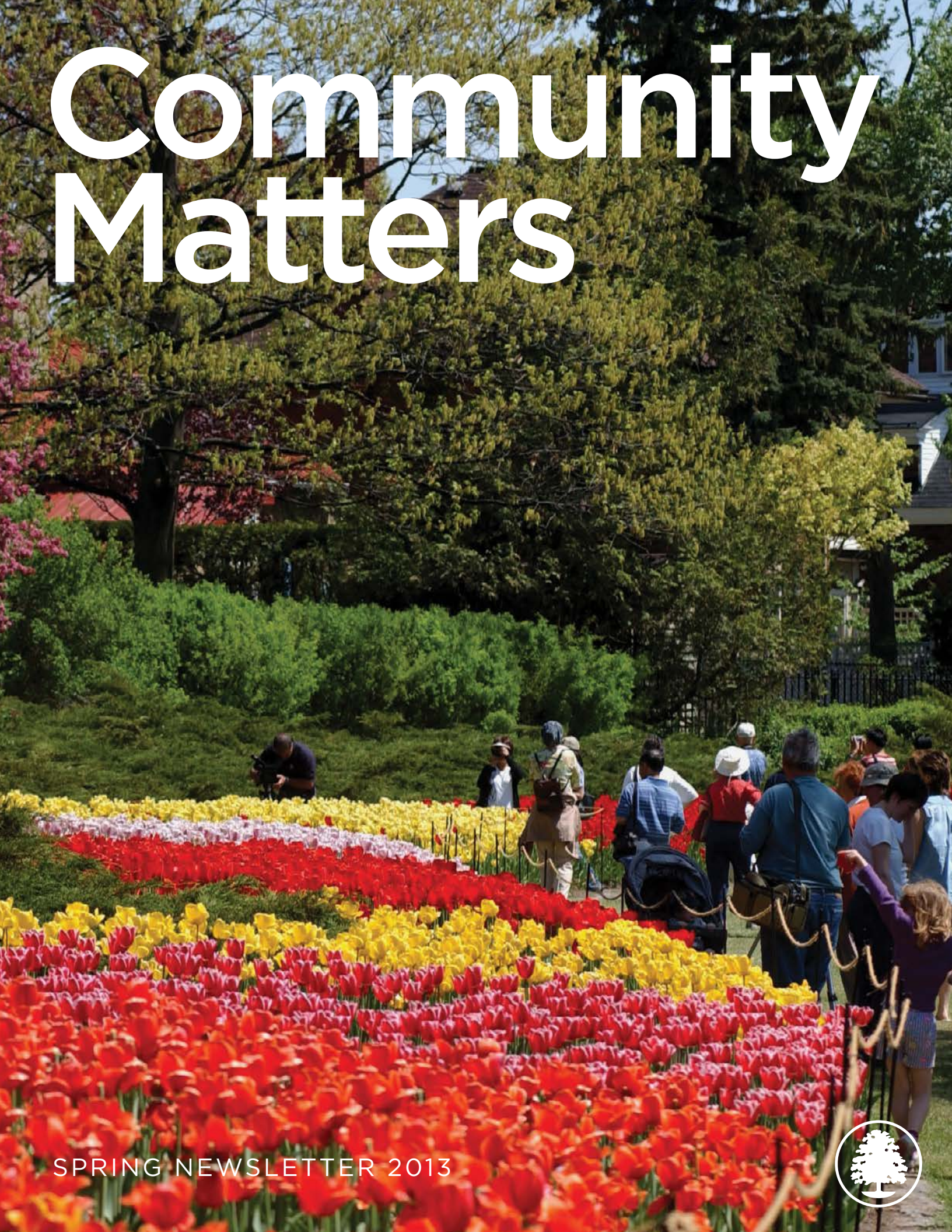


Community Matters



SPRING NEWSLETTER 2013





Photo: City of Ottawa

Welcome to the inaugural issue of **Community Matters**, a semi-annual newsletter designed to keep you informed about the work of the Community Foundation of Ottawa. We'll do this by sharing some of the many stories and initiatives taking place in the community with the support of our generous donors and the tireless dedication of those working on the frontlines to make our city a better place.

In our Community Giving section, we're pleased to introduce you to a family of donors who have been involved with the Foundation in various capacities over the last decade. Their family fund supports numerous worthwhile initiatives in the community, especially those supporting Francophone and new immigrant causes.

In Community Pulse, we highlight the issue of youth mental health in our community through the sharing of relevant facts and statistics, as well as information about Foundation-supported projects that are tackling this critical issue. You can then learn about a few of the other vital projects the Foundation is supporting in Community Impact, as told by those directly involved in both delivering and receiving the invaluable services being provided.

Finally, we're pleased to share the story of just one of our many treasured volunteers. In this issue's Community Profile, learn about the many ways in which Judith Maxwell has supported the work of the Foundation in her roles as both a Board member and a very active participant on a variety of hard-working committees.

With the launch of this newsletter, we're also pleased to announce the recent launch of our new, upgraded website. Please have a look and help us begin to share even more community stories and experiences by liking us on Facebook and following us on Twitter.

Coming soon: the 2012 Annual Report, which will be delivered electronically in June, will include our financial statements, fund and grant lists, and more great community stories. An abbreviated print version is also sent to donors and is available to those who request it. If you're not on our mailing list, or have recently moved or changed your contact information, please let us know at your earliest convenience so we can update our records.

Join the conversation:  



For good...forever Le bien...toujours

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VISION

Inspired by our donors, grantees and partners, we make a vital difference in our community and our world. The Community Foundation of Ottawa is a powerful force to engender a strong, positive and caring community.

MISSION

The Community Foundation of Ottawa nurtures philanthropy and works with partners to have an enduring impact on communities.

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Cover Photo: City of Ottawa



Community Giving

For Elizabeth Grace and Marc Tremblay, giving through the Community Foundation of Ottawa has always been something of a family affair. First introduced to the concept by Elizabeth's sister Anne – a former Foundation employee – the couple established the Fonds de la Famille Grace-Tremblay Family Fund in 2005. Earlier on, Anne had also recruited their father to volunteer his time and expertise as editor of the Community Foundation's annual report at the onset of his retirement.

“Donating through the Community Foundation also offered us the flexibility to start out slowly and gradually build our fund into something more substantial over time.”

“It was Anne who really encouraged all of us to get involved with giving back to the community in this way,” says Elizabeth. “Even though Marc and I were both at the beginning of our public service careers, she helped us to see that you don't have to be a millionaire to make a difference.”

Growing up and now raising their family in Ottawa's bilingual downtown community is particularly important to both Elizabeth and Marc, and they've always drawn upon that cultural context in deciding how best to fulfill their charitable objectives. From the start, the couple set out the purpose of their fund to support Francophone interests in Ottawa, including social services, education, arts and culture. They have also used it to help newcomers to the community through French language training and cultural integration.



“New immigrants face countless challenges upon arriving in Canada,” says Marc, “and for those coming from such areas as North Africa and Haiti who don't speak English, those difficulties are compounded. This is our way of investing in the future of our community while supporting the development of Francophone culture within Ottawa's growing immigrant population.”

Over the years, the goals of their fund have been well served through the provision of grants to support child and youth programming at the Lowertown Community Resource Centre, along with funding a school breakfast and

lunch program, a French theatre festival, and providing long-term support of an international humanitarian aid project in Peru organized by CÉGEP de l'Outaouais.

“The staff at the Foundation have always been so helpful with matching our interests to the needs in the community,” says Marc. “They've been able to connect us to organizations and programs we might never have known existed otherwise. And when we wanted to lend urgent support to the Haitian refugees who arrived here after the earthquake, they made it happen in the fastest and most efficient way possible. In addition, with the Foundation's expert

guidance of our family fund, we feel that our charitable donations will have a more sustainable and lasting impact on the community in the long term.”

“We both feel so grateful and fortunate to have the opportunities we've had to go to school and prosper here in Ottawa,” says Elizabeth. “It's a great privilege for us to be able to focus on philanthropy at this stage in our life, and to share something with our children that will grow and reflect our family values. Even if it's not a huge amount, it's fun and truly rewarding to be in a position to give something back to the community in which you live.”



Community Pulse

ISSUE

Youth mental health is a growing concern in our community as agencies struggle to keep up with increased pressure and demands on a strained system. In recent years, teen suicides have been making headlines in Ottawa as numerous stories are being shared for the first time by high-profile community leaders choosing to come forward on behalf of those suffering from mental illness. As awareness grows about the need to support youth mental health programs, the Community Foundation of Ottawa is working with local donors and organizations to tackle this vital issue.

STATISTICS

1 in 5

Ontario youths between 4 - 16 years of age is diagnosed with a serious mental illness.

(Canadian Psychiatric Association)

MORE THAN 2,600

children visited CHEO's EMERGENCY DEPARTMENT with a mental health crisis in 2011 & there has been a 73% increase in the number of mental health visits to Emergency from 2007-2011.

(CHEO)

Only one in six people requiring mental health assistance will gain access to services.

(Youth Net 2011)

Suicide is the second highest cause of death amongst the population in Ontario aged 16-24.

(Statistics Canada)

ONE IN THREE

Ottawa students in grades 7-10 reported elevated psychological distress.

(Ottawa Public Health, Youth Facts 2011)

12% OF STUDENTS HAD SERIOUSLY CONSIDERED SUICIDE IN THE PAST YEAR.

(Ottawa Public Health, Youth Facts 2011)

In 2012, the Youth Services Bureau provided mental health services to 2,297 unique clients AS WELL AS RESPONDING TO 6,807 crisis calls and mobile interventions.

28% OF STUDENTS REPORTED THEY HAD BEEN BULLIED ON SCHOOL PROPERTY IN THE PAST YEAR.

(Ottawa Public Health, Youth Facts 2011)



Photo: City of Ottawa

SUPPORT

Over the last year, the Community Foundation of Ottawa has funded the following local projects addressing youth mental health and related issues:

● CROSSROADS CHILDREN'S CENTRE OTTAWA POLICE REFERRALS PARTNERSHIP PROJECT

A \$68,000 grant was provided to support families and 40 children under 12 years of age who have come into contact with police by providing mental health services to address underlying issues to reduce potential future criminal behaviour. The Ottawa Police and/or schools can refer children for an assessment and two months of direct service in the home. Funds are being used to hire a staff person to conduct mental health interventions. Police are also being provided training on mental health issues related to children in order to make appropriate referrals.

● YOUTH SERVICES BUREAU (YSB) YOUTH ENGAGEMENT: A CLINICAL MODEL

A \$50,000 grant was provided to support an 18-month pilot project for a youth engagement framework as a critical strategy to improve mental health outcomes of at-risk youth. The project is engaging 30 youth aged 12 - 24 from YSB's mental health support programs who are working with 20 adult allies. The funding is being used for every stage of the project, from research to design, training, implementation, evaluation and dissemination.

● CHEO YOUTH NET YOUTH ENGAGEMENT PROGRAM AND "DESSERTS" PILOT PROJECT

A \$12,000 grant was provided to support the broadening of Youth Net's youth engagement program and the launch of the pilot initiative, "DESSERTS," "STRESSED" spelled backwards. This mental health promotion event gives youth a "taste" of various activities that can be used to cope with anxiety and depression, such as journaling, yoga, mindfulness, etc. Youth Net is currently piloting this project and hopes to offer similar events throughout the year to increasingly target high-risk communities.

● ROCK SOLID FOUNDATION "WITS" PROGRAM

A \$6,000 grant was provided to support the implementation of the WITS program, an evidence-based, anti-bullying initiative that will run throughout the school year in six local elementary schools. An acronym for "Walk away, Ignore, Talk it out, Seek help," WITS takes a community-based approach through online teacher and police training, and offers such resources as instructional videos for parents. It also includes specific programming for Kindergarten-to-grade-3 children and leadership programming for students in grades 4 - 6. Funding was used to cover start-up costs for schools, including book sets, manuals, pamphlets and other materials.

To find out more about how you can help support local youth mental health projects, contact Anita James at 613-236-1616 ext. 222, ajames@cfo-fco.ca.



Community Impact



ACORN'S OTTAWA BENEFIT & OUTREACH PROGRAM received a grant to allow it to assist low-income and marginalized communities with filing their taxes and benefit forms through free clinics. Close to 800 returns were filed through the program in 2012, bringing in almost \$1-million in tax refunds and benefits to clients.

“A lot of our clients are new immigrants, seniors and low-income people from across the board. It's also for people who don't have computer access or are older and aren't sure how to use a computer or gain access to the software. It's face to face and it's easy. All they have to do is call a number and book an appointment.” **Bashma Osman, volunteer**



CLUB CASA DE LOS ABUELOS/THE GRANDMOTHER'S HOUSE received funding for its Aging in a Second Language project which provides programming for immigrant seniors that promotes active lifestyles through physical exercise, health seminars and social events. It relies heavily on community volunteers who act as exercise instructors and guest speakers.

“I am so grateful to the Community Foundation of Ottawa for enabling Club Casa to offer this cycle of programming to Spanish-speaking seniors. Participating in yoga and fun events have had such a positive impact on my life and are so different from anything else I normally get to experience in my life.” **Maria Emilia Cruz, client**



ST. JOE'S WOMEN'S CENTRE received a grant for the Social Service Worker Training on Human Trafficking in Ottawa project that provided training to over 200 frontline service providers working with victims of human trafficking in Ottawa. Training sessions included expert presentations, panel discussions, case studies, group activities and the provision of Frontline Worker Toolkits.

“The Human Trafficking Workshop was an eye-opening experience that will allow me to share my acquired knowledge with other frontline workers. This was an excellent opportunity for me as a Social Service Worker student to gain a deeper understanding of the severity of human trafficking in today's society. This course has left me with necessary skills that will benefit me in my future career as an SSW.” **Amanda McDowell, Social Service Worker student, Algonquin College**



ST PATRICK'S HOME OF OTTAWA'S Mobile Resident Technology and Communication Initiative received funding for six specialized mobile computer carts for residents with physical and/or mental challenges, along with individual and group tutorials by trained volunteers on how to use the technology.

“By having the carts available now, we're able to bring technology to the residents. This allows those who can't get down to the computer room to engage in learning and accessing information because it is now in their reach. Residents who have families that have Skype or e-mail and hadn't yet connected can now connect simply and easily. This has made accessibility and meeting needs even better for many more.” **Rob lenzi, Therapeutic Recreation and Activities, St. Patrick's Home of Ottawa**



Community Chest

COMMUNITY NEWS

The Community Foundation of Ottawa is about to embark on a comprehensive assessment and revamping of its grant-making program in order to enhance its ability to make a vital difference in the community. This work will be conducted with the consultation support of Dick Stewart, outgoing Chair of the Grants Committee and former Board member, who will be helping us to create a more efficient program that can continue responding to immediate project-based funding needs while supporting more long-term, high-impact efforts in the community. For more information about the Community Foundation's grant programs, contact Anita James, Director of Grants and Community Initiatives.

The Alliance to End Homelessness recently released its 2012 Report Card on Ending Homelessness in Ottawa. Supported by a Community Foundation grant, the report gave Ottawa grades ranging from "A" to "F" for the second year in a row.

The Good News: the city received an "A" for its work to create new affordable housing in the community and new health dollars supported homeless youth with addictions and mental health issues.

The Bad News: the city received an "F" overall for affordable housing as the percentage of income needed for housing in Ottawa rose in each category to as high as 124% for residents in the Ontario Works program.

COMMUNITY LEGACY: MAKE IT PERSONAL

A 2011 BMO study revealed that only 49% of Canadians have a legal will. While nine in 10 Canadian "boomers" have wills prepared, more than half of those haven't been updated in over 10 years and 1/3 have never been reviewed by their children.

The Community Foundation of Ottawa works with donors to create lasting personal legacies. In fact, one in five funds have provisions for a bequest or gift of life insurance through their Foundation fund.

COMMUNITY SCAN: AROUND THE CORNER AND ACROSS THE MAP

According to Statistics Canada and the Canada Survey of Giving, Volunteering and Participating (2010):

Nearly 24 million people, or **84% of the population**, aged 15 and over, made a financial donation to a charitable or non-profit organization, **FOR A TOTAL OF \$10.6 BILLION.**

The average annual total donation is **\$446 per donor.**

13.3 MILLION
PEOPLE (47% OF THE POPULATION)
VOLUNTEERED THEIR TIME
FOR A TOTAL
2.1 BILLION
HOURS.

THE AVERAGE VOLUNTEER DEDICATES
156 HOURS
PER YEAR.

86% | 82%
of women | of men
GIVE

For information about establishing a fund or making a legacy gift, please contact Dan Brunette at 613-236-1616 ext. 224, dbrunette@cfo-fco.ca or Bibi Patel at 613-236-1616 ext. 226, bpatel@cfo-fco.ca.



Community Profile



JUDITH MAXWELL

“I’m truly proud to have been part of the Community Foundation over the last six years and to count myself a part of its rich 25-year history.”

Judith Maxwell is in the final year of a six-year tenure with the Community Foundation of Ottawa, having served two three-year terms on the Board of Governors. A highly valued volunteer in a wide variety of areas, Judith was an especially instrumental force behind Ottawa’s Vital Signs, the Foundation’s annual report card on the health of the city. As a key member of the Advisory Committee, she was able to bring to bear her extensive research experience and expertise on the laborious task of gathering together all the comprehensive information and statistics for each year’s report.

Judith was the Founding President of the Canadian Policy Research Networks (CPRN) and also played a leadership role at the Economic Council of Canada and the C.D. Howe Institute. Considered a leading thinker on Canada’s social and economic policy choices, she is a pioneer in deliberative dialogues that give unaffiliated citizens a voice in public policy discussions.

Judith Maxwell is a member of the Order of Canada and has been awarded honorary degrees by eight Canadian universities and one

community college. Over her career, she has served on the boards of BCE Inc., Clarica Inc. and the Bank of Canada. Until January 2009, she was a bi-weekly columnist for the Globe and Mail’s Report on Business and was a journalist with the Financial Times of Canada in the late 1960s.

“During her time with the Community Foundation, Judith’s contributions have been wide in scope and deep in impact,” says Brian Toller, Chair of the Board of Governors. “Not only is she the current Board Secretary but she is also a member of both the Governance Committee and the Grants Committee, where her time, compassion and commitment have done much to ensure that the heart of the Foundation’s work is carefully thought through.”

“I’m truly proud to have been part of the Community Foundation over the last six years and to count myself a part of its rich 25-year history,” said Judith. “Of all the organizations I’ve served, supporting the Foundation’s philanthropic mandate and working with its volunteer and staff teams have provided some of the most rewarding experiences I’ve enjoyed

in my career. I’m honoured to have helped the Community Foundation of Ottawa to make a difference in our community and beyond.”

For its part, the Community Foundation is forever indebted to Judith for the knowledge and experience she has shared with all those she’s come in contact with at the Foundation. “Judy’s work embodies the collaborative spirit we value so highly here at the Foundation,” said Barbara McInnes, President & CEO. “She truly respects and appreciates the staff and her fellow Board members and has worked closely with our team on some of our most challenging and important initiatives. Her legacy will be felt for many years to come as she has helped us to strive for ever higher standards of excellence in our community engagement and impact efforts.”

Judith’s term with the Board of Governors will end Dec. 31, 2013, but her engagement with the work of the Foundation will carry on for many years to come.