



Community Foundation
for Kingston & Area

Ripples



Your generosity has a ripple effect

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Welcome to *Ripples*' new 'look'!

You may be reading this asking "What is *Ripples*?" Well, thanks for asking!

Ripples is the Community Foundation's semi-annual report to the community. As stewards entrusted with donors' charitable wishes, we feel it is important to report back on the impact of their individual and collective generosity. Since our establishment in 1995, *Ripples*, a volunteer effort, has been distributed as an insert in *The Kingston Whig-Standard* and by mail.

As we approach our 25th anniversary, we want to raise awareness of the Foundation and the good work we do in our community. The primary purpose of this issue of *Ripples* is to introduce the Foundation to first-time readers. By changing the format and distribution, we hope to reach more people and make the Foundation, its work, and impact, the topic of conversations throughout the community.



BRIAN CHARD DESIGN

We invite you to read the following pages to learn more about the Community Foundation – what we do, how it works, and how you can get involved. Whether you have been a long-time reader of *Ripples*, or you are reading it for the first time, we hope you enjoy what you find.

We'd love to hear how you like our new 'look'; use the contact information directly below.

**CHRIS CHARD, PRESIDENT &
TINA BAILEY, EXECUTIVE DIRECTOR**

Together is Better: Have a question about the Community Foundation for Kingston & Area?
Contact us at info@cfka.org

We Make Grants!

Since 1995 the Foundation's *Community Grants Program* has invested over \$2Million in 346 local charities. The Foundation accepts applications twice a year. Any local charity can apply for project support.

Fall Grants 2018: 20 grants totaling **\$197,927** were awarded to local charities directly benefiting over 4,000 people.

ARTS & CULTURE

- \$6,940** **Kingston Historical Society:** Indigenous Consultation
- \$6,100** **Kingston Symphony Association:** Discover the Symphony
- \$6,240** **Melos Music Society Inc.:** Early Music and Dance
- \$5,830** **Skeleton Park Arts Festival:** Skeleton Park Press

CHILDREN'S MENTAL HEALTH

- \$14,808** **Kingston Health Sciences Centre (Queen's):** Youth Mental Health
- \$10,060** **Psychology Clinic (Queen's):** Children's Mental Health

COMMUNITY DEVELOPMENT

- \$4,387** **Kingston Community Health Centres:** Pathways to Education
- \$19,575** **Kingston Employment & Youth Services:** Begin Again Group Development
- \$20,361** **Loving Spoonful:** Cooking in the Nest: Indigenous Culture and Language

EDUCATION & LITERACY

- \$10,000** **Book Clubs for Inmates**
- \$16,900** **Boys & Girls Club:** After-School Literacy
- \$14,478** **Canadian National Institute for the Blind:** Connecting with Technology
- \$5,094** **Happy Tails Farm Sanctuary:** Summer Education Program
- \$14,784** **Kingston Literacy Skills:** Targeted Training
- \$7,488** **Learning Disabilities Association Kingston:** Summer Camps for Youth
- \$3,905** **Museum of Health Care:** Infectious Diseases Education

HEALTH & SOCIAL SERVICES

- \$4,547** **Hospice Kingston:** Moving Through Grief with Yoga
- \$4,932** **Outreach St. George's Kingston:** Lunch by George

YOUTH

- \$2,500** **Easter Seals Ontario:** Send a Kid to Camp
- \$18,993** **Winter Warmth Program:** Winter Clothes for Those in Need

Proudly supported by:



Community Foundation
for Kingston & Area

**Strengthening our
community one
grant at a time.**

#thanksCFKA

www.cfka.org



@CFKingstonArea

Together is Better: Apply for a grant. Application deadlines: 15 February and 15 September.
www.cfka.org/community-grants-program

How the Foundation Works

CFKA strengthens our community by connecting the generosity of donors with the energy and ideas of people and charities addressing local community needs.

The CFKA supports area charities dedicated to improving community well-being. In 2018:

\$719,540 Distributed

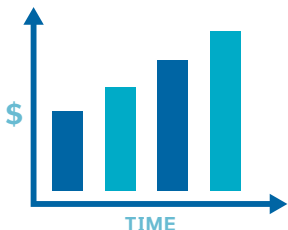
Any charity in the area CFKA serves can apply for a grant.

GRANT APPLICATION



\$20,931,492 Invested

All donations are invested to produce an income for distribution to charities.



\$1,353,098 Donated

Anyone can make a donation, small or large, to the CFKA. Become a donor now.



Join the thousands of donors who, since 1995, have built a strong **Foundation.**

Why do you Volunteer with CFKA?

“It’s such a community asset that it is very worthwhile to participate so that it thrives.”

Coming Up ...

SPEAKER SERIES LUNCHEON

Date: Monday, May 13
Time: 11:45 am – 1:30 pm

Residence Inn By Marriott,
7 Earl Street, Kingston

ACEs are Not Wild Cards!

Building community resilience to prevent Adverse Childhood Experiences (ACEs) and mitigate their effects.

Following up from our last Speaker Series, this talk will look at how we can build resilience in our children and youth at risk. We know that trauma can change a child’s brain structure and leads to predictable risks of serious health outcomes. Explore how the ACEs model can transform our approach to address root causes and break cycles that lead to poverty and homelessness.

A Community Foundation “Smart & Caring” *Getting Started* event.

*\$50 by advanced registration only; tax receipt for donation portion.

Sign-up at www.cfka.org or call 613.546.9696

COMMUNITY GRANTS CELEBRATION

Date: Thursday, May 23
Time: 4:30 pm – 6:30 pm

KFLA Public Health,
221 Portsmouth Avenue,
Kingston

Celebrate and connect with local charities receiving their grants for projects enhancing community well-being.

All are Welcome.

Together is Better: Never miss a CFKA event!

Sign up for advance notice at www.cfka.org/e-newsletter-waves

Identifying Community Needs

The Foundation's *Vital Signs*® 2018 reported October 15 on significant trends over 10 years for a range of areas critical to community well-being: the rate of poverty increased slightly to 13.3%. There is still work to do!



GARRETT ELLIOTT PHOTOGRAPHY

Reanna King (a lived-experience Poverty Expert), Judi Wyatt (co-founder, *The Poverty Challenge*), and Mike Bell (CEO, Kingston Community Health Centres) answering penetrating questions about the lived-experience of poverty in Kingston and the impact on short and long-term health.

Community Conversations

Our *Vital Signs* launch focused on the lived-experience of poverty and its health consequences. Following up, a disturbing but inspiring *Speaker Series* by Ottawa's Dr Jeff Turnbull, challenged *everyone* present to show compassion and work together to improve health equity, decrease homelessness, and achieve greater success treating chronic addictions and mental health illnesses. His stand-out piece of advice: "Focus on youth. Prevent the start of street living and addiction."

CFKA's recent event, *The Poverty Challenge*, showed the barriers experienced by the poor seeking help from the agencies meant to help them. See the need for compassion in the reaction of one participant:

"It was the most eye-opening experience ever ... a glimpse into what it feels like, the frustration and hopelessness, the shame and the fear, and the going around-in-circles feeling."



GARRETT ELLIOTT PHOTOGRAPHY

The Poverty Challenge participants experiencing the barriers faced by the poor seeking help.



Community Foundation
for Kingston & Area

**YOUR
COMMUNITY
MAKES YOU**

**AND YOU
MAKE YOUR
COMMUNITY**

**THROUGH
YOUR COMMUNITY
FOUNDATION**

**BRINGING PEOPLE
AND CAUSES
TOGETHER**

**TO CREATE
SMART & CARING
COMMUNITIES**

Proud member of



COMMUNITY
FOUNDATIONS
OF CANADA

Together is Better: Connect!

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