

2018-19 Burlington Foundation Community Fund Grow Grants

ORGANIZATION	TITLE	PROGRAM OVERVIEW	AMOUNT GRANTED
Burlington Public Library	Active Aging with the Library	<p>Burlington is an aging city with 19.3% of citizens age 65 and older, according to the last census. This is expected to be the fastest growing demographic in the City of Burlington as identified in the 2017-2018 Vital Signs Report. This program will assist older adults in their aging journey as well as help them to stay connected with family, friends and the world at large as technology for communication and information evolves. In addition, it may provide much needed skills for those seniors in the community who are looking for employment in later life and need to refresh their technology skills or need assistance to create a digital resume.</p> <p>In working with community partners as well as older adults using Burlington Public Library's services, this project will train staff to effectively serve and design programs for seniors, increase programming to encourage social inclusion, access to information, and digital literacy among seniors, and build the Library's lending collection of "Cognitive Care Kits" and resources on aging, Alzheimer's Disease and Dementia.</p>	\$ 8,000.00
Southern Ontario Lyric Opera	Don Giovanni	<p>SOLO's overarching cultural and artistic objective is to provide live and accessible opera in Southern Ontario, to celebrate and promote the artistic elements of the medium, and to nurture and promote the art of opera itself. As a professional quality opera company in the region, audiences have responded well to SOLO's presence and the company is fulfilling a need for those who wish to attend live performances of this valuable art form. The production of Mozart's masterpiece Don Giovanni will bring to fruition many of their highest artistic ideals for the community.</p>	\$ 5,000.00
YMCA Hamilton, Burlington, Brantford	Falls Prevention	<p>Falls are the leading cause of injury among older Canadians. Most falls are the result of sarcopenia, a condition characterized by loss of skeletal muscle mass and function. A proven treatment for sarcopenia is resistance training and/or strength training. This program will see trained YMCA leaders teach balance and strength training integrating the use of Activator walking poles that are specifically designed for older adults. The program will work to improve the balance and strength of 100 seniors in the Burlington community. A secondary goal of the program will be to reduce isolation by building social connections between participants. Program fees will be reduced, and financial assistance provided in recognition of financial barriers seniors many seniors face.</p>	\$ 10,600.00
Symphony on the Bay	Seniors & Youth Outreach	<p>This grant will fund community outreach and engagement efforts targeting two key groups: seniors and youth. Seniors Outreach involves small ensembles performing in retirement homes and other places where seniors meet with an aim to expand to the hospital and other institutions, e.g., hospices later in the year. Youth Outreach consists of: (a) Young Artists Competition – featuring young artists in solo performances with orchestra. (b) Youth Arts Groups Collaboration – inviting groups to perform before concerts. Each participant is invited to attend the concert at no cost to them.</p>	\$ 8,000.00

Nelson Youth Centre	Youth Engagement – Mental Health	Youth often feel disenfranchised from their community. The youth engagement model is an effective tool to connect marginalized youth and support their development of positive self-esteem through working in partnership with them to break down the many systemic barriers that youth encounter. The youth engagement model promotes youth voice, fosters youth empowerment and develops partnerships with youth to engage them in the development and delivering of programs and services. This model challenges service providers to confront biases and offers a new framework to employ when serving youth, especially those who are most marginalized.	\$ 5,000.00
MADD	SmartWheels	We know that impaired driving is part of a growing issue of alcohol and drug use amongst youth and that alcohol consumption begins at a very early age. Studies show us that the use of alcohol and cannabis starts as early as age 11 and that use increases steadily between grades 7 and 9. Recognizing this, MADD Canada has developed a brand new program called SmartWheels designed to educate youth in grades 4 through 6 about the risk of harms associated with alcohol and drug use before they are at risk.	\$ 5,000.00
Home Suite Hope	Burlington Resource Development	This grant will facilitate participation by single mothers from the Burlington area, in a wrap-around education and employment program that puts marginalized women and their children on the path from poverty to successful employment. This highly collaborative program provides education opportunities, career mentoring, childcare, and housing for program participants.	\$ 6,145.00
ArtHouse	The Theory of Change Pilot Program	This program will build a foundation for learning and engagement for children living in low income environments, attending high needs schools, from grades JK to grade 12, with arts-related programs that will help them succeed in life. Statistics show that vulnerable students with high involvement in the arts perform better in school stay in school longer than those with low involvement in arts. Arthouse's programs are a proven catalyst to support mental health issues, including an epidemic of anxiety that is currently prevalent among youth.	\$ 7,500.00
Big Brothers Big Sisters of Halton & Hamilton	Connections Mentoring Project	This Connections Project is a 12 week, 60-minute group mentoring program designed to facilitate the successful settlement of newcomer youth between the ages of eight and 12 years old. Volunteer mentors are often those who have experienced newcomer settlement themselves. Each mentor will be matched with two newcomers and will meet on school premises in a group setting, once per week throughout the academic year. The program's curriculum has been carefully designed with the unique needs of newcomer youth in mind. Each week participants and their mentors will engage in fun, educational activities, learning language and cultural norms, catching up on their weekly routines - all which will serve to achieve the program's objectives.	\$ 5,000.00

2018-19 Burlington Foundation Community Fund Seed Grants

ORGANIZATION	TITLE	PROGRAM OVERVIEW	AMOUNT GRANTED
The Lung Association	Radon Awareness Program	This grant will support an education and awareness program on the dangers of radon gas and encourage residents to test their homes and businesses. Caused by the breakdown of uranium in the soil, radon is the second leading cause of lung cancer after smoking. More people die from radon gas in this country than from car accidents. And yet, 96% of us still don't test for it. This grant will fund the purchase of a radon gas testing kit that citizens can sign out from the library to test radon gas levels in their home. Burlington Foundation is facilitating an introduction between The Lung Association and the Burlington Public Library to explore partnering for this campaign.	\$ 1,000.00
Team Unbreakable	Improving Youth Mental Health Through Team Unbreakable Running Program	The Team Unbreakable running program is a fun, non-competitive program for mental health with a curriculum that includes life hacks for mindfulness, nutrition, stretching and more. The program involves a twice-weekly hands-on running session with students that lasts 10-12 weeks. Before their non-competitive training runs begin, participants are taught about wellness issues such as the importance of nutrition, setting smart goals, stress reduction, motivation, improving focus, mindfulness, mental wellness, creating a balanced life, injury prevention, proper equipment to use and stretching exercises. Participants are given a running log, to make note of their mood changes based on their efforts.	\$ 2,000.00
Support & Housing Halton	Holistic Living	This grant will support Life Skills and Social Activity Groups which promote and increase community participation and decrease social isolation for individuals, who experience mental health and/or addictions concerns. Social Development groups include educating individuals about the use of food items obtained from the food bank and preparation of cultural nutritional recipes for a healthy, balanced diet. The program supports the agency's mission delivery through the education of Holistic Living that are necessary skills to be utilized by people living with mental illness and/or addictions, and youth at risk. This program also gives participants the opportunity to practice their socialization skills in a safe space, which helps clients overcome fears and isolation. Clients recognize and build their strengths within a positive environment provided by Support & Housing Halton's program and support coordinators.	\$ 2,000.00
St. Luke's Anglican Church & Community Centre	Connecting Halton Communities Online	This grant will support St. Luke's needs for a website redesign with SEO and a network upgrade as a way of increasing social participation and inclusion of people across Halton. Currently, St. Luke's website contains information on many beneficial community programs, but it is desktop-oriented, not mobile responsive and not formatted for SEO, making it less accessible. Objectives include: Make the site more user friendly to visitors and newcomers; Highlight community programs and events for people of all ages, ethnicities, faiths and abilities; Showcase the Community Centre as a hub that links isolated people with vital services.	\$ 2,000.00

SAVIS of Halton	Mindful Movement	Trauma-sensitive Yoga & Mindfulness will be geared for survivors of sexual assault, historical assault, PTSD and survivors of human trafficking. These workshops will help survivors heighten their body awareness to notice what is happening inside their bodies and thereby learn to release tension, reduce and control fear and arousal, and tolerate sensation. The practice is based on the growing understanding that trauma takes a heavy toll on the body and the brain. This project will give survivors of trauma the tools they need for their healing journeys. SAVIS believes that survivors of violence should be empowered to make their own decisions about how they want to heal.	\$ 2,000.00
Learning Disabilities Association of Halton	Mental Health First Aid Training	This two-day course will teach participants to become more aware of the signs and symptoms of the most common mental health problems in youth and have increased confidence to intervene during a mental health problem or crisis, such as acute stress responses, panic attacks and suicidal behavior. Because of the negative effect that LDs can have on an individual's academic achievement and social interactions, learning disabilities can often contribute to mental health issues including, stress, depression, and anxiety and can negatively impact self-esteem.	\$ 2,000.00
Dare to Be You Foundation	Youth Passion Project	The Youth Passion Project offers young people ways to sharpen skills and unleash their potential. Local students are sponsored to attend world-class events that give them the opportunity to develop their leadership skills; to network with like-minded young people; and to serve in our community. This project provides educational opportunities for youth to explore their strengths, weaknesses, and passions, and how these contribute to their unique leadership style.	\$ 2,000.00
Community Conflict Resolution Services of Halton	Community Mediator Training Program	Free community mediation services for people experiencing conflict in community. Services are accessed by seniors living in low income housing, newcomers, youth and families, neighbours, boards, and small businesses in times of conflict and disagreements. With this grant this organization will offer a 30 hour course at a subsidized rate, as well as offer two subsidies for people experiencing low income. Course topics include: conflict analysis, communication skills, neutrality, culture and identity, power and privilege, problem solving, etc. From year two onwards, it will be offered at an increased rate that matches the marketplace and community mediation counterparts in other communities.	\$ 2,000.00
Calvary Baptist Church Burlington	Intergenerational Monthly Lunch Program	A monthly hot lunch program bringing together Seniors and young women from Shifra Homes. It features a welcoming environment, healthy meal, and an opportunity for connecting and eating in community. It is a uniquely integrated intergenerational event – 35 seniors and up to 12 young women come each month, with most living in geared-to-income housing and/or experience social isolation and anxiety related to isolation.	\$ 2,000.00

Acclaim Health	Burlington Day Program Expansion	The Burlington Adult Day Program expansion will take the program from 12 clients/day to 25 clients/day, add Saturday care (currently no weekend care in Burlington), and increase hours. Acclaim Health's day program offers clients with dementia activities that focus social interaction, cognition skills, physical activity and creative expression. The Burlington Adult Day Program is the only dementia-specific day program in Burlington, and has a current capacity of only 12 people per day. The waiting list is now so long, only those in crisis are being accepted and people are waiting almost a year before they can access the program.	\$ 2,000.00
-----------------------	---	---	-------------