



SSHQ ANNUAL ACTIVITY REPORT

ending March 31st 2016

EXCELLENCE --- CLIENT FOCUSED --- TEAM WORK

SSHQ Annual Activity Report

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EXCELLENCE ----- CLIENT-FOCUSED ----- TEAM-WORK

PART I SSHQ ANNUAL ACTIVITY REPORT



**PRESIDENT'S &
DIRECTOR'S MESSAGE**

BOARD OF DIRECTOR'S

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EXCELLENCE ----- CLIENT-FOCUSED ----- TEAM-WORK

President's & Director's Message

Dear Members, friends and partners of SSHQ,

We will support this message with quotes from three philosophers of our ancestry. **Pythagoras of Samos** (570-500 BC) said,

"No man is free who cannot master himself."

Our team has been working hard to excel at helping our beneficiaries and clients be the best that they can be. As such, we continue to do more and better than we did last year. Better because our administration also has prioritized employee training. Our employees received intensive Alzheimer training so that we are capable of offering information sessions on the subject. Through word of mouth and our successes, we have managed to have as many clients in Laval as we do in Montreal. South shore clients come to Montreal, as we do not have a paid employee there, we rely on an occasional volunteer from time to time and one of our employees manages the telephone messages that we receive from the clients there. We are happy to announce that going forward we will be offering our computer courses via a more professional mobile clinic, on new lap tops and tablets in the fiscal year April 2016 to March 31st 2017! This project is funded in part by the **Government of Canada under the New Horizons for Seniors**. Through this program we are also planning to teach the elderly useful sites to navigate and how to avoid fraud. We are on schedule with our constant improvements to our service and to client and employee skills.

We are maintaining our priority for the Natural Caregiver Support Program offered in Laval. We have more than doubled our natural caregiver dossiers since last year. We offered seven conferences & training workshops in the last year, this is more than ever before, 303 natural caregivers benefited. The conferences on **Elderly Mistreatment prevention**, on **Parkinson's**, on **Stress Management** and on the **Demystification of Mental health** were attended with record numbers, as were for the Alzheimer's ones we held the year before. During the year, we also offered support groups in either English or Greek, where both professionals (male and female) sons and daughter caregivers of elderly attended in addition to primarily Greek speaking spouses of elderly. In both type of groups, the results were very good, participants were quite satisfied and reported more reassurance in their roles as family member caregivers by the end of the six week program. Therefore we have been improving this service and skills to clients.

Now that we know we are doing well, we will continue to strive for excellence and try to be trend setters with respect to our approach and in the way we evaluate our success. At this point, **Euripides** (485-406 BC) quote comes to mind, who stated,

"The wisest men follow their own direction."

The CLSCs of various territories are asking us for the following complementary services, requests that we document and for which we do not have the resources completely to offer, they are listed in order of preference or number of demands: PAID CAREGIVERS WHO SPEAK GREEK, INTERPRETATION SERVICES, GREEK RESIDENCE WITH SERVICES, GREEK DAY CENTER, ACCOMPANIMENT, A HELLENIC-MENU HOT-MEALS-ON-WHEELS, FRIENDLY VISITS, ASSISTING GREEK ELDERLY WITH FORM-FILLING. As we do not have enough space for much needed activities in Montreal, going forward our emphasis will be to acquire both additional government funding and to do more fundraising activities for establishing a respite care service in the form of a full-time Day Center. This will address a need that our natural caregiver clients in Montreal, South Shore and Laval have been asking for. We are currently looking into a possible site for a Day Center, that will be centrally located and be easily accessible from all our offices (Laval, Montreal, Parc-Extension and South Shore). We will not wait any longer, for funding, we will start what we can however small, with volunteer help as much as possible. We will "build" it and the rest will follow. We are appealing to you, our members and friends, of this service, to help us make this a reality and to help spread the word. We would like to end this message with the third quote by **Archimedes** (300BC) who declared,

"Give me where to stand and I will move the earth!"

E. Tsinali

Eleni Tsinalis
President of SSHQ

E. Fakotaki

Eleni Fakotakis-Kolaitis
Director General of SSHQ



SSHQ Board of Directors

Our Board of Directors are responsible for the vision, mandate, leadership and fundraising. Most are professionals with experience in management and have full-time jobs. Thank you for your commitment and team work. Our BOD met 9 times during the year. Certain members who are on committees meet more often as needed and also help out with our conferences and activities.



EXCELLENCE ----- CLIENT-FOCUSED ----- TEAM-WORK

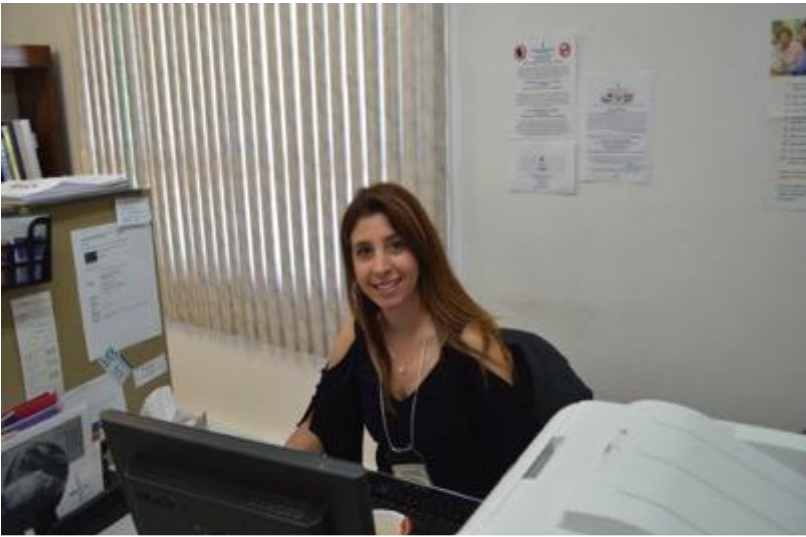


FROM LEFT TO RIGHT (back row) in photo: Dr. Chris Karatzios (President of the Hellenic Medical Association of Qc), Denise Vourtzoumis (Management), Harry Babaroutsis (Designer, Photographer-Videographer), Eleni Tsinalis (President, SSHQ), Angeliki Kritikou (Retired professional), **FROM LEFT TO RIGHT (front row):** Maria Stamatelos (Lawyer), Anna Biro (portfolio-diverse origins & Artist), Apostolia Petropoulos (Social Worker) and Eleni Fakotakis-Kolaitis (Director General, SSHQ). **SECOND PHOTO:** Anna Dimitrokalis, Financial Advisor. **THIRD PHOTO:** Chrysanthi Diavatopoulos

ABSENT BOARD MEMBERS From photo: Maria Kavvadias (Social worker), Emmanuel Nikolainas (Management), Peter Papadakis (Financial Advisor), representative from the CIUSSS, **Ex officio members** (Nicolas T. Pagonis, accountant-management & President HCGM and Nicolaos Flouris, accountant-management & treasurer HCGM)

SSHQ EMPLOYEES

Full-time Community Intervention counselors



<<< Chryssa Beletsiotis
Coordinator of the Laval SSHQ
office & its activities
Coordinator of Caregiver Support
program (28 hrs per week)
Chomedey, Laval SSHQ Office
4236 Chemin du Souvenir
Telephone: 450-688-2091
cbeletsiotis@hcgm.org

Mary Arvanitaki
Coordinator of Montreal activities & food bank (35 hours per week)

Montreal :
Parc-Extension Office
Chalet Ogilvy
821 Ogilvy Avenue
Telephone: 514-906-0784
Côte-Des-Neiges & Outremont Office
5777 Wilderton Avenue
Telephone: 514-738-2421 local 121
marvanitaki@hcgm.org



EXCELLENCE ----- CLIENT-FOCUSED ----- TEAM-WORK

SSHQ EMPLOYEES

Part-time professional instructors for courses



< Argi

**<<<Argi Papaqiannakis,
Kinesiologist**

Exercise for Seniors

Exercise program Instructor

Computer Instructor

514-738-2421 Local 121

apapagiannaki@hcgm.org



CREP-French PROFESSOR, >>> MARIE-NOELLE GUAY >>>

Vasso Arvanitaki >>>

**Community Intervention
counselor & nursing
background (under 15 hrs / wk)**

Computer Instructor

And assistant in the Caregiver Support
program (Laval)

514-738-2421 local 121

or 450-688-2091

infosshql@hcgm.org



EXCELLENCE ----- CLIENT-FOCUSED ----- TEAM-WORK

SSHQ VOLUNTEERS

THE HEART OF THE COMMUNITY

THE GIFT OF TIME IS PRICELESS (You can be a volunteer at any age!)

V aluable is the work you do
O utstanding in how you always come through,
L oyal, sincere and full of good cheer
U ntiring in your efforts throughout the year,
N otable are the contributions you make
T rustworth in every project you take
E ager to reach your every goal
E ffective in the way you fulfill your role
R eady with a smile like a shining star
S pecial and wonderful, that is what you are!!!
 -- Anonymous



Our dedicated VOLUNTEERS, whom we are proud of offered the following volunteer hours: **They are an integral part of our team, we are so grateful to them!**

- Office help, friendly calls and answering the telephone, translation of documents, 150 hours total
- Helped with form filling and applications, explaining letters, **70** hours total
- **25** Friendly visits in hospital or residential settings (25 visits x 3 hrs each visit= 75 hrs)
- **20** accompaniments of the elderly to their appointments and translated for them, 60 hours or 3 hrs per case
- Students of Socrates-Démosthène collecting & wrapping gifts for Christmas toy drive (**205** hrs)
- Helped supervise and coach arts and craft activities, participated in elderly parties and outings, total **20** volunteer hrs
- **24** hours of grocery shopping with the elderly
- Served in our food banks (17 volunteers offered a total of **2,650 hours** of work during the year!)

A total of 3,254 hours during the year ending March 31, 2016

EXCELLENCE ----- CLIENT-FOCUSED ----- TEAM-WORK



SSHQ VOLUNTEERS

THE HEART OF THE COMMUNITY



EXCELLENCE ----- CLIENT-FOCUSED ----- TEAM-WORK

Koula Antypas
Ruth Amsellam
Theodore Betchavas
Eleni Bomis Petropoulos
Christian Beausoleil
Katerina Boudopoulos
Charles Adrien Carrier
Dimitra Chrona
Georgette Della-Suda
Athanasia Diathessopoulos
Denise Fournier
Anastasia Georgiou
Fernando Gimeno
Theodora Karamanli
Smaragda Kostaros
Nazareth Kostaros
Vicki Madis

Fotini Maniatopoulos
Dimitra Marou
John Marshall
Chrysoula Mittas
Sidonie Nzemba Ntumba
Christos Pachis
Loukas Panagou
Georgios Paneras
Catherine Ryan
Andre Samaras
Lidia Scalcos
Michael Scott
Irene Sikalis
Georgia Tsiolis
Helen Venieris





MISSION

VISION

ACCOMPLISHMENTS

**PRIORITIES &
PLAN OF ACTION**

PAGES (9-20)

SSHQ MISSION



Santé
et Services sociaux
Québec



1.
To help our clients access the services to which they are entitled and to increase their understanding of the systems, which could get confusing to them (health, social services, municipal, etc.) to which they are addressing.

2.
To promote healthy and quality living;
To provide needed activities that complement or add to what is offered in the network and that are sensitive to socio-economic and psycho-social needs, particularly activities that sensitize caregivers to deal with their stress and the elderly to recognize fraud and mistreatment.

3.
To advocate on behalf of our clients for quality health, essential services and adapted care, in order for our beneficiaries and clients to enjoy respectful and quality living;

4.
4.1 To assist in lobbying the government so that employees and Board of Directors in public establishments represent the general population proportionately
4.2 To assist in getting the message across that organizations such as ours should receive appropriate funding.

EXCELLENCE ----- CLIENT-FOCUSED ----- TEAM-WORK

VISION:

SERVICE EXCELLENCE

CLIENT-FOCUSED

TEAM-WORK

COMPETENT & TRANSPARENT GOVERNANCE

WHAT MATTERS MOST
IS HOW YOU SEE YOURSELF.



The client or beneficiary of SSHQ is the center of our attention. They have to feel welcome, they must be treated with respect and they must be involved in their personalized intervention that we will provide. We have to do our best to empower them, so they can maintain their dignity while going through all of their life changes and so their quality of life is always up to par. We have to help them address their psychosocial needs. The client should always leave our office satisfied.

The professionals who work for our organization, employees, volunteers and stage workers of SSHQ have a right to work in a climate that is positive and nurturing. Where their opinions, skills and competencies are recognized and respected. They are expected to keep informed, provide their best at all times and within a reasonable time; to report, document and evaluate appropriately; to follow regulations and to abide by a professional code of conduct. Everyone in the team must feel comfortable with each other. Share their knowledge & experiences, communicate effectively. They have to be satisfied as well.

We believe that when the employees are happy and satisfied, the clients will be happy and appropriately cared for & satisfied. Ongoing Information and training must be provided to the client and to the employees, in order to continue to improve their skills and competencies.



ACCOMPLISHMENTS

NATURAL CAREGIVER OF THE ELDERLY SUPPORT PROGRAM

This service is offered to Laval residents (some activities take place during the day, evening and weekends in order to facilitate the caregiver's schedule). Our intervention counselors have received intensive training on the Alzheimer disease and related issues and how to deal with these. We continue to sensitize the Greek community to the needs of natural caregivers of the elderly. We do this through the media, conferences and pamphlet distribution. Our goal is to reach as many caregivers as we can before they burn out.

As of March 31st 2016, our natural caregiver, active, client dossiers amount to **112** (this has more than doubled since last year). **35%** of these caregivers are spouses, **53%** are sons or daughters, **3%** are grandchildren, **2%** are brothers or sisters, **1%** are friends and **6%** have another relation with the elderly that they are helping. While we have documented about **201** caregivers who have called or visited us in the last year, to whom we have offered about **326** hours of in-office consultation and psycho-social support. It is also important to note that **a small number of our caregiver clients are from outside Quebec**. Such as in other provinces, the States or in Greece.

We ran **four support groups** of approximately **9** caregivers in each, very successfully, guided by our intervention counselors and a variety of invited professionals depending on the topic. Two of these support groups were held in Greek (frequented mostly by spouses) and two in English (frequented mostly by daughters or sons). We also observed that the average age of women in our support groups is **70**, while for men it is **81** years of age.

We held **seven successful and interesting conferences/workshops** for the caregiver and the Alzheimer or Parkinson's afflicted elderly we reached a total of **303** caregiver participants in these conferences and workshops. The average female participant is **61** years old and the average male participant is **66** years old. One of the conferences, on Stress Management, Parkinson's and Music Therapy was held during the **National Awareness Week for Natural Caregivers – Semaine nationale des proches aidants (SNPA)** which is on the first week of November every year.

We estimate that there are approximately **7000 natural Greek caregivers in Laval**, we believe that **about half** are elderly couples taking care of each other.

The majority of the elderly who are being helped by our natural caregiver clients have Alzheimer's, Parkinson's or Down's Syndrome. **45%** have serious mobility issues, muscular dystrophie, schizophrenia, depression, blindness, cancer or require regular kidney dialysis treatment.

Many inform us that the public system is simply not helping their situation, there is an absence of necessary home care support. More sensitization, promotion and respite care in the form of a day center for the elderly is an absolute necessity in the community as there are waiting lists to get respite assessment and for respite services, also, because of language and cultural barriers, many of our caregiver clients or their elderly loved one, have not been helped and the referrals bounce back to us. The evaluations that are filled by participants after each activity, illustrate a high satisfaction for the content and animators.

An interesting note to make at this point is that while other organizations have difficulty in reaching male caregivers, we have managed to have approximately 37% male caregivers at our activities.



EXCELLENCE ----- CLIENT-FOCUSED ----- TEAM-WORK

During the year we presented seven conferences/workshops, targeting natural caregivers, a total 303 attended. Topics included: Preventing senior mistreatment, Personal care, making an official and effective complaint to the system, mandates of incapacity, dealing with stress, Parkinson's, Music Therapy, dealing with mental illness (depression, schizophrenia, manic depression).

[illegible][illegible]

WE THANK THE FOLLOWING SPEAKERS WHO PRESENTED AT OUR CONFERENCES AND WORKSHOPS IN THE LAST YEAR

- **Melissa Carrera**, Agent de police
- **Micheline Da Silva Bitford**, Nurse, CISSS Laval
- **Dr. Theodora Gerakari Stavropoulos**, Medical Biopathology-Microbiology, HMAQ
- **Dr. Aris Hadzinicolaou**, Psychiatrist
- **Lynn Harris**, Ami Québec
- **Dr. Theodore Kolivakis**, Psychiatrist, Royal Victoria Hospital
- **Catherine Lagopatis**, Music therapist
- **Josée Laperle**, CAAP
- **M. Paul Leclerc**, Médiateur agréé, DIRA
- **Monique Masson**, ALPA
- **Apostolia Petropoulos**, Social Worker
- **Jannick Roy**, CLAVA



FOOD BANK SERVICES

EXCELLENCE --- CLIENT-FOCUSED & TEAM-WORK



"Poverty is the worst form of violence" – Ghandi

We also help our food bank beneficiaries with employment concerns, information, referral to other services, computer training, etc.

We have two food banks, one in Parc-Extension and another in Chomedey, Laval. They both operate only one day a week. We distributed at least **10,800 kg. of food** in the last year. **52%** is dry or canned food and **41%** is perishable (milk, vegetables and fruit), **7%** is bread.

We have a very diverse clientèle or beneficiaries. Diverse in psycho-social problems and in origins.

This year we served slightly more homes (**109**) than last year's total of (105) but less people overall (total people served = **221** or 58 people less than last year). About 34% or **76** are children, 22% or **30** are elderly and 3% are students. In the Montreal food bank the clients are **mostly male beneficiaries (64%)** who address our services, while in Laval, they are **mostly female beneficiaries (53%)**. Most of the beneficiaries of both food banks are people **who live alone (70%** in Montreal, in comparison to **54%** in Laval).

In **Montreal 65% of households** come for food every week, while in Laval most recipients come for food between one and three times in a month. For more statistics see chart on the right.

The families change somewhat from year to year, some stop using the food banks and **about 8% new families** address our food bank services yearly. For example we are helping three new Syrian families, who recently immigrated to Canada and live in Laval.

Stats are in numbers & not in a percentage % 1 unit per home	MTL	LAVAL	Total
Recent immigrants	14	21	35
Single-parent family	4	5	9
Bi-parent family	13	12	25
Couple, no children	5	1	6
People living alone	48	21	69
Work PT	9	4	13
EI	1	5	6
Welfare or no income	45	14	59
Old Age Security	15	10	25
Invalidity	0	3	3
Rent	54	31	85
Social housing	15	3	18
Other (live with friends or *own house)	1	5(3*)	6

ACCOMPLISHMENTS continued...



CREP-FRENCH PROG.

The Centre de ressources éducatives et pédagogiques has made it possible again this year, to offer this very popular French course that is frequented by elderly and people in fragile situations, for a whole year. This program is funded by CREP, which in turn is funded by the Minister of Education.

This year our professor was Marie-Noëlle Guay, CREP/CSDM. We thank her very much for her service! 12 are graduating this year. We congratulate our graduates, félicitations!

EXERCISE PROGRAM

40 elderly men and women participated in our exercise program this year. This is an increase over last year.

This is a very popular program and has been in operation for years. It is very popular as it introduces the elderly to exercise, balance and strengthening of their body in order to prevent falls. Our expert trainer and kinesiologist, Argi motivates the participants to continue their exercises at home or at other programs after the session is over. Many of the participants become friends and keep in touch afterwards. **20%** of the participants are of origins other than Greek. Only **6%** are male participants.



COMPUTER PROGRAM

Computer classes are very popular, five years ago we only had one class at a time, now they are so much in demand that we have a selection of levels, at different times and offered by two different instructors. Argi Papagiannaki and Vassiliki Arvanitki.

This year we had 55 elderly graduates finishing our computer classes, this is an increase over last year! Of these, 35 were female and 20 males. Congratulations to all, students and instructors!

ACCOMPLISHMENTS continued...



INFORMATION, REFERRAL AND LISTENING SERVICE

Whether clients need to contact the City for a recurring problem, are looking for a tutor of their child, or seeking placement for an elderly loved one, or need help finding getting themselves back on track, young or older. We provide the latest on the subject of concern and needs. Our personnel provided information on a wide spectrum of concerns, public and private resources by phone or in-office consultations. We made over **285** referrals in the past year. Many just want someone to speak to so we are "all ears" in these cases.

FRIENDLY VISITS /CALLS & ACCOMPANIMENT

This service is provided by our employees however, it is mostly our volunteers that make friendly calls or visits or accompaniments for interpretation or moral support purposes, this year, we made about **30** accompaniments and **200** friendly calls or visits. We try as much as possible to send trained volunteers as our employees must stay in the office to help other beneficiaries as well, otherwise the office closes for hours at a time.



PARTIES & OUTINGS

We had two parties for the neighboring senior's residence (at Christmas and Kathara Deftera). We also took a group of seniors to the Sugar Shack and a nearby barn with farm animals. About **60** people benefited from these activities.

FEEDBACK FROM CLIENTS AND BENEFICIARIES OF THE SERVICE

These comments are typical of the hundreds collected from evaluation surveys taken after each activity, both verbal and written, in the past year.



**All worth
the smiles!**

"The workshops have made me a better caregiver!"

"The support groups helped me deal with each one of my problems with patience, perseverance and new skills that I learned."

"I really appreciated the activities and I also made friends!"

"I take better care of myself, I take the time that I need, without feeling guilty, nor judged!"

"The program added positive influences in my life!"

"The themes of the discussions are pertinent to my situation."

"I now have a better understanding of the public and community resources available to me."

"I have learned new skills, thanks to the training and the attentive and knowledgeable instructor."

"Thank you for all your help, I no longer feel that I am dealing with this alone!"

"My physical health has greatly improved because of your program!"

"I would like to see more of these activities."

"Thank you, I feel better just knowing you listened to me."



**All worth
the smiles!**



SSHQ CLIENT PRIORITIES



QUALITY LIVING FOR SENIORS & NATURAL CAREGIVERS:

We presently offer support to natural caregivers of the elderly. An ever-increasing number of elderly are losing their autonomy and are depending more and more on their immediate family members and or the public system to take care of them. Therefore natural caregiver issues and their senior loved one's related issues represent a very high portion of our service efforts.

We receive calls daily regarding home care or placement of an elderly loved one. Natural caregivers need support so that they do not burn out while taking care of their daily responsibilities and their elderly loved one.

We are working to help improve caregiver skills and knowledge of the system so that they can more effectively take care of their elderly parent or spouse. We are being very much solicited for starting a Day Center, an RI with services or helping with more home support to maintain the elderly at home as long as possible.



ELDERLY SERVICES:

Day centers are essential to break isolation, to help prevent senior mistreatment and to help enhance the mental and physical health of seniors and people with special needs through fun, stimulating activities. Activities such as dance, music, exercise, computer basics, etc.

We have the available space in our buildings and churches. However, we lack the financial resources to hire people to offer these activities on a regular and permanent basis. We have created a committee to advance this need and are presently looking at some space to start a Day center.

IN THE MEANTIME, we offer computer classes, exercises, French and other activities to seniors who come to us for help. Ours seniors deserve to live in dignity in their homes, in quality group homes or in a residence with Greek professionals, Greek cuisine, in a Hellenic cultural atmosphere, with a personalized care plan.



CONSULTATION IMMIGRATION:

We are solicited daily, in person and by internet, for advice and referral regarding pre-migration, the immigration process, sponsoring someone, housing, the job market, French courses and about how to successfully integrate in Québec society. We also offer limited support to those looking for work or a place to stay.



FOOD BANK SERVICES :

To offer information, support and to help empower people who are disadvantaged, isolated, in fragile conditions and living with a low income.

For more details on priorities, refer to our Annual Strategic Plan

EXCELLENCE ----- CLIENT-FOCUSED ----- TEAM-WORK

SSHQ ADMINISTRATIVE PRIORITIES

EXCELLENCE ----- CLIENT-FOCUSED ----- TEAM-WORK

1. Support and development for employees and volunteers
2. Assuring service quality
3. Maintaining a quality governance
4. Fundraising
5. Visibility and promotion



Note : Also refer to our document, **Annual Strategic Plan** for more details on these and client related priorities.

PART III SSHQ ANNUAL ACTIVITY REPORT



**THANK YOU TO
OUR PARTNERS**

**THANK YOU FOR YOUR
CONTRIBUTIONS**

GOVERNMENT GRANTS

**THANK YOU TO THE MEDIA
PAGES (21-26)**

EXCELLENCE ----- CLIENT-FOCUSED ----- TEAM-WORK



Library, Parc-Extension (VDM)
 Moisson Laval
 Moisson Montréal
 Montreal Volunteer Bureau
 Volunteer Bureau of Laval
 PEYO
 Platon-Omiros School
 Residence Foyer hellénique
 Table de concertation des aînés CDN
 Table de concertation des aînés Parc-Extension
 Table de concertation GRASAPÉ
 Travailleurs grecs
 Senior Citizens Association Evangelismos
 Senior Citizens Association Filia
 Socrates-Demosthène School
 SPVM et Service de police de Laval
 Ville de Montréal (Villeray-St-Michel-Parc-Extension borough)

ACCESSS

Afrique au féminine
 Association de chiliens du Québec
 AGAPE
 AMEIPHQ
 Agence de la santé et des services sociaux de Montréal
 Alzheimer Society of Laval
 APPUI Laval
 ALPA
 CAAP
 Centre des aînés Côte-Des-Neiges
 CLAVA
 CIUSSS de la Montagne (CLSC Parc-Extension & CLSC CDN)
 CIUSSS CENTRE SUD DE L'ILE DE MONTRÉAL
 CISSS de Laval
 Comité d'action du Parc-Extension
 CREP
 Cuisines collectives
 Church, Saint Sissy
 Hellenic Community of Greater Montréal
 Hellenic Medical Association of Québec
 Hellenic Ladies Benevolent Society
 Héma Québec
 Himalayan Seniors



Collaboration

**THANK YOU TO
 OUR PARTNERS**



This ad was designed for the donation boxes that we bought to be installed in the HCGM centers and churches. Concept and design contributed by **Christina Irene Kolaitis** November 2015.

<<<<<<

ADAMIDIS, Pelagia
ANALYTIS, Gerry
AMIRALI, Evangelia Lila
BAKOPANOS, Eleni
BANAKOU, Anastasia
DIKTAKIS, Fotis
DIMITRAKOPOULOS, Lisa
FAKOTAKIS, Athanasios
FAKOTAKIS KOLAITIS, Eleni
FATOUROU, Pandora
GREGORIO, Emilia
HALATSIS, Theodore
HALATSIS, Evanthia
HATZITZANAKIS, Helen, RBC ROYAL BANK
KANDILIERAKIS, Antonia
KOUROS, Ioanna
MANOS, Chrisoula

MANOS, Evangelos
MURO, Antoinette
MESSARA IMPORTS
NAKIS, Chris Ann
PACHIS, Nicos & Ritsa
PAPAKOSTAS, Catherine
PETROULIAS, Jackie
POMAKIS, Konstantinos
TSALIKIS, Angela
TSATSOULIS, Anthony
TSATSOULIS, Demetrios
TZIMAS, Panagiotis
URWIN, William
VEGIFRUIT DISTRIBUTION

Your contributions are always very much appreciated. You can help support our programs, you can make a donation in memory of a loved one, donate a computer, food, donate workshop or office space, donate furniture or a van for outings and food bank activities.

**THANK YOU ALSO TO BAKERIES: AFRODITI, ELMONT & PICADILI
FOR HELPING US GO MUCH FURTHER !**

SOC-DEM campus 5
\$ 1,436.



THANK YOU FOR HELPING US GO MUCH FURTHER !

We also wish to thank the students, parents, teachers and principals of the Greek schools for their contributions, the following campuses contributed:

Aristotelis School
Platon-Omiros School
Socrates-Demosthène School, campus 2
Socrates-Demosthène School, campus 5
Socrates-Demosthène School, annex

We want to extend a special thanks to **Socrates-Démosthène School Campus V** who collected and wrapped the most toys and money. The money collected exceeded well over any other contribution made to SSHQ all year ! : **\$ 1, 436.10 KUDOS !**

We thank Dimitra Chrona for her contribution towards our Zumba fundraiser. She donated this lovely poster, concept and design.



party **ZUMBA**

Brûlons des calories pour les banques alimentaires des SSHQ!

Διασκεδάστε, γυμναστείτε και υποστηρίξτε τις Ελληνικές Κοινωνικές Υπηρεσίες

avec Maria Papadopoulos με την Μαρία Παπαδοπούλου
Instructrice qualifiée Πιστοποιημένη Zumba Instructor

Vendredi,
le 23 octobre 2015
18h30, la Zumba
commence à 19h

Centre communautaire
Adrian-Maris
5757, avenue Wilderton
Montréal, H3S 2V7

BILLETS 20\$
25\$ à l'entrée

Παρασκευή,
23 Οκτωβρίου 2015
18:30, έναρξη
Zumba 19:00

Κοινωνικό Κέντρο
Αδριανός Μαρής
5757, Avenue Wilderton
Montréal, H3S 2V7

ΕΙΣΙΤΗΡΙΑ 20\$
25\$ στην είσοδο

 **SERVICES SOCIAUX HELLÉNIQUES DU QUÉBEC**
HELLENIC SOCIAL SERVICES OF QUÉBEC
ΕΛΛΗΝΙΚΕΣ ΚΟΙΝΩΝΙΚΕΣ ΥΠΗΡΕΣΙΕΣ

 **ΕΛΛΗΝΙΚΟ ΚΕΝΤΡΟ ΔΥ. ΟΛΟΝΤ. ΜΟΝΤΡΕΑΛ**
ΕΛΛΗΝΙΚΕΣ ΚΟΙΝΩΝΙΚΕΣ ΥΠΗΡΕΣΙΕΣ



EXCELLENCE ----- CLIENT-FOCUSED ----- TEAM-WORK

GOVERNMENT FUNDING year ended March 31st 2016



\$ 33, 269. 00

We would like to thank the **CENTRE INTÉGRÉ UNIVERSITAIRE DE SANTÉ ET DE SERVICES SOCIAUX DU CENTRE-SUD-DE-L'ILE-DE-MONTRÉAL (CIUSSSCSIM)** for its annual contribution. This grant is offered in support of our general operations.



\$ 40, 116. 34

We would like to thank APPUI Laval for their grant, this funding is for our natural caregiver support program activities in Laval.

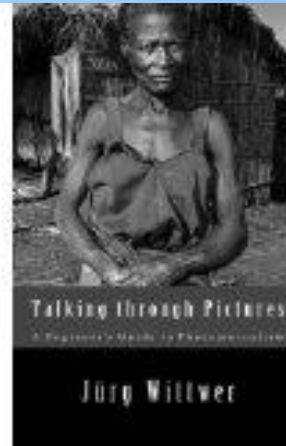
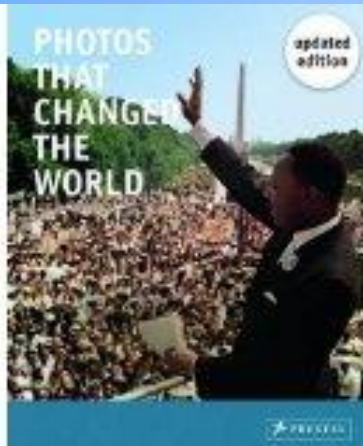
THANK YOU !

EXCELLENCE ----- CLIENT-FOCUSED ----- TEAM-WORK

MEDIA

We would like to thank the Greek media for promoting our activities and community announcements.

Bhma (Manikis Family), **NEA** (George Guzman), **CFMB 1280 AM**, **Radio Centre Ville 102.3** (Michael & Soula Tellides), **Mike FM CKDG 105.1** (Marie Griffiths), **Montreal Greek News TV** (Kosta Kalavriziotis).



We thank all our supporters for their continued collaboration !

Ask for our financial statements audited by Ernst and Young