



Community Foundation
for Kingston & Area

BUILDING

RESILIENCE

COMMUNITY IMPACT
REPORT 2023



The Community Foundation for Kingston & Area is situated on traditional Anishinaabe, Haudenosaunee and Huron-Wendat territory.

We acknowledge the significance of this land and all that is within it for the Indigenous Peoples who lived and continue to live here and who are sustained by this land.

CELEBRATING A YEAR OF IMPACT AND GROWTH

As we reflect on the past year, we are proud to share the impact that our community has made possible. Thanks to the generosity of our donors, volunteers, and partners, we have been able to support a wide range of initiatives that have made a tangible difference in the lives of individuals and families across Kingston & Area.

Together, generous individuals, families, and organizations have built over \$33.4-million in charitable funds at CFKA, ensuring that we will be able to support our community for years to come.

From those funds, in 2023 we awarded over \$1.5-million in grants to 148 charities, which have enabled our community partners to deliver vital services and programs, from food security initiatives to youth literacy and education, to engaging arts and mentorship programs, to supporting Indigenous, Black, and 2SLGBTQ+ communities, to providing mental health support and enhancing the capacity and sustainability of our community services sector.

CFKA's commitment to community enhancement is reflected in its active participation in community leadership, addressing pressing challenges such as seniors' isolation and youth vulnerability, and contributing to initiatives like the KFL&A Resiliency Symposium.

CFKA's role in these collaborative efforts underscores its dedication to creating a resilient and inclusive community.

With a year marked by growth and the promise of continued collaboration, CFKA is grateful for every contribution that has helped weave the fabric of our shared future. Together, we step into another year of opportunity, ready to uplift and transform our community in enduring ways.



Rob Wood
Board Chair



Stacy G Kelly
Executive Director

BUILDING RESILIENCE IN YOUTH, CHILDREN, AND OLDER ADULTS

Adverse Childhood Experiences & Resilience Coalition (ARC) of KFL&A

CFKA convenes the ARC, which in 2023 grew to 38 members representing 22 local agencies, school boards and the City of Kingston.

With a continued focus on education and capacity building in 2023, the ARC focused on helping to support coordinated access to trauma and neuro-informed care in our community, while

raising awareness of concepts such as Adverse Childhood Experiences (ACEs), toxic stress, and the power of human connection.

The ARC provides structure and support so that its members can build on this momentum, helping to create positive childhood experiences and protective factors to help foster resilience and lifelong health for children and families in KFL&A.

Older Adults Connecting & Belonging (OACB)

The vision of CFKA's OACB initiative is to create a sustainable, community-based system designed to prevent, mitigate, and reduce the impacts of social isolation on older adults in Kingston and area.

In April 2023, we hired our inaugural project manager, who convened leaders from older-adults-focused social agencies, completed a review of the

state of research on social isolation and loneliness, and the relevant intervention strategies, hosted a public screening of "Good Neighbors" to generate public interest, and served on the City of Kingston's Age-Friendly Advisory Committee.

We are now assembling a broader ongoing forum of organizations to serve as a space for communication, relationship building, and knowledge sharing. This forum will identify and pursue opportunities for collaboration and act as an incubator for shared proposal development for CFKA to consider for funding, all with the intent of creating sustainable connections and community-based solutions.



Left to Right : Wendy Vuyk (KCHC), Bridget Glassco (CFKA), Rick Griffin (CRI), Kara Fry (KCHC), Grandmother Kathy Brant (KCHC), Stephanie Wight (KCHC), Anne Marie McDonald (LDSB), Zoe McDonald (KCHC), Sister Sandra Shannon (Sisters of Providence of St. Vincent de Paul), Roger Romero (KCHC), Sister Frances O'Brien (Sisters of Providence of St. Vincent de Paul), Stacy G Kelly (CFKA)

KFL&A RESILIENCE SYMPOSIUM

Sponsored by CFKA and co-hosted by the Adverse Childhood Experiences & Resilience Coalition (ARC) of KFL&A, Kingston Community Health Centres and Teach Resilience, this symposium, the first of its kind in the region, featured Rick Griffin from Community Resilience Initiative (Walla Walla, WA) and inspired hundreds of community members to navigate adversity through the power of community. Nine events held over three days brought together experts, service providers, educators, decision-makers, students, and residents to foster a more resilient, connected, and caring KFL&A.

STARK FAMILY FUND

\$137,127 granted to 10 agencies

Established in 2002 by a generous bequest from the Stark family, the Fund supports a broad spectrum of community activities and charitable causes in the fields of education, health, social services, animal welfare, and culture in Prince Edward County.

COMMUNITY SERVICES RECOVERY FUND

\$477,000 granted to 7 agencies

A one-time investment in Kingston & Area to help community service organizations adapt, modernize, and be better equipped to improve the efficacy, accessibility, and sustainability of the services that they provide through pandemic recovery and beyond.

Funded by the
Government of Canada's
Community Services Recovery Fund



COMMUNITY FUND

\$340,272 granted to 31 agencies

Our Community Fund supports projects in Arts & Culture, Children's Mental Health, Community Development, Education & Literacy, Environment, Health & Social Services, Heritage Preservation, Recreation, and Youth across Kingston and Area.

REGINA ROSEN FOOD FIRST FUND

\$7,000 granted to 7 agencies

Established by CFKA in 2012 in honour of Regina "Gini" Rosen (1939-2018) in recognition of her exceptional involvement with CFKA for decades and her passion for ensuring access to healthy food for all, the Fund has granted over \$150,000 to local community organizations addressing food insecurity.

Extend-A-Family maintains freestanding self-contained hydroponic greenhouses capable of growing 1,200 heads of produce every 4-6 weeks, year-round.



2023 GRANTING

Thanks to your generosity,
CFKA granted
\$1,547,793 to
148 organizations.

CREATING POSITIVE CHANGE FOR KINGSTON AND AREA

Here are just a few stories from organizations you helped to support through the Community Grants program this year:



BUILDING RESILIENCE THROUGH FOOD ACCESS

Trellis HIV & Community Care granted \$1,000

Trellis HIV & Community Care provides nourishment and warmth to those facing homelessness and hardship, along with essential sustenance to seniors, newcomers, and the working poor through their Breakfast Program and Food Initiative Program.

In these communal gatherings, empathy and respect intertwine to create a supportive network that uplifts and empowers individuals.

Through the act of sharing meals, Trellis confronts hunger, compounded with stigma, revealing that a meal offers far more than sustenance alone. They cultivate community and belonging as they work towards ensuring individuals living with, at risk of, or affected by HIV/AIDS in Kingston and Area do not endure hunger or experience isolation. •

Since 2018, dedicated volunteers like Chris at Trellis have created a safe space, serving thousands of meals with a smile to those in our community.

BUILDING RESILIENCE THROUGH ARTS & CULTURE

The Spire granted \$13,549

The Spire stands as a historic space in Kingston, serving as a vital community hub and performing arts venue for decades. It fosters connection and community engagement by offering affordable rental spaces to numerous local organizations and providing a platform for diverse artistic expression.



As The Spire reimagines its space to accommodate more diverse groups and artistic endeavors, it continues to uphold its tradition of inclusivity and belonging. By providing a place for cultural enrichment and artistic expression, The Spire stands tall for unity and creativity in Kingston, reflecting the vibrant tapestry of our community. •

Local artists utilizing The Spire's new Performance Hall theatre lighting.

Through grant funding from CFKA, The Spire has been able to enhance its facilities, including the purchase of a **theatrical lighting control board**, elevating its capacity as a performing arts venue. This investment not only enhances the beauty and versatility of performances, but also ensures sustainability for the future.

BUILDING RESILIENCE FOR YOUTH AND CHILDREN

Resolve Counselling Services
Kingston granted \$20,000



Resolve's child and youth counsellors

Resolve Counselling Services provides vital trauma-informed mental health support to children and youth in the KFL&A region. Resolve offers affordable counselling, ensuring financial barriers don't obstruct access to care. Their **Child and Youth Counselling Program** tackles rising mental health challenges among youth with evidence-based modalities, tailored to individual needs.

With a waitlist of 40 youth, grant funding enables Resolve to subsidize sessions, dismantling systemic inequities in the mental health system. By nurturing emotional resilience and fostering healthy coping mechanisms, Resolve is shaping future outcomes for generations to come.

BUILDING RESILIENCE THROUGH INDIGENOUS KNOWLEDGE

Frontenac County Schools Museum
granted \$807

The legend of the Three Sisters tells of three inseparable sisters given to Indigenous peoples by the Great Creator: corn, beans, and squash. Each sister contributes to the well-being of the others, symbolizing love, companionship, and helpfulness. Corn acts as the supporting sister, providing a tall stalk for beans to climb, while beans enrich the soil with nitrogen and protein. Squash, the protecting sister, acts as living mulch, reducing weeds and preserving soil moisture. Together, they create a balanced diet and demonstrate the interconnectedness of all living things.



The Three Sisters Garden, cultivated by the Frontenac County Schools Museum in Barriefield, embodies centuries of Indigenous agricultural wisdom, emphasizing interconnectedness and sustainability. By revitalizing this sacred tradition with heritage seeds from the Kingston Area Seed Savers Initiative (KASSI), the garden not only yields a bountiful harvest but also serves as a space honouring cultural heritage and resilience.

Guided by an Indigenous consultant, the project underscores the significance of Indigenous knowledge and community engagement. The overwhelming interest and involvement of the Barriefield community in both the planning and execution stages exemplify the garden's impact in fostering connections and uplifting shared spaces.

As the garden thrives, it not only provides nourishment but also cultivates a sense of pride and belonging, revitalizing a once neglected patch of land into a vibrant symbol of collective unity and cultural preservation. •

BUILDING RESILIENCE FOR SINGLE MOTHERS

Girls Incorporated of Limestone, Algonquin, and Lakeshore granted \$14,262

The Crisis Support for Girls Ed program serves as a lifeline for vulnerable families in our community, particularly single mothers and those navigating precarious employment.

In 2023, this initiative provided essential financial assistance to 64 mothers and

136 dependents, ensuring access to nutritious food and hygiene essentials. These vital supports alleviate the burden on families grappling multiple challenges, enabling them to meet their basic needs while pursuing education and caregiving responsibilities. Beyond immediate relief, the program fosters lasting connections and strengthens community bonds, demonstrating the transformative potential of targeted assistance.

Through collective action and community investment, we can build a more inclusive and compassionate society, where every family has the opportunity to foster their own resilience to thrive and succeed. •



BUILDING RESILIENCE FOR MILITARY FAMILIES

Together We Stand Military Family Foundation granted \$14,483

CFB Kingston has close to 8,000 military and civilian personnel and is a unique part of Kingston's community fabric. The demands of military life, including multiple relocations, frequent absences, deployments, and unpredictable work hours are typical sources of stress for military families that can affect their well-being. In addition, the financial health of Canadian military families continues to be on the decline.

To help Kingston military families in crisis, CFKA provided a grant to Operation Emergency Fund, led by Together We Stand Military Family Foundation. This Fund addresses the needs of emergency housing, mental health services, emergency childcare, and food security, ensuring that funding is distributed within 72 hours of receiving the request and the confidentiality of the family in need.

It's easing financial strain, allowing them to focus on supporting those who proudly serve and the ones who stand beside them. •



“It took so much stress out of the holidays for us. We don't really have active family here, so we have no help.”

Participant, Crisis Support for Girls Ed program

THANK YOU TO OUR EXTRAORDINARY VOLUNTEER LEADERS

Our 2023-24 Board of Directors



Gayle Barr



Cara Chesney



Denise Cumming



Peter Finnegan



Willa Henry



Monica LaBarge



Kris Millan



Donna Segal



Roger Wilson



Rob Wood



George Wright



Alison Young

Our Honorary Life Members

Michael Bell Florence Campbell Greg Fisher Virginia Gordon

Summarized Statement of Financial Position

as of December 31, 2023

	2023	2022
Assets		
Cash	\$ 3,186,414	\$ 2,904,422
Investments	30,741,241	28,440,099
Other Assets	70,323	54,249
	33,997,978	31,398,770
Liabilities		
Accounts Payable	44,457	34,580
Deferred Revenue	-	55,000
Trust Fund Liability	54,996	150,730
	99,453	240,310
Fund Balances		
Endowments	25,364,186	22,904,692
Spend Down & Flow-Through	7,859,838	7,635,410
Operating	674,501	618,358
	33,898,525	31,158,460
	\$ 33,997,978	\$ 31,398,770

Summarized Statement of Revenues, Expenditures and Fund Balances

as of December 31, 2023

	2023	2022
Revenue		
Gifts	\$ 1,782,894	\$ 1,666,168
Investment Income (Loss)	3,167,270	(1,623,977)
Administration Fee	416,396	404,987
Other Revenue	76,155	10,777
	5,442,715	457,955
Expenditures		
Grants	1,547,793	1,782,215
Operating Expenses	542,690	488,825
Sisters Community Impact Fund	97,130	16,011
Other Expenditures	515,037	675,012
	2,702,650	2,962,063
(Deficiency) Excess of Revenue over Expenditures	2,740,065	(2,504,108)
Fund Balances		
Beginning of Year	31,158,460	33,662,568
End of Year	\$ 33,898,525	\$ 31,158,460

Full audited financial statement:
cfka.org/annual-reports-financials

2023 FINANCIAL HIGHLIGHTS

Portfolio Performance

2023 was a positive year for North American equity markets, but the path was rocky as central banks fought off inflation. A major portion of the gains in equity markets occurred in the last two months of the year after the U.S. Federal Bank signaled in November that the U.S. had reached the terminal point for rate increases.

Investments in the main pooled fund at CIBC Wood Gundy had an annualized net return of 11.34% for the 2023 fiscal year, an annualized five-year net return of 7.46%, and an annualized ten-year net return of 6.18% of as December 31, 2023.

At the end of 2023, our assets under administration totaled \$33,463,804 including \$27,048,620 in our main pooled fund and \$6,415,184 in other funds held by the Foundation.

Peter Finnegan
 Chair – CFKA Investment Committee

HELP US BUILD COMMUNITY RESILIENCE!

Visit us online at cfka.org

 @CFKingstonArea

 Community Foundation
for Kingston & Area

**Community Foundation
for Kingston & Area**

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