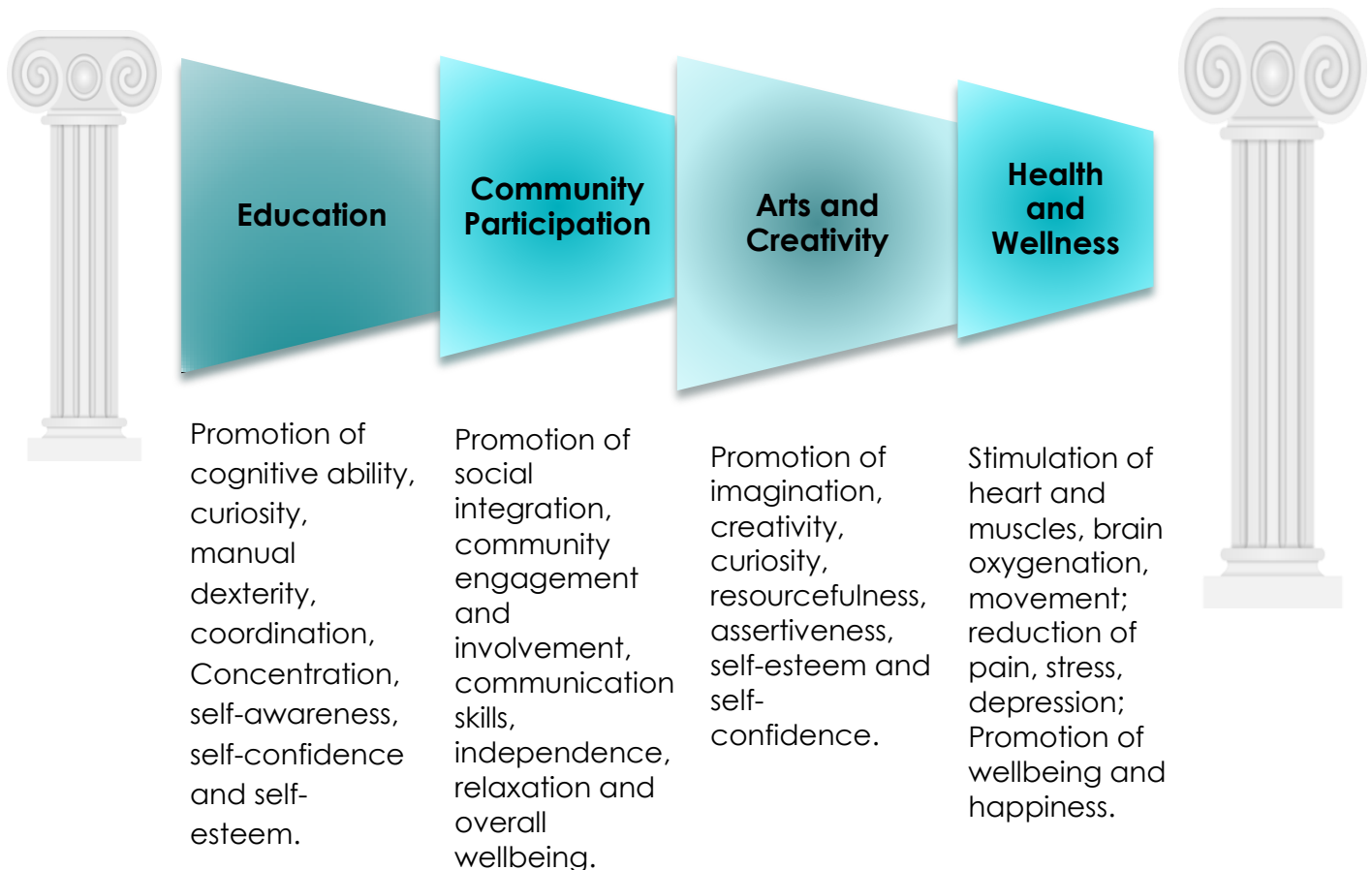
**Jessica Lemon
Lynne Larivière
Daniel Miville
Rosa Bonavoglia**



Action Centre Program pillars

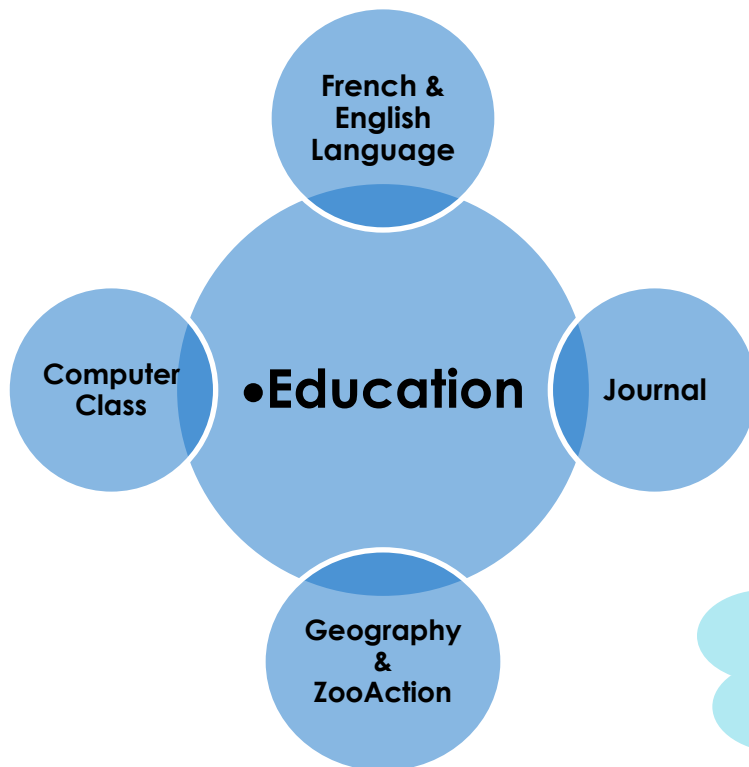
The Action Centre offers its members a wide range of 28 weekly workshops and over than 20 social activities yearly; designed to meet their needs, contribute to their development and integrate to their community.

These activities are evolving constantly, as determined through careful and thoughtful observation and via regular input from those attending and participating; which fall under the following 4 pillars:



Education pillar

The Education workshops are animated by teachers from CREP and PAAC.



"I really enjoy talking about the news. I like that there is a place where I go and talk to people about my interests such as the news"

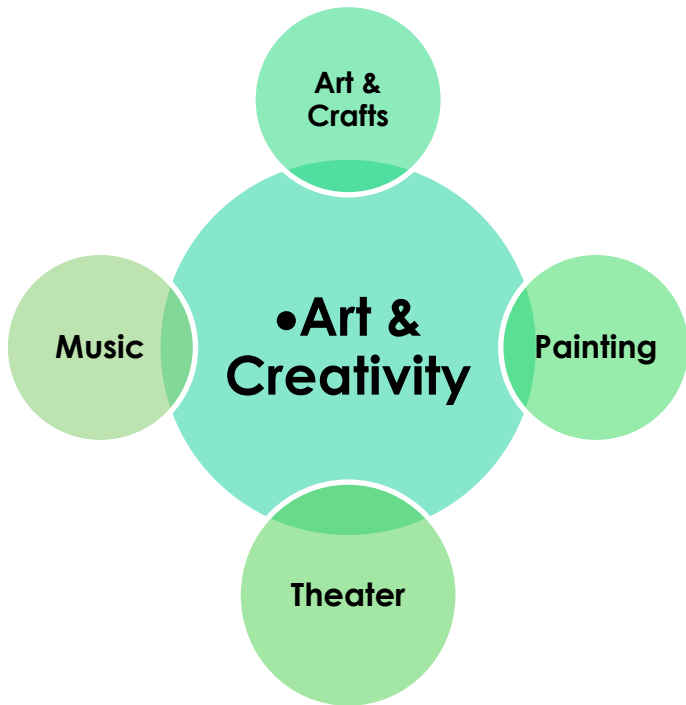
James Borden, Action Centre Member

87% of members surveyed reported that the education workshops are very enjoyable.



Arts and Creativity Pillar

The Arts & Creativity Pillar offers at least 4 workshops every week. Each workshop is 120 minutes long. These workshops are:



Over 92% of members surveyed felt that these classes stimulated their creativity and imagination and more importantly, these workshops boosted their self-confidence.



Jewelry made by our members



Art made by our members

"I love looking at all the things I have created; it makes me feel good about myself"

Francis Levy, Action Centre Member

Health & Wellness Pillar

Each of the activities and workshops in this pillar are geared towards providing better choices for healthier lifestyles, improved quality of living and better mobility



94% of our members surveyed felt a sense of belonging and connection to the other members of the Action Centre after these activities.

"I love being near water so going to the pool is what I look forward to most"

Maurya Morin, Action Centre Member

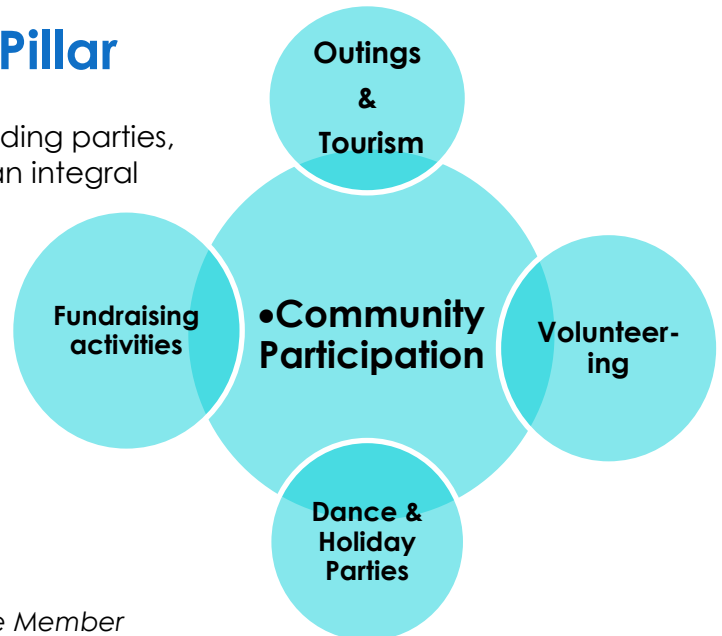


Community Participation Pillar

The center offers a full range of activities, including parties, group meals, dances, group outings, etc., as an integral part of the yearly calendar.

"I enjoy our outings so much they give me a real sense of freedom"

Paul Fagan, Action Centre Member

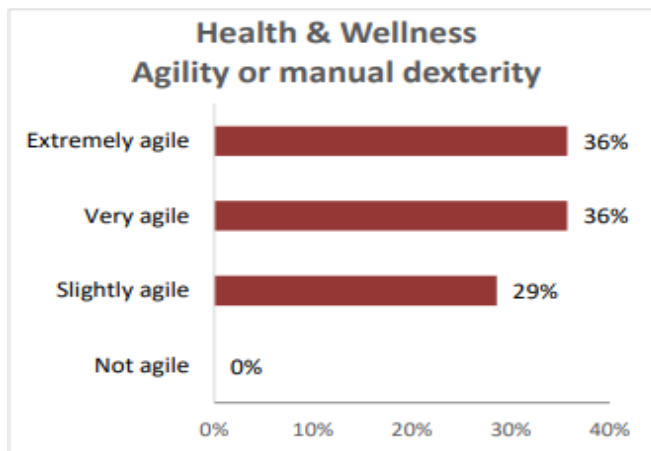


January <ul style="list-style-type: none"> •Bingo Night 	February <ul style="list-style-type: none"> •Valentine's Dance 	March <ul style="list-style-type: none"> • Sugar Shack •Shopping [Place Versailles] 	April <ul style="list-style-type: none"> •Bowling Tournament [Rose Bowl]
May <ul style="list-style-type: none"> •Montreal Fine Arts Museum •Spring Dance 	June <ul style="list-style-type: none"> •Visit to City Hall •BBQ 	July <ul style="list-style-type: none"> •Jean Doré Beach •Visit an Airplane 	August <ul style="list-style-type: none"> •Ottawa -Agriculture Museum •Summer Dance •Picnic [Île Bizard] •Fur Trade Museum
September <ul style="list-style-type: none"> •Corn Roast •Apple Picking 	October <ul style="list-style-type: none"> •Shopping [Gallerie d'Anjou] •Halloween Dance 	November <ul style="list-style-type: none"> •Spaghetti Dinner •Fine Arts Museum 	December <ul style="list-style-type: none"> •Shopping [Côte Vertu] •Holiday Party [Christmas]



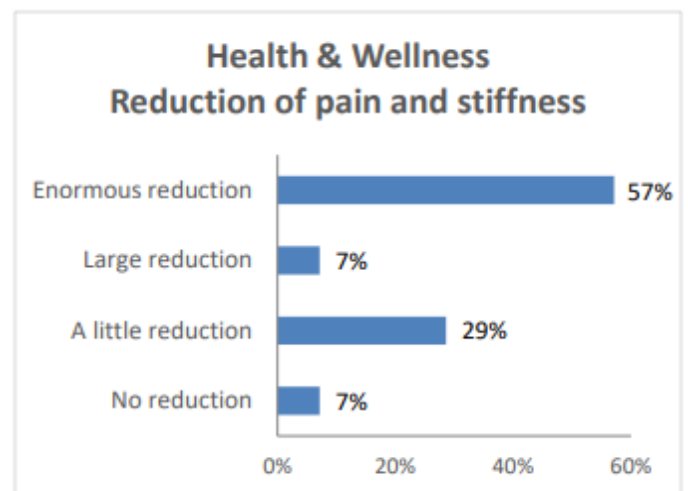
How Effective Have Our Programs Been?

This year we surveyed our members to quantify our impact. The surveys confirmed that our members live healthier and more fulfilled lives. The Action Centre is a catalyst to improve mood, increase agility and manual dexterity, reduce pain and stiffness, increase feelings of belonging, happiness and connectedness. We also learned that the Arts & Creativity workshops help members to develop creativity and imagination and boost their self-confidence, while the Education workshops stimulate interest and promote continued learning.



94% of the members surveyed found that these activities improved their mood and level of happiness.

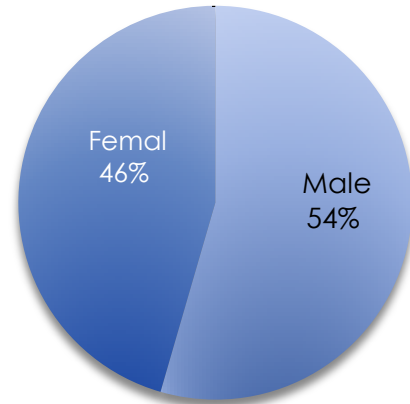
Well over 60% experienced a significant reduction in pain and stiffness because of the health & wellness workshops



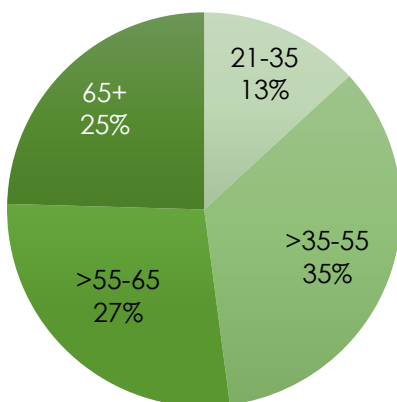
Member's statistics

170 members

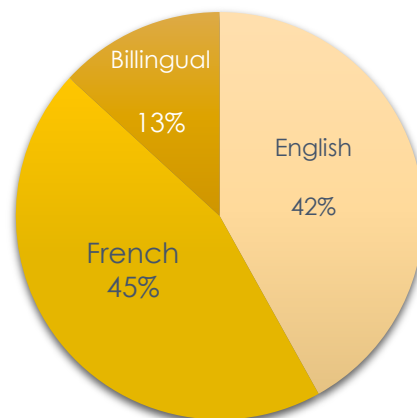
Gendre



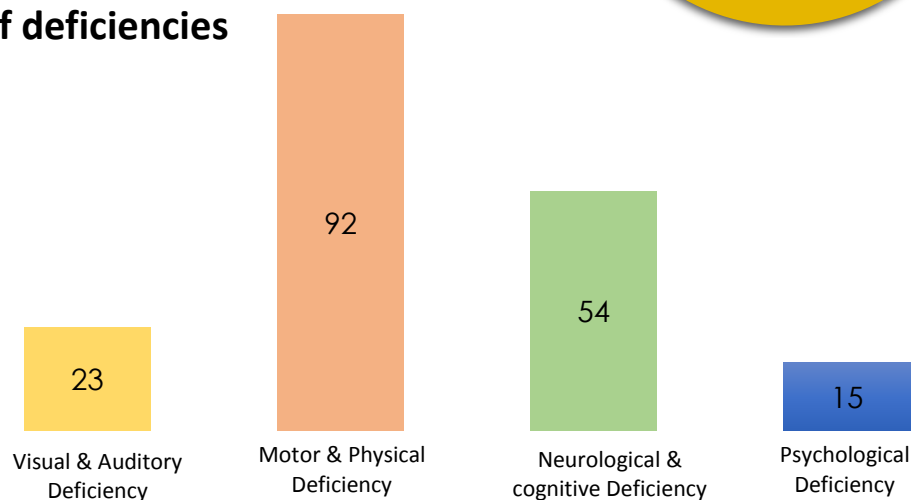
Age



Languages



Type of deficiencies



Testimonials

Maria Mustillo, AC member:

Maria is an active member, a founder of the Action Centre and a member of board of directors. *"Muscular Dystrophy has changed my life as it is a degenerative condition, and as years go by I am losing my autonomy. However, being a member at the Action Centre has compensated a great deal for my loss of autonomy and my growing limitations. I feel that the Action Centre has given me purpose and allows me to contribute to my society in a meaningful and fulfilling way"*.

Catherine Miron, Teacher, CSDM

Catherine is a teacher from CREP, Montreal school Board; she joined the center in September 2017. According to her, *"The Action Center is an indispensable place to promote exchanges and an important social network, a community, where people can live without being constantly defined by their disability and / or they can be themselves living their differences"*.

Daniel Racine, Volunteer, YMCA

Daniel is a devoted volunteer, he prepares the daily meals. *"... I started at the Centre with compensatory work with the YMCA but I couldn't leave the Action Centre, that's why I'm still here. I'm learning and growing along with members. I enjoy preparing meals every day"* being excited.

Henriette Kekumba, Cargiver (Emploi Q. subsidy)

Henriette is a caregiver, she considers the Centre as her second family, and *"The Action Centre is always in Action. I have the pleasure of waking-up every morning going to work at the Centre, where members enjoy their days... I'm lucky to be part of this family"* Henriette confirmed.

Fatima Fifi Konate, Intern, (Faubourg School)

Fatima is an intern in Home Assistance Program. *"I am so proud of the members of the Action Centre, they confirm that - **the Disability isn't in-ability**-. I'm lucky to have chosen this place to practice my knowledge. I would like to thank all the staff, specially my supervisors and members"*.

Action Centre Accessibility

*Serving Greater Montreal
and surrounding areas*



Operating Hours

8:30-4:30

5 days/ week
50 weeks /year

Closed: Statutory &
Christmas Holidays

Accessibility

Adapted for all member's needs
with ramps, doors, and adapted
tables, chairs, washroom facilities,
adapted transport (STM) is
coordinated with the Action Center

Information/ Communication Tools

3 Internal billboards, Digital communications/ signage on 2
large flat screens, various marketing/ promotional brochures,
flyers, Website, phone, email, Calendar of Social Activities,
Educational Program

Training Session

Altergo, Centre Action, ROPMM, Moisson Montreal, Santinel,
City of Montreal

Connecting To Our Community

Each year the Centre works to strengthen its partner network and expand its involvement in the greater Montreal community.

The following is a list of the organizations and institutions where the Centre adhered to or participated in their activities and events.

- AlterGo
- Nutri-Centre
- PANAM
- Lasalle City
- Pro-vert
- Moisson Montréal
- ROPMM
- DéPhy
- Octogone Lasalle
- Aquadome
- Montreal City



"... the Octogone library being an inclusive place, welcomes and offers free activities to members of the Action Center who are always happy to have a good time at the library "

Saida Meridja, Octogone Library, Lasalle

Community Involvement and Collaboration

To provide its exceptional services, The Action Centre solicits vital partnerships, a variety of loyal and dedicated community partners and institutions, which are critical to our success. A big thank you to all our partners.



2017 Accomplishments

25 new Active
Members

55,940
participation
in Activities

Average of 50
Members daily

Arts' exposition
in partnership
with CREP

Foray to other
provinces:
Visit of a museum
in Ottawa

Updating the
computer lab
system;
installing new
adapted
software

2500 training
Hours and
12850
volunteering
hours

Renovation of
Stock Area

Adapted new
workpalce for
PAAS Action
Team

The Action Centre Foundation Fundraising Success

8th Annual President Cup Wheelchair Basketball Tournament

Every year the Action Centre Foundation organizes its of basketball tournament to collect funds to support the Action Centre. In 2017, ten corporate teams participated including Action Centre team.

"We would like to thank the Action Centre Foundation and its donors for their sustainable support"

Ilham Bouzouma. Action Centre Director

Playing against Corporate and Student Media teams from across Montreal+ VIP guests **Trevor Williams** (Bronze, 1992 Barcelona).

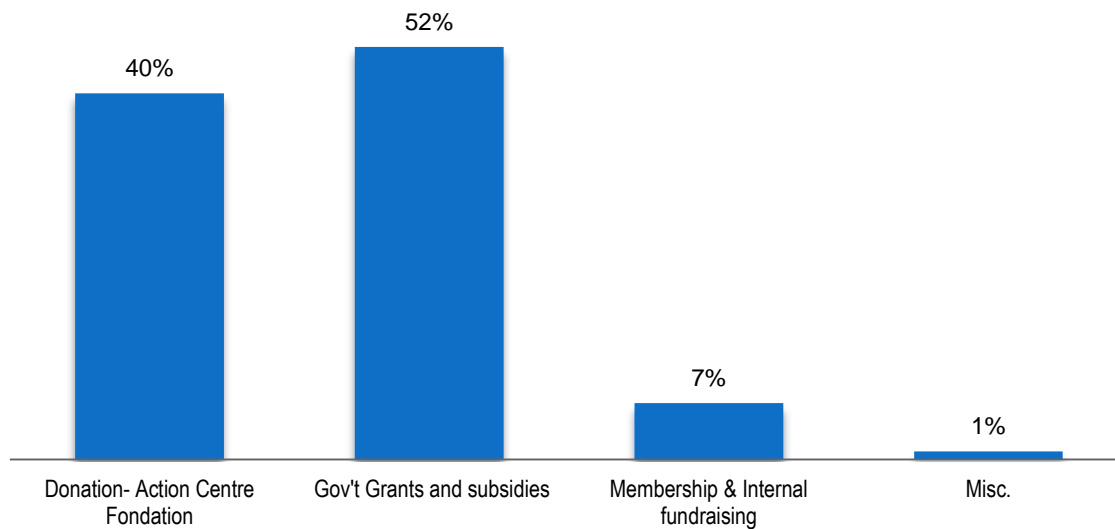


A Huge Success
Over \$40,000

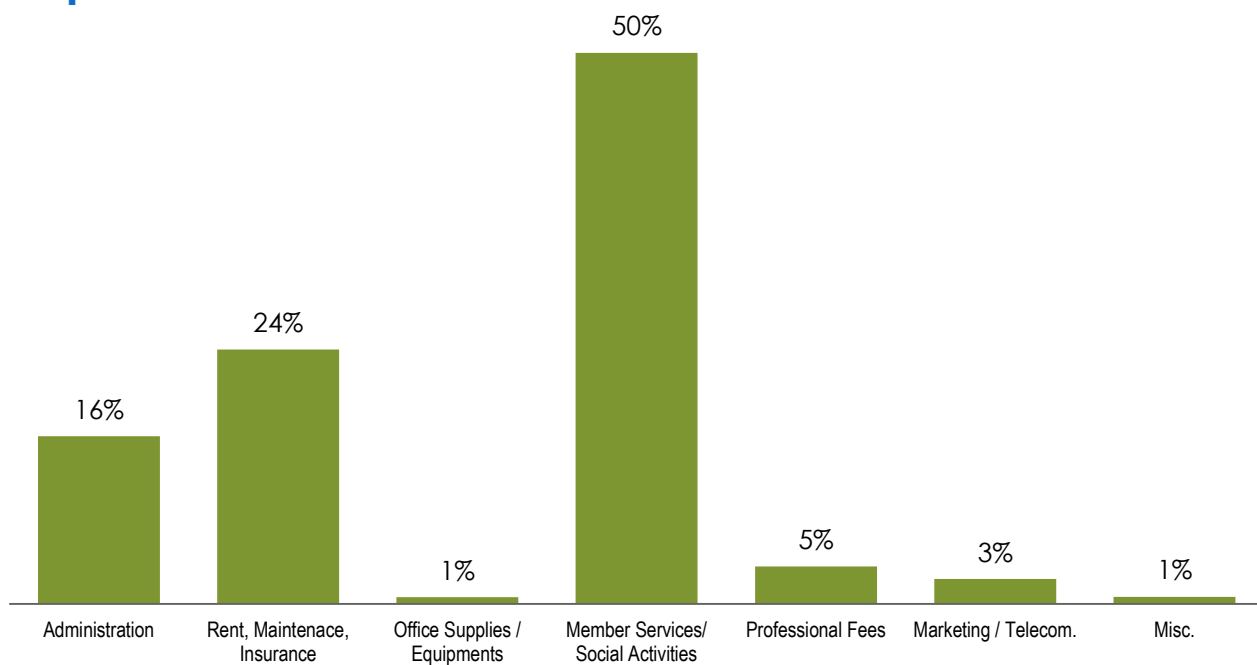


2017 Budget

Revenue



Expenses



Tribute

In Loving Memory of Yuri E. Simonito



The Action Centre recently lost a dear member Mr. Yuri-Zakari Simonito. He will be missed and always remain present in our hearts.

On behalf of the members and staff of the Action Centre, we extend our deepest condolences to his family specifically his mother.



Contacts

Director: Ilham Bouzouma ext. 229

ilham@centreaction.org

Assistant Director: Amine Rachi

514-366-6868 ext.222

amine@centraction.org

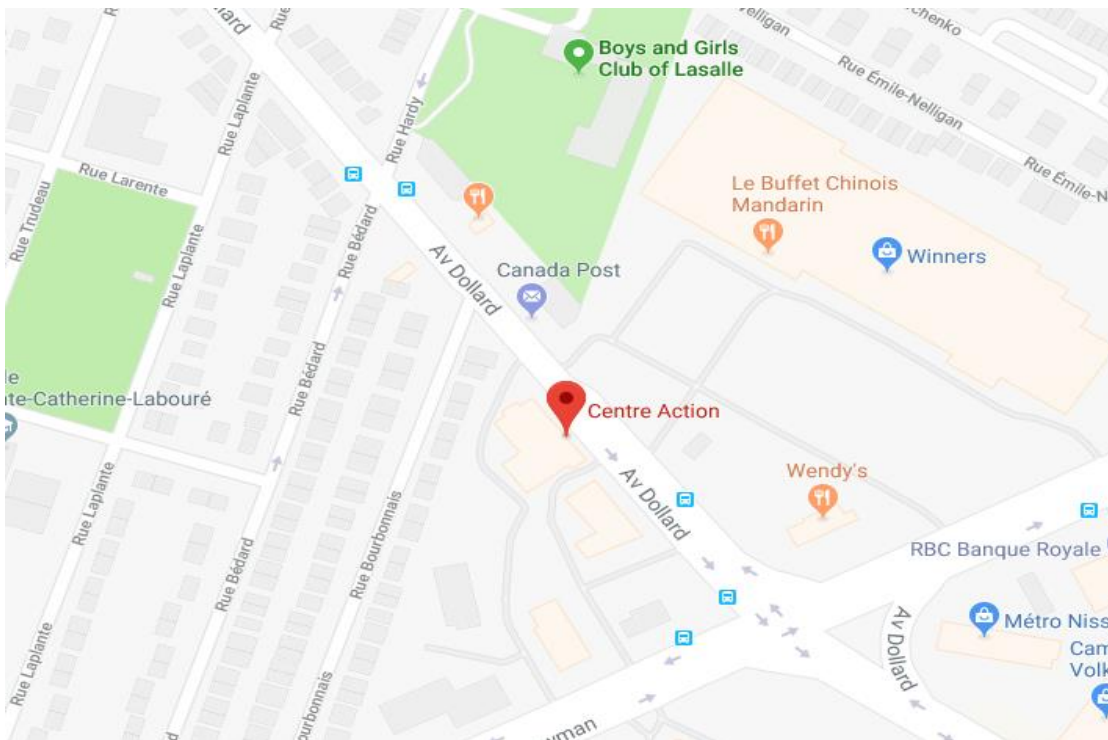
Local Address

Action Centre

2214 Dollard Avenue,

LaSalle, QC H8N 1S6

www.centreaction.org



A photograph of a man in a wheelchair, wearing a cap and a light-colored shirt, looking out over a large body of water (likely a lake or pond) with a line of trees in the background. The image is split horizontally, with the top half being white and the bottom half showing the scene.

Action Centre Action

2214 Dollard Avenue,

LaSalle, QC H8N 1S6

Tel. 514-366-6868

E-mail: info@centreaction.org

www.centreaction.org