

## Friends Housing Inc.

A Registered Charitable Organization  
#102 163 045 RR0001

100-890 Sturgeon Road  
Winnipeg, MB, R2Y0L2  
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[friendshousinginc.ca](http://friendshousinginc.ca) (website)

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## Friends Family Communique - Issue #8 (February 2020)

### Highlights: 2019 Annual General Meeting

Attendees included 15 residents, plus staff, Dennis Trochim (Property Manager), Board members and 1 guest (ie. guest speaker).

- Officers for the coming year: With no changes to Board members or Board positions, for 2019-2020, the 7-member board remains: John Gosselin (Chair), Eleanor Webb (Vice-Chair), Dennis Perko (Treasurer), Lavina Allan (Secretary), Peter Burnett (Member at Large), Herb Schon (Member at Large) and Jane Smith (Member at Large).
- Resident Sydney Beaufooy continues to solely coordinate Tenants' Association activities.
- This past year was another year of positive financial results, building on those of last year.
- There was no turnover in the apartment building, and two move-outs (and 2 move-ins) in the townhouses last year. No major capital work was undertaken during the year.

Guest speaker, Aly Raposo, Mood Disorders Association of Manitoba gave a very interesting presentation on self-care - including practical ways people can help improve their mood. (Note: Two Seasonal Affective Disorder (SAD) lamps have subsequently been purchased and are now in the Common Room for tenants' use.) Why not discuss and encourage your family member to try these out - 30 minutes at the beginning of each day is recommended... and no better time than the short, cold, dreary days of winter to try these!

For a complete copy of the meeting minutes and/or copy of Aly's speaking notes, contact Crystal at 204-832-2254 (ph) or [friendshousing.cp@gmail.com](mailto:friendshousing.cp@gmail.com) (email).

### Highlights: Friends' Family Christmas 2019 Celebration

The very personable (and surprise) guest, Elvis wowed the 100+ member audience with his lively, 45-minute performance - a definite highlight! This, along with the mixing and mingling of new and old friends, indulging in festive treats, bidding on silent auction items and snapping up some Christmas baking to take home, made for a great evening. A total of \$2060 was raised (about 60% from financial donations and 40% from the silent auction and bake sale) for general support of residents.

### Update: "All About Me" Project

Crystal has picked up where Loveeza, former Activities Coordinator, left off on the "All About Me" initiative. This project is a means by which staff - current and future - will better and more quickly get to know and understand each resident as a unique individual, making any help/support more individualized and thus, more effective. Participation by residents is optional. Though it is hoped residents will see the benefit and choose to participate, family encouragement and support is appreciated. For more information, refer to the last newsletter or contact Crystal.

### Income Tax Help For Residents

Again this year, a volunteer will be at Friends Housing to help interested residents complete and submit their income tax claims. Residents will have the details - including those regarding an appointment sign-up sheet. For more information, contact Crystal.

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## Fundraising Project: New Van

The replacement of our van is on our “to get” list this year. Given the age and condition of our current van, this is deemed necessary to ensure we have a safe, reliable van for transporting residents to our many off-site group activities/outings. Expect to hear more about a fundraising plan in the coming months. For more information, contact John Gosselin at 204-488-1237 (ph) or [jgosseli@mts.net](mailto:jgosseli@mts.net) (email).

## Looking Ahead: Future Building Needs

Further to information in the last issue of FFC, the Board awaits formal approval from Manitoba Housing to use our last year’s surplus monies for capital needs. They continue to indicate that they will still consider funding Friends Housing’s next five years’ capital requirements. We also continue to advocate for more annual funding while at the same time, do what we can to plan for the end of our operating agreement, ie. in 5 years’ time.

The major renovation project the Board is looking at for 2020 - and one that will not directly affect residents (other than when the actual work is going on) - is the replacement of the building’s ventilation system at the top of the building. It has reached the end of its useful lifespan, having undergone patch-type repairs in the past. Our engineering review of the building advised that this was necessary soon. For more information, contact John.

## Thank You, 2019 Donors!

We are very grateful for the donations - financial and in-kind, large and small - from our many supporters. Friends Housing could not do what it does for its residents without this help. On their behalf, we thank you.

## Government/Public Donors:

Manitoba Housing and Renewal Corporation (housing component)  
Winnipeg Regional Health Authority (mental health component)  
University of Winnipeg Collegiate via Winnipeg Foundation’s Youth in Philanthropy Program

## Individual Donors:

Allan, Lavina  
Arcand, Bonnie and Marc  
Berger, Mike and Anne  
Falk, Peter and Anne  
Feldman, Rhoda and Zivey  
Garvey, Scott and Caron  
Gosselin, John  
Herman, Dana  
Hughes, Robert and Marnie  
Hunt, John and Gail  
Hunt, Jeff  
Jansen, Janice

Kisyk, Elsie  
Lutz, Elaine  
McBride, Elizabeth and Will  
Perko, Dennis and Karen  
Peters, Marlene and Abe  
Pitura, Mary  
Sanderson, Margaret and Reg  
Schon, Herb and Carol  
Smith, Greg and Candice  
Soon, Howard and Wendy  
Trochim, Dennis  
White, Brenda and Richard

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## Business Donors (In-Kind):

A&W	Maple Leaf Sports & Entertainment
Academy Lanes	Maranatha Evangelical Church
Advance Electrics	McDonalds Canada
Ai-Kon Inc	Murdoch Management
Assiniboine Park & Zoo	My Care Pharmacy
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Betula Lake Resort	Olive Garden
Birchwood Automotive Group	1882 Fruit-Based Hot Sauce
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Carlton Cards	Patill/St.James Insurance
Carlyle Printers, Service and Supplies Ltd.	Piston Ring
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Chapters	Rae & Jerry's
Cineplex	Real Canadian Superstore (Grant/ Portage)
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Denny's	Save-On-Foods
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Downtown Dental Group	7-Eleven
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Fountain Tire	The Green & Grain
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Landmark Cinemas	Winnipeg Blue Bombers
M&M Meat Shops	Winnipeg Building and Decorating
Manitoba Blue Cross	Winnipeg Goldeyes
Manitoba Liquor & Lotteries	Winnipeg Home + Garden Show
Manitoba Metis Federation Inc.	Winnipeg Symphony Orchestra
Manitoba Museum	Winnipeg Women's Show
Manitoba Theatre for Young People	YMCA-YWCA of Winnipeg

And... we equally appreciate our donors who prefer to remain anonymous.

**NOTE:** Should we have inadvertently omitted any donor from this listing, we sincerely apologize. Please let us know so we can give proper acknowledgement to all our donors.

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### Friends Housing Profile\*: Anne and Peter Falk, Parents of A Resident

#### Tell us a little about your connection to Friends Housing.

We are parents whose son Stephen has lived in the Friends Housing apartment building since February 1990, being part of the first group of residents that moved in. But our connection and involvement with Friends Housing goes further back - to before it even existed.

#### What do you recall about those “very early days?”

We remember hearing - in about the mid-1980s - of a group that was just starting up. It was for parents having a young adult child with serious mental health issues. We thought it could be helpful - and it was! Meetings took place about once a month, at the Grace Hospital and were organized by a nurse, Gwen May. A big concern of the group was the lack of available safe, affordable clean housing in Winnipeg so that our children could live on their own - and we parents have peace of mind. At the time, the only options available “were just horrible,” says Anne. Over the following years, one thing lead to another. We had meetings; “I even remember a picnic one summer,” says Anne. The group thought maybe it could do something about the housing problem ourselves so we found a duplex on Kent Road, fixed it up, hired a director, got funding and operated a group home there for some years. It accommodated 6 residents. Then we realized more housing was needed. So, we looked into buying an apartment block but the ones we could afford needed too much work (and money). That is when we decided on another approach - to get a new apartment building built. That’s how Friends Housing all started.

#### What was this parents’ group - and its group dynamics - like?

We came from different walks of life but shared a common concern - we were frustrated and worried about the future of our adult children. Talking and getting together helped. A few of those involved in the early years were Helga Berger, Zivey Feldman, Don Plummer, Sudarshan Varma. Everyone got along well; no conflicts. We were all happy to be there - and happy to do our part. “It was not hard to get Board members; Peter was on the Board too,” says Anne. “We had knowledgeable people amongst us - Helga was a great leader and knew how to get things from the government. We had someone who knew about building and construction. We had a lawyer (“I wasn’t always sure if we were doing things that were “quite right” so I’d wait for the lawyer to sign a document first before I signed it,” chuckles Peter). And we had people who knew about mental health as well.

#### Is there a special moment you remember from those early days?

“Yes,” says Anne. Peter and I had just returned from being away. Our daughters and their husbands who helped move Stephen in had reported that, at last minute, he had had serious second thoughts about wanting to live at Friends Housing. Thankfully, our daughter convinced him to at least try it. I remember asking him how it felt when he first walked into his new suite. His immediate response - an enthusiastic “I could hardly believe it; so new, so clean!”

\*Friends Housing Profile is an ongoing series featuring Board members, staff, family and other volunteers.

**Next Issue of Friends Family Communique: May 2020**