



ANNUAL REPORT

2022-2023

Table of Contents

- ANNUAL GENERAL MEETING AGENDA.....3
- AGM SUMMARY 20224
- AGM ATTENDANCE 20225
- A WORD FROM THE PRESIDENT6
- REPORT FROM THE EXECUTIVE DIRECTOR7
- BOARD OF DIRECTORS.....8
- ABOUT ARC9
- KEY ACTIVITIES.....10
- ARC STRUCTURE11
- COMMUNITY IMPACT12
- ATTENDANCE PARTICIPATIONS13
- ARC ACTIVITIES14
- COMMUNITY OUTREACH.....15
- SOCIAL DEVELOPMENT..... 16-17
- FUNDING SOURCES18
- FUNDERS.....19
- COMMUNITY PARTNERS.....20
- HOW TO REACH US21

Annual General Meeting

Agenda

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|--|---|
| 1. Welcome & Introductions | Lorraine Torpy, President, ARC |
| 2. Nomination and Election for a President of the Assembly | Lorraine Torpy, President, ARC |
| 3. Nomination and Election for a Secretary for this ARC Annual General Meeting | Assembly President |
| 4. Call to Order and Confirmation of Quorum | Assembly President |
| 5. Procedures for AGM | Assembly President |
| 6. Roll Call of Voting Members | Assembly President |
| 7. Approval of Agenda of ARC 2023 Annual General Meeting of June 13, 2023 | Assembly President |
| 8. Approval of Minutes of ARC 2022 Annual General Meeting of June 15, 2022 | Assembly President |
| 9. Reports | |
| ▪ Annual Report | Lorraine Torpy, President, ARC
Christian Lapointe, Executive Director, ARC |
| ▪ Financial Reports
Annual Financial Reports 2022-2023 | Jonathan Dionne, CPA, CA, Auditor
<i>Brodeur et Létourneau</i> |
| 10. Appointment of Auditors 2023-2024 | Christian Lapointe, Executive Director, ARC |
| 11. Adoption of Revised ARC Bylaws | Lorraine Torpy, President, ARC |
| 12. Review of ARC Board of Directors Members' Status | Lorraine Torpy, President, ARC |
| 13. Nomination of Board Member(s) | Assembly President |
| 14. Introduction of Candidates | Assembly President |
| 15. Election of Board Member(s) | Assembly President |
| 16. Question Period | Assembly President |
| 17. Adjournment | Assembly President |

AGM Summary 2022

June 15, 2022 at 5:00 p.m.

ARC Board of Directors' Members in Attendance: Debra Dorey (Employee Representative, *ex officio*), Nicole Fortier, Michael Gareau (Treasurer), Laurel Hewitt, Christian Lapointe (Executive Director, *ex officio*), Sharon Meehan, James Munro, Christine Santucci-Wright (Vice-President), Dolly Shinhat, Lorraine Torpy (President), Winsome Wason

Members: Gerald Alfonso, Wendy Gareau, Christie Huff Selig (Honorary Member), Marilyn Lennane-Amaji, Joyce Malouin, Deborah Pearson (Honorary Member) Phillipe Parent, Shirley Pow Chong, Franca Sparapani, Rachel Wagner, Doris Young

Guests: Jonathan Dionne CPA, CA, Auditor, *Brodeur et Létourneau*

- All were welcomed by President Lorraine Torpy.
- The President (Christie Huff Selig) and Secretary (James Munro) for the Assembly were elected.
- The Annual General Meeting was called to order and quorum was confirmed.
- The President outlined the procedures for the Assembly and Roll Call of voting members was conducted.
- The Agenda was adopted and the Minutes of the ARC Annual General Meeting of June 15, 2022 were approved.
- Board Reports were given by Lorraine Torpy, President; Christine Santucci-Wright, Vice-President; Michael Gareau, Treasurer; and Nicole Fortier, Board Member.
- 2022-2023 Annual Report was given by Christian Lapointe, Executive Director.
- 2022-2023 Financial Statements & Auditor's Report were presented by Jonathan Dionne, CPA, from Brodeur and Létourneau and Michael Gareau, Treasurer.
- 2023-2024 Provisional Budget was presented by Christian Lapointe, Executive Director.
- Brodeur et Letourneau were approved as ARC's auditors for the 2023-2024 year of operations.
- Board: Elected by acclamation ARC Board of Directors members for a term ending in 2025 were:
 - Christine Wright
 - Winsome Wason
 - Nicole Fortier
 - Michael Gareau
- Public Question Period was followed by adjournment of the ARC Annual General Meeting.

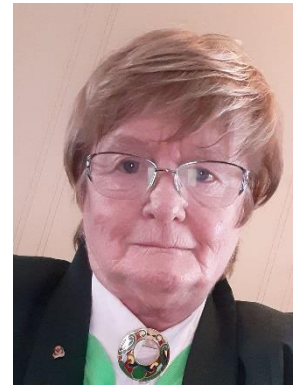
AGM Attendance 2022

June 15, 2022 at 5:00 p.m.

Voting Members & Board Members	Public Participants & Staff
Gerald Alfonso	Janice Arnold
Nicole Fortier (Board)	Sara-Michele Bard
Michael Gareau (Board)	Sabine Bulow
Wendy Gareau	Jonathan Dionne
Laurel Hewitt (Board)	Debra Dorey
Christine Huff Selig	Eric Godin
Marilyn Lennane-Amaji	Adam Hall
Joyce Malouin	Norm Haslam
Sharon Meehan (Board)	Shawn Hughson
James Munro (Board)	Deborah Humphrey
Deborah Pearson	Marianne Jadah
Philippe Parent	Judy Johnson
Shirley Pow Chong	Christian Lapointe
Christine Santucci-Wright (Board)	Danica Logan
Dolly Shinhat	Ruth Montas
Franca Sparapani	Andrew O'Donnell
Lorraine Torpy (Board)	Lynn Osborne
Rachel Wagner	Brian Peddar
Winsome Wason (Board)	Christine Prince
Christine Santucci-Wright (Board)	Michael Sitruk
Doris Young	Alexi Utrera
	Sandra Vocino
	Sharon Vocino
	Pauline Wiedow

A Word from the President

Lorraine Torpy



As we close out another year at ARC, we must look at our success in helping the community get back to in-person activities following 2 ½ years of COVID confinement. Whether it was walking groups, art & crafts, moms and tot activities or information sessions, we were there to safely get people in the community back to pre-COVID times. The staff, led by our Executive Director, Christian Lapointe painstakingly guided the activities and information sessions to ensure everyone found a place where they felt safe and secure.

The positive response from the English-speaking community, the government agencies, and our municipal partners, was encouraging and highlighted all the hard work and dedication our employees accomplished for the betterment of the people in Montérégie-Centre.

Throughout our fiscal year, we were also able to help community groups get back on their feet so they could assist the more marginalized citizens on our territory. The great collaboration ARC was able to build with its partners contributed to a stronger, more diverse and accepting living environment for all citizens.

As ARC's new fiscal year begins it is faced with financial, linguistic, and demographic challenges. With the dedication and devotion of members of the Board of Directors and staff, the community can rest assured that all will be done to keep the voice of the English-speaking community strong.

All the programs and support offered to the members of the English-speaking community in Montérégie-Centre would not be possible without the financial support of our funders, the sharing of resources from our partners, the volunteers who contributed to the execution of services on behalf of ARC and the community at large. For this, we are extremely thankful.

A special thanks to Christian Lapointe and Debra Dorey for their direction and mentoring of all staff members who closed out the year with us: Marianne Jadah, Therese Callahan, Christine Prince, Tania Blood, Alexi Utrera, Veronica Gareau, and Karine Parent.

As President of the Board, I would like to thank my fellow Board members who participated in various committees, projects, and activities: Christine Wright, VP; Michael Gareau, Treasurer; Jim Munro, Secretary; Laurel Hewitt, Winsome Wason, Nicole Fortier and Sharon Meehan. We recently welcomed Chris Craig onto the Board to complete the Treasurer's term.

In closing, the English-speaking community should be proud of all the hard work of ARC's employees and the members of the Board of Directors. ARC will continue to advocate for, and promote the need for, services and activities for the English-speaking community in order to ensure their physical and psychological wellbeing as well as the feeling of respect for their heritage within the territory covered by ARC.

Report from the Executive Director Christian Lapointe



Dear Community Members and Partners,

This year, like most corporations, we experienced the ups and down of the economy. We lost some of our staff and hired new employees, we faced new geographical and administrative challenges, we expended, we went into overtime, we made new partners, created new activities, we got tired, very tired, we argued, we cried and we laughed. But in the end, we pulled together as a team!

The team has many players and everyone played their parts, which lead to our overall success. Therefore, I would like to take this opportunity to thank the funders, board members, partners, volunteers and staff, without whom ARC would not be able to reach its objectives. We are succeeding in ways that 5 years ago, we never could have imagined. Our work doesn't just enrich our own lives, but it also enriches our community. Think about how hard we have worked to get to where we are now. Together, we are achieving great things. The work we do matters.

We build capacity in other organizations that were just a year ago struggling and now are doing well on their own. We actively participated in the implementation of a community centre in Greenfield Park, we chair two major English-speaking partnership tables, uniting organizations in the entire Montérégie.

This year we've reached over 14,000 registered participations to our activities and services and we hold no less than 25 activities on any given week. We also have family gathering activities to reunite the community during weekends, that is to say our "Super Suppers" in Greenfield Park and our "Family Wellness Saturday" in St-Jean-sur-Richelieu. Additionally, we are revamping our caregiver program and taking social development to the next level.

Whether tomorrow, the day after, or in the future, when you feel discouraged or exhausted, you can remember what we collectively achieved. All this was made possible because of the ongoing work and support that we are getting from you. This is your success, Never Give Up!

“Think about how hard we have worked to get to where we are now. Together, we are achieving great things. The work we do matters.”

Board of Directors

List of officers

Following the AGM on June 15, 2022, the newly elected Board of Directors, for the 2022-2023 fiscal year, were assigned to the following roles:

Role	Name	Term
President	Lorraine Torpy	2021-2023
Vice-President	Christine Santucci-Wright	2022-2024
Secretary	James Munro	2021-2023
Treasurer	Michael Gareau	2022-2024
Board Member	Laurel Hewitt	2021-2023
Board Member	Winsome Wason	2022-2024
Board Member	Nicole Fortier	2022-2024
Board Member	Sharon Meehan	2021-2023
Executive Director, <i>ex officio</i>	Christian Lapointe	
Staff Representative, <i>ex officio</i>	Debra Dorey	

Sub-Committees

Committee	Chair	Members
Executive	Lorraine Torpy	Christine Wright James Munro Christian Lapointe
Human Resources	Nicole Fortier	James Munro
Finance and Funding	Michael Gareau	Executive Committee
Membership	Michael Gareau	James Munro Christine Wright
Recruitment & Retention	Lorraine Torpy	Board and staff
Special Events	Christine Wright	Winsome Wason Laurel Hewitt Michael Gareau Debra Dorey Deborah Pearson

About ARC

Who we are and what we do

- We are a community outreach organization who has been assisting the English-speaking community of the South Shore since 2011.
- We receive funding from several government and community organizations and donations from the public.
- We respond and adapt to the needs of the community.
- We welcome new members and community partners.
- We have over 62,230 English-speaking residents who have access to ARC's services in the Monteregie-Centre.

Our Mission and Vision

Mission

ARC is dedicated to assisting and empowering people of all ages to access health and social services, information, resources, programs, and activities in English on the South Shore to promote wellbeing.

Vision

To lead, develop, and maintain strong partnerships and networks within the community to ensure accessibility to English services on the South Shore.

Our Territory

English-speaking
Community
62,230



Key Activities

What we do

Networking

We coordinate the body of a diverse network table that identifies common challenges and opportunities in the access or delivery of health and social services in South Shore of Montreal English-speaking communities.

Representation

We ensure an essential presence on important boards and committees in the health and social service delivery system. This, to better represent the needs and priorities of the English-speaking community and to ensure this community is integrated into the decision-making process, including planning and allocation of resources.

Knowledge Development

We develop an evidence-based situational portrait, frequently updated needs assessment and share best practices for improving the delivery of health and social services in the English language in our region.

Services and Activities

We offer assistance and accompaniment to community members as well as an enriching variety of activities to break isolation and support the community.

Social and Community Development

We support social and community development by improving the wellbeing of every individual in the community, so that they can realize their full potential. This is done through multiple partnerships with various stakeholders and by developing initiatives with partners to benefit the English-speaking community. The success of the community is linked to the wellbeing of all its members and social development means investing in people. Therefore, we invest many human resource hours on these initiatives.

Context

ARC does not reproduce existing initiatives. We support existing initiatives by working collaboratively with partners while building their capacity as organizations and increasing their offer of services.

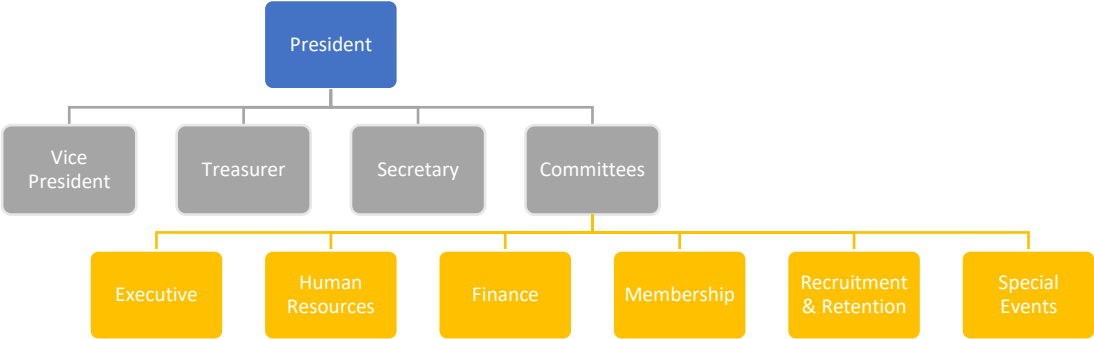
ARC offers activities and programs to:

- break isolation;
- build community by getting people and partners together;
- and facilitate access to services.

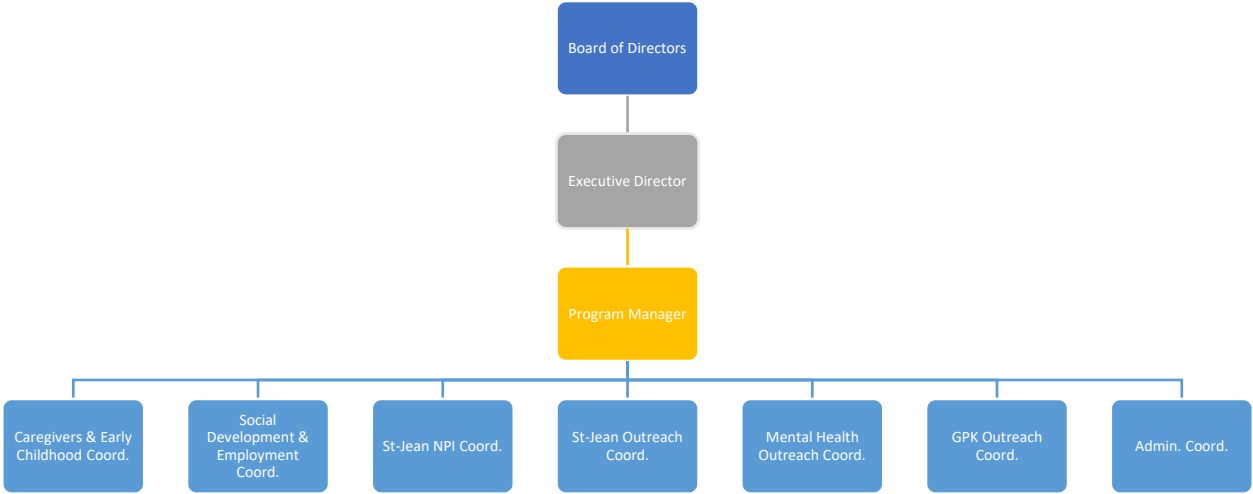
These priorities are based on focus groups and consultations with the English-speaking community of the South Shore held by ARC over a two-year period from 2018 to 2020.

ARC Structure

Organigram – Board of Directors



Organigram – Operational



Community Impact

Summary of those reached

- We tally each time someone attends an activity, whether it's an art class, line dancing, yoga, group support for caregivers, or coming to the Seniors Wellness Centre.
- In addition, we track each time our team reaches out to or responds to a request from a member of the community.

14,019 participations and contacts in 2022-2023

Recurring Activities (in alphabetical order)

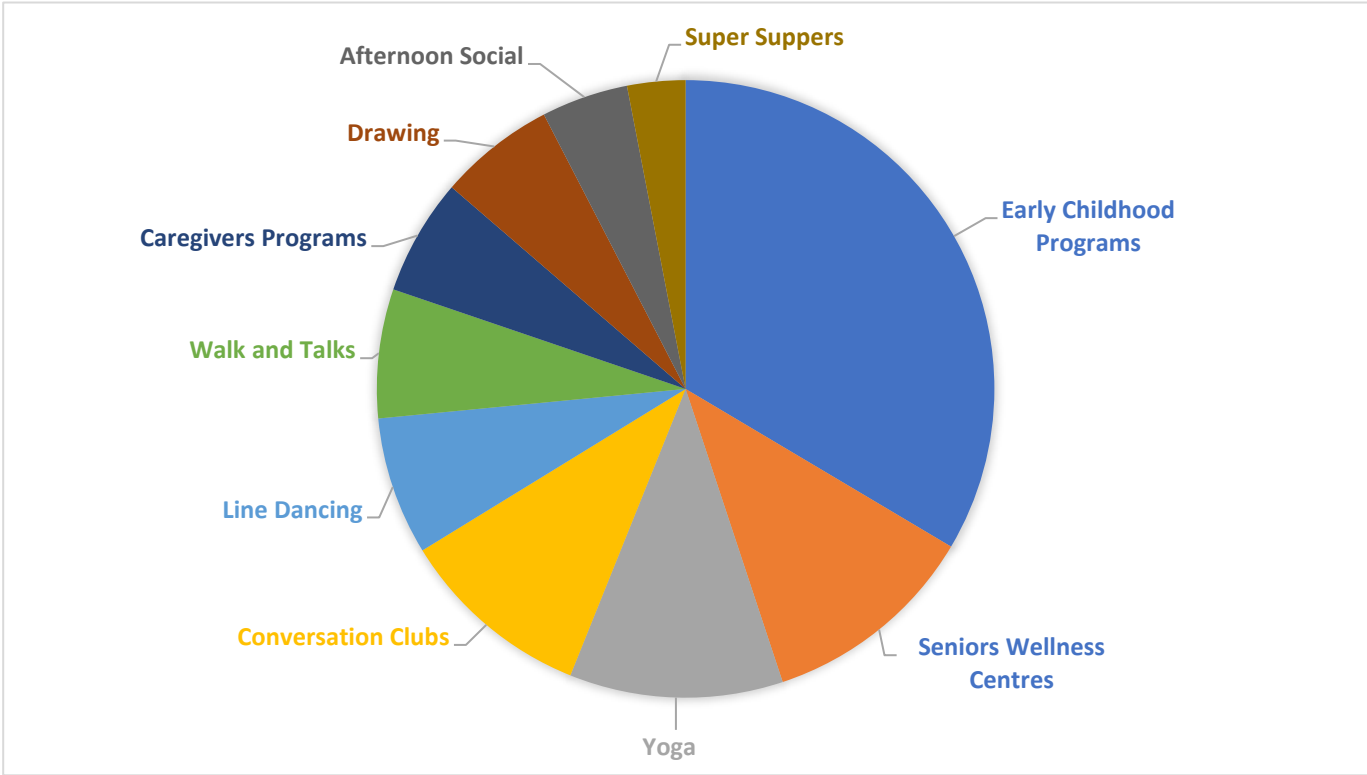
- Afternoon Social (Candiac Chartwell)
- Caregivers Programs (ReCharge, Grief and Caregivers Support Groups)
- CHSLD Champlain Senior's Activity
- CHEP Monthly Webinars
- Conversation Clubs (English and French)
- Colour Cafe
- Community Health Education Program (CHEP)
- Drawing
- Early Childhood Programs (Mother Goose, Community Language Development, Storytime)
- Legal information sessions
- Family Wellness Saturday
- Line Dancing
- Mental Health Café and Cooking Life Skills (support to Our Harbour)
- Moms and Tots Walking Groups (St-Jean and GPK)
- Rock Painting
- Seniors Wellness Centres (Chambly and GPK)
- Social Cooking
- Social Games
- Super Suppers
- Tai Chi (adults, babies)
- Talking to Improve Wellbeing
- Twisted Stitchers (Candiac)
- Walk and Talks (GPK and Candiac)
- Yoga



Attendance Participations

Top 10 activities

1. Early Childhood Programs	2,523
2. Seniors Wellness Centres	856
3. Yoga	841
4. Conversation Clubs	764
5. Line Dancing	544
6. Walk and Talks	508
7. Caregivers Programs	459
8. Drawing	458
9. Afternoon Social – Candiac	342
10. Super Suppers	229



ARC Activities

With community members

Throughout the year our activities were offered at various locations, including the Activity Centre, which is located in Greenfield Park, the St-Jean-sur-Richelieu satellite office, Randell Hall in Chambly, and in Candiac. The Candiac joint initiative with Monteregie West Community Network (MWCN) ended with the fiscal year and is now solely a MWCN satellite office.



Community Outreach

Other ways we reach the community

In the past year, members of the community reached out to us 3,555 times for assistance and referral services. These requests for service involved a range of human needs and required a variety of responses and referral to appropriate services. These contacts with the community provided ARC with an ongoing awareness of issues being confronted by members of our community.

Other programs and activities:

- 10th Anniversary Celebration
- Volunteer appreciation luncheon
- STAR Program – 15 community members awarded
- Dialogue McGill Bursary – One student awarded
- Storytelling workshop series with the Quebec Writer's Federation
- Book Club
- Community Mural Workshop
- Podcast Production Workshop
- Fall Prevention Program
- Tech Café



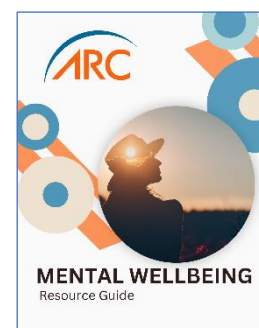
We published the following documents:

- Mental Health Resource Guide
- Resource Guide for Parents with Children of Special Needs



Social media

- Subscribers to The Advisor newsletter and other info-letters 1,336
- Visitors to the website 5,244; page views 18,155
- Facebook followers 1400+
- Facebook page reach 51,879, reactions (likes, comments, shares) 14,111



Social Development

Supporting the community

ARC has a mandate as a community organization to promote social development, by supporting its community and working towards improving the individual and collective living conditions of citizens. ARC also takes action with partners to promote social development at local and regional levels. To this end, ARC develops alliances, initiatives, projects and collaborations with various organizations. Social development means investing in people. It is about helping people so they can move forward on their path to self-sufficiency.

In terms of social and community development, we are operating with multiple strategies to achieve our goals by:

- Maintaining different points of services through satellite offices.
- Holding a yearly Community Fair (promotion of services and accessibility for the ESC).
- Attending social development and sectorial partnership tables (spearheading change in the community by participating actively in the impactful decision-making process with stakeholders).
- Building capacity in existing organizations (enhancing the ability of organization to better support the ESC).
- Increasing the offer of services to the English-speaking community by working with predominantly French-speaking organization to support the ESC.
- Offering multi-level French conversation activities.
- Increasing interaction with local and regional government bodies ensuring representation and vitality in the territories.
- Meeting with regional social development offices of different MRCs (Municipalité régionale de comté).
- Creating new or enhance existing regional outreach projects making them available to the ESC.
- Connecting with elected officials to discuss needs and priorities of the ESC.



Social Development

How we support the community

As regards to social development accomplishments, the following are examples of initiatives in which ARC participates to improve the quality of life of the ESC.

- Community fridge
- Low-cost food baskets
- Support to community gathering initiatives (fetes de quartier, borough celebrations)
- Direct administrative, promotional and financial support to multiple volunteer-based and community organizations
- Development of a local community centre for all communities
- Provided support to MRC with reaching out to ESC



Other programs we facilitate:

- Regional Community Fair
- Regional Health and Social Services Table (RHSSPT) – Held six regional partnership meetings with 28 community partners
- Regional Mental Health Table – Held 4 meetings with 35 community partners



Partnership tables and committees we participate in:

- GPK social development (CGPKC)
- Brossard social development
- ConParle Famille (early childhood)
- Community of practice (caregivers)
- Haut-Richelieu seniors
- Regional food security
- Les Eclaireurs
- Provincial Employment Round Table (PERT)



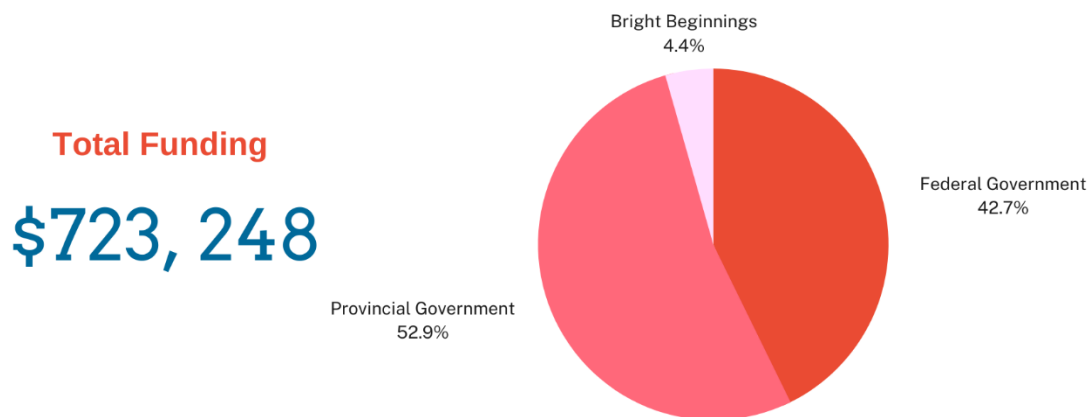
Funding Sources

2022-2023

Funder	Amount
Provincial Government	
▪ Secretariat for relations with English Speaking Quebecers – through Enhancing Regional Community Capacity (ERCC)	\$208,800
▪ L'Appui Monteregie - (Caregivers Program)	\$68,783
▪ Secretariat for relations with English Speaking Quebecers – through Regional Development Network (RDN) (Employment Initiative)	\$35,000
▪ Secretariat a la Jeunesse - through CHSSN (Mental Health)	\$30,000
▪ Secretariat for relations with English Speaking Quebecers - through CHSSN (Seniors Wellness Centres)	\$23,600
▪ CISSS-MC - Les Eclairleurs through the CGPKC Partnership Table (GPK Photo Project)	\$10,175
▪ Secretariat for relations with English Speaking Quebecers – through Educaloï	\$6,600
▪ Deputy of Laporte - Mme Nicole Menard	\$2,000
Federal Government	
▪ Health Canada - through CHSSN (Network/Outreach/Satellite)	\$155,300
▪ Canadian Heritage (PCH)	\$66,000
▪ Public Health Canada - (Mental Health)	\$50,000
▪ Health Canada – through Dialogue McGill (Retention, Conversation Club, Bursary)	\$22,940
▪ Health Canada - through CHSSN (Healthy Early Years)	\$15,000
▪ Health Canada – through CHSSN (Community Health Education Program)	\$1,900
Other	
▪ Bright Beginnings - Fondation André et Lucie Chagnon through CHSSN	\$27,150
TOTAL	\$723,248

* ARC contributed \$2,000.00 to programs and that amount is included above.

* These numbers were established before the audit and are subject to change.



Funders

Thank you for your valuable financial support



Health
Canada

Santé
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POUR LES
PROCHES AIDANTS
D'AÎNÉS



Regional Development Network
Réseau de Développement Régional



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A shining start for children ages 0-5

**Secrétariat aux relations
avec les Québécois
d'expression anglaise**

Québec 

**Secrétariat
à la jeunesse**

Québec 

Dialogue McGill



Health
Canada

Santé
Canada



Public Health
Agency of Canada

**Centre intégré
de santé et de
services sociaux de
la Montérégie-Centre**

Québec 



Nicole Ménard
Députée de Laporte

Community Partners

Thank you for your valuable collaboration



VILLE DE
SAINT-JEAN-
SUR-RICHELIEU



Centre Mosaïque de Québec
Clinique d'orthophonie



How to Reach Us

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