



Community Foundation  
for Kingston & Area

Celebrating the first  
**25** years  
of For Ever

# Ripples

## Your generosity has a ripple effect

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### COVID-19 and Your Community Foundation



We started the preparation of this issue of *Ripples* with the idea of celebrating both our 25<sup>th</sup> anniversary and the Foundation's unprecedented 2019 results (see following pages). We have been

overtaken, like everyone else, by the COVID-19 pandemic, which has changed things for each of us.

This is a period of great uncertainty: Be assured that the Community Foundation is committed to support the community now and in the inevitable recovery. Our endowment fund model makes this possible: Donations invested over our 25 years provide a steady source of annual income to support local charities.

We have quickly adapted our operations, processes, and priorities. These actions will ensure that our work, and the important work of the numerous charities we support, can respond to the changing needs. Ongoing consultation, collaboration, and review of government assistance programs will ensure a sharp focus on where the evolving needs are greatest in our community.



The Foundation has enhanced its *Smart & Caring Community Fund* priorities to allow it to respond to the challenges of COVID-19. This fund is adaptable: With it we can get support where it can make a real difference. Until June 30, additional

donations to this fund will be made available for immediate granting. To donate go to [cfka.org/give](https://cfka.org/give)

CFKA has been supporting community well-being for 25 years: We will continue to be here to support local charities and the people and causes they serve during these challenging times – and beyond.

**Together is Better** is one of our guiding principles. Working together (while keeping physically distant) is now more important than ever.

*Gayle* *Tina*

GAYLE BARR, PRESIDENT &  
TINA BAILEY, EXECUTIVE DIRECTOR

For our COVID-19 Updates  
Go to [cfka.org/updates-on-our-covid-19-response](https://cfka.org/updates-on-our-covid-19-response)

# 2019 Highlights

(January 1 – December 31)

## Donations

**\$1.65 million** in gifts.

**625 unique** donors.

**9 new funds** established.



## Investments

**\$23.9 million** of funds  
under management.

## Granting

**\$782, 413** granted in total.

**350** unique organizations received grants.

**\$313,595** of the total was granted through  
our **Community Grants Program**.

**32** local organizations supported. See opposite page.

## Operations

Expenditures **\$420,082**

Revenues **\$495,669**

## Cumulative Impact since 1995

For Good ∞ **\$12.5 million** granted.

For Ever ∞ **\$23.9 million** endowed.

For All ∞ **355** unique organizations funded.

**Thank you to each and every donor since 1995.**

# 2019 Community Grants: A Snapshot of 360° Granting

## Heritage Preservation

- Clarendon and Miller Community Archives

## Youth

- Camp Outlook
- Kingston Community Health Centres:
  - > Pathways to Education
- LaSalle Intermediate and Secondary School Environmental Club
- YMCA of Kingston

## Health & Social Services

- Breast Cancer Action Kingston
- Ongwanada
- Partners in Mission Foodbank
- The Poverty Challenge
- Resolve Counselling Services Canada
- RKY Camp
- Rural Frontenac Community Services
- South Frontenac Community Services

## Education & Literacy

- Lake Effect Robotics
- Learning Disabilities of Kingston
- Queen's University Biological Station

## Arts and Culture

- Agnes Etherington Art Centre
- H'art Centre of Smiles, Inc.
- Kingston Chapter: Autism Ontario
- The Kingston Prize Association
- The Kingston School of Art
- Loyalist Township

## Children's Mental Health

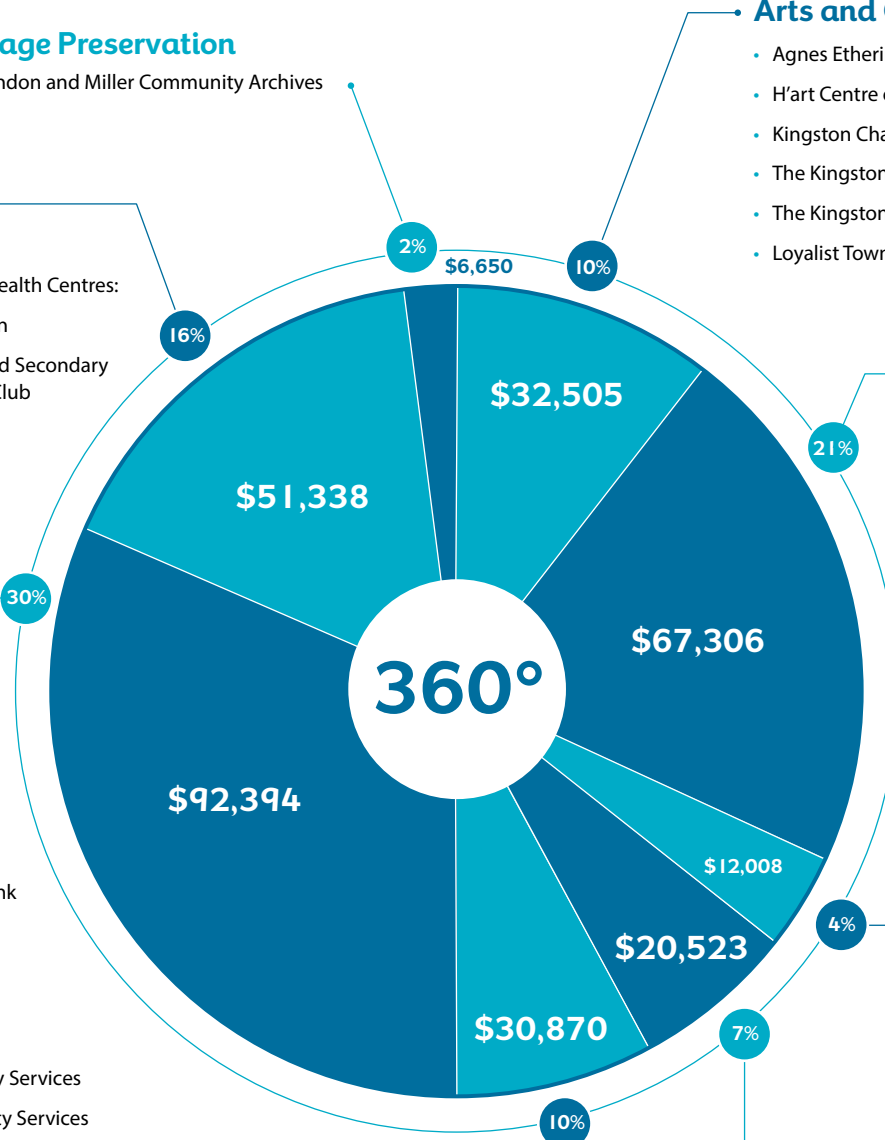
- Canadian Families and Corrections Network
- Helen Tufts Nursery School
- Islamic Society of Canada
- KFL&A Children and Youth Planning Committee

## Environment

- Cycle Kingston
- Land Conservancy for KFL&A
- Wintergreen Studios

## Community Development

- Kingston Community Health Centres:
  - > Immigrant Services
  - > Kingston Immigration Partnership



Since its first grants of \$2,950 in 1995, the Foundation's competitive Community Grants Program has invested \$3.5 million in 355 local charities. The distribution over the fields of interest varies from year-to-year with the applications received and approved.

**Consult [cfka.org](http://cfka.org) for our updated granting process and priorities for 2020.**

# 2019 Community Engagement

## Community Builder Award

Jimmy Hassan received the second annual Community Builder Award on May 28: "I'm incredibly honored to be receiving the Community Builder Award in recognition of the importance of creating true change and awareness around the need for diversity in our community."



## Speaker Series: Homelessness to Infant Mental Health

"If I could think of a vaccine, healthy attachment would be it." – Dr. Meredith MacKenzie

We invited Ottawa physician, Dr. Jeff Turnbull, to speak (January 23) to the issue of a community's collective responsibility to address health (in)equity and homelessness.\* **The take-away:** Invest in youth to *prevent* them from taking the path to homelessness. Mike Bell, Kingston Community Health Centres, responded by introducing the Adverse Childhood Experiences (ACEs) research.

Dr. Turnbull's call to action motivated the Foundation to invite Dr. Meredith MacKenzie (family physician, Street Health Centre, Kingston) and Kris Millan (Director of Family Health, KFL&A Public Health), to present (May 13) *Aces Aren't Wild Cards: Investing in Community Resilience to Prevent and Mitigate the Effects of Adverse Childhood Experiences*.

Dr. MacKenzie's interactions with the patients in her practice has made her a passionate advocate for the prevention and mitigation of Adverse Childhood Experiences: If it can be predicted, it can be *prevented*.

The Foundation facilitated several public screenings of the documentary **Resilience: The Biology of Stress and the Science of Hope**.

Abuse	Neglect	Household Dysfunction
Physical	Physical	Mental Illness
Emotional	Emotional	Substance Abuse
Sexual		Incarcerated Relative
		Divorce
		Mother Treated Violently

SOURCE: ROBERT WOOD JOHNSON FOUNDATION

### Our New Publication

The first issue of *Community Insights*, The Public Health Crisis of our Time? focuses on ACEs. It is available here: [cfka.org/community-insights/](http://cfka.org/community-insights/)

## Promise in Prevention: Planting Seeds for Lifelong Wellness



We ended the year, but not necessarily our ACEs journey, demonstrating that *prevention* starts in infancy. Dr. Chaya Kulkarni, Director of Infant Mental Health Promotion (The Hospital for Sick Children, Toronto) made a compelling case for addressing infant mental health (October 28).

**The result:** A new endowment fund, *Infant Mental Health: Building Resiliency for a Lifetime*, thanks to the generosity of Kevin Montroy.

**\*All presentations are available at [cfka.org/speaker-series/](http://cfka.org/speaker-series/).**

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Situated on traditional Anishinaabe and Haudenosaunee Territory