



Improving Building Lives. Healthy Communities.


**The
Anne Johnston
Health Station**

2015-2016 ANNUAL REPORT

 Ontario's Community
Health Centres



Report of the Chair and Executive Director

During the year 2015-2016, there has been significant activity addressing the Strategic Themes of the Anne Johnston Health Station's Strategic Plan. The Strategic Themes, namely Promote Health and Wellbeing; Support Clients through Life Transitions; Deliver Care Better; and Deliver Care in and With the Community, are the basis for all programs and services at the AJHS.



There have been many accomplishments to **Celebrate**, many **Opportunities** to consider, many **Challenges** to face, and many **Changes** to address. This annual report highlights our **Celebrations**, our **Opportunities**, our **Challenges**, and **Change**.

In November 2015, the Anne Johnston Health Station participated in an accreditation review by the Canadian Centre for Accreditation. Accreditation is an important undertaking for an organization to ensure policies, procedures, safeguards, and programs and services are in place to meet the needs of all clients, staff, and volunteers. A full four-year accreditation status was achieved and truly a time for congratulations and **Celebration**.

The Anne Johnston Health Station continually pursues **Opportunities** to better serve our clients. Examples of such opportunities include the strengthening of the Spina Bifida Transition Program for adolescents moving to adult primary health care; partnering with Delisle Youth Services to address youth and mental health concerns; providing access to primary care for seniors living in supportive housing; and supporting education and counselling for people with Diabetes.

Working within the health care environment is not without its **Challenges**. Doing more with the same requires a critical look at efficiencies, effectiveness, staff recruitment and retention, and ability to partner. Staff have now been gratefully offered participation in the Healthcare of Ontario Pension Plan (HOOPP) which provides a secure, long term financial benefit for all participants.

This past year, the AJHS has been considering integration with another organization. Integration can bring increased access to services for more clients, better health outcomes, and opportunities for people to live independently and age at home. The Board and staff have been involved in engaging clients, staff, and volunteers in these integration discussions. This may mean real and positive **Change**.

This report is an important way to say thank you to clients, staff, Board members, and volunteers – old and new. We look forward to the upcoming year to **Celebrate**, to consider **Opportunities**, to address **Challenges**, and to embrace **Change**.

Respectfully submitted

Greg King
Chair, Board of Directors

Brenda McNeill
Executive Director

celebrate

The Anne Johnston Health Station

A not-for-profit community health centre providing a range of programs and services that promote the health and well being of seniors, youth, and people with physical disabilities. Our programs and services include primary health care, disease prevention, health promotion, and community development.



Programs

The Anne Johnston Health Station empowers clients, staff, and volunteers with a sense of ownership over their health and well-being.

PROGRAMS INCLUDE

- Barrier Free Physical Activity
- Boccia Ball
- Chronic Pain Self Management
- Consumer Advisory Committees
- Current Affairs
- Gentle Exercise
- Good Food Box
- Grief & Loss
- Health Promotion Workshops
- Hispanic Seniors Group
- Mid Toronto Diabetes Program
- Mindfulness Meditation
- Movie Night
- People on Wheels (POW)
- Saturday Badminton
- School Tours
- Seniors Achieving Greater Esteem (SAGE)
- SexAbility
- Stitches of Love
- Teens Cooking with BAM (Body and Mind)
- Volunteer Hub
- Volunteer Programs
- Women's Disability Action Awareness Group (WDAAG)

Services

The Anne Johnston Health Station provides excellence in primary health care and disease prevention.

SERVICES INCLUDE

- Advocacy
- Attendant Care
- Chiroprody
- Community Development
- Counseling
- Diabetes Management and Education
- Health Promotion
- Medication Management
- Nutritional Counselling
- Occupational Therapy
- Physiotherapy
- Primary Care
- Psychiatry Consultations
- Sexual Health
- Seniors Home Health Program
- Seniors in Supportive Housing
- Seniors on Site

opportunities

Strategic Plan 2014-2017

Our Vision

Improving Lives. Building
Healthy Communities.

Our Mission

The Anne Johnston Health Station is a community health centre committed to meeting the health needs of people with physical disabilities, seniors, and youth by providing access to interdisciplinary primary health care including health education, health promotion, advocacy, and community development.

Our Values

- Respect
- Stewardship
- Empowerment
- Teamwork
- Excellence
- Partnerships
- Compassion

Our Strategic Themes

- Promote Health and Wellbeing
- Support Clients through Life Transitions
- Deliver Care Better
- Deliver Care In and With the Community

Our Strategic Goals

- Increase the comprehensiveness of primary health care and wellness programs and services to meet the holistic needs of our community
- Deepen the impact in our community
- Build organizational capacity and capability
- Develop a sustainable complement of staff and volunteers with the knowledge and skills to meet the needs of our clients



How are we doing?

Health Promotion Programming

PERSONAL DEVELOPMENT GROUPS (PDGs)

April 1 to December 31, 2015

Number of Visits	6,087
Number of Participants.....	1,987
Number of Sessions.....	447

Clinical Services

PRIMARY HEALTH CARE

April 1 to December 31, 2015

Number of Visits.....	13,181
Number of Clients	1,733
Female	1,266
Male.....	465

VOLUNTEER HOURS

April 1, 2015 to March 31, 2016

Number of Volunteers	123
Number of Volunteer Hours	2,906

challenges



Program Highlights

Volunteer Hub

Funding support from the Ontario Trillium Foundation has allowed us to create an inclusive volunteer program. Accessible computers, training and resource materials, and a central location have enhanced our capacity to provide meaningful opportunities for our eager volunteers. As a result, we have been able to foster a greater sense of community between our volunteers, clients, and staff.



Boccia Ball

The Boccia Ball Club is one of the newest programs at the AJHS. This program enhances health and wellness, and provides an accessible program that supports physical activity, social interaction, and of course FUN! We have received very positive feedback and are looking forward to offering Boccia Ball at additional times.



Mid-Toronto Diabetes Program

The Mid-Toronto Diabetes Program provides free diabetes self-management and preventative education for adults with type 2 diabetes, pre-diabetes, and for those at high risk of developing diabetes. Our Registered Nurse and Registered Dietitian are both Certified Diabetes Educators and facilitate group education, workshops, and provide individual counselling sessions.



Gentle Exercise

This low impact class for seniors consists of muscle strengthening and flexibility exercise. The goal is to get fit, meet other seniors, and have fun. Gentle Exercise is offered Monday, Tuesday, and Thursday mornings; and interested participants must register prior to attending. In addition, an exercise program for people with physical disabilities is available that encourages healthy and active living by incorporating aerobic and stretching exercises, and resistance training.



Community Leadership

Our Staff 2015-2016

Ahmad Shah Omary	Lisa Berger
Allen Bouliane	Lucy Nyman
Alison Murakami	Lyndsay Tchegus
Ann-Marie Opara	Margaret Cheung
Anne Crasto	Marilyn Brownlee
Beatrice Raposo	Mark Silverman
Brenda McNeill	Mary Jane Woolacott
Edith Keeler	Michelle Mason
Edith Levy	Mitra Azhdarkosh
Erika Cheung	Monica Gordon
Freda Woo	My Dang
Gabriela Hernandez	Pablo Diaz
Giuliana Vertolli	Paul Catney
Janice Salmon	Rashaad Bhyat
Janis Macdonald	Rosemary Romeo
Jeanne Salit	Rupinder Brar
Jordana Sheps	Sasha Whiting
Josee Sovinsky	Shazmin Jaffer
Laura Lambie	Shoshanah Silverman
Laxshana Navaratnarajah	Sofia Daley
Liane Marr	Subha Ramachandran
Linda Ta	Susan Riddle
	Sylvia Arujo

Our Volunteers 2015-2016

Adam Cohoon	Huiying Xu	Murray Rosen
Alessio Casciato	Jackie Wieczorek	Nadia Mohamed
Amye Parker	Jacob Mayo	Patricia Hemming
Anastasia Gaikalova	Jamie Sto Domingo	Paul Williams
Angela (Angie) Wright	Janice Terry	Paulos Grebreysus
Annie Lin	Jennifer Conroy	Penny Goldberg
Anu Narula	Jennifer Keskikyla	Peter Illidge
Artemis Jing	Jennifer Skalenda	Philip Bondoc
Babak Karbasi	Joeanne Horvat-Kean	Rebecca (Becky) Thomas
Becklynn Zeng	Joey Friedman	Richard Greco
Beryl Gibson	John Cherer	Rita Preiss
Carla Palmer	Judith (Judy) Calder	Robert Qu
Catherine Winter	Karen Fung	Robin Simmons
Chris Dealy	Karen Linker	Ronald (Ron) Moses
Christene Rowntree	Kassia Adams	Rosemary Bishop
Christie Ladner	Kelsey Goforth	Ross Ashley
Claire Collins	Klara Bajlon	Ruhi Kiflen
Dan Gallagher	Krishna Malik	Saba Worku
Dana Bergquist	Lakes Liang	Sandra Ashley
Daniel Hartmann	Larry McRae	Sarah Anglin
David Chu	Linyun Huang	Sarah (Sally) Scott
Davit Harutyunyan	Lisa Cotton	Sherry Yuan
Debbie McDonald	Liz Woods	Shudipta Islam
Denzil Barker	Lo Ian	Siifan Hassan
Derwent Lewis	Logan Lobb-Macdonald	Siobhan Mulrooney
Dorothy Evans	Lynda Finlay	Stephanie Grego
Dylan Nazareth	Maeve Paterson	Stephanie Mathewson
Dyroscha Ithayaneesan	Mardi Fink	Susan McKinnon
Ellene Fu	Margaret (Margo) Brodie	Suzanne Schuleisscher
Fin Christoforidis	Maria Harraghy	Sybil Lewis
Gabrielle Apostoli-Torelli	Martin Day	Tamlyn Kook-Chon
Geraldine Watson	Mary Kenessey	Theresa Bishop
Gillian Sumi	Mary Lynn Higgins	Theresa McCabe
Grainne Sheridan	Melissa Simas	Tom (Tohamah) Abdulwahab
Greg King	Melvin Gagarao	Vela Li
Hanaa Ahsan	Michelle Lu	Xingyue (Joy) Zhang
Helen Gates	Mimi Allemand	Yvette Gong
Henry Hill	Morla Phan	Ziyu Chen





Our Board

Carla Palmer
Catherine Winter
Debbie McDonald
Greg King
Henry Hill
Jennifer Keskikyla

Karen Linker
Liz Woods
Martin Day
Maevae Paterson
Paul Williams
Paulos Grebreyus

Our Donors

April 1, 2015 - March 31, 2016

Agnes Brown
Alvarina Gonzalez
Ana Krstajic
Carol Graham
Cynthia Donaldson
Daniel Lee
Deanna Lagroix
Elizabeth Cherer
Frances Joan Hodgson
Glenna Halls
Henriette Vysoki
Jennifer Keskikyla
John Cherer
Liz Woods

Malcolm Cameron
Margie Campion
Martin Day
Mary C. Ham
Miao Hung Lee
Norma Macleod
Paul Williams
Penny Goldberg
Ronald N. Moses
San Yip
Sharon Singer
Sybil Lewis
Teresa Bishop



Financial Highlights

The Anne Johnston Health Station - Year ended March 31, 2015

The audited financial statement for the year ending March 31, 2015

REVENUES

Toronto Central LHIN	
Program Funding	\$3,243,470
Other Project Grants	\$60,349
Interest and Sundry Income	\$113,932
Total	\$3,417,751

EXPENSES

Salaries	\$1,996,664
Benefits and Relief	\$471,037
General and Operating	\$423,373
Rent and Maintenance	\$368,791
Non-recurring Expenses	\$59,123
Projects Grant Expenses	\$60,349
Total	\$3,379,337

EXCESS OF REVENUE OVER EXPENSES FOR THE YEAR

\$38,414

We would like to thank the Toronto Central LHIN for our funding

Charitable registration #12943-3777 RR001

change



Vision

Improving Lives. Building Healthy Communities.

Mission

The Anne Johnston Health Station is a community health centre committed to meeting the health needs of people with physical disabilities, seniors, and youth by providing access to inter-disciplinary primary health care including health education, health promotion, advocacy, and community development.

Programs & Services

We provide programs for seniors, youth, and people with physical disabilities requiring a barrier free environment.

Partnerships

Our programs and services are provided in partnership with many groups, schools and organizations in our community. We gratefully acknowledge their involvement and support.



For further information on the programs and services at the Anne Johnston Health Station, please contact us by telephone, fax or on our website:

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www.ajhs.ca