



the Caring
and Sharing
Exchange

ANNUAL REPORT | 2022-2023





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 2022-2023

Executive Committee

Derek Dedman, President

Megan O'Meara, Vice President

Kurt Anderson, Treasurer

Keith Archer, Secretary

Cindy Smith, Executive Director (ex-officio)

Board of Directors

Kelly Adkin

Susan Anson

Jill Bouchier

Roxane Deschênes

Erin Dowe

Lily Grudzien

Christina Holmes

Garth Teskey

Bianca Vodden

Tracey White



Staff

Cindy Smith, Executive Director

Heather Fraser, Director of Resource Development

Rebecca Nagrodski, Program Manager

Rita Casasanta, Program Assistant (Oct - Dec)



A MESSAGE FROM THE PRESIDENT



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

2022-23 began with a dramatic surge in the cost of living, which resulted in a significant increase in need as well as great uncertainty in how it would affect donations. Despite these difficulties, the community came together, once again, to ensure that the most vulnerable citizens received assistance at 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 most in need in the community!

Through the Sharing in Student Success Program, we helped all 3,213 economically disadvantaged students who turned to the Exchange for help. This assistance ensured these children received the tools needed for their grade level, allowing them to return to school with a sense of normalcy and on an equal footing with their peers. Their parents and guardians were also given relief from having to make difficult choices like providing their children with back-to-school essentials or putting food on the table. We are thrilled that in the coming year, we will be expanding this program to include providing much-needed back-to-school assistance to Grade 9 students.

Through the Christmas Exchange Program, we provided a record number of 23,068 individuals in need the means to enjoy a festive holiday meal that otherwise would not have been possible for them and their families. Assistance was provided through either a food hamper or redeemable gift voucher. We are so thankful to all the donors and hamper sponsors who made it possible for each family on our list to

celebrate their holiday with full stomachs, full hearts and a sense of hope and dignity.

For the 108th 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 \$146,681, an 18% increase over the previous year. Through this innovative service, the C&SE ensures that donor dollars go further, with all savings reinvested to help even more people in need.

None of this would have been possible without the incredible support of our committed volunteers and generous donors. Thank you!

It has been an absolute pleasure to have led a passionate group of Board Directors over the past year. I want to thank them all and recognize the directors who will be stepping down this year, Susan Anson, who joined the Board in 2018 and Christina Holmes, who joined in 2019. Thank you both for your support and dedication.

THE EXECUTIVE DIRECTOR'S REPORT



Cindy Smith, Executive Director of
The Caring & Sharing Exchange

More than three years after the COVID-19 pandemic began, life is slowly returning to a sense of normalcy; however, there are still the ongoing impacts of unemployment and rising inflation. As a result of these factors, the Caring and Sharing Exchange saw a continued increase in the need through both assistance programs.

Despite the dramatic increase in registrations, we are thrilled to report that we were able to help everyone that applied for assistance! Through our Christmas Exchange and Sharing in Student Success programs 26,281 Ottawa individuals in need benefited from our assistance over the last year. This represents a 17.3% increase over the previous year. We continued to ensure that the dollars went further through our innovative coordination service.

Thanks to generous individuals, groups and businesses across Ottawa, an incredible value of \$264,858 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 Caring and Sharing Exchange is in a period of exciting growth. To keep up with the increasing cost of living, for the second year in a row, we increased the value of support through the Christmas Exchange Program. We are also delighted that in the coming year, we will be expanding the Sharing in Student Success Program to support Grade 9 students.

Kindness Week ran from February 17–24. We shared and promoted stories of kindness, featured kindness messages and performances from members of the community, and even hosted an online Kindness Art Show!

Ottawa is such a caring community, we could not do what we do without our donors, partner agencies and incredible volunteers! Thank you all for your commitment to helping our neighbours in need.

I want to thank our small (but mighty!) staff who work hard to ensure that no one gets left behind and are so incredibly passionate about the mission and vision and constant growth of our organization.

We are fortunate to work with a dedicated Board of Directors. Thank you for your support and leadership that made it possible for the Caring and Sharing Exchange to have such a successful year! A special thanks to Derek Dedman who has been the President of the Board since 2018. It was such a pleasure to work alongside Derek whose leadership has been much appreciated and we are so thrilled that he plans to remain on the C&SE Board of Directors.

PROGRAMS REPORT

THE CHRISTMAS EXCHANGE



Thanks to the incredible support of our community, 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.

Thanks to the generous contributions made by our supporters and donors, we helped every person who requested Christmas assistance. We provided the 23,068 individuals with either a food hamper containing all the fixings for a festive Christmas dinner, or with a redeemable gift voucher so they can purchase their own food items.



Today I received such great attention and help from a family.

As a newcomer, beginnings are always the hardest, we have taken a step into a new place and opted to start from scratch. Being helped and cared for made me feel so great, I knew that I have made the best choice by coming here and will never have to worry about my kids' future.

We have received such a generous amount of food, including veggies / fruits / juices/candies Anything a family of four would need.

This action made me feel like part of this community and makes me want to give back when I am able. Thank you!

- 2022 Christmas Exchange Client



2022 Christmas Exchange by the numbers	# of families	# of individuals
Assisted through the Sponsor-a-Hamper Program	1,630	6,599
Assisted through a redeemable gift voucher	5,843	16,469
Total assisted through the Caring & Sharing Exchange	7,473	23,068

PROGRAMS REPORT

SHARING IN STUDENT SUCCESS



In 2022, the Caring & Sharing Exchange (C&SE) was able to provide back-to-school assistance to every child on our list. The C&SE provided 3,213 students with a backpack full of grade appropriate school supplies so they could return to school on equal footing with their peers. As well, 390 children received assistance thanks to partnering agencies. Through our Coordination Service, 309 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. 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.

Thanks to the generosity of the donors in this program, we have been able, as a family of newcomers, to face this crucial moment for our children which is the new school year, with great serenity and full confidence in our ability to integrate and succeed in this new society that welcomes us.

We thank you very much for that and hope that our gratitude encourages you to continue in this great contribution."

- Parent of 2022 Backpack Recipient



PROGRAMS REPORT

KINDNESS WEEK

Kindness Week 2023 took place from February 17 - 24. 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 to promote the 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 Kindness Art Gallery: https://youtu.be/8_IWNJouUZw

THE COORDINATION SERVICE

Over the past six years, our Coordination Service has saved organizations across Ottawa over \$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.

2022 Coordination Service – Community Savings By Program

Program	# of Duplicates	Savings
Christmas Exchange Program	1,268	\$126,800
Sharing in Student Success Program	309	\$19,881
Total	1,577	\$146,681

THANK YOU TO OUR VOLUNTEERS



212

Number of C&SE
Volunteers in
2022/2023

528

Total Volunteer
Hours in
2022/2023



42

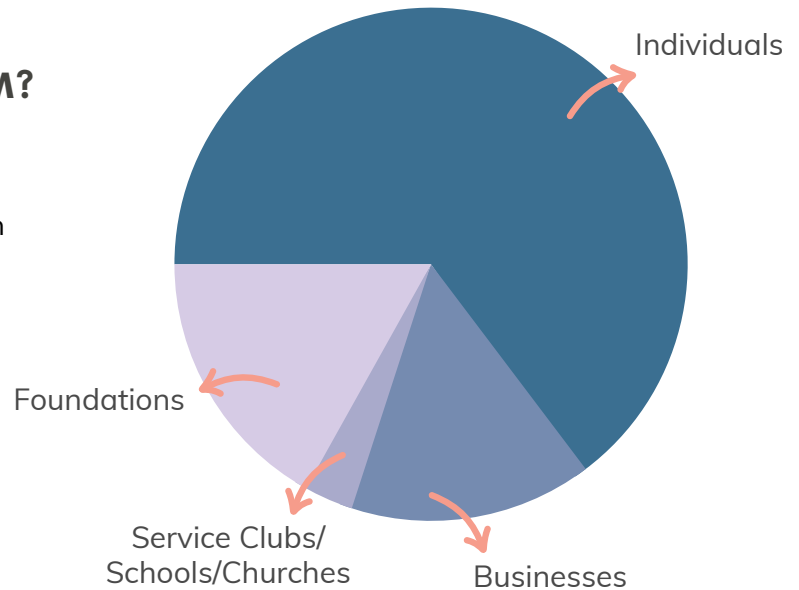
Total tasks completed
by volunteers in
2022/2023



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

35th 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 City-wide bottle drive. For the month of December, Beer Store employees kindly ask customers to consider donating their empties 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. Thanks to many joint efforts, we were able to raise an incredible \$11,283.35!

In the last 35 years, the event has raised over \$425,000 and has helped provide thousands of families in need with much-needed support at Christmas time. Thank you to the Beer Store and our amazing supporters for making this event such a success!



CHRISTMAS CHEER 2022

The annual Christmas Cheer breakfast, a festive fundraising event that supports numerous charities across Ottawa at Christmas time, was held for the first time in three years fully in person at the beautiful Shaw center. The event boasted incredible musical guests, inspiring speakers, and special surprises along the way. This event is always a wonderful way to kick-off the Christmas season! We are sincerely thankful to the Christmas Cheer Foundation, 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

Ahora Restaurant	Khalsa Aid (Ottawa Chapter)	St Elias Antiochian Orthodox church
Amazon	Kiwanis Club of Nepean	St. Timothy's Presbyterian Church
Bell Canada	Kiwanis Club of Ottawa	Staples
Canada Life	Ladies Who Hamper	Tamir Neshama Choir
Canadian Museum of History	Landscape Ontario	TD Bank Group
Canadian War Museum	Lee Valley Tools	Telus Ambassadors
Coldwell Banker First Ottawa Realty, Brokerage	Little Jo Berry's	TELUS Ottawa Community Board
Cosmic Adventures	Marriott Bonvoy	The Comic Book Shoppe
Dominion City Brewing	Marshalls	The Haunted Walk
Dollarama	Milo's Pastry	The Ink Spot
Ed Stevens, RPM Creative	National Gallery of Canada	The Jenn Hayward Show Variety and Talk Show
Elevate Yoga	Oracle NetSuite	The Keg Steakhouse
Escape Manor	OrKidstra	The Merry Dairy
Exhālō Spa	Ottawa 67's	The Wine Garden - Ottawa South
Fairmont Chateau Laurier	Ottawa Community Housing Foundation	The Wreck Room
Fairytale Princess Parties Ottawa	Ottawa Little Theatre	Twice Upon A Time
Finding Gnomey	Ottawa LumberJaxe	Watson Di Primio Steel (WDS) Investment Management
Giant Tiger	Ottawa Spiderman	Westgate Shopping Centre / RIOCAN
Glee Ceptional	Ottawa Swordplay	Wheelhouse Cycle
IKEA	Ridge Rock Brewing Co	Yuk Yuk's Comedy Club
Innovapost	Shelter Movers Ottawa	

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, 2022 to February 28, 2023. 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
H.O.P.E. Ottawa Carleton Inc.
TELUS Friendly Future Foundation

\$5,000 to \$9,999

Accora Village
Danbe Foundation Inc.
Hallmark Giving
Lindsay Harrison
Garth Jones

Phil L'Abbe
K.M. Morrison
St. John The Apostle Parish
Woodroffe United Church
Plus 1 Anonymous Donor

\$2,500 to \$4,999

Graham Dattels
Davis Agency, Hallmark Stores
Donna Cona Inc.
Enterprise Holdings Foundation
Andrew & Heather Fraser
Harry P. Ward Foundation
Barry & Debbie Mersereau

Miller Waste Systems Inc.
Osgoode Properties
OTIP/RAEO Insurance Brokers Inc.
Dean Shaikh
The Sharbot Group
Waste Connections of Canada Inc.
Plus 1 Anonymous Donor

\$1,000 to \$2,499

A & M Shaw Foundation	Dan Greenberg	Valerie Parker
Denise Allan	Josee Helie	PCO - ERDP
Donald & Sheila Bayne	T.J. Hicks	Adrienne Pearl
Thomas Bonner	Peter & Shirley Holt	Claire Pike
Patricia Cocker	IBISKA Telecom Inc.	Nancy Porter-Cathcart
Malcolm Collins	Innovapost Inc.	Stephen Quick
Conlin Bedard LLP	IODE - Laurentian Chapter	Richard H. Robillard
Geraldine Cooney	George Ireland	Jan Schuurman
Betty E. Crawford	Joel M Dubois Professional Corporation	James Seyler
Catherine D'Amico	JR Weare Consulting	Ian & Linda Shugart
Department of Justice- Civil Litigation	Katie Black Professional Corporation	Cindy Smith
Anne DiLosa	Audrey Kenny	St. Andrew's Church Women's Guild
Elsa Dinis	Kiwanis Club of Nepean	Lori Streefkerk
District Realty Corporation	KOTT Inc.	Derek Street
Karen Doherty	Anne Lawson	Jennifer Tuthill
Emond Harnden	Leah Lepage	Stacey Tzavelas
Victoria Godfrey	Kenneth Medland	David Wood
Gov't of Can Public Services & Procurement	Michael Munroe	<i>Plus 2 Anonymous Donors</i>
Mary & Don Gowan	Ottawa Carleton Detention Centre	

\$500 to \$999

Susan Anson	Joan Catterson	F. & K. Trudel Enterprises Inc.
Mary Ash	Garry Chase	Margaret Fontana
April Barrie	Anne Churchill	Nelly Foyet
Wayne Barry	John Comba	Ann & Andrew Fraser
Amy Beaudoin	Bruce Connery	Andrea Gibson
Jack & Kathleen Beausoleil	Nancy Corbett	Allan Godding
Susan Belyea	Helen Creighton	Jake Harding
Benefaction Foundation	Brendan & Maureen Crowley	Hoopla Systems
Alexa Biscaro	Wayne Crutchlow	Thomas A. Houston
Sharon Blakeman	Cynthia Currie	Robert Humphreys
Blush & Rose Beauty Bar Inc.	Margaret Davies	Melba Hurd
Borden Ladner Gervais LLP	Charlotte de Neeve	Janice Ife
Chris Borowiecki	Dennis & Eva Devine	Bill Jack
Vivian Brazeau	James DeWolf	Heidi Jackson
Bridlewood Home Hardware	Patricia Dixon	Alison Jette
Tony & Carol Brigandi	Chris Docherty	Maureen Kidd
Sheena Brooks	Alison Dougherty	KnowTech Solutions Inc
Jean Brunton	Dunlap Law Professional Corporation	Lynda Lackey
Laura Burnside	Colleen Edwards	Richard Lane
Kim Cabana	Elizabeth Elliott	Alexandra Lazarescu
Harold Campbell	James Evans	Karen Legasy

\$500 to \$999 (continued)

Christina Lepp
Maureen L'Heureux
Jean Liberty
Roland L. Locas
Carol MacLeod
Allison MacNeil
Myrna & Robert Mallett
Elizabeth Margeson
Wenda Martinho
Bob McCaw
Gregg McCooeey
James F. McGregor
Donald Messier
Bill Mitchell
Kathleen Mitchell
Andrea Morissette

Jane P. Morris
Ann Nagrodski
Rebecca Nagrodski
Megan O'Meara
Tracy O'Meara
Keenan & Maria Papps
Maria Pereira
Peter Ploegman
Iola Price
Elaine Rainboth
David Robertson
Moira Rushton-Marovac
Nick Sala
Jennifer Savidge
Louise Seveny
Laurie & Greg Singleton

David & Evelyn Smith
Gordon Smith
Lori Streefkerk
SW2 Sales Training and Coaching Inc.
Catherine Swimmings
Lola Sykes
Patricia Ulch
Martin & Mary Anne Van Gaal
Marie Weerasooriya-Epps
Karen West-Taylor
Maxine & Edward Whelan
Carole Workman
Bill & Ferne Wyman
John Zarecky
Plus 5 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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Charitable Registration Number 13097 9172 RR0001