

2024 - 2025 ANNUAL REPORT

COMPASSIONATE



CNHPS

NEIGHBOURS

Compassionate Neighbours
9400 College Street,
Chilliwack
www.cnhps.org



Compassionate Neighbours acknowledges that we are honoured to live, work and play on the traditional, ancestral and unceded territory of the Stó:lō Coast Salish peoples.

MESSAGE FROM THE BOARD PRESIDENT



During this past year 2024-2025, as a Board with gratitude to the Lord, we may inform that we have carried forward our strategic plan and were recently able to hire new staff members to help us in our ongoing quest to achieve organizational and fiscal sustainability.

You will read in this report, that we were able to maintain and grow the programs that we offer in our community as we strive to reach our vision of being the best provider of social and emotional support for older adults and for the caregivers of older adults.

The group social activities for older adults were expanded by adding a monthly simple chair exercise routine and an extra monthly social luncheon event in the Chilliwack area.

The services offered to the caregivers of older adults have expanded from offering weekly group caregiver support sessions to adding four other core elements of one-to-one support as we hire a full-time Caregiver Support Coordinator, thanks to a grant received from United Way BC.

With gratitude, we may inform you that the Enhanced Social Meals Program continues through a renewed grant from United Way. This program has also expanded. A monthly social luncheon is held for 5-20 seniors residing in the same apartment or similar housing arrangement. This enhances the 'neighbourly connections' in these neighbourhoods. Knowing their neighbours can make such a difference to vulnerable socially isolated seniors living with challenging health conditions. At present 4 monthly group senior residential luncheons are offered under this grant, and one residential luncheon is offered via a grant received from the iAFinancial Group. As you read further in this report, you will meet our staff and read more about these programs and our plans, in dependence upon the Lord, for this new fiscal year before us.

WHO WE ARE:

VISION

To be the best provider of social and emotional support for older adults and for the caregivers of older adults.

MISSION

To offer a wide range of social opportunities for older adults and for caregivers of older adults through community education, and volunteer facilitated neighbourly connections

BOARD OF DIRECTORS

President	Connie Stam
Vice-President/Secretary	Janice McMurray
Treasurer	Joe Kerkhoff
Member at Large	Charmain den Hertog
Member at Large	Jannette Oostenbrink



INTRODUCING OUR STAFF

Janice, Board Secretary, Executive Assistant, Enhanced Social Meals Administrative Assistant:



I have been with Compassionate Neighbours for three years. During this time, several new programs for seniors have been introduced, including monthly chair exercises, monthly themed-table luncheons, and an expansion to the Enhanced Social Meals Program that now includes apartment complexes. It was a busy, fulfilling year and am thankful to be able to have a positive impact on the Seniors in our Community.

Shonagh, Administrative Assistant



I recently joined Compassionate Neighbours as the new Administrative Assistant, bringing with me 18 years of experience as a data collection clerk with Statistics Canada. I'm passionate about creating organized, efficient systems that support the incredible work our volunteers and coordinators do every day. Outside of work, I enjoy walking my little Scottie dog and spending time with my family. It's been inspiring to step into a position where connection, compassion, and meaningful relationships are at the heart of everything we do.

Arlene, Volunteer Coordinator



I started with Compassionate Neighbours at the beginning of February, and in addition to working another casual job, in my spare time, I love to hike. As most of you will know from experience, the volunteer coordinator is one of the first people one encounters at the beginning of their volunteer journey with Compassionate Neighbours. I manage the onboarding of new volunteers, and I advertise for new volunteers by posting on various volunteer database websites and connect with the work experience coordinator for our local high schools. I lead the monthly volunteer meetings and have participated in updating our Volunteer Handbook and other forms/policies/procedures. I keep track of all volunteer hours by program each month, so the Board is aware of how much the volunteers do for our organization.

OUR PROGRAMS AT A GLANCE

Seniors and Elders Social Programs

➤ Chair Exercises

"The chair exercises are great. I have been coming since they started, and I feel I am getting stronger."

➤ Themed Table Lunches

"I heard of this program through my retirement home, and I really like the group and the activities and everything. I wish I could come more often."

➤ Monthly Lunches at the Vedder Legion and the Chilliwack Activity Centre

"I really enjoy coming to the lunches. It's great chatting with different people, and the talks are always on such a mix of topics. It's fun, and I always leave having learned something new."

"I always look forward to the lunches. Whether you're catching up with friends or meeting someone new, it just feels good to have a place to go. It really makes a difference and meets the needs of everyone."

➤ Bi-Weekly Intergenerational Programs (Connecting generations through activities)

"It's a lot of fun. We usually do crafts or play games. It's good interaction and I love the snacks, of course. It's always good to get out and socialize. It's always fun and I wish it were more often."

➤ Providing Weekly One-on-One Support

"It is wonderful. We have become friends."

The Enhanced Social Meals Project

➤ One on One Visits/Sharing a Meal

"Makes me feel I can live another day."

➤ Apartment Complex Lunch Social

"I want you, and CNHPS, to know what a difference the Senior Meal Program has made to the socialization of the Senior Apartment building I live in. Prior to this program being started this building had no social programs planned. Since the inception of the monthly meal, we now have weekly card games, weekly craft night and monthly "bring your own lunch" events. As a volunteer with CNHPS I can personally attest to how important these programs are to the wellbeing of Seniors. The home meal program is so much appreciated by Seniors. Not just for the food but also for the opportunity to interact with the volunteers and socialize."

➤ First Nation Elders Luncheon

"I love coming to these events because the people are so friendly and the food is delicious."

The Family Caregiver Support Group

"I have just been coming just a short time since the start of the summer. It is very helpful as a support group and needing some direction. It is good mental health to be able to say, 'this is my challenge' and 'this is the positive in my life'. It is very therapeutic to be with other people who are facing very similar things. Thank you for the program and to those that sponsor the program. It is a wonderful program"

FAMILY AND FRIEND CAREGIVER SUPPORT PROGRAM

HIGHLIGHTING OUR RECENTLY EXPANDED FAMILY & FRIEND CAREGIVER SUPPORT PROGRAM

SPREAD THE WORD!!

ARE YOU LOVINGLY CARING
FOR AN OLDER FAMILY MEMBER,
FRIEND OR NEIGHBOUR?
WE HAVE SUPPORT FOR YOU:

- One-to-one support, including emotional support
- Support groups
- Education to enhance knowledge and skills
- Information and referrals to community support and services
- Healthcare system navigation support
- Social and self-care events

For more information on this program, please contact caregiverssupport@cnhps.com or call: 778-539-5102

Funded by the Government of BC and managed by United Way British Columbia



Working with communities in BC's Interior, Lower Mainland, Central & Northern Vancouver Island



RECOGNIZING OUR VOLUNTEERS

I would like to thank each one of our dedicated volunteers who share their time and talents with Compassionate Neighbours! Many of you have been with us for over a year, or 2 or even 3 years now, and we have also welcomed several new volunteers over the past year. All of you continue to make a meaningful difference in the lives of the seniors we support, and we have been able to provide more services this year thanks to your commitment!

Everything that you do, big or small, contributes to the success of our programs and our mission to increase the social and emotional well-being of older adults, and caregivers of older adults, in our community! I think we are very lucky to have you all as part of our team, and I know our seniors and caregivers appreciate all that you do as well!

Volunteer Hours - 2024-25	
Program	Total
Seniors Connect Café In-Person Events	1045
Intergenerational Program In-Person Events	299.5
Weekly One-on-One Phone or Video Calls	302.5
Weekly One-on-One In-Person Visits	470.75
Caregiver Support Group In-Person Events	206.5
Caregiver Support Group Phone or Video Calls	0
Caregiver Support Home Visits	0
Enhanced Social Meals In-Person Meal Visits	370.35
Workshops and Orientation Sessions	50
Volunteer Meetings	116.5
Fundraising Activities	17
Administrative	1266.96
Board Activities	509.5
Other	77.2
Subtotal	4731.76

714 PEOPLE SERVED

63 VOLUNTEERS

4,732 VOLUNTEER HOURS DONATED, INCLUDES 236 HOURS FROM YOUTH

FUNDRAISING

2025 SPRING FUNDRAISER



Plant Sale



Raising funds for
Older Adult Programs



RECOGNIZING OUR DONORS

Thank you for helping make our event a success!

On behalf of all of us at Compassionate Neighbours, we would like to take this opportunity to say a warm thank you for supporting our mission. It is because of dedicated donors like you that our organization can create a growing impact in our community.

2024-2025 YEAR IN REVIEW

SENIOR GROUP ACTIVITIES

A total of 258 Seniors Attended our Senior Group Activities at least once



Weekly Seniors Connect
Café events



Wednesday Monthly
Themed Luncheon Event



Monthly simple chair
exercise social



Seniors Connect Café
lunches at the Vedder
Legion and the Chilliwack
Activity Center



Intergenerational
Cooking Classes



Bi-monthly Intergenerational
Crafts/Board Game Events

ENHANCED SOCIAL MEAL PROGRAM



215 Elders Shared at least
one meal



56 Seniors shared 264 lunches
with a Volunteer in their home



130 Seniors shared 481 lunches
together in 5 complexes

ONE-TO-ONE FRIENDLY VISITOR



50 Seniors participated
in this program

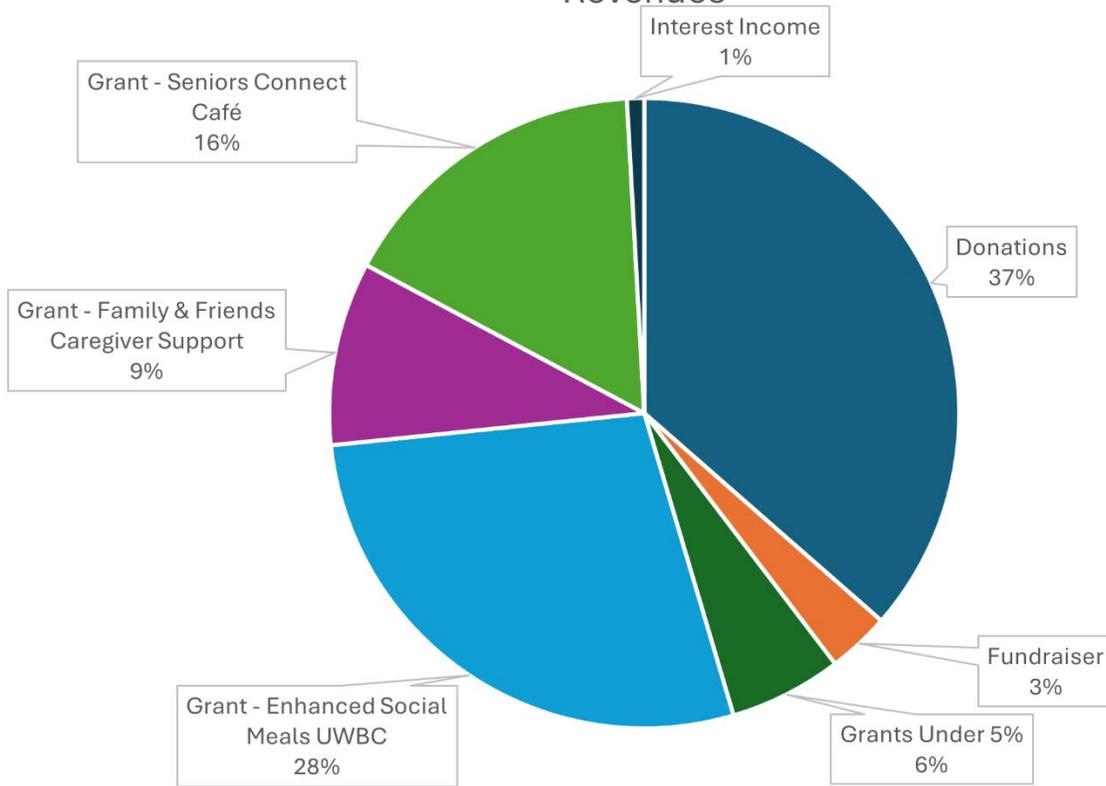
FAMILY & FRIEND CAREGIVER SUPPORT



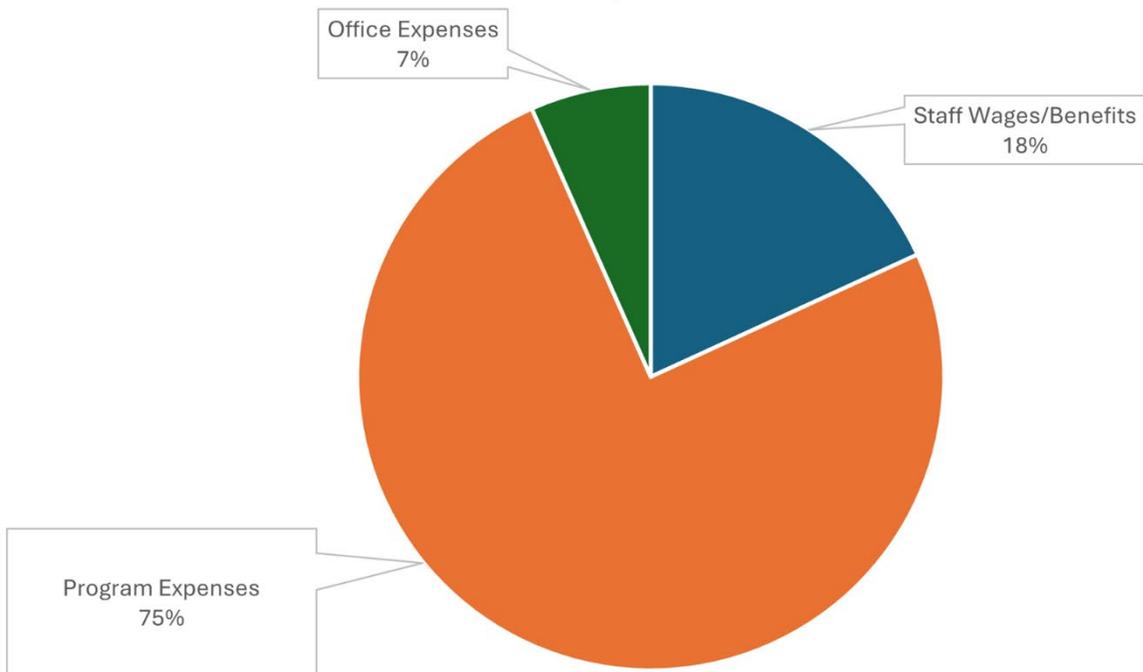
We made at least one contact with
37 Caregivers over the past year

FINANCIAL SUMMARY

Revenues



Expenses



■ Staff Wages/Benefits ■ Program Expenses ■ Office Expenses

GROWING OUR PROGRAMS IN THE NEW YEAR

Increasing our Social Chair Exercise Events



As we look to the new fiscal year before us, we will continue to grow our present programs as we strive to reach each lonely and socially isolated older adult and their caregivers and offer them the social and emotional support that they may desire.

We will be seeking funding to increase our once monthly social chair exercise events to a bi-weekly event.

Enhanced Social Meals in Apartment Complexes

There is room in the Enhanced Social Meals Program to reach more apartment complexes, trailer parks, gated communities, or other housing units where more than 5 senior residents live on the same property and would like to share a monthly social meal together over an hour of facilitated conversation. Do you know of such a complex that may be interested in getting to know one another better while sharing a free social meal? Please reach out to us!



Intimate Partner Loss



In the coming year, a twice-monthly social group is planned for older adults who have experienced intimate partner loss and are adjusting to living alone. The facilitated group will provide a confidential setting for participants to discuss their experiences. Members will share tips and support as they explore ways to form new friendships and connections after their initial period of adjustment.

MEMORIES

