

Annual Report 2018

Quebec Veterans Foundation



PRESIDENTS MESSAGE



A year of change and challenge...

The past year has allowed the Quebec Veterans Foundation to fully embrace its new role and the mission to help all veterans in Quebec, launched at the end of the 2017. We are proud to have extended our reach to include more programming and to reach more veterans who are experiencing difficulties, whether it be with homelessness, suffering with PTSD or having difficulties in transitioning to civil life.

Our offices, located in the heart of Saint Anne's Hospital, allow us to remain close and fully abreast of the needs of both Second World War/Korean War veterans, as well as 1200 Quebec veterans who come from all across the province for treatment in Operation

Injuries Clinics. In addition, our partnerships with the Respect Forum, Veterans Affairs, the Old Brewery Mission and the Veterans Transition Network allow us to work in collaboration to ensure that we can collectively fill the gaps between the services a veteran can access and what is actually needed. Our most important partners however are our donors. Without you, we are not able to deliver on our commitment to help these deserving men and women. Thank you for your contributions and please remember them in your thoughts throughout the year.

Sincerely,

*Lieutenant Générale (ret) Yvan Blondin
Interim President, Quebec Veterans Foundation*

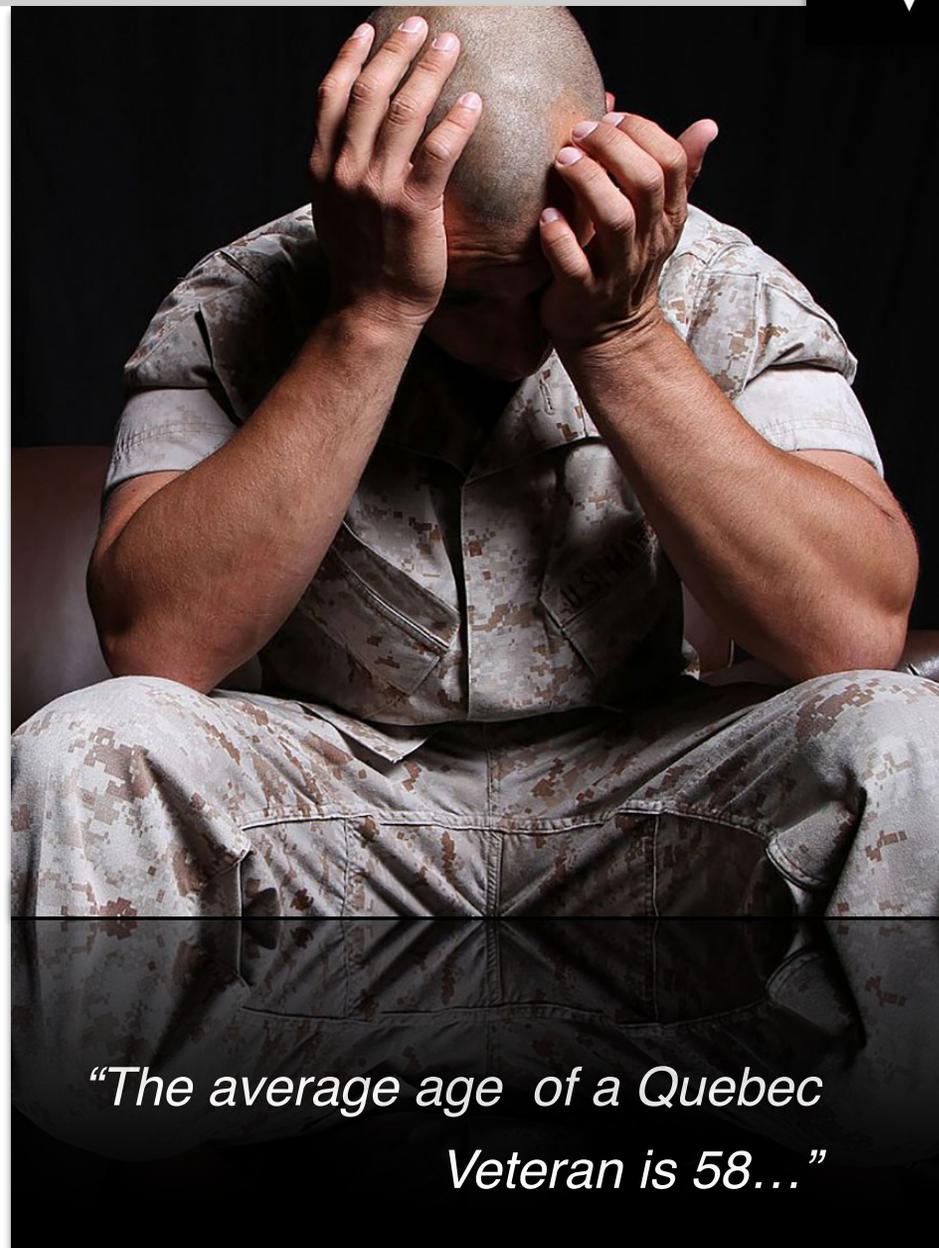


FACTS YOU SHOULD KNOW...

The following statistics represent the sometimes difficult reality that veterans face and guide our selection for programme funding:

- Of the approximately 649,300 veterans in Canada, 121,000 live in Quebec.
- Second World War and Korean War veterans (“War Service”) represents 7.4% of Canadian veterans
- Women represent 12% of veterans in Canada
- There are 1500 veterans leaving the military each year
- Of those leaving the military, 25% will have difficulty transitioning to civilian life
- Of those who experience difficult in coming back to civilian life, 80% are diagnosed with mental illness related to their service.
- Veterans are 3 times more likely to be homeless than the regular population
- Male veterans are 1.4 times more likely to commit suicide than the regular population
- Female veterans are 1.8 times more likely to commit suicide than the regular population
- The rate of suicide for veterans has increased by 10% over the past 4 decades, compared to a 29% drop among the regular population for the same time period.

* Statistics : Veterans Affairs Canada, March 2018



“The average age of a Quebec Veteran is 58...”



GENERAL

As we continued to evolve fully into our new name and mission at the Quebec Veterans Foundation, the year 2018 presented several opportunities to grow our programming to address the needs of the World War 2 and Korean War Veterans at Saint Anne's, in addition to the younger generation of Quebec veterans dealing with mental and physical injuries from their service. For all, it is clear over that serving in the military; whether protecting people in Bosnia; providing disaster relief in Haiti or doing search and rescue missions here at home, the effects can be long-reaching and the transition from military life very difficult for one in four veterans. Research is ongoing, but the rate of depression, suicide and homelessness is staggeringly high when compared with the general population. These men and women have represented our Canadian values throughout the world, providing assistance to the vulnerable, security for those in danger and demonstrating tolerance where it is the only way forward. The foundation considers it a privilege to support the men and women of Canada who have served in their country in uniform, both overseas and helping fellow Canadians on our own shores.

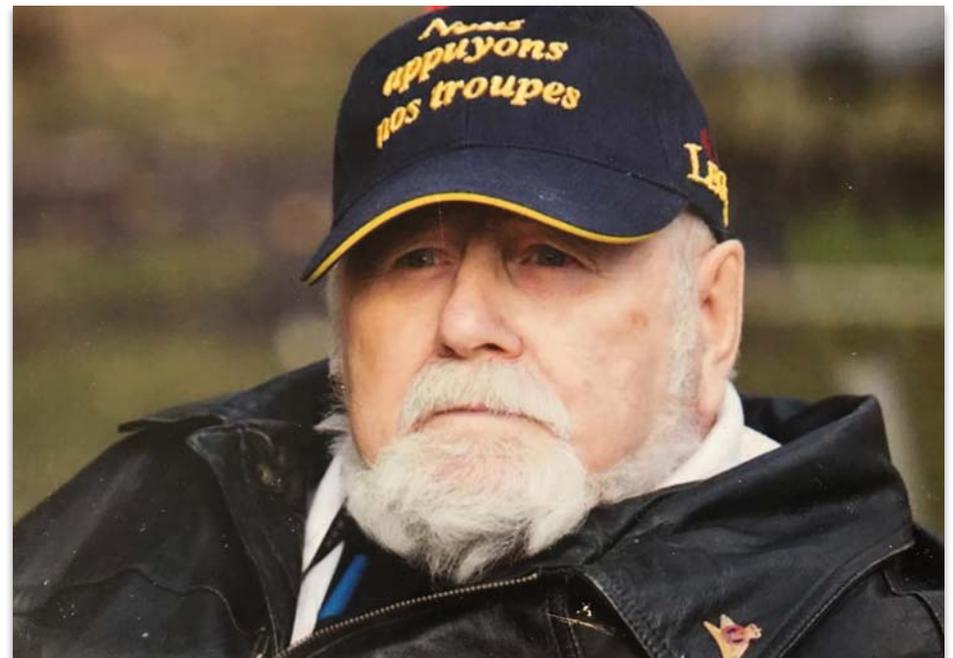
LONG TERM CARE FOR VETERANS: **SAINTE ANNE'S HOSPITAL**

Our primary *raison d'être* over the past 20 years has been to support the Second World War and the Korean War veterans who are long term residents at Saint Anne's hospital. We are still located at the hospital and are privileged to be close to these heroes who inspire us every day. Once federally operated, "The Vets Hospital" originally served 460 patients in this group, but in 2016, with diminishing numbers of veterans, the hospital was transferred to provincial management and, a civilian population moved in to the hospital. Today, there are 130 veterans in long term care for whom we still provide therapeutic interventions (proven to reduce isolation and

stimulate cognitive activity through animal visits, art, humour and music) and social activities (bingos, concerts, games, visitors, etc.). Thanks to several donations from several legions, we were also able to fund 25 lifts where veterans had been waiting a long time for repairs to be made to equipment. There are also 23 veterans who participate in the Day Visit Programmes at the hospital as well, spending time in friendship and social activities, with comrades from days gone by.

We collaborate with the Resident Veterans Committee to ensure we support them, helping to publish some of their communications, arranging meetings with community leaders and providing connections to community groups who want to learn from them or provide support.

The foundation is proud to have provided \$158,825 in funding to this programme in 2018.





INJURIES RELATED TO OPERATIONAL STRESS (PTSD/ PAIN MANAGEMENT CLINICS) SAINT ANNE'S HOSPITAL

There are presently 4 clinics in Montreal, which exclusively serve veterans with injuries resulting from their service in the military and which the foundation supports. These injuries can be physical in nature, requiring pain management or be related to mental health issues such as PTSD (commonly known as Operational Stress Injuries or OSI). In addition to two external day clinics at Saint Anne's Hospital (Pain Management and OSI), there is also a satellite clinic in Longueuil. These 3 locations serve approximately 1200 patients from all over the province. The foundation provided some renovations to the physical environment, as well as providing snacks, therapeutical yoga, pet therapy and music therapy programs. Patients from off the island of Montreal are also invited to stay at a small guest house on hospital grounds provided by the foundation. In addition, some veterans come to the hospital weekly to participate in other activities such as yoga, which are funded provided weekly for veterans who are looking for therapeutical activities offered in a safe environment where others understand some of their experiences and their difficulties. We look forward to growing these day programs to include music, Tai Chi and .

In addition to the day clinics, the only residential clinic for Canadian veterans with PTSD is also located in Sainte Anne's Hospital, housing up to 10 residents at a time and serving approximately 55 patients per year. Treatment includes programmes for stabilization and/or rehabilitation and take place over periods from 4 weeks to 4 months. While this program serves veterans from across the country, the majority of the patients are from all over the province of Quebec. The foundation has succeeded in funding art therapy programs as well as renovations for bathrooms and group therapy rooms. In addition to social outings that are part of the treatment, patients also benefit

from art, music and yoga therapy through a generous donation from True Patriot Love.

The foundation also participates with the Consultative Committee for both residential and out-patient BSO clinics along with veterans who are patients at these facilities, as well as healthcare professionals and representatives of VAC. We are pleased to have consulted on research that will be taking place in 2019 that will help us determine where veterans feel their needs are greatest and we can help more.

The foundation is proud to have contributed \$47,006 to this programme in 2018.



FOUNDATION ACTIVITES 2018



LES SENTINELLES

The programme “Les Sentinelles » was launched in May 2017. There were 35 homeless people who were identified as veterans and 9 who were provided with food, shelter and the necessary psychosocial supports to help them rebuild and become independent identified as veterans. One of the participants is now employed and has transitioned back into his own community; eight of the nine housing integrations continue. Veterans Affairs graciously provided much of the necessary funding for the programme since its launch, but the foundation is also major pillar for the programme, which is managed by Old Brewery Mission. A full report on its successes and challenges is available on our web-site.

The foundation is proud to have contributed \$100,000 to this programme in 2018.

VETERANS TRANSITION NETWORK (VTN)

Supported by the University of British Columbia and 20 years of research, this programme has been offered throughout Canada to ease difficulties that veteran may experience when entering the civilian world, addressing the relative lack of structure, goals, responsibility and camaraderie that is often a source of challenge during the transition. Whether a long-time veteran who is experiencing recent difficulties or someone who is only just preparing to leave for medical reasons, this program is a valuable experience, taking place during three weekends stretched over a six-week period. Sessions are run by qualified and experienced clinicians who specialize in the veteran experience, as well as 2 experienced graduates of the program and 6 veteran participants. There have been 3 sessions offered so far in Quebec. The programme takes place in an all-inclusive, isolated and quiet resort environment and participants are fully funded by VTN, who also handles all logistics, travel, etc. Follow up is provided after the program. Results are proven positive and the completion rate is an impressive 98%.

The foundation was proud to have contributed \$45,000 to this programme in 2018.

GRAND RASSEMBLEMENT FOR VETERANS

The Respect Forum represents some 40 organizations who serve Quebec veterans in many different capacities and includes such valued partners as Veterans Affairs, Resource Centres for Military Families, VETS Canada, Royal Canadian legion – Quebec Branch, etc. The partners agreed it would be an important initiative to bring all of these organization together in one place so that veterans could visit, learn and become informed as to the different services that are available to them. It was a first time for this event, but we were pleased to have 40 exhibitors and approximately 200 veterans who attended, spend several hours meeting with providers and enjoying festivities that entertained the entire family. In addition, the partners involved in veterans services were able to network and identify ways to collaborate to offer more cohesive services to our clientele. We are hoping to extend this activity to several Quebec regions, hosting more veterans with each edition.

The foundation was proud to invest \$60,000 to



ensure this event took place.



OTHER ACTIVITIES:

We were proud to help host the FACES OF HONOUR exposition, a portrait gallery which honours veterans around during the month of November. The foundation also participated in many other events: Remembrance Day activities which took place at Sainte Anne's Hospital, and at several memorial events. In addition, we attended events hosted by collaborating partners (Garda, Via Rail, Pratt and Whitney, Barry Lorenzetti annual Ball, several Legion Branches and commemorative services for the Korean War, the end of Afghanistan mission, D-Day memorial, the Barry Lorenzetti Ball, etc. During the year of 2018, we facilitated several articles and reports on veterans and their stories. CTV, CBC, La Presse, The Gazette, 45ième Nord.

Our website was renovated and is becoming a busy hub for veterans and others in the network. We are working on developing a centre resource list, but are enjoying providing news on current events and raising awareness through veterans stories and testimonials that will inspire you, move you and perhaps motivate you to help us provide more support to these brave men and women who have reached out to assist others and now us to reach our hands out to them. Please

check out recent news and activities, sign up for our quarterly newsletter or follow us on twitter or Facebook at www.deretourenforce.ca.

We said good bye in 2018 to Caroline Huppé who was with the foundation for 13 years and we thank her for her professionalism and devotion, evident to all who worked with her. New to our offices in 2018 were Rosa Sarchese and Stéphanie Tomé and Edouard Rousseau (who has since completed his basic training in St. Jean and began his career in the infantry).

We would be remiss to not take this opportunity on behalf of the board of directors to thank Pierre Paul Pharand who exemplified commitment and vision in leading the foundation through its transition and developing its new mission. His devotion to veterans was clearly demonstrated in all he did. He was a valued member of the Board of Directors for 7 years, where he served as President for the last 3. His departure will certainly be felt by all who knew and worked with him. Our thanks also go to Lieutenant Gen. (ret) Michel Maisonneuve for his guidance and gracious contributions to the board of directors over the past 6 years.

Our offices are still located in Saint Anne's Hospital in Saint Anne de Bellevue. Office hours are Tuesday through Thursday from 10am – 3pm. Please feel free to contact us for any questions or information on our services at 514 -457-8484 or infor@deretourenforce.ca

OUR GRATITUDE TO ALL PARTICIPANTS OF 2018 FUNDRAISING ACTIVITES

50th Anniversary Ball for the ELRFC - Saint Jean
Annual Quebec Veterans Foundation Golf Tournament
Bell Canada Golf Tournament "Cause pour la cause"
Souper de Souvenir - 10ième edition (Thank you to the members of
Beaconsfield Golf Club and General (ret) Frédéric Mariage)
Donors to our 2 annual mailing campaigns

FINANCIAL REPORT 2018



REVENUE		EXPENSES	
Annual Mail Campaigns	69,326	Administrative Costs	
General Donations	118,227	Salaries/Consulting Fees	231,148
Saint Anne's Hospital Programs (In memoriam, Arbre de vie, Maison Edith)	21,935	Office/administrative expenses	30,279
Foundation Golf Tournament	32,205	Fundraising costs	87,121
Cause pour la Cause (Bell Cda) Golf Tournament	145,611	TOTAL ADMINISTRATIVE COSTS	348,548
Souper de Souvenir Beaconsfield Golf Club	18,200	Programmes/Mission	
Bal de 50th Anniversary ELRFC	40,000	Long term residents HSA - Second World War and Korean War Veterans (130 patients)	123,824
Centraide/CCMTGC	19,380	OSI (PTSD and Pain Management) Clinics (1200 patients)	47,006
Subventions	25,000	Les Sentinelles - Program to house homeless veterans via Old Brewery Mission	75,000
Other revenue	23,689	Veterans Transition Network - therapeutical interventions	45,000
In kind donations	7,568	Grand Assembly of Veterans and Service Providers	80,264
Taken from FQV surplus	198,501	TOTAL PROGRAMMING COSTS	371,054
TOTAL	\$719,642	TOTAL	\$719,642

THANK YOU TO OUR MAJOR SPONSORS IN 2018



GOLD

Bell Canada
True Patriot Love
Canadian Forces Leadership and Recruitment School

SILVER

Cambli	Maison Bieler
Logistik Unicorp	L'Union Vie Mutuelle
Intact Insurance/Belair Direct	Corporation Fort St. Jean
Daniele Henkel	Hewitt Group
Barry F. Lorenzetti Foundation	Royal Canadian Legion – Quebec

BRONZE

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CAE Inc.
Corporation du Fort St-Jean
Denis Bissonnette
Denise Blondin Henry
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Huawei Technologies
Jocelyne Barclay
John Saunders
Keith and Anita Dunn
Ladies Auxiliary Royal Canadian
Legion #94
Marc D'Amour

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Pierre Ayotte
Pratt and Whitney Canada
Robert O'Neil
Robert Steben
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Raymond Mathieu - Administrateur

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Norman Shields - Administrateur

Psychologist, GRC



THANK YOU AS WELL TO OUR PROGRAMME DIRECTORS FOR THEIR PRECIOUS COLLABORATION

Matthew Pearce /Jacinthe Corbin - Old Brewery Mission
Lynn Hewitt/Josie Pierre - HSA- Mental Health/PMC)
Marion Turmine/Patrick/Oliver Thorne at VTN

Elizabeth Bellei/Diane Boyer - Loisirs and Day Centre HSA
Isabelle Labrie/Martine Daigneault (HSA – Long Term Care)
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