



South  
Saskatchewan  
Community  
Foundation

## 2018 REPORT



REGINA AND SOUTH SASKATCHEWAN

# VitalSigns<sup>®</sup>

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The South Saskatchewan Community Foundation is proud to publish the 2018 Regina and South Saskatchewan Vital Signs in partnership with both the Vital Signs Community Network and the Community Foundations of Canada.



Vital Signs<sup>®</sup>, a national program led by community foundations and coordinated by Community Foundations of Canada, leverages local knowledge to measure the vitality of our communities and support action towards improving our collective quality of life. Special thanks to the Toronto Foundation for developing and sharing the Vital Signs concept.

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is a proud member of



# MESSAGE FROM THE SOUTH SASKATCHEWAN COMMUNITY FOUNDATION

It is with great pride we launch the South Saskatchewan Community Foundation's 2018 *Vital Signs* report. We are confident that it provides a community road map that profiles countless milestones and showcases a broad range of community needs all while saluting good people for doing great things.

Founded almost 50 years ago in 1969, SSCF is a long-term endowment fund for our community that pools together many visionary philanthropists' and organizations' funds to invest them together for a higher return. As we prepare to celebrate our important anniversary, we remain inspired every day by dedicated individuals – past and present – who have made a difference. Our work with endowments equates to a more effective gift today for tomorrow. We build bridges to match the dreams of generous donors to important needs within our community. At the heart of what we do is our priority to listen

carefully and leverage ways that can help to make a difference. Throughout the year, we appreciate the significant work of community organizations and salute insights brought forward by our extraordinary *Vital Signs* Community Network. This report profiles several examples of the great work of some of the members of this volunteer network. As you read through this report with its interesting facts, signposts, stories, and experiences, we hope it underscores the importance of belonging within our community. We also present a little deeper dive into three important community priorities – Pursuing Reconciliation, Welcoming Newcomers, and Building Economic Inclusion. The methodology and endnotes for the report are included on pages 22 and 23. In 2019, our 50th anniversary year, we look forward to expanding our community engagement. Stay tuned for exciting details and how to become involved. In the meantime, thank you for all you do to make a positive difference for others.



*With an endowment pool of just over \$71 million, SSCF supported more than 195 registered charities and granted \$6.2 million in 2017.*

The **South Saskatchewan Community Foundation (SSCF)** serves as a bridge between donors and charities in Regina and in southern Saskatchewan. We believe in facilitating Saskatchewan philanthropy, supporting local charities, and developing our community so that our home is a more vital, strong, and fair place to live, work, and play. Founded in 1969, SSCF is a long-term endowment fund for our community. In addition to distributing donations throughout the year to worthy causes, we pool many visionary philanthropists' and organizations' funds – investing them together for a higher return and, thus, allowing donors to make their charitable grants not just once but year after year. Our work equates to a more effective gift today for tomorrow. SSCF is a proud member of Community Foundations of Canada, our national membership organization that includes a network of over 191 community foundations across Canada. With an endowment pool of just over \$71 million, SSCF supported more than 195 registered charities and granted \$6.2 million in 2017. This community support is a huge step forward from our roots of approximately \$60,000 in 1969.



#### Vision

Building community, together, forever, for all to enjoy and prosper



#### Values

Inclusive, innovative, forward-looking, vital



#### Mission

To advance community well-being by supporting and assisting charities, individuals, and companies to achieve their charitable goals and dreams



#### Promise of performance

We invite donors and philanthropic investors to pool their resources to be forever dedicated to community building and community vitality. We promise to:

- Be a foundation that addresses the most important strategic community issues facing those we serve in southern Saskatchewan.
- Build trust through service and leadership in our community.
- Continue to proactively encourage investors and partners: individuals, organizations, and all levels of government to join us in our work.
- Actively engage others to leverage resources for the benefit of all who live, work, and play in the region.

# BELONGING IN REGINA AND SOUTHERN SASKATCHEWAN

## Exploring our connection to community.

In our most recent *Vital Signs* report in October 2016, the SSCF reported on *Belonging: Exploring Connection to Community in Regina*. We reported that belonging is the heart of building stronger communities, that it intersects with all aspects of community life, and that it connects to today's most pressing issues. In that report, we identified three of these pressing issues as key themes: Pursuing Reconciliation, Welcoming Newcomers, and Building Economic Inclusion.

In the time between this report and the previous one, we have done more research to explore and to understand these priorities and have included important and vital statistical data available to the public to help better understand these themes. SSCF has also taken an extra step of gathering qualitative data about Pursuing Reconciliation and Welcoming Newcomers through *Vital Conversations* held in 2017 and early 2018. There is also important work happening related to Building Economic Inclusion. Read more on pages 8 to 12 about how local charities are taking the lead on these crucial issues.



*Regina and Saskatchewan have an overall above-average sense of belonging across its population. It is no surprise that residents of our city and province are generous! Median charitable donations reported in Saskatchewan (\$420) and Regina (\$390) are well above the national average of \$300.<sup>1</sup>*



SSCF serves as a bridge between donors and charities in Regina and in southern Saskatchewan.

**SSCF thanks the *Vital Signs* Community Network (VSCN).** This network brings together like-minded organizations and community leaders to stay informed and to encourage collaboration and partnerships so that together we can best address the needs of today and prepare for the needs of tomorrow. The members of the VSCN act as a sounding board for the SSCF to ensure the relevance and effectiveness of its community engagement and knowledge sharing. VSCN assists *Vital Signs* work, as supported by Community Foundations of Canada, to enhance the Foundation's ability to provide community leadership.

We sincerely thank all network members including: Astonished!, Canadian National Institute for the Blind (SK Division), Canadian Red Cross (SK Division), Cancer Foundation of Saskatchewan, Carmichael Outreach, Community Initiatives Fund, Community Research Unit at the University of Regina, Early Years Family Centre, Elections Saskatchewan, Hospitals of Regina Foundation, Inclusion Regina, Johnson-Shoyama Graduate School of Public Policy, Kids First, Nature Conservancy Canada, Neil Squire Society, Rainbow Youth Centre, REALM Foundation Inc., Reconciliation Regina, Regina Food Bank, Regina Open Door Society, Regina Public Library, Regina Region Local Immigration Partnership, Regina Senior Citizens' Centre, Regina Work Preparation Centre, Saskatchewan Arts Alliance, Saskatchewan Seniors Mechanism, SaskCulture, YMCA of Regina, YWCA Regina. SSCF would also like to thank affiliate partners Praxis Consulting and OMNIS Project Management Group for participation and assistance.

# COMMUNITY AT A GLANCE

## DEMOGRAPHICS

- In 2017, Regina had a population of 253,220 people.<sup>2</sup>
- Statistics Canada reports that in 2017 in Canada, Regina "had the highest proportion of children aged 0 to 14 years" at 18.1% of the population.<sup>3</sup>
- The 2016 census population of Saskatchewan was 1,098,352 – an increase over the 2011 population of 1,033,381.<sup>4</sup>

## HEALTH

- In Regina, the obesity rate for the population aged 18 years and over was 29.7% in 2015-2016. This rate was a 2.8 percentage point increase compared to the 2007-2008 rate (26.9%). This Regina rate was 1.6% lower than the provincial rate (31.3%) and 3.4% higher than the Canadian rate at 26.3%.<sup>5</sup>
- Of Regina's population 12 and over, 67.8% perceived their mental health as being very good or excellent in 2015-2016. This rate sits 2.5% lower than the provincial rate at 70.3% and 3.8% lower than the national rate of 71.6%.<sup>6</sup>

## GETTING AROUND

- In 2016, 88.3% of the Regina workforce drove to work while 5.5% used public transportation. In the rest of Canada, 79.5% of Canadians drove to work while 12.4% used local public transportation.<sup>7</sup>
- The City of Regina reports that public transportation ridership increased in 2017 by 3% to a total of 6.6 million rides.<sup>8</sup>

## FAMILY VIOLENCE IN SASKATCHEWAN

- Among all Canadian provinces, rates of police-reported family violence were highest in Saskatchewan. There were 498 victims per 100,000 of the population in 2016.<sup>9</sup>

## INCOME LEVELS

- Statistics Canada reported in 2016 that the median individual total income in Regina was \$42,661. In Saskatchewan it was \$38,299.<sup>10</sup>

# COMMUNITY DASHBOARD

## Taking the pulse of our community.

### COMMUNITY BELONGING

A sense of belonging in a community is based on many different elements. In 2015–2016, the rate of Regina residents who said they had a strong or somewhat strong sense of community belonging was 74.2%, up from 72.7% in 2014. This rate is on par with the provincial rate of 73.8%. Both Regina and Saskatchewan rates are far above the national rate of belonging, which sits at 68.4%.<sup>11</sup>



### SENIORS' SENSE OF BELONGING

The percentage of Regina residents 65 years and older who reported a strong or somewhat strong sense of community belonging was at 85%. Seniors' sense of belonging was 2.8 percentage points above the provincial rate of 82.2% and 10.6 percentage points above the national rate of 74.4% in 2015–2016. This rate has increased by 5.3 percentage points since 2007–2008.<sup>13</sup>



### BELONGING IN THE WORKPLACE

In May 2018, Regina had an unemployment rate of 6.3%, the highest rate for the city in recent years.<sup>15</sup> Both Saskatchewan's and Canada's unemployment rate sat at 5.8% in March 2018.<sup>16</sup>

### BELONGING AT HOME

38.5% of Canadian commuters spend 30 minutes and over getting to work. Only 12.1% of the Regina workforce commutes for that long.<sup>17</sup>

### YOUTH SENSE OF BELONGING

The proportion of the youth population (12–19) who reported that they had a strong or somewhat strong sense of community belonging was 91.3%. Youth sense of belonging was 2.7 percentage points above the provincial rate of 88.6%, and 6.7 percentage points above the national rate of 84.6% in 2015–2016. Youth sense of belonging increased by 19.3 percentage points since 2007–2008 when the rate was 72%.<sup>12</sup>

### BELONGING WITHIN SOCIETY

Voter turnout in Saskatchewan has seen record lows in the last two provincial elections. According to Elections Saskatchewan, in 2016, 53.5% of eligible voters voted. In 2011, that number sat at just 51.1% – the lowest turnout between 1982 and 2016.<sup>14</sup>

### BELONGING AND LEARNING

In 2017, the Regina Public Library had 1,686,152 in-person visits.<sup>22</sup>



### BELONGING TO LEND A HAND

In the latest available study about volunteering, Statistics Canada reported that the volunteer rate was highest in Saskatchewan, sitting at 58%, which is well over the national average of 47% of the population.<sup>23</sup>

### BELONGING TO OUR PLANET

"Grasslands are among the rarest and most at-risk habitats in the world and are a critical part of Saskatchewan's environment. They buffer our water and boast some of the world's greatest biological diversity. But in Saskatchewan, approximately 20% or less of the province's native grasslands remain."<sup>24</sup>

### BELONGING SAFELY

There is a vast disparity between the urban and rural parts of our province: "Saskatchewan's rural crime rate was 36% higher than its urban crime rate in 2017," the Regina Leader Post reports.<sup>20</sup>



### BELONGING WHILE MAKING A DIFFERENCE

Median charitable donations reported in Saskatchewan (\$420) and Regina (\$390) are well above of the national average of \$300.<sup>18</sup>



### BELONGING DURING TIMES OF CHANGE

Vacancy rates have skyrocketed in Estevan, sitting at 25% in 2017 from 0.6% in 2012. During the same time period, Saskatchewan had a vacancy rate of 8.8%.<sup>19</sup>



### BELONGING HAPPILY

In 2015–2016, 93.8% of the population in the Regina Qu'Appelle Health Region (now part of the Saskatchewan Health Authority) who were over the age of 12, reported they were satisfied or very satisfied with their life. This rate was the same as the provincial rate (93.8%), and 0.9 percent points above the national rate (92.9%). Since 2007–2008, this rate has increased by 1.4 percent points.<sup>21</sup>



# PURSUING RECONCILIATION

SSCF conducted a *Vital Conversation* on this key priority.



SSCF thanks our partners Regina Public Library Central Branch for hosting the *Vital Conversation* and Praxis Consulting for contributing their services by facilitating the community forum and gathering the data. The Foundation also extends special appreciation to Reconciliation Regina for assistance throughout.

In its 2016 *Vital Signs* report, SSCF identified *Pursuing Reconciliation* as a key theme within the larger, national theme of *Belonging: Exploring Connection to Community*.

On October 4, 2017, SSCF conducted a *Vital Conversation* on the subject of pursuing reconciliation. Saskatchewan journalist Doug Cuthand delivered a keynote lecture, and then attendees participated in a facilitated community forum. The objective of the event was to increase understanding of reconciliation, to engage participants in an opportunity to learn from each other and share knowledge and stories, and to build on and support the current momentum generated by Reconciliation Regina. Reconciliation Regina is an incorporated non-profit organization, co-facilitated by the City of Regina and the Office of the Treaty Commissioner. It consists of 70 community organizations interested in fulfilling the Truth and Reconciliation's Calls to Action for the betterment of our community.

Some donations related to Pursuing Reconciliation include those of the [G. Murray and Edna Forbes Foundation Fund](#) at SSCF, which donated \$25,000 to the Student Energy in Action for Regina Community Health Inc. (SEARCH), a student-run, interdisciplinary, primary health care initiative located in Regina's North Central community, and another \$6,000 to Touchwood File Hills Qu'Appelle (TFHQ) Safe Shelter Incorporated (to be split between Wichihik Iskewwak Safe House and the Qu'Appelle Haven Safe Shelter).

Another objective of the event was to gather qualitative data for this report. The community forum included three facilitated conversations: "Envisioning Successful Reconciliation," "Building a Strategy" and "A Strengths-Based Approach." In the first session, participants were asked to envision successful reconciliation by picturing themselves sitting around a campfire 20 years from now, explaining to their children that things have changed when it comes to reconciliation. What sort of story would they hope to be telling? What is the new Canada? What is different from today? Participants hoped that in 20 years the City of Regina would be a national leader in reconciliation, that all Regina citizens would have an understanding and appreciation of Indigenous history and cultures, and that there would be a physical space in Regina for people to learn and celebrate Indigenous cultures.

In terms of building a strategy, the second breakout session, participants were asked what systems, processes, relationships, etc. they will need to improve or to build to be successful. Participants highlighted the importance of early age education, collaboration amongst many different organizations, resources to support the Truth and Reconciliation Commission's Calls to Action, and leadership. Those gathered in the sessions realized the importance of including everyone in reconciliation. Furthermore, the group suggested that tangible metrics be used to measure progress in terms of pursuing reconciliation. These metrics include increasing Indigenous graduation rates, increasing Indigenous representation among decision-makers and business leaders, increasing the number of people speaking Indigenous languages, and more.

Lastly, those who attended the event were asked to look at reconciliation in Regina from a strengths-based approach: what are the building blocks of reconciliation that we already have in place? Participants pointed to events and programs put on by various agencies such as blanket exercises, Treaty Four days, and more. They also highlighted educational institutions such as the First Nations University of Canada at the University of Regina, the Saskatchewan Indian Institute of Technologies, and the Mâmwêyatitân Centre. Other areas that were celebrated included Reconciliation Regina, Indigenous leaders in the community, and the treaty education that has been increasingly integrated into Regina school curriculums. For the full *Vital Conversation* report, please visit [www.sscf.ca/initiatives/vital-conversations](http://www.sscf.ca/initiatives/vital-conversations).



Participants were asked to envision successful reconciliation by picturing themselves sitting around a campfire 20 years from now, explaining to their children that things have changed when it comes to reconciliation. What sort of story would they hope to be telling? What is the new Canada? What is different from today?

## COMMUNITY HIGHLIGHTS

In 2016, 9.3% of Regina's population identified as Aboriginal. In the same year, 16.3 % of the population of Saskatchewan and 4.9% of the Canadian population reported Aboriginal identity.<sup>25</sup>



In the fall of 2017, the self-declared First Nation, Métis, and Inuit student population of the University of Regina grew to 12.7% of the total student population. This represents an increase of 91% since 2010.<sup>26</sup>



The average age of Regina's Aboriginal population is 27.4 years old. The average for the rest of the population is 39 years old (2016).<sup>27</sup>



Of the six numbered Treaties blanketing Saskatchewan, all but one (Treaty 10) predate the province's 1905 entry into Canadian Confederation.<sup>28</sup>



# WELCOMING NEWCOMERS

## SSCF and Regina Region Local Immigration Partnership (RRLIP) host a *Vital Conversation* to learn some challenges newcomers face.

In the last number of years, Regina has become far more multicultural. International immigration is driving Regina's recent population growth. This rate of immigration is the highest Regina has ever experienced. Thus, it was more than fitting that in 2016 SSCF chose *Welcoming Newcomers* as a key area of focus related to belonging in our community.

In partnership with the Regina Region Local Immigration Partnership (RRLIP), SSCF participated in its second *Vital Conversation* on March 20, 2018 about employment for newcomers. Launched in 2014 and funded by Immigration, Refugees and Citizenship Canada (IRCC), the RRLIP is a community initiative that brings together stakeholders to examine challenges, gaps, and opportunities for newcomer settlement and integration in the Regina community and to develop local solutions. RRLIP works to strengthen our community's ability to welcome, settle, and integrate newcomers. RRLIP's recent community action plan identified employment, child care, education, and everyday living needs as priorities for newcomers to Regina.

The guests attending the *Vital Conversation* on employment were newcomers, employers and those who facilitate newcomer employment, organizations involved in newcomer settlement/support, and others. The forum facilitators interacted with participants in two ways. Firstly, participants were placed in diverse groups and asked about employment challenges and possible solutions to those challenges. Groups then presented their thoughts. Secondly, facilitators distributed a ten-question survey to forum participants, and 51 surveys were returned. Of participants that attended the *Vital Conversation*, 63% said they were Canadian-born while 37% recorded that they were foreign-born. During the conversation, participants presented major challenges to employment.

**16,075** 

Regina has welcomed 16,075 recent immigrants between January 2011 and May 2016.<sup>29</sup>

### Some challenges included:

- Lack of English language skills and Canadian experience
- Perceived discrimination when job applicants had a foreign-based name
- Some participants pointed to a reluctance of employers to hire newcomers and also, in those workplaces, staff acceptance of newcomers
- Lack of affordable child care
- Newcomers' lack of knowledge about their legal and employment rights
- Lack of recognition of foreign credentials

### Some important thoughts included:

- Participants indicated that settlement agencies, faith/cultural groups, the Regina Public Library, Saskatchewan Polytechnic, the University of Regina, community agencies, and volunteers and friends were helpful resources for newcomers.
- They identified that some crucial supports do not exist, such as employment bridging programs for newcomers and employers, standardized and streamlined processes to assess foreign credentials, mentorships for employment, and legal and translation services.
- Participants indicated support could be improved with longer and specific language training, other settlement programs, and more cultural awareness training.
- Those who said they were not foreign-born reported participating in recreational, sport and arts events. Newcomers identified that they find support and participate in communal, cultural and family events. Both groups indicated that they participate in religious and community activities.
- To read the full report, please visit [www.sscf.ca/initiatives/vital-conversations](http://www.sscf.ca/initiatives/vital-conversations).

## COMMUNITY HIGHLIGHTS

The time period of 2013 to 2016 has seen an exodus of inter-provincial migrants from Saskatchewan: 2013/2014 (-1,839), 2014/2015 (-4,528), 2015/2016 (-4,272)<sup>30</sup>. International immigration sustains Regina's growing population. 

From 1980 to 2016, 67% of immigrants to Regina have been economic immigrants, defined as "immigrants who have been selected for their ability to contribute to Canada's economy through their ability to meet labour market needs, to own and manage or to build a business, to make a substantial investment, to create their own employment, or to meet specific provincial or territorial labour market needs."<sup>31</sup> 

The Regina Open Door Society's Newcomer Welcome Centre (NWC) reported that from April 1, 2017 to March 31, 2018, the Centre received 5,597 visits. 2,705 of those were new clients. The Centre also reported that "Clients who accessed NWC services came from 98 different countries. 71% of these clients came from 5 source countries of immigrants to Canada: India (31%), China (14%), Philippines (13%), Nigeria (8%), and Bangladesh (5%)."<sup>32</sup> 

From January 2015 to July 2018, Saskatchewan received and resettled a total of 4,115 refugees; 1,495 of whom were resettled in Regina, 315 in Moose Jaw, 15 in Estevan and 15 in Swift Current.<sup>33</sup> 

In Regina, the most commonly spoken languages at home, other than English and French, are Tagalog (3,210), Mandarin (2,110), Urdu (1,725), Punjabi (1,630), and Arabic (1,145).<sup>34</sup> 

SSCF donors have supported charitable initiatives that are geared towards welcoming newcomers. For example, the **G. Murray and Edna Forbes Foundation Fund at the SSCF** granted \$15,000 to support the Regina Open Door Society Inc. in 2018.

The **Welcome Fund at SSCF** – a fund established in 2016 when Community Foundations of Canada donated \$35,000 to SSCF, with the purpose of carrying out charitable activities that will support refugees and newcomers to Regina and area – has been completely granted to the Regina Open Door Society Inc. and to the Moose Jaw Multicultural Council Inc.



Participants in the *Vital Conversation* included newcomers, employers, and those who support newcomers. Thank you to RRLIP.

# BUILDING ECONOMIC INCLUSION

Philanthropy and community initiatives help to remove barriers.



SSCF board, MNP partners, the family of Merrill Brinton, and Carmichael Outreach staff celebrate a donation to Carmichael Outreach.

Many of SSCF's donors recognize the importance of economic inclusion for healthy communities, and there is a great deal of work being done to reduce economic barriers. We are proud to profile some examples of these contributions.

In June 2018 the MNP Community Fund at the SSCF donated \$25,000 to Carmichael Outreach in memory of Merrill Brinton, a former MNP Partner, Carmichael founding board member, and tireless advocate of that charity which aims to end poverty and homelessness in Regina. In our last *Vital Signs* report, SSCF chose "Building Economic Inclusion" as a key area of focus. Statistics Canada in its 2016 Census reported that 11.2% of Regina's population lived in poverty.<sup>35</sup>

Agencies and charities that SSCF works with have taken up the challenge of building economic inclusion in this city. An expansive, recent undertaking in Regina has been the Homelessness Partnering Strategy (HPS), which is a federal government initiative. This strategy has provided funds to communities across Canada "to assist with preventing and reducing homelessness."<sup>36</sup> The YMCA of Regina was chosen as the Community Entity for Regina. Working with the Regina Homelessness Community Advisory Board (RHCAB), the HPS chose Regina-based Phoenix Residential Society as the YMCA's partner for Regina's Housing First pilot project. Housing First is defined as "a recovery-oriented approach to ending homelessness that centers on quickly moving people

experiencing homelessness into independent and permanent housing and then providing additional supports and services as needed."<sup>37</sup> For more information on the Housing First initiative in Regina, visit [www.reginahomelessness.ca](http://www.reginahomelessness.ca).

In December 2017 the **G. Murray and Edna Forbes Foundation Fund** at SSCF donated \$43,750 to the Food Banks of Saskatchewan Corporation to help food banks throughout the province address food insecurity. As a part of its 2017 Christmas donation matching campaign, Nutrien matched this generous grant for a total donation of \$87,500.

### Other SSCF grants related to building economic inclusion include:

- SaskAbilities Swift Current Branch received a \$7,920 grant from the **SSCF Smart and Caring Fund**. The Regina Airport Authority generously donated the original funds, \$18,920, to the Smart and Caring Fund with the purpose of granting to charities in Southern Saskatchewan.
- In 2018, Joe's Place Youth Centre in Moose Jaw received \$15,800 from the **Moffat Family Fund** and the **G. Murray and Edna Forbes Foundation Fund**. Another charity working to build economic inclusion is the Regina Anti-Poverty Ministry. They received a \$15,000 grant from the **G. Murray and Edna Forbes Foundation Fund**. These are just a sample of the many grants that go out to charities working to build economic inclusion in Regina and in Southern Saskatchewan.



*Poverty is a primary barrier to full participation in community life and to belonging. Statistics Canada, in the 2016 Census, reported that 11.8% of Regina's population lived in poverty.*

## COMMUNITY HIGHLIGHTS

In 2017, the Regina Food Bank had 91,550 requests for service. 44% of those served were a household of a single person. Children were 41% percent of the total served. Male clients made up 47% percent of service requests. 53% were female.<sup>38</sup>



Tracked by fiscal year, service requests at the Regina Food Bank have been decreasing over the last few years: 2013/2014 (113,990); 2014/2015 (95,929); 2015/2016 (98,857); 2016/2017 (91,550); 2017/2018 (89,828).<sup>39</sup>



### REGINA RENTAL VACANCY RATES VS. AVERAGE RENTS<sup>40</sup>

Year	Vacancy Rate	Average Rents
2011	0.6%	\$872.00
2012	0.9%	\$918.00
2013	1.8%	\$959.00
2014	3.0%	\$1,010.00
2015	5.3%	\$1,029.00
2016	5.4%	\$1,043.00
2017	6.9%	\$1,046.00

## ASTONISHED!



### Creating space for young adults with complex physical disAbilities\* to express preferences for meaningful and inclusive life experiences.

A generation ago, few children with severe complex physical disAbilities (CPD) survived to adulthood. Technological and medical advances, advocacy, and the determination of families have increased the life span of those born with complex disAbilities. Yet, people experiencing CPD often lack opportunities to experience the same life prospects as their non-disabled peers.

While there are a number of service providers in the community that aim to support inclusive life experiences while meeting the diverse needs of young adults, programs become segregated when the collective needs of a group take priority over personally meaningful and individualized activities based on a person's strengths and needs. At Astonished!, they are researching

experiences of inclusion as they are shared by young adults with complex physical disAbilities and their families. What have they learned thus far? That building relationships is essential to creating an inclusive community, and communication is a great start. But when communication differences present a challenge, it is even more important to recognize and understand the value of diversity. Young adults have told Astonished! that being mindfully present, having the willingness to listen, and securing a mindset to focus on strengths (rather than deficits) helps to build authentic relationships; dignifying others is essential. This is the work of Astonished!

#### Grants received:

- The **G. Murray and Edna Forbes Foundation Fund** granted a total of **\$20,000** to Astonished! from 2016 to 2018

*\*Astonished! capitalizes "A" in disAbilities to reflect ability and strength.  
Submitted by: Dr. Brenda Rossow-Kimball, University of Regina for Astonished!*

## SERVICES FOR SENIORS ARE VITAL



The Regina Senior Citizens' Centre (RSCC) fosters and delivers programs and services to people 55+ to sustain independent, healthy, and active lifestyles. The RSCC is a not-for-profit which consists of three entities: the Winnipeg Street location, the Elphinstone Street location, and the Home Help Services.

With the senior population (55+) in Regina making up over a quarter of Regina's overall population and increasing, the importance for senior activity centres is at an all-time high. As the only seniors' centres in Regina, the Centre offers seniors a wide range of activities and programs. They include computer classes, iPad classes, exercise, pickleball, floor curling, dancing, painting, quilting, crafting, billiards, cards, ceramics, cycling, health and wellness presentations, and special events including fundraisers. The centres provide opportunities to participate in activities and

programs while being able to develop social relationships. These relationships are important in combatting loneliness and isolation. Studies have shown that loneliness and isolation within the senior population can cause depression, elevated blood pressure, impaired mental and cognitive function, increased risk of dementia and can also contribute to premature death. The RSCC Home Help Service targets all citizens over 55 years old who live and want to continue to live independently in their own home. All their services are based on income so that all seniors in the city of Regina qualify regardless of income, race, or religion. These year-round services include housekeeping, snow shoveling, yard maintenance, companionship and transportation. These services are a vital function to assist, support and encourage older adults to maintain their independence and well-being, at home. These services help to keep seniors in their homes longer, leaving much-needed openings in care facilities for the seniors that truly need the assistance.

*Submitted by: Regina Senior Citizens' Centre Inc.*

## INCLUSION REGINA



### Inclusion Regina raises awareness and removes barriers.

Inclusion Regina, a member of the nationwide network of Associations for Community Living, is a community-based agency that provides recreational, educational, and personalized supports for persons living with intellectual disabilities. Inclusion Regina's mandate for more than six decades has been to empower individuals who live with intellectual disabilities so that they may engage in all aspects of inclusive communities with opportunities and choice. This mandate is still relevant today.

Inclusion Regina campaigns for equal access to education, employment, and greater independence in daily living through delivery of core programs, workshop series, and individual service supports. Learning programs, such as Cooking with Munch offered in partnership with Munch Café and Catering, and a technology training program called Let's Connect, support individuals to hone new skills by joining in exciting group activities. Next Chapter Book Clubs invite members to gather in social settings across Regina each week to grow reading skills and enjoy time with friends. Supported Retirement participants aged 50+ engage in several weekly activities at various community venues and events, greatly reducing health risks related to social isolation and improving quality of life for our seniors. Sir Dancelot and Creative Connections are joyful settings for self-expression through dance and art. Input from our community helps design our seasonal workshops which include topics such as financial and estate planning, self-care, and home and personal safety. Supporting families to connect with respite care is also a significant role for Inclusion Regina.

Belonging and inclusion are unique for each person, yet critical to the vibrancy and health of our society. By raising awareness

of barriers facing individuals living with intellectual disabilities, Inclusion Regina helps our community partners recognize we all benefit when each person feels respected for their abilities and valued for their contributions in weaving a rich, strong socio-economic fabric in their community.

#### Grant received:

- **Lorne and Evelyn Johnson Foundation: \$10,000**

*Submitted by: Inclusion Regina*



*"Creative Connections" brings people together to build friendships and share experiences and expressions through art.*

*Photo credit: Inclusion Regina*



*Seniors enjoying activities at the Regina Senior Citizens' Centre.  
Photo credit: Regina Senior Citizens' Centre*

## ARTS AND CULTURE



Arts foster belonging within and between communities. Previous Regina *Vital Signs* reports highlight the quality, variety, and quantity of arts, culture, and heritage activities available in Regina and area. Nationally, in 2017 the Community Foundations of Canada (CFC) with the Canadian Arts Presenting Association (CAPACOA) published the *Vital Signs* report *Arts & Belonging*, a useful, national source highlighting how important the arts are for Canadians. In several areas, the arts are even more important to Saskatchewan residents.

The *Arts and Heritage Access and Availability Survey*<sup>41</sup> 2016-2017 by Canadian Heritage and the Canada Council for the Arts found:

**Two-thirds of population in Saskatchewan are personally involved in artistic activity.**

This is the highest rate in Canada. "More than half of Canadians (53%) have been involved in an artistic activity in the past year... Overall participation in any of these activities is higher in Saskatchewan (65%) and B.C. (61%) than in other regions".<sup>42</sup>



**95% of Canadians agree that the arts make their community a better place to live.**

"Canadians widely agree that arts and heritage are beneficial to local communities. Almost all Canadians agree (95%, including 62% who strongly agree) that the arts make communities a better place to live. A strong majority also agree (80%, including 33% who strongly agree) that arts and heritage experiences help them feel part of their local community."<sup>43</sup>

**On this point, Saskatchewan scored even higher than the country as a whole.**

99% of the population agree that "arts and cultural activities in a community make it a better place to live" (including 73% who strongly agree) while 87% agree that the arts and heritage experiences help them feel part of their local community.<sup>44</sup>



The arts and culture also make valuable economic contributions to the province. Culture industries contributed over one billion dollars (\$1,064,397,000) to Saskatchewan's GDP in 2016 (latest available year).<sup>45</sup> The Saskatchewan Arts Alliance has assembled Saskatchewan-specific arts statistics and more on their website: [www.artsalliance.sk.ca](http://www.artsalliance.sk.ca).

Submitted by: Saskatchewan Arts Alliance

## EARLY LEARNING



### Regina Early Years Family Centre contributes to belonging.

Recognizing the importance of the first five years of life, the Regina Early Years Family Centre offers programming to families with young children, with a focus on enhancing the development of young children.

Monica Totton, Regina Early Years Family Centre (EYFC) Coordinator was involved in one such project, Building Brains through Storytelling and Cultural Teachings. This project was funded through a partnership between the Lorne and Evelyn Johnson Foundation and the Community Fund for Canada's 150th from the Community Foundations of Canada. It reflected that the first years of life are a critical time in brain development. It also focused on enhancing early development through the cultural lens of Canada's Indigenous Peoples.

"We began with a Cree Language Circle in one of our three locations but expanded the program to include traditional storytelling, music and dance from several Indigenous traditions including: Cree, Métis, Lakota, and Sauteaux," says Totton. "Programming was offered weekly in the three Early Years Family Centre locations: Dr. L.M. Hanna Elementary School, Sacred Heart Community School, and Miller High School."

A variety of resource people were invited to share their expertise. The programming always included opportunities for active participation by all, and questions were always welcomed. Participation in programs was on a drop-in basis, was free and open to anyone with young children. "The program was well attended, and some families participated at multiple locations," added Totton.

The lead facilitator, Karen Worme, speaks publicly and says she feels honoured that so many people from diverse backgrounds have been interested and engaged in learning about Indigenous culture. "This is a tangible example of creating a positive relationship between First Nations and the broader community," says Worme.

#### Grants received:

- From 2017 to 2018 the [Lorne and Evelyn Johnson Foundation](#) granted **\$25,000** to the Early Years Family Centre
- [Community Fund for Canada's 150th](#), August 2017: **\$7,500**

Content appreciation to: Early Years Family Centre.



*At Sacred Heart Community School we were also able to share a number of these experiences with the school students. The project gave us the means to build our resource library at each space to have a larger variety of First Nations materials and teaching resources. We were also able to share traditional storybooks with participants to use at home.*



Quillwork teachings.  
Photo credit: Karen Worme

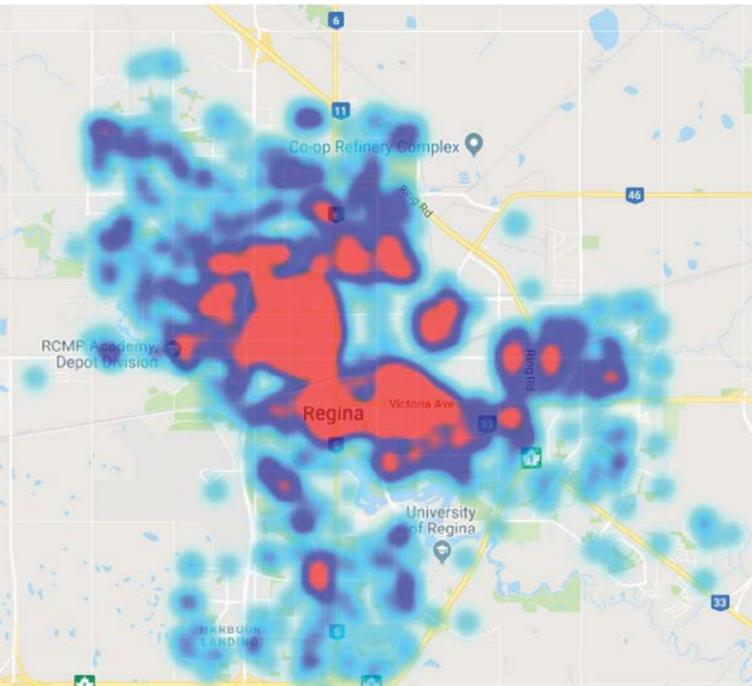
# FOOD SECURITY



The Regina Food Bank, in partnership with the Regina Open Door Society, delivered a culturally specific grocery program to 11 newcomer families chosen by the Regina Open Door Society. From July 2017 until May 2018, each family received 13 grocery deliveries — there was a delivery once per month on average, with additional deliveries done in December, April, and May.

At the beginning of the project, the Regina Open Door Society chose 11 families based on greatest need to be a part of the project. Factors such as income, physical disabilities, and mental health problems were considered when choosing the families. Once the families were chosen, they were given a budget based on the number of children and adults in their family and were asked to choose what groceries they would like to receive based on their budget.

The types of groceries for each family were very similar and included items such as halal chicken, laughing cow cheese, milk, oil, flour, Spanish olives, pita bread, potatoes, basmati rice and fresh produce such as tomatoes, lettuce, carrots, apples, okra, parsley, onions, and cucumbers. The families were also provided with hygiene products such as shampoo, conditioner, body wash, tooth paste, bar soap, and toilet paper.



The red on this Regina Food Bank heat map shows the areas of the city that use the Regina Food Bank the most often.

Photo credit: Regina Food Bank

Once per month the Regina Food Bank ordered the groceries in bulk and packaged each family order separately to be delivered the next day using the Regina Food Bank's Mobile Pantry, a converted Purolator truck, equipped with a large deep freeze and refrigerator.

Most of the families were just learning English, and although that initially presented itself as a barrier, there was no lack of communication between Regina Food Bank staff and the families when delivering the groceries. Families showed gratitude and hospitality each time groceries were delivered. The appreciation came in smiles, tears, hugs, offerings of tea, water, and occasionally falafels and fig-infused buns.

Small children familiarized themselves with the truck and were eager to greet the staff and give a helping hand to carry in the groceries. A new life in another country can be very difficult, especially when you are unfamiliar with the language, laws and culture, coupled with the post-traumatic stress of fleeing your home country. These unfamiliarities pose significant barriers to employment and self-sufficiency. This project offered a hand up while families became accustomed to a new way of life in Canada.

Submitted by: Regina Food Bank

# REGINA HOMELESSNESS



## Homelessness summit held in Regina.

In the spring of 2017, a group of people and organizations that work with the most marginalized people in Regina dreamed of one day living in a city without homelessness.

The first step towards fulfilling this dream was to figure out what our community thinks an end to homelessness in Regina might actually look like. This spring, more than 200 people from diverse backgrounds including community-based organizations, First Nation leadership, developers, representatives from all levels of government, faith communities, University researchers, and concerned citizens came together for a summit on that very topic. The summit was part of a broad community consultation funded by the Government of Canada and City of Regina to develop the Plan to End Homelessness in Regina.

Ending homelessness in Regina doesn't simply mean closing down shelters. After all, there are a variety of reasons people find themselves homeless, including mental illness, addiction, and a lack of social networks (all things that are hard to fix overnight). Rather, an end to homelessness in Regina would mean people would no longer be chronically homeless. Simply put, housing needs to be found for people whose problems are often compounded by not having a safe and reliable place to live.

One of the ways of achieving this is through Housing First. Housing First has been widely used for years to combat homelessness across North America. The Regina program launched in May 2016. The program moves people from the street directly into permanent housing with supports. Regina's program is run by Phoenix Residential Society with funding from the Government of Canada Homeless Partnering Strategy, and it's working.

Submitted by: Shawn Fraser, YMCA of Regina

Forty-nine people have been able to use this program, people who on the average were homeless for more than seven years. In its first year, the program offered nearly \$2 million in potential cost savings (on expenses such as ambulance rides, detox stays, emergency room visits, and police interactions) on an investment of \$500,000 of federal funding. While Housing First is a great initiative, the reality is there are nearly 200 people in our city that have already been identified as good candidates for the program and are currently waiting to have a spot. Ending homelessness in Regina is possible, but it will take a substantial investment from all levels of government and the continued support of organizations that work with Regina's homeless population.<sup>46</sup> For more information visit <http://reginahomelessness.ca>.



More than 200 community members gathered for the Plan to End Homelessness in Regina community summit in spring 2018. This was the first of several community consultations that helped to shape the Plan to End Homelessness in Regina.

Photo credit: Blair Roberts

# WOMEN AND FAMILY HOMELESSNESS



## Addressing the connection with violence.

For many women and children in Regina, coming home to a safe place is still an elusive dream. Saskatchewan has the dubious distinction of having the highest rate of intimate partner violence of the provinces, with 635 victims per 100,000 people,<sup>47</sup> twice the national rate. In Regina, the rate of reported sexual assaults increased from 2015 to 2017.<sup>48</sup> Yet despite these statistics, many victims continue to report inaccessibility of resources, fragmentation of existing services, and a sense of isolation.<sup>49</sup> Domestic violence shelters in Regina are operating at maximum capacity. Last year, YWCA Isabel Johnson Shelter turned away 631 women and 341 children.

Gender-based violence is intricately connected to homelessness of women and families, both as a cause and an effect. Women often make the choice to leave an abusive relationship in order to keep themselves and/or their children safe, then often experience episodic or chronic homelessness. Simultaneously, homeless women are more likely to experience re-victimization.<sup>50</sup> This is particularly true for Indigenous women, who are three times more likely to experience violence in their lifetime as compared to non-Indigenous women.<sup>51</sup>

YWCA My Aunt's Place is the only emergency shelter in Regina for women and children experiencing homelessness. In 2017, 1,161 women and 412 children were turned away from My Aunt's Place due to a lack of space. If families can't find the support needed to find a safe home, children often suffer the consequences in both the short and long term. According to the 2018 Point in Time Count, of the number surveyed, there were 51% of women and 9% of children under the age of 18 homeless in Regina.<sup>52</sup>

Viewing violence and homelessness as two sides of the same coin, stemming from gender inequality and colonization, must be the first step to building a safe community for women and children.

Submitted by: YWCA Regina

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Support community needs that you care about.

Donors support community needs. Help the community needs you are passionate about. We bring donors to the table as community builders and help them to formulate and realize their philanthropic goals by matching their interests for greatest community impact. Join us as a partner in our mission by talking to us about starting your fund at the SSCF. Your gift to community is a gift that goes on to change lives forever!

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- Make a one-time, tax-deductible gift that is held and the income granted to charities each year
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**Donations take many forms. There are many ways to give that qualify for a charitable tax receipt. Giving is also possible with the following list of non-cash accepted donations:**

- Securities or stocks
- RRSPs, mutual funds or GICs
- Mineral rights
- Land or property
- Life Insurance policies
- Works of art



The YWCA of Regina lobby – where community members come for support. Photo credit: Eagleclaw Bunnie, The Cat is Blue Media

### Appreciation to the 2018-2019 volunteer Board of Directors:

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- Cindy Hauck**
- Karen Henders**



Board Chair Greg Swanson (left) presents outgoing Treasurer Robert Perry with a certificate of appreciation. Thank you, Robert, for your six years of service.

# METHODOLOGY & ENDNOTES

The methodology for the facts contained in this report have been varied between the qualitative and quantitative. At all times this report strives to include the latest possible quantitative data available and to ensure the accuracy of all the data. SSCF, with the help of partners such as Praxis Consulting and RRLIP, gathered qualitative data at the two Vital Conversations in 2017-18. To read and learn more, please visit our website. The quantitative data has been gathered from many sources which are listed in the Endnotes below. The Community Foundations of Canada provided data (cited below) and the remaining data was accessed through various other sources. Thank you to members of the Vital Signs Community Network for content within the report as based on their detail. Please take the time to visit their websites to learn about all the important ongoing initiatives. Unless otherwise credited, all photos taken by SSCF

Communications Coordinator, Michael Chmielewski.

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