



Federated  
Health Charities

# Annual Report 2022

- ❖ ALS Society of Canada
- ❖ Alzheimer Society of Ontario
- ❖ The Arthritis Society
- ❖ Autism Ontario
- ❖ Canadian Cancer Society
- ❖ Canadian Liver Foundation
- ❖ Crohn's and Colitis Canada
- ❖ Cystic Fibrosis Canada
- ❖ Diabetes Canada
- ❖ Heart & Stroke
- ❖ Hemophilia Ontario
- ❖ Institute for Advancements in Mental Health
- ❖ The Kidney Foundation of Canada
- ❖ Lung Health Foundation
- ❖ MS Society of Canada
- ❖ Ontario AIDS Network
- ❖ Ontario Federation for Cerebral Palsy
- ❖ Osteoporosis Canada
- ❖ Parkinson Canada
- ❖ Sickle Cell Awareness Group of Ontario
- ❖ Spinal Cord Injury Ontario



## SECRETARY OF THE CABINET'S MESSAGE

I want to thank the organizers, donors and volunteers who brought such spirit and commitment to the 2022 Federated Health Charities campaign.

After the two previous years being virtual, the campaign was a hybrid for the first time, with some ministries holding a few in-person activities. It was great to see these positive steps toward being together again.

Thanks to all of you, we raised \$1.53 million across the Ontario Public Service.

Thank you to the campaign chairs, executive teams and the many volunteers for your dedication to helping others. And thank you to everyone who donated through payroll deductions or contributed by participating in the fundraising events.

### **I would like to highlight some of this year's achievements:**

- For the first time, an OPS-wide “Verzuz” song-battle challenge was held for the campaign wrap-up event, and it was a huge success. Over 1,600 employees tuned in to watch OPS leadership battle it out with their favourite songs. This wrap event was the Federated Health’s largest OPS-wide event yet – with a 146% increase in attendance!
- There was a 12% increase in revenue from special events as employees returned to the workplace and embraced the opportunity to have in-person fundraising activities again.
- Outstanding campaigns were run by the Ministry of Infrastructure and the Ontario Provincial Police, with increases in funds raised of 96% and 60%, respectively, from the 2021 campaign.

I want to commend Federated Health for continuing its achievements for the past 39 years. Your efforts are making a difference for people who have conditions that are life changing and life threatening.

I am also pleased to note that as part of Federated Health Charities’ steps toward diversity, inclusivity and health equity, it has increased the number of diverse OPS voices within Federated Health. Federated Health has added five OPS employees to its Board of Directors and also created the Federated Health OPS Advisory Committee to provide ongoing insights, feedback and perspectives from individual OPSers to the campaign. These contributions include how to best appreciate employee volunteers and ensure participation is a meaningful experience. OPSers on the committee also will be able to speak to how campaigns can be positively impacted when leaders are involved.

I am also gratified to mention that Federated Health is amending its charity fee policy to help ensure financial restraints are not excluding organizations serving underserved communities.

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**Thank you again for your generosity and for making a positive impact in communities across Ontario.**

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Sincerely,

**Michelle E. DiEmanuele**

Secretary of the Cabinet and Head of the Ontario Public Service



# Thank-you, Thank-you, Thank-you!

Once again, the Ontario Public Service (OPS) has come together to show our commitment to public service and help our fellow Ontarians. Federated Health has always been important to the OPS, it is more important now than ever given the critical need to support the health of Ontarians. The pandemic has posed tremendous challenges for all of us, including Ontario’s charities, and their clients. Inflation and increasing client demands have had significant ramifications on the not-for-profit sector, many charities have struggled to continue to provide critical services.

The OPS has supported these important charities for 39 years and this year was no exception. Thanks to your generosity, this year we raised over \$1.5 million that will go to the health and well being of those most in need. Some of those will be our own friends or family. You have truly made a difference.

And of course, such a campaign would not be successful without the many volunteers who gave their time and enthusiasm. A sincere thank-you to the volunteers, leaders, and campaign staff for contributing to this great cause. I’d also like to express appreciation to Federated Health Board members and staff who are working tirelessly to build a stronger campaign and taking steps to ensure all charities reflect the OPS diversity and anti-racist values. Once again, thank-you to all those who donated and participated in this year’s campaign.

Sincerely,

 **Ian Freeman**

Honorary Chair and Assistant Deputy Minister, Ministry of Transportation

This year saw our third, largely, virtual campaign and like the past two years it came with challenges and obstacles that needed to be overcome. In

years past those challenges weighed heavy on our minds, but this year we couldn’t help but focus on the positives. We often hear about how you see a person’s true character in times of adversity, and we have been touched by the people that have stepped up to help throughout these tough times. We saw people offering up their specialized skills, people utilizing their connections to build partnerships, people offering resources, and most importantly, people giving their time and money to this cause. We saw people across the Ontario Public Service and within our community asking, ‘how can I help?’. This willingness to pitch in meant that we were able to run another outstanding campaign to continue to help our charities rebuild over a difficult few years.

Alongside this we have continued our work around diversity, inclusivity, and health equity, to make the required changes to ensure we are being the organization we want to be. But we are not done yet, not even close. As we have continued with this important work it has fuelled us to keep going, to keep pushing, to be brave in our decision making to impact real change in our organization and real change for our more marginalized communities across the province. What started out as a focused list of goals we wanted to achieve to remove barriers to diversity, inclusivity, and health equity, has turned in to a full organizational assessment, from the top down, to ensure every aspect of our operations reflects these goals. Check out page 10 to see more about the work we are doing.

I am proud of the work we have done this year as we continue to strive to achieve our mission of improving the health of all Ontarians and I thank you all for your support of Federated Health Charities.

 **Sarah Wood**

Executive Director, Federated Health Charities





# Charity Spotlight

## Introduction

For over 65 years, Hemophilia Ontario has been the foremost patient advocacy and support organization for individuals with inherited bleeding disorders in Ontario. Founded in 1956, Hemophilia Ontario is an independently incorporated not-for-profit charitable organization, and member of the Canadian Hemophilia Society (CHS). Hemophilia Ontario has a rich history of educational in-person programming, community building and support, and political advocacy. Throughout the years, Hemophilia Ontario has helped members navigate the many changes in the treatment of inherited bleeding disorders, supported our community through the events and fallout from the tainted blood tragedy, and continues to work to meet the needs of the inherited bleeding disorders community in Ontario today through the efforts of its five full-time staff members, board of directors, and an extensive network of committed volunteers.



## Our Mission

*To strive to improve the health and quality of life for all people with inherited bleeding disorders and to find a cure.*



## CAMP IS OUR TOP PRIORITY

Hemophilia Ontario has always been, and will always be, a camping organization. Hemophilia Ontario is already one of the leading providers of camps across all provincial and state hemophilia organizations in North America. Our goal is to provide the highest quality and best attended camps in the world. In 2020, we created the position of Camps Director, a full-time staff position devoted solely to the planning and delivery of our camp portfolio. This position is the only full-time camp director position in a Hemophilia charity in North America. Our goal over the next several years is to expand our camp portfolio by increasing capacity at our current camp locations, and to open new camps across the province.

## WOMEN WITH BLEEDING DISORDERS

Improving the lives of women with bleeding disorders has been a call for several years in the bleeding disorders community. While important work has been done in this area, Hemophilia Ontario is of the view that we still have a long way to go to make a meaningful difference in the lives of many women in Ontario. Over the past four years, a tremendous amount of work and resources have been poured into programming and education, as well as community



building and awareness raising. We are committed to delivering meaningful changes for this community that result in improvements in public awareness, education, support for women's health, and mentorship.

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**The support from stakeholders such as Federated Health Partners enables us to continue to support the bleeding disorders community.**

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# Client testimonial

*Looking from the outside we look like your average, happy and ordinary couple. However, our story is far from ordinary and this is our unique story.*

*This story is about some struggles we faced and how the Ontario Hemophilia Society significantly impacted our lives in a very helpful and positive way.*

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1.

Roman is a 38 year-old male with Severe Hemophilia A and he needed surgery on his knee , his wife was working part-time and with Roman not being able to work , we only had enough money to cover rent and not enough to cover the medical equipment he needed to recover from his knee surgery safely at home.



Roman needed a walker, a shower bench and crutches. We were concerned that he would be discharged without the proper equipment at home. With nowhere to turn, no government funding that we knew about, we asked the Ontario Hemophilia Society to help and they gladly gave us the financial help in order to assist Roman with his safe discharge going home. This, was a tremendous help to us because Roman is at risk for bleeding after surgery and needed the equipment and we did not have to choose between paying for medical equipment or rent. Roman and I very much appreciate your help.

2.

Roman and his wife endured the loss of 2 early miscarriages without known causes although now potentially they may know a cause. Roman and his wife decided not to give up on their intention of creating a family by utilizing IVF and genetic screening called PGTA-A which would be able to assist us with knowing which embryo would be a carrier of Hemophilia. Although, IVF for the first cycle is funded in Ontario, it still remains to be a significantly costly process. Medications alone are in the thousands of dollars range and the screening tests alone cost thousands of dollars. We searched for programs in Ontario to help us but did not find anything. (We hope in the future this will change for couples.) I asked Roman's doctor for information and she directed us to The Ontario Hemophilia Society which graciously without hesitation helped us. The financial relief made the process for us that much smoother, and less stressful as the journey is difficult already without having to worry about finances. We can't say enough how grateful we are for your assistance once again.

*Thank you,  
Roman*



**Federated Health Charities** began important work in the areas of diversity, health equity, inclusion with a focus on anti-racism and anti-oppression last year. Foundational changes were implemented including onboarding a charity that focuses on a prevalent health issue for Black Ontarians. There was an increased OPS representation on the board as well as ensuring the Board members appointed reflect the diversity of Ontario.

**A task force was struck, and this year key priorities were identified:**

1. Ensure the Federated Health Charity Board has anti-racism/anti-oppression, health equity, diversity and inclusion embedded in all that we do.
2. Ensure the governance model is efficient and effective.
3. Understand of where each member charity is at within their organization in addressing AR/AO, health equity, diversity and inclusion.

Dismantling colonization within our organization, processes, board, and minds takes time, education and knowledge and subject matter expertise or lived experience. FHC looked externally to find an organization that could help guide the process to achieve the results listed above. After completing a request for proposal process, we have begun working with Rainbow Diversity Institute.

The Board of directors have committed their time to focus on the three key priorities knowing that this work cannot be rushed but it is crucial to keep momentum going and we are accountable to do exactly that. We look forward to the path ahead and reporting back here next year on the successes of the year to come.



## Charity Appreciation

**Spinal Cord Injury Ontario's** mission is to champion excellence in service, support and advocacy for and with people with spinal cord injury. Our unique expertise is built on over seven decades of experience serving the spinal cord injury community since our founding by veterans returning from WWII. Upon returning they began the fight for full inclusion in the community and fair lives regardless of their injuries.

Today the health care environment is vastly different from 1945. Our clients spend on average seven weeks in the rehabilitation hospital instead of seven months, and so our services are needed now more than ever. Our clients live longer lives and thus rely on our support longer as well.

Because of the employees of the Ontario Public Service and the Federated Health Charities campaign, Spinal Cord Injury Ontario (SCIO) is there with life changing services which included: Regional Services (health care, social services, and benefit navigation), Peer Support, Employment Support, Advocacy, and Knowledge Enterprise.



Peer support is a pillar of SCIO services offered





During SCIO's 75th Anniversary gala held September 21st at the Ontario Science Centre, our annual volunteer and donor awards were given out as part of the evening's ceremonies.

Damion Copeland, Program Analyst, Treasury Board Secretariat, and Joanne Smith, Gala MC and SCIO volunteer

The 2022 Vigmond Philanthropy Award was presented to the Ontario Public Service Employees through the Federated Health Charities Campaign. This award was in recognition of the OPS individuals, volunteers and donors who have demonstrated a passion and commitment to inspiring others to support Spinal Cord Injury Ontario (SCIO) as well as the other Federated Health Charities.

In particular, SCIO wanted to honour OPS members for their long-standing commitment to philanthropy. The employees of the OPS have been individually giving to SCIO for 38 years and have collectively donated over \$2.7 million.



Some of SCIO fundraising events also give our clients ways to learn about adaptive sports

As a small provincial charity, we are eternally grateful for this ongoing support. We extend our gratitude to all that OPS employees who support the life transforming services that SCIO provides happen in our shared community for our clients.

One of our fundraising initiatives this year at SCIO is our Holiday Hockey Calendar of which all proceeds go to support SCIO's essential services which assist clients to transition out of the rehab hospital and back into their home.



Our featured artist is Judi Island, Hons. B.A. Fine Art; B. Ed. Ms Island taught art at Wexford Collegiate, TDSB; Papakura High School, NZ; Bega High School, Australia. Her artwork has been exhibited in New Zealand and Canada galleries.

“For many years I enjoyed exploring sculptural art but due to physical limitations as a result of an incomplete C3 spinal cord injury my art was put on hold. I began therapeutic riding to build strength. 2000 to 2010 I competed on the Canadian Paralympic Equestrian Team at 2003 World Championships, Belgium and 2004 Athens Paralympics. Having now returned to painting, my current work is influenced by the expression of light and colour.”

For more information about the artist:

<https://judi855.wixsite.com/jisland/about-the-artist>

For more information about the SCIO Hockey Calendar initiative and to see other artists' work:

<https://sciontario.org/hockey-calendar>



# Artwork From Our Community

The clients of our member charities are more than just their illnesses. They are family members, professionals, experts, friends, and creatives. Here is a collection of artwork by some of the talented artists who are clients of our charities.



## Gerald Galbraith

My name is Gerald Galbraith. I am from Saskatoon, Saskatchewan. I was diagnosed with early onset Parkinson's Disease 20 years ago at the age of 40.

I have always had a love of wildlife and nature and photography in general. I was planning on doing a lot more of it when I reached my retirement years. Well, when I received my PD diagnosis, I came to the conclusion that my original plan might not work out, so I decided to get serious about creating some work in the present rather than the future. I prefer to concentrate on wildlife photography above everything else and this helps me to stay

active because if you want to photograph animals you have to go to where they are. As I have become a little less mobile and flexible through the years I have adjusted to photographing from a vehicle, which allows you to approach an animal without startling it into running away (occasionally) or photographing birds that come to feed at the bird feeders that some friends of mine maintain in their backyard. I find interaction with nature keeps me mobile and I find it relaxing and peaceful. I don't sell much of my work, I do it mostly as a labour of love.



## Charline LeBlanc

I get my inspiration for painting everywhere. It can be from a picture I saw or even something on TV.

I am from Notre-Dame, NB and I have been living with Parkinson's for the past 4 1/2 years.

Painting is my way to relax, my therapy. When I paint, I don't think about how Parkinson is affecting my life. I let myself get lost in the process.



## Annie Laidlaw

Born in Edinburgh, Scotland I emigrated in 1979 to Sault Ste Marie, Ontario.

I was diagnosed with Parkinsons in 2011.

Art has always been part of my life and despite physical limitations I can still enjoy colour and form of the world around me.

It keeps me aware of the ability to see things often overlooked in the busyness of life. It also gives me a sense of accomplishment and relaxation.



## Fran Squire

From Ottawa.

Art gives me a focus. It provides challenges that I can strive to accomplish and goals that I can set and reach. When I am engaged with my art Parkinson's has to take a back seat. I simply don't know what I would do with my time without art.

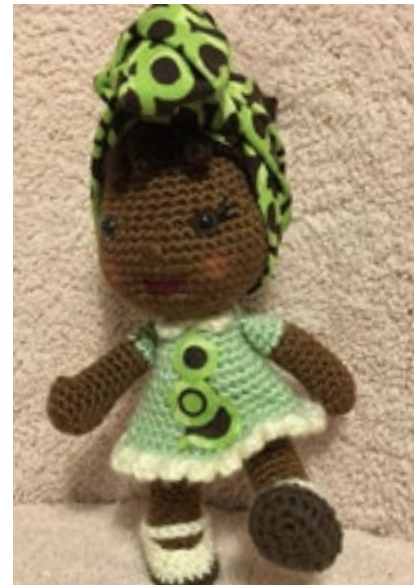


## Allocation of campaign revenue

ALS Society of Canada	\$56,359.83
Alzheimer Society of Ontario	\$165,880.85
Arthritis Society Canada	\$66,087.72
Autism Ontario	\$72,350.69
Canadian Cancer Society - Ontario Division	\$210,672.08
Canadian Liver Foundation	\$42,933.56
Crohn's & Colitis Canada	\$70,963.89
Cystic Fibrosis Canada	\$48,396.87
Diabetes Society (CDA/JDFC)	\$101,024.88
Heart & Stroke	\$136,780.75
Hemophilia Ontario	\$36,343.31
Institute for Advancements in Mental Health	\$66,944.78
Lung Health Foundation	\$49,745.32
Multiple Sclerosis Society, Canada	\$61,564.54
Ontario Federation for Cerebral Palsy	\$39,349.37
Ontario AIDS Network	\$51,381.48
Osteoporosis Canada	\$40,708.74
Parkinson Canada	\$75,805.52
Sickle Cell Awareness Group	\$54,182.37
Spinal Cord Injury Ontario	\$42,473.69
The Kidney Foundation of Canada	\$55,471.56

**Grand Total**

**\$1,545,421.80**



There are so many great artworks that we would want to feature in our report but due to space limitations we publish just some of them. These beautiful artworks were created by Tanya Else, Southeastern Coordinator, Sickle Cell Awareness Group of Ontario



# Campaign results



**Payroll Pledges**  
\$1,234,974\*

 Donors: 4,512

 Average Gift: \$273.71



**One-time Donations**  
\$44,388

 Donors: 492

 Average Gift: \$90.22



**Lottery**  
\$77,705



**Special Events**  
\$119,780

*\*The number on this page represents pledges made during April – June 2022.*



**Retiree Results**

**\$57,373**

 Donors: 122

 Average Gift: \$470.27

## Combined Results

**Total:**  
**\$1,534,220**

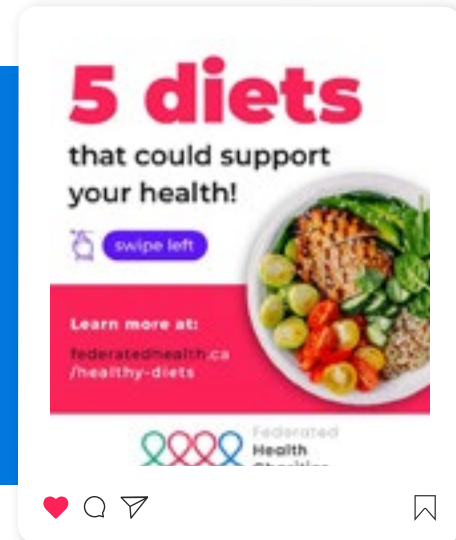
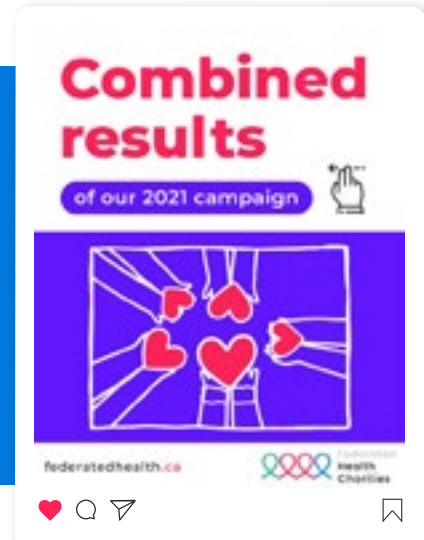
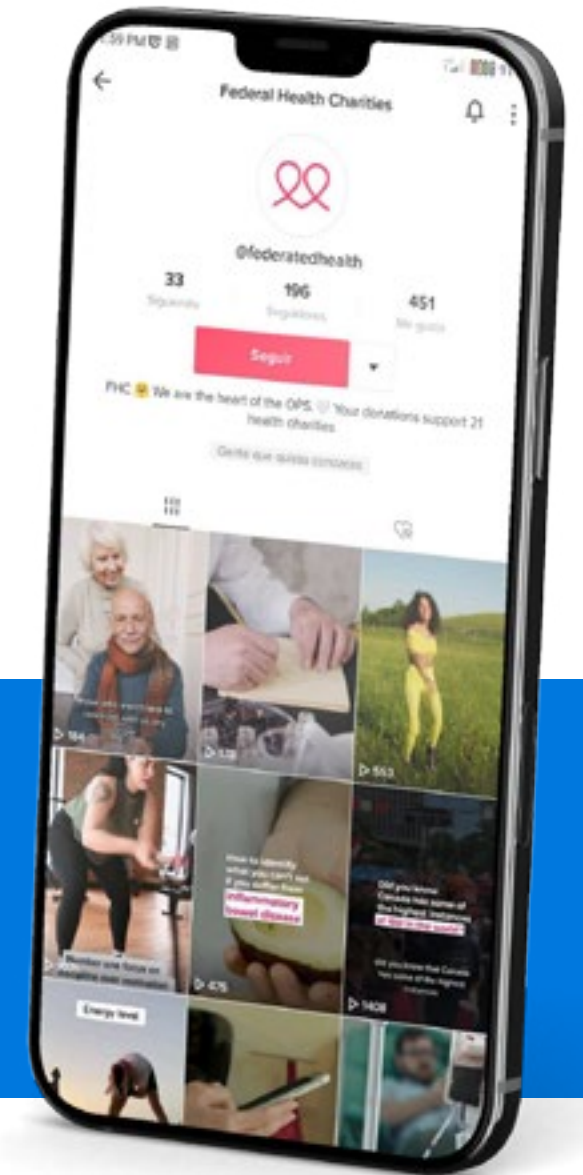
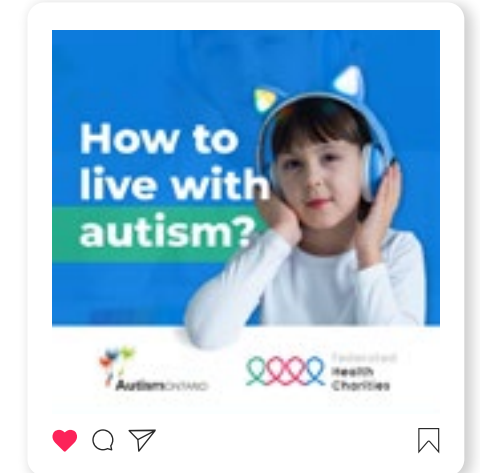
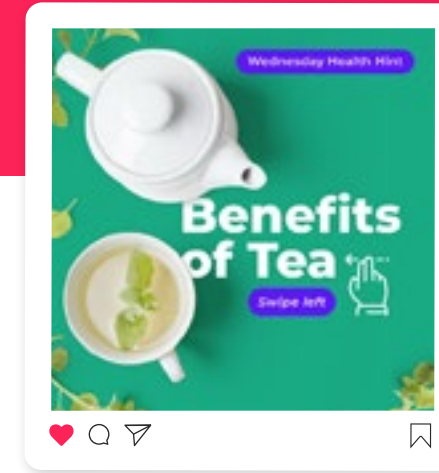
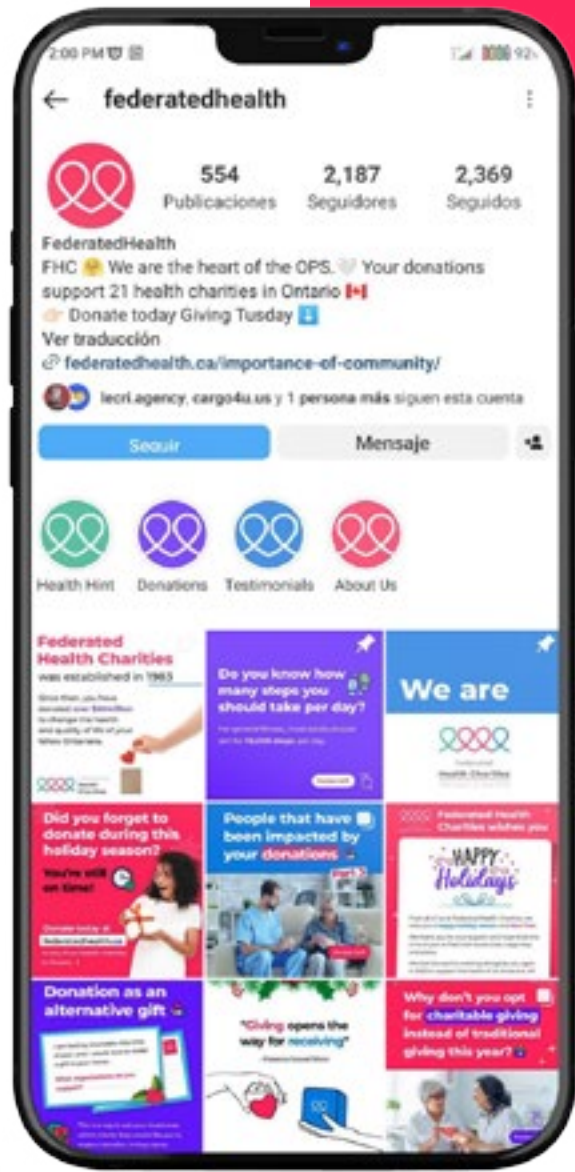
 Donors: 5,127

 Average Gift: \$299



# Our impact on social media

In efforts to further our mission of spreading health education and awareness, we have taken to social media. Our goal with our social media platforms is to provide accessible, impactful and current health information, tips and strategies.





## Why I Volunteer with Federated Health

### Andrea Salvati, 2022 Federated Health Co-Chair for MEDJCT

I've always preferred to be a "behind the scenes" contributor to OPS charitable efforts; however, this year felt different, so when MEDJCT's Executive Sponsor Anne Bermonte approached me with the offer to co-chair, I didn't hesitate to accept.

#### My reason was simple... inspiration.

**Inspiration** to contribute and connect was everywhere, and we saw once again how our colleagues generously donated time, energy and money. But this year in particular it felt personal, and the Federated Health 2022 theme of "Heart to Heart" took on new meaning. It was during last year's campaign when the discovery of more than 200 unmarked graves on the site of the former Kamloops Indian Residential School was reported, and since then, studies published by Scientific American shed light on how the conditions led to higher lifetime risk of

chronic illnesses including obesity, type 2 diabetes and hypertension. Several of the Federated Health Charities are doing great work in these disease areas, such as the Heart & Stroke Wellness program and Diabetes 360 degrees, which Diabetes Canada has recently launched, working in concert with the Truth and Reconciliation Committee and Indigenous community leaders. This year, Federated Health offered a tangible way to support the charitable organizations delivering programs/services in innovative, practical ways. Inspiration was also found

in the people I work with – MEDJCT's team approached every task with such generosity of spirit, never wavering in enthusiasm or commitment! And finally, my family, perhaps the biggest inspiration of all. My grandmother, who was a pillar of strength and independence had just been placed in a long-term care home with dementia; my fa-

ther and grandfather, who both passed of heart-related conditions; and family and friends who have dealt with mental health issues over the years. With thanks to all of this inspiration, this year, I could give (more) from my heart.

### Trudy Essarie, 2022 Federated Health Chair for MGCS

“In joining the OPS in 2008, I always donated to Federated Health Charities. The work, contributions and impacts these charities make is paramount. It wasn't until 2015; when I was personally impacted by the immense support of Heart and Stroke Foundation, that I became actively involved with the yearly campaign by becoming a canvasser. My first role as a divisional lead followed closely in 2017 and I've held that important role every year since.

When I was asked to be the MGCS Chair for the 2022 campaign; it couldn't have come at a better time. With the recent loss of my mom in January; this year's theme of "heart-to-heart" truly called to me. Having the

opportunity to collaborate with incredible people, survivors and thrivers across our ministry, hearing the testimonials of guest speakers from charities from Autism Canada, Canadian Cancer Society and The Institute of Mental Health and Awareness humbled us and turned a financial donation into tangible assistance to those in need. To be a public servant is rewarding in itself but to have such a remarkable impact to the citizens of Ontario through Federated Health Charities is extraordinary.”



**Theresa Gavin,  
2022 Federated Health Chair for MECP**

When I was approached to be MECP Chair for the 2022 Federated Health Campaign, I saw it as an opportunity to: meet colleagues in the ministry that I usually wouldn't have the occasion to collaborate with; re-connect with senior management; and, most importantly to raise much needed funds for, and awareness of, provincial health charities. This year was especially meaningful for me, as my goddaughter who suffers from Crohn's and Colitis was having major surgery this spring. She was thrilled that I was able to bring awareness to the important research that Crohn's and Colitis Canada does through "Why I Donate" articles published on the ministry intranet and Federated Health Charities' website. I have been involved with past Federated Health Campaigns but this year's was even more challenging, as staff were slowly returning to the workplace but the campaign still was mainly virtual. The enthusiastic MECP Executive Planning team (Gerald Gillespie, Sheri Conely, Jessica Taylor and Angele LaPorte) led by Executive Lead Robyn Kurtes, rose to the challenge. We were ecstatic that we surpassed our fund-raising goal. Even though the campaign was hectic, we managed to have some fun along the way with events such as the virtual Pet Parade and the ever popular on-line auction.

*I encourage all OPSers to consider volunteering in future campaigns as it is a truly rewarding experience that you will remember throughout your career.*



**Audited Financial Statement  
Year ended September 30, 2022, with  
comparative information for 2021**

	2022	2021
Contributions	\$ 1,545,422	\$ 1,574,000
Distributions	\$ 1,545,422	\$ 1,574,000
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<b>Revenue:</b>		
Administration fees	\$ 340,618	\$ 376,345
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<b>Expenses:</b>		
Salaries, benefits and wages	\$ 232,248	\$ 207,541
Campaign	\$ 32,652	\$ 61,561
Lottery	\$ 26,076	\$ 26,962
Administrative	\$ 21,649	\$ 26,016
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Professional fees	\$ 13,988	\$ 14,804
Volunteer management and recognition	\$ 8,025	\$ 8,271
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	\$ 334,638	\$ 345,155
	\$ 5,980	\$ 31,190
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<b>Interest income</b>	\$ 1,650	\$ 2,995
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<b>Excess of revenue over expenses</b>	\$ 7,630	\$ 34,185

# Contact us

**For general inquiries and questions,  
please contact:**

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Executive Director

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**Email:** sarah.wood2@ontario.ca

**For any questions pertaining to our finances,  
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 **Tatyana Parfenyuk**

Manager of Finance and Administration

**Tel:** (647) 278 - 9861

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Federated

**Health Charities**

The heart of the OPS