



CREATE A WORLD WHERE  
EVERYONE BELONGS

# **L'ARCHE TORONTO**

Annual Report 2018–2019

Artwork by the L'Arche Toronto Sol Express art program





# Dear Friends of L'Arche Toronto,

During this year, some of our core members faced significant health challenges. During these times of vulnerability and uncertainty, our community responds with compassion and caring support for those who are hospitalized or who require additional support in their home.

These challenging situations were a stark reminder for our community that we had to continue the work on our innovative housing model which we started in 2015. This year we worked closely with the Daniels Corporation and DTAH on our design plans for a 4,000<sup>sq</sup> apartment for eight people within the ArtWorks Tower in the Regent Park neighbourhood. Working on this project has been very exciting and life-giving for our community, and we are pleased to share with you that we signed our purchase agreement with the Daniels Corporation on March 8, 2019.

Through our work on this project, we were again reminded of the significant need that currently exists in our city regarding affordable housing for people with intellectual disabilities. This project will allow us to welcome four core members to our community by 2021.

This past year, we were already able to respond to this urgent need for housing and welcomed Patricia as our newest core member at L'Arche Toronto. It is delightful to see how quickly Patricia created her home at Greenwood House and in our community. Welcoming Patricia was made possible due to our good relationship with the Ministry of Children, Community and Social Services (MCCSS), which offered the required financial support.

Our Trying It on for Size (TIFS) program continues to thrive in its second year. We welcomed several participants to this unique program, which offers a safe environment in which participants, with their coach, can evaluate their independent living skills and create opportunities for personal growth.

Another wonderful experience we celebrated this past year was the return of Sol Express to the Fringe Festival. This year their seven performances of Birds Make Me Think About Freedom were seen by a total of over 800 people, and the production was awarded the "Patron's Pick" at the Al Green Theatre.

Our third annual Twist n' Sip fundraiser, which took place again at Crow's Theatre, was an energy-filled evening that enabled us to connect with our generous donors, meet old and new friends and community members, and celebrate our community. This outreach opportunity also offered us the chance to expand our circle of partners.

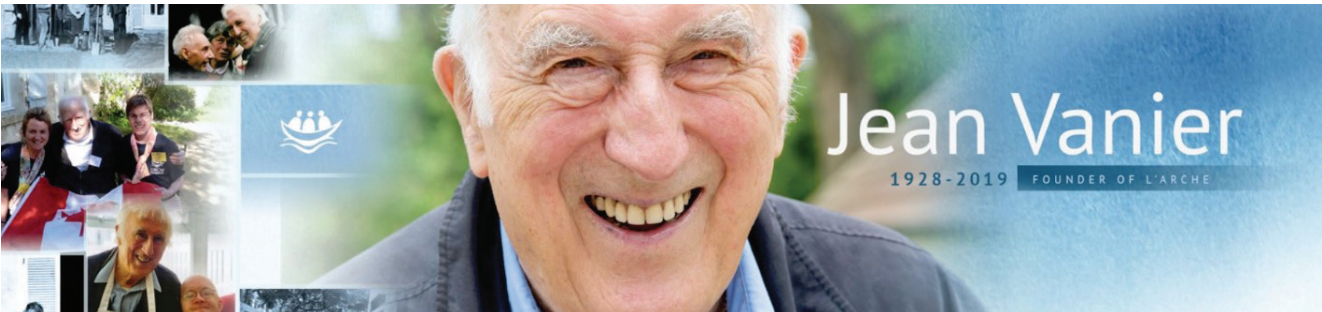
This main fundraiser as well as others throughout the year remain vital for our community as they help us to reduce our operating deficit. This year we were faced with an unprecedented deficit and are immensely grateful to MCCSS for its additional, substantial financial contribution at the end of the fiscal year to help us ease the significant financial pressures we face.

Please enjoy all the stories contained in this annual report for the fiscal year, April 1, 2018 to March 31, 2019. We're deeply grateful for your support in making Jean Vanier's vision for L'Arche in the city a reality.

Sincerely,

Raphael Arens  
Executive Director and Community Leader

Amanda Hudson  
Board President



**OUR COMMUNITY** is mourning the loss of our founder, Jean Vanier, who passed away on May 7th, 2019 in Paris. Jean left behind a tremendous legacy – 154 L'Arche communities in 38 countries around the world. Inspired by Jean's vision of community, we place immense importance on the living out of authentic mutual relationships in everyday life as a means of influencing the society in which we live.

## L'ARCHE AROUND THE WORLD

**L'ARCHE BEGAN IN 1964** when Canadian and Templeton Prize winner Jean Vanier invited three men from a local institution to live with him and create home together in Trosly-Breuil, France. Today L'Arche is an international network of 154 communities in 38 countries, where people with and without intellectual disabilities live, work and create home together.

## ABOUT L'ARCHE TORONTO

**FOR OVER 45 YEARS**, L'Arche Toronto has brought to life the vision of Jean Vanier, as people with and without intellectual disabilities share life in community with a wide circle of family, friends, and neighbours. We provide supports for daily living, employment, and community participation as well as a creative and performance arts program, Sol Express, and Trying It on For Size (TIFS), a life skills program. We help individuals with intellectual disabilities discover their gifts and abilities to achieve their goals for a meaningful life. L'Arche Toronto is a community that works with others to create a world where everyone belongs.

## Our Mission

- Make known the gifts of people with intellectual disabilities, revealed through mutually transforming relationships.
- To foster an environment in community that responds to the changing needs of our members, while being faithful to the core values of our founding story.
- To engage in our diverse cultures, working together towards a more human society.





## Spotlights

### CORE MEMBER

## Patricia

by Cassie Wilson

**WHEN WE FIRST MET PATRICIA** on November 5, 2018, six short months ago, we were not sure how this story would unfold. Though she was coming from a very difficult living situation, we quickly got to see just how resilient, strong, and trusting she is.

On that first day when we told her she would be moving to a new home we saw hope in her eyes. Moving day was a perfect example of what we would later know to be the eager, easygoing and determined woman who now lives at Greenwood House. Although I am sure it was not easy for her, she did it with much grace, positivity and trust.

In the move to Greenwood House, she was most excited about having her very own room. After previously having to share a room, she was thrilled at the thought of having her own space, and she was very pleased with her brand-new bedroom.

Patricia quickly got into the rhythm of Greenwood House and made it very clear that although she had been retired from her previous day program position, she was not yet ready to give up working. She wanted to be busy. She quickly found two different day program opportunities that suited her, and she has been attending four days per week. The goal for her now is to find a paying job for the fifth day to make a little extra money.

Patricia has had a very positive impact on our community. She brings joy, fun, laughter, and an energy that resonates through us all. We are so grateful to have had the opportunity to welcome her into our lives.



### ASSISTANT

## An amazing place to grow

by Rima Kaspar

**NOVEMBER 1, 2006** was the day I arrived at L'Arche Edmonton. I still have a clear memory of how core members welcomed me to my new home. One of them gave me a candy and a big smile that said "Welcome home." Another member took me by the hand to show me where my bedroom was and to point out all the empty candy wrappers on my table. It seems that someone had found my welcome candy and eaten it all! That was my first introduction to L'Arche and how to welcome others into your home.

The learning journey continued with everyone else. One of the core members always had a dictionary with her to teach me new words and was determined to show me where the mall was. And that was my second learning: I am not here only to help other people, I am also here to receive help.

I spent almost ten years at L'Arche Edmonton, but after my parents moved to Montreal, I wanted to be closer to them. So I had to say goodbye to L'Arche and moved to Toronto. Working in other organizations here made me realize how much I missed being at L'Arche. Simple things such as having dinner with others, going for a walk and stopping for coffee, and watching TV together.

Soon I made a connection with L'Arche Toronto and started to volunteer at Greenwood House. When I first arrived, I felt the spirit of welcome right away. The welcome sign was ready for me at the door, and



everyone began to ask me questions. "Where did you come from?" "Are you going to stay?" "When will you come back?"

I used to visit every Friday to help cook dinner and share a meal with everyone. It was just like having dinner in L'Arche Edmonton except for the dinnertime pickle ritual at Greenwood House, a tradition that brought joy to my heart. After a few years, in May 2018, I became a live-out assistant at Simpson House and started to create new memories with its members. My favourite times are during dinner when conversations go on and on, and when I drive core members to their day program. There is no way that they will forget to say "thank you," or "see you later" and "take care."

**"All the years I have spent in L'Arche have led me to discover that L'Arche is an amazing place to grow – not only by myself but with others as well."** I have also learned a lot about myself and how it's okay to be who I am because in the end we are all the same.







## Spotlights



### VOLUNTEER

## A Community of Joy!

by Joan Curran

**AT THE 2017 FRINGE FESTIVAL**, I attended a performance of the L'Arche Toronto Sol Express show Seasons and was so moved by the story, the actors and their professionalism that I knew I wanted to be a part of the group. So last April, I became a Sol Express volunteer. Little did I know I would also become a performer!

The performing group (Agnes, Rachel, Melissa, Irene, Nafiz, Nicholas, Andreas, Kevin and Robert), creative facilitators (Cheryl, Matt and Maya), and other volunteers embraced me, and I have been rehearsing and performing with them ever since.

Every Monday, I receive an incredible gift. When I arrive, I'm greeted with a smile, a wave or a hug. If someone is having a tough moment during the day, time is taken to listen, reassure and encourage.

The group's support confirms the importance of acceptance, non-judgement, belonging, friendship, and forgiveness—something we all need and desire.

It's been a busy year at Sol Express. We've all put in hours of rehearsal for each show, whether it's Birds Make Me Think About Freedom, participating in A Ceremony of Carols at Christmas, or being clowns on the Island of Joie de Vivre celebrating the 50th Anniversary of L'Arche Daybreak, to name a few of the performances. On top of their dedication, the Sol Express players have also shown me how to be playful and go with the flow.

The decision to volunteer with L'Arche Toronto Sol Express was the right one for me and continues to bring me joy.



## L'Arche Toronto Trying It on For Size (TIFS)

**IN JUNE 2019**, L'Arche Toronto's first TIFS participant will graduate from the year-long program. TIFS is an acronym for Trying It on For Size. TIFS is a well rounded, year long innovative life-skills program.

The members learn the skills they need for independent or semi-independent living through a unique person centered curriculum. TIFS teaches through experiential learning. Participants "move-in" to our TIFS apartment for 24 hours to 120 hours, and while they are at the apartment, they receive up to six hours of one-to-one coaching each day. During their overnight stay, we build life skills that are needed for independence. Throughout the past year, TIFS has had 26 overnight experiences. When I asked Rachel, a TIFS participant, what she has learned on her overnights at TIFS, she simply answered; "Everything!" TIFS members create their meal plans for their overnight stay, grocery shop, cook, clean, do their laundry, and learn first aid and kitchen, fire and internet safety.

L'Arche Toronto TIFS knows that life skills go beyond the apartment. Life skills is a broad and all encompassing term, but what exactly does it mean? Per the dictionary, life skills (plural noun) is defined as **"skills that are necessary or desirable for full participation in everyday life."** Relationships are key to participation

in everyday life. At TIFS, we have belonging events on the last Friday of each month. All the TIFS participants gather for a meal that we cook together, and afterwards we have a night on the town, a games night, or sometimes we sing our hearts out at karaoke. The time together creates friendship. When I asked Vin, a TIFS participant, what he likes about TIFS, he said, "Cooking, friends and fun." TIFS is a year of discovery for the participants. Leah, a TIFS participant, described TIFS as, "Very inspirational." When I asked Leah why she chose the word inspirational, she responded, "TIFS takes me out of my comfort zone and pushes me to go for my plans. In a way that is comforting."







# Community life

“For Our Life Together We Celebrate!” This song by Jonathan Asprey and Tim Whipple speaks to the essence of community life – “for the joy and for the sorrow, yesterday – today – tomorrow, we celebrate!”

Jean Vanier writes “Celebration is a communal experience of joy, a song of thanksgiving. We celebrate the fact of being together; we give thanks for the gifts we have been given. Celebration nourishes us, restores hope, and brings us the strength to live with the suffering and difficulties of everyday life.” (Community and Growth, p. 313)

Our annual community calendar holds many opportunities for us to come together, to celebrate and to welcome new friends to community. We are grateful for these many occasions in which our life together is nurtured, primarily in the day-to-day, give-and-take of relationships, the small gestures of care and thoughtfulness which encourage us and help us grow.

Monthly community meetings, a touchstone for our members, allow us to catch up with those we may not encounter daily and take time to speak and listen to each other on important topics and themes. A perennial highlight for us is our October meeting where fun and creativity come together through the annual carving and displaying of pumpkins.

Gatherings are a hallmark of our life together. In addition to house celebrations centered on birthdays and anniversaries, we highlight significant life passages with special community events/ gatherings, such as the festivities to honor Jane Powell’s retirement.

Recognizing each long-term member’s commitment and journey in L’Arche takes place at our Silver Anniversary Tea. This past year, Susan Zimmerman, Joe and Mary Egan, and Mary Jane Kelley all reached the pinnacle of 40 years in L’Arche. The tea is a tradition to celebrate members who have journeyed together in community for 25 years or more.

Monday night worship is a place where we share the depth of our relationships and celebrate our spirituality. Our community is blessed to have celebrants such as Monty Williams, SJ and Doug

McCarthy, SJ, as well as reverends Lucy Reid, Liska Stefko and Bob Paterson-Watt, who help lead us along the spiritual path.

Our Spiritual Life Committee guides us in the living out of our spirituality through ongoing reflection, the creation of meaningful worship services and materials for Advent/Lent. The committee recently introduced Evenings of Shared Spirituality where we periodically ground worship within the intimacy of our homes.

Our community members and friends eagerly anticipate the Carol Service, where friends, families and community members fill the GP with joy filled holiday singing. Our Good Friday service, in partnership with Woodbine Heights Baptist Church and choir “Joyful Heights,” marks this solemn day of the Christian calendar.

Chris Jarvis helped us “Foster a Vibrant Community” when we gathered early in 2018 for our Community Weekend held at the Daybreak property in Richmond Hill. For some of us, the experience was a trip down memory lane, and for all of us a time to learn about our history in Toronto as well as celebrate the myriad places within L’Arche Toronto, and in our wider community, where we are growing.



# Board of Directors



Amanda Hudson  
President



Edward Hyland  
Vice-President



Brian Halferty  
Secretary



Michael Marshall  
Treasurer



Dorothy Brophy



Bronwyn Hannelas



David Livingston-Lowe

# Assistants and Community Coordination Team

We would like to acknowledge our assistant body of over 25 dedicated individuals who live and support our core members in our homes as well as participate in community life.



- Raphael Arens, Executive Director and Community Leader
- Lydia Banducci, Community Life and Program Coordinator
- Kim Barnes, Healthcare and Volunteer Coordinator
- Effie Fakalis, Office Manager and Executive Assistant
- Maya Findlay, Sol Express Artistic Assistant
- Odette Foronda, Finance Manager
- Amanda Hickey, Trying It on For Size (TIFS) Program Leader
- Caroline Hughey, Development Coordinator
- Tatjana Jagodic, Administrative Assistant
- Hannah Rawlins, Assistants Coordinator
- Matt Rawlins, Sol Express Artistic Assistant
- Erina Shrestha, Administrative Assistant
- Cassie Wilson, Homes Coordinator
- Haidee Zapanta, Manager of Finance
- Cheryl Zinyk, Sol Express Artistic Coordinator



## L'ARCHE TORONTO SOL EXPRESS

L'Arche Toronto Sol Express has had a full and fruitful year, beginning in April 2018 with the launch of the Studio program on Fridays. Participants are supported to deepen and develop their individual artistic discipline, whether in the fine arts, dance, theatre, photography or design.

In June, our Creative Arts program held an exhibition entitled *A Part of Me Is a Part of Us* at the Papermill Gallery in Todmorden Mills. Participants created a total of 67 works of art that explored themes of diversity, inclusion and belonging. The exhibit led us to reflect on our contributions, our interests and our style as an offering of who we are, and when we belong to a group, as a reflection of the group's identity, the sum of its many parts.

Following a well-received run in 2017, Sol Express returned to the Toronto Fringe Festival in July 2018 with *Birds Make Me Think About Freedom*. Written and performed by L'Arche Toronto Sol Express and Victoria Freeman in collaboration with Jumbies Theatre, *Birds Make Me Think About Freedom* is a meditation on interdependence, inclusion, transformation, and imagination based on the testimonies of persons institutionalized for having intellectual disabilities, their families, and friends.

A remounting of *Birds Make Me Think About Freedom* took place at "Flying to Freedom: The Journey from Institutionalization," an event sponsored by Community Living Ontario in March 2019.

In December 2018, Sol Express performers were guest artists at the Viva Choirs concert of Benjamin Britten's *A Ceremony of Carols* performed at Trinity-St. Paul's United Church.

An enthusiastic crowd came out for the *Harvest Howl Open Mic* held in October at the Brunswick Bierworks. The Howl is an annual fundraiser for

Sol Express and a great way to gather with friends, showcase our talents, and build community.

Sol Express participants worked as accessibility consultants for the 2019 Crippling the Arts symposium accessible program guide, put on by the British Council, Creative Users Projects, Tangled Art + Disability, Ryerson University and Harbourfront Centre. Representatives from Sol Express attended the conference in January 2019 and were delighted to support Nick Herd, long-time participant at Sol Express, as a panel presenter.

In March 2019, the Sol Express performers created and performed a cameo appearance of clowns from the planet of Joie de Vivre at the L'Arche Daybreak 50th Anniversary's theatrical premiere of *Journey to the Greatest Gift*. A delighted crowd filled the Richmond Hill Centre for the Performing Arts.

Three times a year, members of the performer's group facilitate a workshop for *Starting in the Mission*, a foundational three-day, small-group program in L'Arche Toronto geared to both orient and deepen an assistant's knowledge and understanding of L'Arche. In addition, Sol Express also animates an annual workshop at the regional Orientation Formation program for first year L'Arche assistants across Ontario.

*L'Arche Toronto Sol Express looks forward to another year of creativity and community building.*



L'Arche Toronto Sol Express is an innovative creative and performance arts program that focuses on developing the talents and skills of artists with intellectual disabilities.

Photo Credit to Mark Fawcett







# Core Fundraising Events a Great Success

**EVERY YEAR** L'Arche Toronto appeals to family, friends and the general public to raise approximately 15% of its revenues from donations and fundraising activities. Fundraising activities include: core fundraising events such as the Twist n' Sip and the Harvest Howl Open Mic; fundraising appeals in the spring and fall, as well as, the holiday appeal; and other initiatives such as monthly giving, online campaigns such as Giving Tuesday, third-party events, and corporate and foundation grant proposals. The core events rely on the generosity of businesses and corporations to sponsor and contribute to raising approximately \$75,000 from these two events. L'Arche Toronto also benefits from countless in-kind donations throughout the year.

## Twist n' Sip May 31, 2018 at the Crow's Theatre



### THANK YOU TO OUR IN-KIND SPONSORS

AGO, Allen's Restaurant, Brooklyn Tavern, Cambie Design, Chateau des Charmes, Crabtree and Evelyn, Crows Theatre, Davidson's valu-mart, Dea Radovicka, Pianist, Dundas and Carlaw, Eastbound Brewery, El Pipil, Etobicoke Quilters Guild, Face Painting by Clara, Gerrard Pizza, Goodlife Fitness, Granite Brewery, Grooveyard Music, Horses of Course, Hyatt Regency Toronto, Jawny Bakers Restaurant, Judith LePage Original Florals, Kernels, M. Thompson Chocolates, Matthew Plexman Photography, McMichael Art Gallery, Mondelez Canada, Muddy York Brewing Company, Next Level Tennis, On the Off Beat Music School, Pamela Lauz Jewellery, Pizzeria Libretto – Danforth, Seamless Care, Serano Bakery, The Old Spaghetti Factory, Toronto & Region Conservation, Wingrove Massage Therapy and Work In Progress.

## Harvest Howl Open Mic October 17, 2018 at the Brunswick Bierworks



# Thank You to Our Donors



## \$50,000 to \$100,000 Anonymous

## \$10,000 to \$49,999 Anonymous

**\$5,000 to \$9,999**  
F.K. Morrow Foundation  
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**\$1,500 to \$4,999**  
Anonymous (two)  
Anonymously at the Beach Hill Choir Event  
**Raphael Arens**  
**Lydia Banducci**  
**Dorothy Brophy**  
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\$50 to \$499

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Lindsay Watson	Ed Wickham	Brian Woodman	Connie Zehr
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Jacqueline White	Cassie Wilson	Patrick Woods	Cheryl Zinyk
	Nora Wilson	Louise Wrazen	

*There are many other generous donors who wish to remain anonymous.*

Thank you to our many **Everyone Belongs** monthly giving donors, shown in bold. The **Everyone Belongs** monthly giving program ensures a reliable annual income that helps us maintain our current programs and feel secure to plan our long-term strategies. It also lowers administrative costs so that even more of your gift can be used to help where it is most needed. Just like regularity of participation is good for people with intellectual disabilities, monthly giving provides a solid and reliable income base for L'Arche Toronto.



GOVERNMENT FUNDING

We are grateful for ongoing and one-time operating funding, and project funding from the Ontario Ministry of Children, Community and Social Services (MCCSS).

IN CELEBRATION & IN MEMORY GIFTS

We have received cumulative gifts of \$500 or more in celebration or in memory of these individuals between April 1, 2018 and March 31, 2019

Sarah Banducci and Kurt Schab, Brenda Gutierrez, Peter and Lorna Hughey, Jayne Powell and Mary Richardson.

VOLUNTEERS

We would like to thank our dedicated volunteers who support the organization in so many important ways.

Hamsah Aldahoul, Kam Balchand, John Bar, Gail Bomers, Claire Bourgard, Madeleine Brown, Josefina Carballo, Gordon Chan, Joan Curran, Michele De Leo, Paul Del Junco, Kathie Drummond, Beverly Eatock, Elliot Fine, Daniel Hoogsteen, Chris Milne, Joanne Mullen, Jen Ormond, Cody Pentzos, Steven Pritchard, Glendon Rayworth, Fiona Strachan, Hannah Stringer, Barb Todd and Jacqueline White.







L'Arche Toronto Homes Inc.

FINANCIAL OVERVIEW

For the year ended March 31, 2019  
(Amounts in thousands of dollars)

		2019	2018
HOMES AND DAY SUPPORT RESTRICTED OPERATING			
REVENUES			
Provincial Government (MCCSS)	\$2,171		\$2,077
Other	<u>149</u>	\$2,320	<u>140</u>
			\$2,217
EXPENSES			
Staffing and Benefits	\$1,795		\$1,526
Accommodations and Repairs	297		496
Programs	<u>325</u>	<u>2,417</u>	<u>329</u>
			2,351
RESTRICTED OPERATING DEFICIT		<u>\$(97)</u>	<u>\$(134)</u>
OTHER PROGRAMS AND PROJECTS			
REVENUES			
Fundraising	\$492		\$492
Program Fees	178		130
Investing in Justice Project	4		217
Other	<u>70</u>	\$744	<u>77</u>
			\$916
EXPENSES			
Staffing and Benefits	\$300		\$261
L'Arche Fees and Activities	47		89
Amortization on Capital Assets	104		95
Investing in Justice Project	105		3
Other	<u>62</u>	<u>618</u>	<u>61</u>
			509
OTHER SURPLUS		<u>\$126</u>	<u>\$407</u>
OVERALL SURPLUS		<u>\$26</u>	<u>\$273</u>

This Financial Overview presents a summary of the L'Arche Toronto Homes Inc. Statement of operations for the fiscal year April 1, 2018 to March 31, 2019. Full audited financial statements are available.

Fundraising Revenue

WHY DO WE FUNDRAISE?

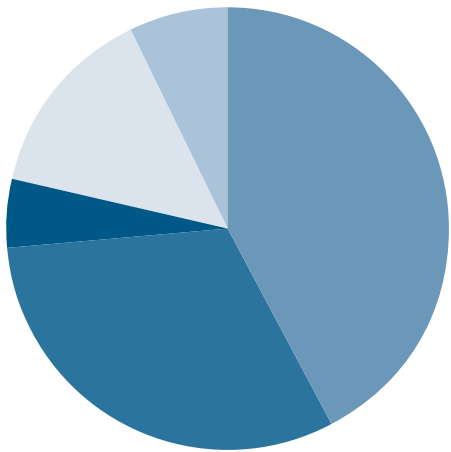
We are so grateful for government funding which enables us to provide vital supports to adults with intellectual disabilities. Through government funding we are able to provide daily living and employment supports, as well as training to our assistants.

We fundraise in order to support important activities and programs that are not funded by the government which support L'Arche Toronto's quality approach to care and foster our community.

FUNDRAISING DOLLARS SUPPORT:

L'Arche Toronto Sol Express, meaningful daytime activities, volunteer and employment supports, community life events, retreats, outreach activities, accessible vehicles and transportation, and additional staffing that increases the quality of life of those we support.

2019

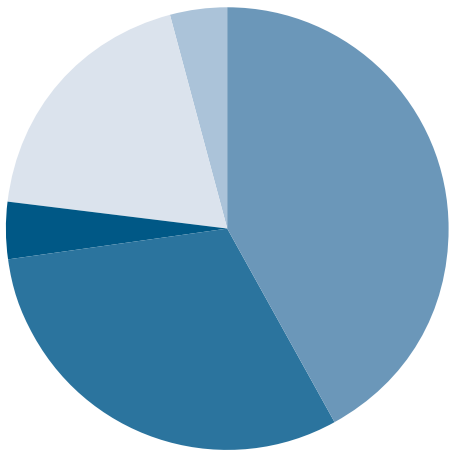


Total: \$492,000

- Monthly Giving \$23,684
- General Donations \$154,940
- L'Arche Foundations \$208,000
- Foundations and Corporate \$36,619
- Events \$68,757

John Heming

2018



Total: \$492,000

- Monthly Giving \$21,174
- General Donations \$151,078
- L'Arche Foundations \$208,000
- Foundations and Corporate \$20,000
- Events \$91,748

Michael Marshall





## TOWARDS A MORE INCLUSIVE COMMUNITY

**AFTER 45 YEARS OF VIBRANT COMMUNITY LIVING,** L'Arche Toronto is ready to Knock Down the Walls and welcome additional persons with intellectual disabilities who will engage with the world in a more direct and mutually enriching way.

L'Arche Toronto is currently home to 21 core members who live with several assistants in four detached residential homes in East Toronto. These older homes are multi-story structures that have not kept pace with the needs of those with mobility challenges.

Although the neighbourhoods in which these houses are situated are safe and friendly, they lack the community spirit and associations that encourage social interaction and connections between neighbours.

Since 2015, L'Arche Toronto has been exploring new housing models that are attractive, accessible, cost effective and community-friendly for L'Arche's future housing.

Such an opportunity has now become available in Regent Park, located in the heart of Toronto. This condominium in the ArtWorks Tower is located at 130 River Street.

A new home, approximately 4,000 square feet, all on a single floor, has been identified as one that could be adapted to welcome five core members and three assistants.

**Please join us on this journey and help build on Jean Vanier's extraordinary legacy! For more information please contact Raphael Arens, Executive Director and Community Leader or Caroline Hughey, Development Coordinator.**



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