



ANNUAL REPORT

SEPTEMBER 2020

From The Board

Darryl Benson, Board Chair



On behalf of our Board of Directors, we would like to **Welcome You** to the 2020 Lloydminster Interval Home Society's Annual General Meeting. We appreciate everybody taking time out of their schedules to attend today.

The Board has had **another busy year** with many events taking place over the past twelve months. The first half of the year went as per plan with in-person meetings and events but things changed in March with the arrival of COVID-19. Meetings went virtual, but that was just a speed bump and the Board has continued to make important **governance decisions** for LIHS.

Bridging the Gap is one of the main takeaways from the past year. **LIHS administration** moved into their newly renovated offices in the Youth Centre building. The former administration offices in the lower level of the shelter were renovated and turned into **additional bedrooms**, allowing for additional client capacity at the emergency shelter. A new entrance vestibule has also recently been completed, providing a much **safer shelter** for clients and staff. These were critical items that needed to be addressed until the goal of a new shelter is realized in the near future.

Last November during Family Violence Prevention Month, we had our second **"Breakfast with the Guys."** It involved an informative guest speaker that discussed Family Violence with men in our community. It proved to be both **informative and thought-provoking** with a good cross section of men from our community in attendance. We hope that it will continue to be a step so many of our local leaders take to make a difference by being **mentors** to young men in the community.

The Lloydminster Community Youth Centre continues to be a welcoming place, providing a **safe and enjoyable experience** for young people in Lloydminster. The Centre re-opened its doors on July 2nd and continues its good work for the youth and entire Lloydminster community.

We would especially like to thank the funders and donors. **Your donations are so important**, for without your assistance, many of the great things that the LIHS and LCYC teams do would not be possible. A sincere "THANK YOU!" from the Board for your continued support. Despite the challenges 2020 has presented, we look forward to another **exciting year ahead!**

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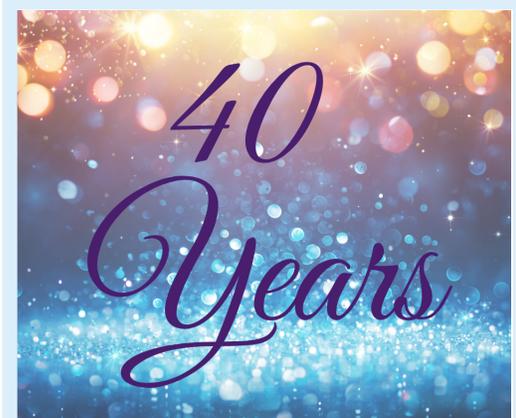
LIHS Programs

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Thank You!



CEO MESSAGE

Angela Rooks-Trotzok, CEO



In **1979**, a "home for women in crisis" in Lloydminster began as a **vision** created between Dolores Cummine and Marge Nattress, and soon involved other caring and concerned community members. By June 1980, this group of community leaders had mobilized enough resources from other community members to find a location, furnishings, a furnace, rent money and hire the first "house mother" for the very first emergency shelter in Lloydminster. At this point in time, the shelter had **zero government funding** - LIHS was born entirely by the Lloydminster community itself!

Like all grassroots movements, the community came together around a need and took finding a solution into their **own hands**. They believed that women and children deserved to be safe from abuse and have a chance to change their lives. Thus, the **mandate and mission** of LIHS was realized.

I have had the privilege to speak to many of those who have played a role in bringing LIHS to life. None of them ever dreamed that **40 years later**, the "little shelter with the mice and holes in the wall" would grow into one of the backbone human services organizations in Lloydminster and our region. Although immensely **proud**, as they should be, they are also **humbled** by the fact that what began as a seed has grown into a 'mighty Musasa tree' providing shelter and safety for those who seek refuge under it.

As the CEO, I am **honoured** to have been entrusted to take the history and legacy that came before me and lead the evolution of LIHS into the future. We now provide support and information to not only women and children, but all individuals impacted by violence and homelessness. I am proud of our team, our volunteers, our donors, and our community for creating this **vital community resource**. Here is to another **40 years** of creating lifetimes of well-being for all!

"What began as a seed has grown into a 'mighty Musasa tree' providing shelter and safety for those who seek refuge under it."



Building a sense of community, while keeping people apart.

In an uncertain time of physical distancing, we were overwhelmed with gratitude to have over **160 people** of all ages sign up to participate in our first-ever virtual 5K! Our participants showed compassion, enthusiasm, and helped us raise funds and awareness for the **crisis support** offered by the Lloydminster Interval Home Society. Our participants wore their yellow shirts with **pride** and embarked on a 5K walk, run, or bike ride on a route of their choice. Many encouraged their friends and family to participate as well, either by joining in on the 5K fun or sponsoring a participant. Thank you to everyone who was involved!!!



STRONGER FOR HER

WALK | RUN | BIKE



BRIDGING THE GAP

BECAUSE HOPE NEEDS A SPACE TO GROW

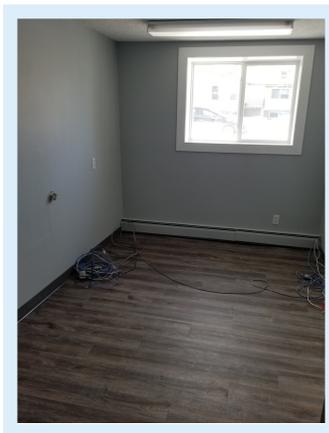
A little less than a year ago, we launched our first **capital campaign** with the goal to add twelve more beds to our existing shelter. We are overjoyed to share that because of your generosity, we have reached **75%** of our goal! We have already been able to welcome more women and children to our emergency shelter.

75% Goal Reached!

This project has been completed in stages. The **first** stage was to renovate a vacant area in our Youth Centre building into an office space. Once the renovation was complete, the administration staff moved from the shelter basement to the **new space**. The administration staff is very thankful to have a kitchen to call their own!



The next phase consisted of renovating the space into **welcoming bedrooms** and change the two existing washrooms into full bathrooms with bathtubs. New flooring and painting were also part of the renovation phase. Increasing our **staffing** compliment to prepare for additional people in the shelter and **furnishing** the freshly updated bedrooms occurred in the final phases.



The addition of these bedrooms has allowed us to have **six bedrooms open** during the COVID-19 pandemic with each family being able to access their own bathroom. Without this addition, we would have only been able to keep four bedrooms open in order to adhere to provincial government and health regulations.

Thank you to the multiple individuals and businesses who have made this possible!



RJ Nelson Family Foundation



ATB Financial



LIHS PROGRAMS

Emergency Shelter

Our emergency shelter received **1,981 calls/contacts** for support. We supported **195 women** and **177 children**.

Family Violence Outreach

This past year, the Family Violence Outreach Program offered emotional and practical support, advocacy, and referral services to **100 women**.

Dol-Mar Manor

14 women and **21 children** resided with us at Dol-Mar Manor throughout the past year. Women and children received longer term, one-on-one support.

Community Programs

We had **56 adults** and **80 children and youth** participate in **86** group sessions. These programs include Self-Empowerment for Women, Strength to Change Men's Program, Building Trust Making Friends, and Teen Empowerment.

Public Education

This year, our Public Education Facilitator provided **76** presentations and awareness activities, serving **1,012** people.

Family Support

70 families with **119 children** were supported through the Family Wellness Program. Families worked on strengthening resiliency and family connection. We were able to support **59** children with their emotional and social well-being as well as their developmental growth through Child's Play Program.

Turning Goals into Reality

The women staying at Dol-Mar Manor recently participated in individual Trauma Release Therapy sessions. The focus of these sessions was to **release** negativity. All of the residents really enjoyed their session and acknowledged the positive energy they felt afterwards. A social distance walking group was also started to help each woman achieve her **personal goals**. In the midst of COVID-19, both of these activities have provided extremely positive, lasting **benefits!**



Let's Connect

 Crisis & Support: 780-875-0966
Administration: 780-808-5282
Youth Centre: 587-789-1600
'For the Interval' Store: 780-808-8485

 Box 1523 Lloydminster, SK S9V 1K5

 admin@lloydintervalhome.com

 intervalhome.org
www.lcyc.cc/



We exist to provide safety, support, & education by empowering the children, youth, adults, and communities we serve.

LLOYDMINSTER COMMUNITY YOUTH CENTRE

Positive Impact

"Attending LCYC and participating in the programs has **changed my life** in multiple ways. It has opened up my views of other people. I have made a lot of friends with other teens and the leaders. The youth centre offers a lot of **opportunities** for kids who come. I have examples. This past summer I didn't get to go camping with my family. We usually go every year. When my family didn't go, my LCYC family did. They took us camping for almost a school week's length of time. The other example I have is this Christmas. This year my family made the decision to not put up the same type of tree. It was an electric tree. I love putting ornaments on the tree but I didn't get to do that so I went to the Centre and helped decorate the LCYC tree. Along with these, I love the **impact** that the LCYC peeps have had on me. They give up so much of their time for us, **it is a blessing**". - Youth Centre member

We rise by lifting
others.

2019-2020 Year

5,301 Drop In Visits
418 Coffee Talk Visits
4,581 Hot Meals
4,186 Safe Rides
2,604 School Outreach Connections
4,092 Hours of Volunteer & Leadership Experience

COVID-19 forced us to close the doors to the Lloydminster Community Youth Centre but **connecting with youth** remained our priority! We took to social media to stay in touch. Daily Snapchat challenges were posted and we utilized Facebook and Instagram as well!

Since the Centre was closed, we were unable to continue with our **hot meal program**, so we brought the program to the youth! Each week, staff put together food boxes which consisted of a recipe, ingredients, healthy snacks and a fun family challenge. Staff delivered the food boxes and the youth helped prepare a meal for their family. Over **700 food boxes** were delivered to families in Lloydminster!

Painting the Town

For the past five years, we have been teaming up with the City of Lloydminster and Home Depot on a graffiti clean-up project. We **work together** with the Family and Community Support Services team to cover up affected areas with murals and artwork. Art Soul Live Creative joined in on the fun this year. Our youth **love the creative outlet** this project provides, while also being able to do a great thing for our city! One of our young volunteers said, "It feels good to help the community!" You can check out this year's murals behind the buildings on 50th Avenue and 48th Street.



“ It feels good to help the community!
- Youth Volunteer ”



SOCIAL ENTERPRISE - 'FOR THE INTERVAL' STORE

A social enterprise is a business under the umbrella of a not-for-profit organization with primarily **social objectives** and an overall mission to serve the public good. In addition to providing support services, a social enterprise operates as a revenue generating business that reinvests its earned income into realizing the social mission of the organization.

The revenue generated from social enterprise operations provide an organization the opportunity to increase its sustainability by becoming more **self-sufficient**. We are considered a "triple-bottom-line" social enterprise, as we divert items from the landfill, earn a profit, AND work towards the fulfillment of our organizational mandate from day to day.

We accept both new and gently used donations from individual community members as well as local businesses. Our **first priority** with these items is to offer them to our current clients and for use within our programs. Secondly, we support individuals in community with household items, clothing and anything else they may need to live with dignity. These community referrals typically come to us as self-referred walk-ins or professional referrals from other **community service providers**.

Our third priority for items that are donated to us are to sell them in the store for a profit. It is through these profits that we can fund many of our **programs and initiatives** that do not have core government funding. Finally, we also receive items that are not able to be used in any of the ways outlined above. These items are damaged, worn out, unsafe, or unusable. Since we have an obligation to divert as much as we can from the landfill, we have relationships with third-party organizations that can use our unsaleable items in **recycling programs** or other **repurposing** initiatives. This enables us to support other sectors with items that many would just see as garbage to be disposed of.

As 'For The Interval' Store moves into its 30th year of service in our community (we were "born" 10 years after the organization came into being!) we are excited to realize plans for **expanding** our store operations, formalizing employment programming and continuing to support those that need us in the community.

The **value of social enterprise** to the Lloydminster Interval Home Society and our community is undeniable and we are looking forward to many more years of service!



Hours of Operation

Shopping hours are currently **Monday - Saturday from 10am-4pm** allowing us extra time to clean and restock each day. Donations are graciously accepted **7 days a week from 10am-4pm**.

Thank you for donating to us & shopping with us!

Volunteer Program

From our beginning in 1980 through to today, volunteers have always been essential to our organization. While volunteer roles have **evolved** over time, the valuable support that volunteers provide and their commitment to our organization has never changed. We are endlessly **grateful** to our volunteers who selflessly give their time, energy and passion to help us to achieve our **mission** of providing safety, support, and education by empowering the children, youth, adults and communities we serve.

This past year, store volunteers contributed **14,669 hours**. These hours, along with community donations helped us provide **1,490 outfits**, at an estimated value of **\$22,350** and **50 start-up kits**, worth over **\$4,000**, to clients and community members in need. In addition to supporting our store operations, volunteers mentor youth at our Youth Centre and assist at our special events. **Everything** we do is made **possible** by our volunteers. Thank you!!!



Volunteers were recognized for Years of Service at our annual **Warm Up The Winter** event. Thank you for all you have done to support our organization!



THANK YOU 2019/2020 FUNDERS & DONORS!



Saskatchewan
Ministry of
Justice and
Attorney General



Thank you to all of you, our donors, who choose to generously give your gently used items, time, and monetary donations to our organization!



Your support **makes a difference** and contributes to our **mission** of providing safety, support and education by empowering the children, youth, adults, and communities we serve.

THANK YOU 2019/2020 FUNDERS & DONORS!

100 Youth Who Care
 3 DM Hauling & Hoisting Ltd.
 Adelle Lang
 Agland
 Al & Diana Popoff
 Alberta Council of Women's Shelters
 Alex Sokalofsky
 Angeline Ewanowich
 Anna-Belle Friesen
 ATCO Electric
 ATCO Gas
 ATCO Gas EPIC
 Aubrey & Hilda Bell
 Barbara Bulhoes
 Barry & Emilia Chytyk
 Bernadette & Ian Poppleton
 Betty Evans
 Bexson Construction Ltd.
 Bill Robinson
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 Braiden Diehl
 Brenda Cole
 Canadian Union of Public Employees
 CUPE Local 5430
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 Christine Smith
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 Cindy & Murray Callele
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 L&L Oilfield Construction (1990) Ltd.
 L. John Vinek
 Ladies Altar Society
 Landon and Jeanne Franson
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 Donor's Choice
 Lesyk Advertising & Marketing
 Lillian Kohn
 Linda Domes
 Linda Hunter
 Line Finders Ltd.
 Lisa and Gary Dodd
 Lloydminster Area Drug Strategy
 Lloydminster Dairy Queen
 Lloydminster Hyundai
 (o/a 1980026 Alberta Ltd)
 Lloydminster Order of the Royal Purple
 Lloydminster Region Health Foundation
 Lois Burwash
 Lou & Marlyss Crockett
 Loyal Order of Moose Lodge 2027
 Lucie Sampson
 Lutheran Women's Missionary League
 Lynne Wunder and Gary Johnson
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 Marie Bardoel
 Marie Moet
 Marjorie Nattress
 Mark Toop
 Marlene and Walter Ens

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 Maurice Goulet
 McCaw Funeral Services
 Meridian Publishing Ltd.
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 Midwest Surveys Inc.
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 Mosaic Church
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We couldn't do this without
you!