



the Caring
and Sharing
Exchange

ANNUAL REPORT | 2021-2022





the Caring
and Sharing
Exchange

People helping people since 1915

Échange
cœur
et partage

L'aide et l'entraide depuis 1915

OUR MISSION

To provide our neighbours with relief and dignity during difficult times of the year in the most fair and efficient way possible.

OUR VISION

A caring and sharing community where individuals and families receive the coordinated support they need at Christmas and other times of the year.

OUR PROGRAMS

- The Christmas Exchange
- Sharing in Student Success
- Kindness Week
- Coordination Service



Board of Directors 2021-2022

Executive Committee

Derek Dedman, President
Megan O'Meara, Vice President
Erin Johnstone, Treasurer (to Dec. 2021)
Keith Archer, Secretary
Cindy Smith, Executive Director (ex-officio)

Board of Directors

Susan Anson
Wayne Crutchlow (to Feb. 2022)
Christina Holmes
Sharon-Ann Lloyd
Garth Teskey
Bianca Vodden
Tracey White, CHRI, PCC



Staff

Cindy Smith, Executive Director
Heather Fraser, Director of Resource Development
Rebecca Nagrodski, Program Manager
Leslie O'Sullivan, Communications Coordinator
(to November 2021)
Keith Purchase, Program Assistant (Dec. 2021)

A MESSAGE FROM THE PRESIDENT

It is hard to believe that during the 2021-22 year, COVID-19 was still a part of our daily lives. Job losses, school closures and working from home continued to be a reality. Still, the community came together, once again, to ensure that the most vulnerable citizens received assistance at the most difficult times of the year. We are thrilled to report that, through both the Christmas Exchange and Sharing in Student Success Programs, assistance was provided to everyone on our list and the Caring and Sharing Exchange was able to provide relief and dignity to those who needed it the most.

Through the Sharing in Student Success Program, we helped all 3,020 children from families in need that were registered for the program. This assistance not only eased the tension on already extremely tight family budgets, but also allowed these children to return to school with a sense of normalcy and on an equal footing with their peers. Through the Christmas Exchange Program, we provided 19,393 individuals in need the means to enjoy a festive holiday meal that otherwise would not have been possible.

For the 107th year, the Coordination Service has made our assistance programs more efficient and effective by eliminating any duplication of service across the community. This year, the service saved the community \$124,211. Through this innovative service, the C&SE ensures that donor dollars go further, with all savings reinvested to help even more people in need.



Board President Derek Dedman,
M. Sc., CFA, CFP

None of this would be possible without the incredible support of our committed volunteers and generous donors.

It has been an absolute pleasure to have led a committed group of Board Directors over the past year. Earlier this year, we said goodbye to two long-term directors; Wayne Crutchlow joined the Board in 2012, during his tenure he served as both President and Vice-President. Erin Johnstone joined the Board in 2013 and spent several years in the capacity of Treasurer. Their dedication, positivity, strategic thinking and loyalty to the Board and organization at large will be missed. We are thrilled that both intend to stay in touch and involved with the organization. At our AGM, we say good-bye to Sharon-Ann Lloyd, who joined the Board in 2019. With her experience in the non-profit sector, fundraising and human resources, Sharon-Ann brought her expertise to many Board Committees over her term and her insight will be greatly missed.

Finally, none of the amazing impact of this organization would be possible without the incredible team at the helm of the C&SE. I am continually in awe of the massive impact by our small but mighty team. Thank you for all that you do!

THE EXECUTIVE DIRECTOR'S REPORT

This was another year of transition for the Caring & Sharing Exchange (C&SE). The staff successfully adjusted to its first full year of being in a remote work environment; and once again, many events and initiatives needed to be readjusted and reimagined to conform to the COVID restrictions. It was, however, a very successful year for C&SE.

Through our Christmas Exchange (CE) and Sharing in Student Success (SISS) programs, we were again able to provide assistance to everyone on our list! In fact, 22,413 Ottawa individuals in need benefited from our assistance programs over the last year. We continued to ensure that the dollars went further through our innovative coordination service. We also were able to increase the value of our support.

Thanks to generous individuals, groups and businesses across Ottawa, an incredible value of \$331,541 was raised through our in-kind donation program. Whether providing hampers for families in need or donating school supplies, their generosity greatly enhanced our programs.

The whole community was saddened by the passing of Rabbi Bulka, Founder and Chair of Kind Ottawa and its flagship event Kindness Week in Ottawa, on June 27, 2021. We are grateful that Rabbi Bulka saw his dream of a Kindness Law become reality when on June 3, 2021, National Kindness Week was passed through the Senate and became law.



Cindy Smith, Executive Director of
The Caring & Sharing Exchange

Kindness Week is a special tribute to the founder of this wonderful initiative as we continue his work to celebrate and recognize “everyday acts of kindness” and those who “choose to be kind”. From February 18–25, we took Kindness Week online. We shared and promoted stories of kindness, featured kindness messages from prominent leaders in our community, shared some wonderfully kind performances and even hosted an online Kindness Art Show!

I want to thank our dedicated Board of Directors, our donors, our partner agencies, the staff, and the incredible volunteers that help us provide assistance to those in need. Despite all the challenges this year presented, your support made it possible for us to have such a successful year. We could not do it without you!



PROGRAMS REPORT



THE CHRISTMAS EXCHANGE



Despite the on-going challenges we faced in 2021, we were able to come together as a community in support of those who needed it most. Thanks to this incredible support, the Caring and Sharing Exchange was able to continue its tradition of mitigating the suffering of individuals and families in need through the holidays by providing them with means to enjoy a warm, homemade meal.

In 2021, we were once again unable to hold our annual Hamper Packing Day (which typically supplies 400 families with food hampers) and many of our other fundraising initiatives were either cancelled, or had to be altered, to abide to pandemic safety regulations. However, despite these setbacks and thanks to the generous contributions made by our supporters and donors, we helped every person who

requested Christmas assistance. We provided the 19,393 individuals with either a food hamper containing all the fixings for a festive Christmas dinner, or with a redeemable gift voucher to so they can purchase their own food items.

2021 Christmas Exchange by the numbers	# of families	# of individuals
Assisted through the Sponsor-a-Hamper Program	1,626	5,702
Assisted through a redeemable gift voucher	4,671	13,691
Total assisted through the Caring & Sharing Exchange	6,307	19,393

“ Thank you and all the donors who make it possible to help feed the families of the communities that are currently facing very challenging times.
- 2021 Christmas Exchange Client ”

SHARING IN STUDENT SUCCESS



In 2021, the Caring & Sharing Exchange (C&SE) was able to provide back-to-school assistance to every child on our list. The C&SE provided 3,020 students with a backpack full of grade appropriate school supplies so they could return to school on equal footing with their peers. As well, 676 children received assistance thanks to partnering agencies. Through our Coordination Service, 339 applicants were determined to be duplicates, receiving assistance elsewhere in the city. We are beyond grateful for our volunteers and dedicated donors who supported this program so that children in need could be prepared to succeed.

“ The backpack helped our daughter to realize that she can succeed (while having fun) at school. And for us, her parents, it provided great financial relief during a difficult time in our lives.
Our family cannot thank you enough!
-Parent of SISS recipient 2021 ”



We are also very thankful for our retail partners, who help us maximize donor dollars so that we can purchase three backpacks for the price of one.

PROGRAMS REPORT



THE COORDINATION SERVICE



Over the past five years, our Coordination Service has saved organizations across Ottawa almost \$500,000. Those community dollars were re-invested into back-to-school and holiday food assistance programs to help even more people. We are so thankful to our 250+ agency partners that continue to partner with us, improving the efficiency of our assistance programs city wide.

2021 Coordination Service - Community Savings By Program	# of duplicates	Total Savings
Christmas Exchange Program	1,024	\$102,400
Sharing in Student Success Program	339	\$21,811
Total Duplicates Found	1,363	\$124,211

KINDNESS WEEK



It is with heavy hearts that we reflect on the passing of Rabbi Bulka, who passed away on June 27, 2021. Kindness was at the core of the person he was, and it will forever be his legacy. He was the kindest man and his care and concern for others, for his communities, and for the world at large was unwavering; and anyone who knew him was better for it.

Once again, due to COVID restrictions, Kindness Week (which ran from Feb. 18 - 25) took on a virtual form. The week included video messages from Community Leaders, special video performances, hosting an online Kindness Art Gallery and sharing and promoting local acts of Kindness. In memory of Rabbi Bulka, we also worked with Canadian Blood Services to set up a Rabbi Bulka Memorial Blood Drive, that will operate in perpetuity. This year, Kindness Week was only possible thanks to the generosity of our Gold Sponsor, Accora Village, and our Silver Sponsor, Osgoode Properties.



Virtual Art Show: https://youtu.be/8_IWNJouUZw

THANK YOU TO OUR VOLUNTEERS



240

Number of C&SE
Volunteers in
2021/2022

478

Total Volunteer
Hours in
2021/2022



54

Total tasks completed
by volunteers in
2021/2022

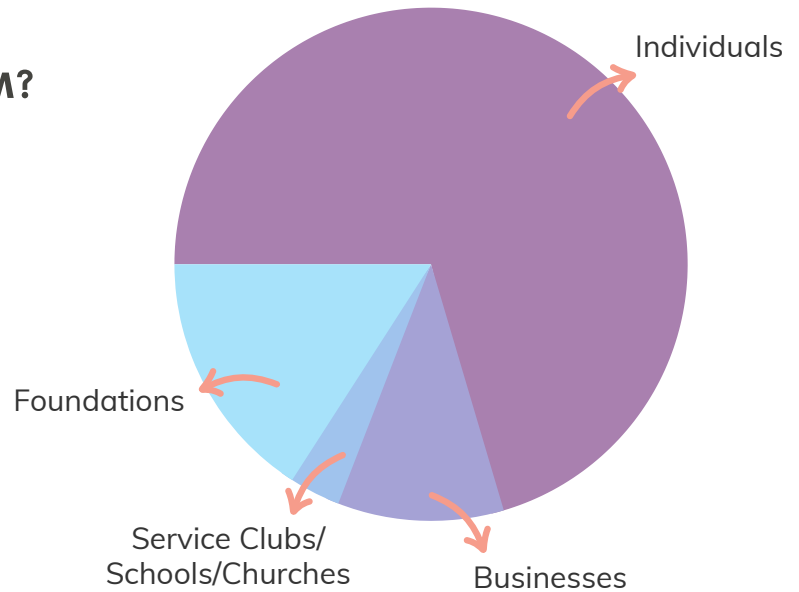
While the COVID-19 pandemic did limit our volunteer opportunities, we're grateful that when we needed support, we could always rely on our volunteers to lend a helping hand. We are so lucky to have such a consistent, reliable, and kind group of volunteers, and we sincerely want to thank each of them for their unwavering commitment and support to our organization and the programs we deliver.



FUNDRAISING

WHERE DOES THE MONEY COME FROM?

The Caring and Sharing Exchange is not Government or United Way funded. We rely on the generosity of individuals, businesses, foundations, service clubs, churches and schools to operate.



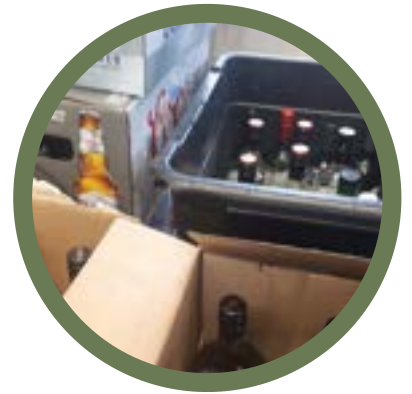
EVENTS

34th ANNUAL RUNNING ON EMPTIES FUNDRAISER

Since 1987, the Caring and Sharing Exchange has partnered with the Beer Store to raise funds for the Christmas Exchange program by running a bottle drive. In mid-December, volunteers and community leaders were stationed at over 30 Beer Store locations across Ottawa to collect empties.

For the second year, due to the ongoing Covid-19 pandemic, we were not able to run this event in person. However, the Beer Store continued to generously ask customers to consider donating their empties at various locations across the city in support of the Christmas Exchange program. Prominent community figures and Caring & Sharing Exchange followers helped spread the word about this event, encouraging everyone to donate their empties in support of our Christmas assistance program. Thanks to many joint efforts, we were able to raise an incredible 12,815.85!

In the last 34 years, the event has raised close to \$415,000 and has helped provide thousands of families with much-needed support at Christmas time. Thank you to the Beer Store and our amazing supporters for keeping this event going, through this ongoing global pandemic.



CHRISTMAS CHEER 2021 (HYBRID IN-PERSON AND VIRTUAL EVENT)

The annual Christmas Cheer breakfast, a festive fundraising event that supports numerous charities across Ottawa at Christmas time, was held using a successful hybrid model where we were able to convene both in person, as well as virtually! With wonderful musical guests, inspiring speakers, and special surprises along the way, this event was a special way to kick-off the Christmas season! We are sincerely thankful for Christmas Cheer, it's partners and supporters, and to the generous attendees who donated during the event.



IN-KIND GIVING

TO OUR HAMPER SPONSORS AND SCHOOL SUPPLY DONORS

Our sincerest thanks to all our Christmas Exchange program Hamper Sponsors and to those who have donated school supplies and backpacks for our Sharing in Student Success Program. By taking the time to drop off your school supply donations, and/or by purchasing, packing, and delivering a hamper(s) to a family(ies) in need, you play a vital role in helping us meet the growing need for back-to-school and Christmas assistance.



IN-KIND DONORS

This list contains the following types of In-Kind donors:

- Sharing in Student Success: Companies that made an in-kind donation with a value of \$2,500+
- Christmas Exchange: Companies that sponsored 15+ hampers
- Christmas Exchange: Companies that donated to the Silent Auction
- Other: Companies that donate their skills/systems to the Caring and Sharing Exchange

4imprint's one by one®
Charitable Giving Program

Barrhaven Fellowship Christian Reformed Church

Bell Canada

Boom! Savings! Charity Shopping Club

Brew Donkey

CAA North and East Ontario

City of Ottawa

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Cosmic Adventures

Departmental Oversight Branch of Public Services
and Procurement Canada

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Elevate Yoga

Enbridge

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exhālō spa

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Innovapost

Khalsa Aid (Ottawa Chapter)

Kiwanis Club of Ottawa

Kiwanis Club of Nepean

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Ladies Who Christmas Hamper

Landscape Ontario

Lee Valley Tools

Little Jo Berry's

Lumberjaxe Ottawa

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Ottawa 67s

Ottawa Blackjacks

Ottawa Community Housing Foundation

Ottawa Spiderman

Ottawa Swordplay

Period Packs

Rachel Kowert, Author of

Pragmatic Princess

Respond Ottawa

Shelter Movers Ottawa

St. Elias Orthodox Cathedral

St. Timothy's Presbyterian Church

Staples

Telus Ambassadors

Tamir Neshama Choir

The Ink Spot

The Keg Steakhouse

Twice Upon A Time

Volunteer Mask Makers of Ottawa

Westgate Shopping Centre /

RIOCAN

Wheelhouse Cycle

Wine Garden Warehouse Winery

THANK YOU TO OUR SUPPORTERS

THANK YOU TO OUR SUPPORTERS!

The following individuals and organizations made contributions of \$500 and above to the Caring and Sharing Exchange during the fiscal period of March 1, 2021 to February 28, 2022. To all of our supporters, we express our sincere gratitude.

\$10,000+

The Beer Store
Bell Canada
Christmas Cheer Foundation
Community Foundation of Ottawa

Dan & Penny Dodge
Gillian Strachan
Plus 1 Anonymous Donor

\$5,000 to \$9,999

Accora Village
Pervez Canteenwalla
Community Foundation of Ottawa
Danbe Foundation Inc.
Hallmark Giving
Garth Jones

J.P. Bickell Foundation
K.M. Morrison
Ottawa Dragon Boat
Jennifer Tuthill
Plus 2 Anonymous Donors

\$2,500 to \$4,999

4517733 Canada Inc.
Eddy Benefit
Szymon Chlebowski
Malcolm Collins
Lance Cyr
Department of Justice- Civil Litigation Branch
Andrew & Heather Fraser
Harry P. Ward Foundation
T.J. Hicks
Innovapost Inc.
George Ireland

Miller Waste Systems Inc.
Osgoode Properties
OTIP/RAEO Insurance Brokers Inc.
Valerie Parker
Iola Price
Jan Schuurman
The Sharbot Group
Ian & Linda Shugart
Stacey Tzavelas
Woodroffe United Church

\$1,000 to \$2,499

Denise Allan
Borden Ladner Gervais LLP
Anne Churchill
City View United Church
Conlin Bedard LLP
Bruce Connery
Geraldine Cooney
Barb Currie
Leo and Patricia Curtin
Elsa Dinis
Karen Doherty
Donna Cona Inc.
Emond Harnden
Enterprise Holdings Foundation
Felicis Holdings Inc.
Gift Funds Canada
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Mary and Don Gowan

Johanna and John Graham
Dan Greenberg
Hallmark/Davis Agency
Porter Heffernan
Josee Helie
Peter and Shirley Holt
Home Depot
IBISKA Telecom Inc.
IODE - Laurentian Chapter
JR Weare Consulting
Audrey Kenny
Maureen Kidd
Kiwanis Club of Nepean
Knights of Columbus Cathedrale
Notre Dame Ottawa
KOTT Inc.
Anne Lawson
Leah Lepage

Sharon Ann Lloyd
Elizabeth Margeson
Barry & Debbie Mersereau
Michael Munroe
Ann Nagrodski
Nepean Rideau Osgoode Community
Resource Centre (NROCRC)
Kevin O'Brien
Nancy Porter-Cathcart
Stephen Quick
Rideau Park United Church
Dean Shaikh
Cindy Smith
Trading Central Canada Inc.
Vans Pressure Cleaning Ltd.
Waste Connections of Canada Inc.
Plus 2 Anonymous Donors

\$500 to \$999

A & M Shaw Foundation
Alternia Savings
Judy Anderson
Susan Anson
Wayne Barry
Jack and Kathleen Beausoleil
Richard & Annette Birmingham
Blackburn Properties Corporation
James Blake
Joe and Deanna Bones
Thomas Bonner
Vivian Brazeau
Sheena Brooks
Brownlee Water Quality Management
Lorraine Brownrigg
Lindsay Brunet
Jean Brunton
Kim Cabana

Harold Campbell
Canadian Union of Postal Workers -
Local Women's Committee
Joan Catterson
Andre Champagne
Garry Chase
Patricia Cocker
John Comba
Nancy Corbett
Sharon Coward
Betty E. Crawford
Helen Creighton
David Cronin
Brendan & Maureen Crowley
Wayne Crutchlow
Margaret Davies
Charlotte de Neeve
Dennis & Eva Devine

Anne DiLosa
Larry Dobson
Chris Docherty
Colleen Edwards
Elizabeth Elliott
James Evans
F. & K. Trudel Enterprises Inc.
Nancy Fleming
Margaret Fontana
Lee Fournier
Ann and Andrew Fraser
Gap Inc
Andrea Gibson
Oliver Gross
Jake Harding
Jennifer Hicks
Stu Higdon
Thomas A. Houston

\$500 to \$999 (continued)

Robert Humphreys
Bill Jack
Heidi Jackson
Bob Jamieson
Leah Jurkovic
Elaine Keillor, C.M.
KnowTech Solutions Inc
Richard Kohli
Wally & Gwen Kozar
Richard Lane
Alexandra Lazarescu
Karen Legasy
Leitrim Montessori Preschool
Jean Liberty
Roland L. Locas
Marie & Guy Lusignan
Carol MacLeod
Myrna & Robert Mallett
Wenda Martinho
Bob McCaw
Gregg McCooney
James F. McGregor
Gordon & Chantal McKechnie
Norah McManus

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Kenneth Medland
Mike and Diane Merpaw
Donald Messier
Michelle Perry Professional Corporation
Kathleen Mitchell
Jane P. Morris
Vincent Muolo
Cherry Murray
Melissa Muysson
Rebecca Nagrodski
Ken and Christine Newport
Tracy O'Meara
Herman Bruce Parks
Marielle Pilou
Kecia Podetz
Klaus Pohle
Deborah Prescott
John Preston
Elaine Rainboth
Nancy Richards
David Robertson
Richard H. Robillard
Moira Rushton-Marovac

Nick Sala
Jennifer Savidge
J. D. Sharp
Laurie and Greg Singleton
David & Evelyn Smith
Joseph Stanford
Derek Street
Lola Sykes
Danielle Sylvestre
SW2 Sales Training and Coaching Inc.
Anna Tomiak
Treasury Board of Canada Secretariat -
ASAS
Victoria Tunstall
Patricia Ulch
Martin and Mary Anne Van Gaal
John vanderWerf
Maxine and Edward Whelan
Steven Williams
Heather & Andrew Wilson
Carole Workman
David Wroblewski
Bill and Ferne Wyman
John Zarecky
Plus 3 Anonymous Donors



GET INVOLVED

DONATE

Choose to make a monetary donation to help us make a difference in the lives of Ottawa's individuals and families in need. You can donate by calling our office at 343-803-0708 or by visiting our website at www.CaringandSharing.ca.

When donating, you can choose to make your gift to the Christmas Exchange Program, the Sharing in Student Success Program, or to the umbrella organization, where funds will be allocated where they are most needed. To help even further, please consider becoming a monthly donor.

FUNDRAISE

Why not turn your next event into a Caring and Sharing Exchange fundraiser? We are grateful to the numerous individuals and organizations who host third-party fundraising events for our cause throughout the year. If you are interested in hosting an event, please contact our office at 343-803-0708 to discuss your great ideas with us!

Sponsor-a-Hamper is a great way to support a local family in need during the holidays. Get matched with a family and go shopping for their holiday meal—you put it together and deliver it directly to the family! To learn more, please visit our website at www.CaringandSharing.ca or email info@CaringandSharing.ca.

VOLUNTEER

We have a wide range of volunteer opportunities for those looking to contribute their valuable time to help further our cause.

Some of the opportunities available to motivated and engaged community members include: computer data entry; helping out at special events; making phone calls; and so much more!

Please contact us at 343-803-0876 or email info@caringandsharing.ca to discuss available volunteering opportunities with us.

STAY CONNECTED!

Connect with us on Social Media to stay up-to-date on current events



@CaringSharingExchange
@KindOttawa



@CS_Exchange
@KindOttawa



@CS_Exchange
@KindOttawa



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WWW.CARINGANDSHARING.CA

Charitable Registration Number 13097 9172 RR0001