



Executive Director Report 2023

Hello,

Here we are again at Annual Report time, reporting on the year 2022.

There are always many amazing events, happenings and opportunities for us all throughout the year.

Lifetime offers many program options including Networks, where it all started, continuing education, PODS Groups, Theatre, Employment, LIFE Based, Friend and HOPE projects, Inclusion Works, Namaste, Dynamic Duos, Respite, Best Buddies and Sessionals. Running through, over, under and around all the offerings at Lifetime is the intentional development of relationships. Isolation and loneliness are devastating to our health. Lifetime is based on welcoming and connecting people.

I have listed a few of the highlights from 2022. For additional information, please check our website or give us a call.

Enjoy a quick romp through Lifetime 2022!

New Projects and Programs

- My Circle of Friends Project
- HOPE Project
- Equal Work Equal Pay Project
- Respite Program at Namaste House
- Community Dungeons and Dragons

Events

- Gala November 2022 – Gala 2023 is set for October 13
- Earth Day April 2022 – Earth Day 2023 is April 22
- Think Local Celebration
- Cool Treat Day!
- Christmas Bag Give Away
- 'One Day Celebration' – One Day 2023 is September 9
- Music Bingo
- Hot Cider Meet Up
- Holiday Breakfast
- Single and Mingle Event



Renovations Completed and People moved in!

Trainings and Presentations

- Gender Diversity Training
- The History of Institutions in the Community Living Sector
- End the Stigma – Mental Health Support
- Trauma Informed Practice
- Beyond Outlook and Excel
- Taking Care of Our Friends
- \$5 A Day Resource
- BC Housing Training Session
- Committees/Groups
- My Circle of Friends Training

Professional Memberships and Committees

- Inclusion BC
- BC CEO
- Provincial Outreach Program – Fetal Alcohol Spectrum Disorders
- BC Yukon Human Resources Professionals
- Multiple Complex Needs Working Group
- BC Housing Community Partner Group
- CARF Best Practices Working Group
- Provincial Employment Accessibility Group
- Victoria Chamber of Commerce
- Think Local
- CLBC Regional Advisory Committee

Social Media Statistics

- Facebook in the last three months of 2022
- Accounts reached increased by 94% over the previous month
- Engagement increased 38% over the same period
- Instagram in the last three months of 2022
- Accounts increased 64.1%
- Engagement and stickiness increased 26%



Volunteer Engagement

- Networks 1700 volunteer hours
- Dynamic Duos 95.5 volunteer hours
- Sessionials 233.5 volunteer hours
- Theatre 315 volunteer hours
- Total Volunteer hours for 2022 2344 hours

Thank you to the individuals and families who choose to contract with Lifetime Networks for their 2022 supports.

Thank you to the Lifetime volunteers and staff who care, inspire, plan, coach, share, laugh and make a huge difference to individuals and to families, including mine.

Thank you to the Management Team Mike and Molly; and thank you to the Director Team Nicole, Julie, Mel, and Dylan, for sharing your wisdom and expertise with me and with our entire Lifetime Family.

Thank you to Carlene who manages all Lifetime finances with skill. Carlene ensures we provide the most support we possibly can with the dollars we have. Carlene is also the brains behind our fundraising.

Thank you to the Lifetime Board. They are a long time Board who govern with thoughtfulness and prudence. They are also a very enjoyable group to meet with monthly.

And here we are ... launched into 2023! It will be a wonderful year! I am glad we are all on this journey together.

Respectfully submitted,

Wendy-Sue
Executive Director