



2022-23

ANNUAL REPORT

# Message from the Chair

*“If the world could see through the eyes of a person with Down syndrome, it would be a better place.”*

Unknown

Welcome,  
I have had the great pleasure of working with a wonderful group of people for the last 2 years, while providing support to this incredible community. I am always grateful for Rilyn’s diagnosis, as it has connected us to a whole new world that we wouldn’t have otherwise known existed. Thank you.

We are parents and spouses juggling life and find the time to support DSAHA. Thank you to Laura, Shari, Jen, Paul, Stefanie, Judy, Veronica, Katie, Laura, Rebecca, Barb, Andrea, Andrea and Andrea. Your commitment, dedication, and support are recognized and appreciated. Thank you.

A special thank you and love to my family, Ryan, Rilyn and Keegan for supporting me to be available to the team.

Heather Gain, Chair



# Strategic Plan

## Our Mission

The Association will:

- I. **Support** people and families impacted by Down syndrome throughout their lives. Assist our members in accessing information, services, and supports that enhance health, development and education of people with Down syndrome.
- II. **Advocate** for excellent, coordinated and accessible medical, educational and recreational services and meaningful paid employment for all people with Down syndrome.
- III. **Create a social support network** for people with Down syndrome and their families.
- IV. **Promote the abilities** of people with Down syndrome in our community.
- V. **Bring understanding** to the challenges people with Down syndrome may face and how they can be supported to reach their full potential.
- VI. **Support local, provincial and national initiatives** that challenge stereotypes and further the health, well-being, education and economic contribution of people with Down syndrome.



Executing on our strategic plan that supports our mission was delayed for during the pandemic, but we have accomplished important fundamental work this year.

# Financial Report

APRIL 1, 2022 TO MARCH 31, 2023

Revenue  
**\$181,603**

Expenses  
**\$135,177**

Total Liabilities and  
Retained Earnings  
**\$268,012**

| Down Syndrome Association of Hamilton       |  |                      |                     |                      |                      |                     |                     |                     |                     |                      |                      |                      |                      |                      |                      |                     |
|---|--|----------------------|---------------------|----------------------|----------------------|---------------------|---------------------|---------------------|---------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|---------------------|
| Balance Sheet                               |  |                      |                     |                      |                      |                     |                     |                     |                     |                      |                      |                      |                      |                      |                      |                     |
| Fiscal Year April 1, 2022 to March 31, 2023 |  |                      |                     |                      |                      |                     |                     |                     |                     |                      |                      |                      |                      |                      |                      |                     |
|   |  | March 31, 2020       | March 31, 2021      | March 30, 2022       | April 30, 2022       | May 30, 2022        | June 30, 2022       | July 30, 2022       | August 30, 2022     | September 30, 2022   | October 30, 2022     | November 30, 2022    | December 30, 2022    | January 30, 2023     | February 28, 2023    | March 30, 2023      |
| <b>Assets</b>                               |  |                      |                     |                      |                      |                     |                     |                     |                     |                      |                      |                      |                      |                      |                      |                     |
| <b>Current Assets</b>                       |  |                      |                     |                      |                      |                     |                     |                     |                     |                      |                      |                      |                      |                      |                      |                     |
|   | Bank Cash                                      | \$ 91,471.56         | \$130,409.39        | \$ 111,691.27        | \$ 105,343.80        | \$ 97,942.47        | \$ 90,613.46        | \$ 88,736.70        | \$ 99,600.89        | \$ 135,330.88        | \$ 160,065.33        | \$ 107,837.00        | \$ 90,100.14         | \$ 81,942.10         | \$ 68,847.24         | \$ 59,282.20        |
|   | Trust Account                                  |                      |                     |                      | \$ 1,614.01          | \$ 1,614.41         | \$ 1,614.92         | \$ 1,616.65         | \$ 1,618.04         | \$ 1,619.50          | \$ 1,619.50          | \$ 1,621.01          | \$ 1,622.81          | \$ 1,625.36          | \$ 1,627.91          | \$ 1,630.54         |
|   | Speech Account                                 | \$ 10,365.07         | \$ 7,820.07         | \$ 4,894.68          | \$ 4,890.93          | \$ 4,887.18         | \$ 2,123.43         | \$ 2,119.68         | \$ 2,115.93         | \$ 2,112.18          | \$ 2,108.43          | \$ 2,104.68          | \$ 2,100.93          | \$ 2,097.18          | \$ 2,093.43          | \$ 2,089.68         |
|   | Club Gain Account                              |                      |                     |                      |                      |                     |                     |                     |                     |                      |                      |                      |                      |                      | \$ -                 | \$ 9.99             |
|   | Canada Help - Funds in Transit                 |                      |                     | \$ 50,000.00         |                      |                     |                     |                     |                     |                      |                      |                      |                      |                      |                      |                     |
|   | GIC 00170193603 - GIC - 6 year @4.5%           |                      |                     | \$ 50,000.00         | \$ 50,000.00         | \$ 50,000.00        | \$ 50,000.00        | \$ 50,000.00        | \$ 50,000.00        | \$ 50,000.00         | \$ 50,000.00         | \$ 50,000.00         | \$ 50,000.00         | \$ 50,000.00         | \$ 50,000.00         | \$ 50,000.00        |
|   | GIC 00190210409 - GIC - 6 Month @ 4.7%         |                      |                     |                      |                      |                     |                     |                     |                     |                      | \$ 50,000.00         | \$ 50,000.00         | \$ 50,000.00         | \$ 50,000.00         | \$ 50,000.00         |                     |
|   | GIC 00160209186 - GIC - 6 Month @ 4.3%         |                      |                     |                      |                      |                     |                     |                     |                     |                      | \$ 50,000.00         | \$ 50,000.00         | \$ 50,000.00         | \$ 50,000.00         | \$ 50,000.00         |                     |
|   | GIC 00190214000 - GIC - 6 Month @ 4.3%         |                      |                     |                      | \$ 50,000.00         | \$ 50,000.00        | \$ 50,000.00        | \$ 50,000.00        | \$ 50,000.00        | \$ 50,000.00         | \$ 50,000.00         | \$ 50,000.00         | \$ 50,000.00         | \$ 50,000.00         | \$ 50,000.00         |                     |
|   | GIC 00170193603 - GIC - Visa @1.875%           | \$ 5,000.00          | \$ 5,000.00         | \$ 5,000.00          | \$ 5,000.00          | \$ 5,000.00         | \$ 5,000.00         | \$ 5,000.00         | \$ 5,000.00         | \$ 5,000.00          | \$ 5,000.00          | \$ 5,000.00          | \$ 5,000.00          | \$ 5,000.00          | \$ 5,000.00          | \$ 5,000.00         |
|   | <b>Total Current Assets (RBC / GIC)</b>        | <b>\$ 106,836.63</b> | <b>\$143,229.46</b> | <b>\$ 221,585.95</b> | <b>\$ 216,848.74</b> | <b>\$209,444.06</b> | <b>\$199,351.81</b> | <b>\$197,473.03</b> | <b>\$208,334.86</b> | <b>\$ 244,062.56</b> | <b>\$ 318,793.26</b> | <b>\$ 316,562.69</b> | <b>\$ 298,823.88</b> | <b>\$ 290,664.64</b> | <b>\$ 277,568.58</b> | <b>\$268,012.41</b> |
| <b>Fixed assets</b>                         |  |                      |                     |                      |                      |                     |                     |                     |                     |                      |                      |                      |                      |                      |                      |                     |
| <b>Canada Help Walk</b>                     |  |                      |                     |                      |                      |                     |                     |                     |                     |                      |                      |                      |                      |                      |                      |                     |
|   | Furniture and equipment                        | \$ 881.50            | \$ 881.50           | \$ 881.50            | \$ -                 | \$ -                | \$ -                | \$ -                | \$ -                | \$ -                 | \$ -                 | \$ -                 | \$ -                 | \$ -                 | \$ -                 | \$ -                |
|   | Less Depreciation                              | \$ 142.70            | \$ 142.70           | \$ 881.50            | \$ -                 | \$ -                | \$ -                | \$ -                | \$ -                | \$ -                 | \$ -                 | \$ -                 | \$ -                 | \$ -                 | \$ -                 | \$ -                |
|   | <b>Total Fixed Assets</b>                      | <b>\$ 738.80</b>     | <b>\$ 738.80</b>    | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>         | <b>\$ -</b>         | <b>\$ -</b>         | <b>\$ -</b>         | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>         |
|   | <b>Total Assets</b>                            | <b>\$ 107,575.43</b> | <b>\$143,968.26</b> | <b>\$ 221,585.95</b> | <b>\$ 216,848.74</b> | <b>\$209,444.06</b> | <b>\$199,351.81</b> | <b>\$197,473.03</b> | <b>\$208,334.86</b> | <b>\$ 244,062.56</b> | <b>\$ 318,793.26</b> | <b>\$ 316,562.69</b> | <b>\$ 298,823.88</b> | <b>\$ 290,664.64</b> | <b>\$ 277,568.58</b> | <b>\$268,012.41</b> |
| <b>Liabilities</b>                          |  |                      |                     |                      |                      |                     |                     |                     |                     |                      |                      |                      |                      |                      |                      |                     |
| <b>Short term</b>                           |  |                      |                     |                      |                      |                     |                     |                     |                     |                      |                      |                      |                      |                      |                      |                     |
|   | RBC Visa                                       | \$ 17,254.11         | \$ -                | \$ -                 | \$ -                 | \$ -                | \$ -                | \$ -                | \$ -                | \$ -                 | \$ -                 | \$ -                 | \$ -                 | \$ -                 | \$ -                 | \$ -                |
|   | Accounts Payable                               |                      |                     |                      |                      |                     |                     |                     |                     |                      |                      |                      |                      |                      |                      |                     |
|   | <b>Total Liabilities</b>                       | <b>\$ 17,254.11</b>  | <b>\$ -</b>         | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>         | <b>\$ -</b>         | <b>\$ -</b>         | <b>\$ -</b>         | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>         |
| <b>Long Term</b>                            |  |                      |                     |                      |                      |                     |                     |                     |                     |                      |                      |                      |                      |                      |                      |                     |
|   |  | \$ -                 |                     |                      |                      |                     |                     |                     |                     |                      |                      |                      |                      |                      |                      |                     |
|   | <b>Total Liabilities</b>                       | <b>\$ 17,254.11</b>  | <b>\$ -</b>         | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>         | <b>\$ -</b>         | <b>\$ -</b>         | <b>\$ -</b>         | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>          | <b>\$ -</b>         |
| <b>Retained Earnings</b>                    |  |                      |                     |                      |                      |                     |                     |                     |                     |                      |                      |                      |                      |                      |                      |                     |
|   | Prior Month                                    | \$ 148,813.97        | \$ 90,321.32        | \$ 222,677.95        | \$ 221,585.95        | \$216,848.74        | \$209,444.06        | \$199,351.81        | \$197,473.03        | \$ 208,334.86        | \$ 244,062.56        | \$ 318,793.26        | \$ 316,562.69        | \$ 298,823.88        | \$ 290,664.64        | \$277,568.58        |
|   | Net Gain / (Loss)                              | \$ (58,492.65)       | \$ 53,646.94        | \$ (1,092.00)        | \$ (4,737.21)        | \$ (7,404.68)       | \$ (10,092.25)      | \$ (1,878.78)       | \$ 10,861.83        | \$ 35,727.70         | \$ 74,730.70         | \$ (2,230.57)        | \$ (17,738.81)       | \$ (8,159.24)        | \$ (13,096.06)       | \$ (9,556.17)       |
|   | <b>Total Retained Earnings</b>                 | <b>\$ 90,321.32</b>  | <b>\$143,968.26</b> | <b>\$ 221,585.95</b> | <b>\$ 216,848.74</b> | <b>\$209,444.06</b> | <b>\$199,351.81</b> | <b>\$197,473.03</b> | <b>\$208,334.86</b> | <b>\$ 244,062.56</b> | <b>\$ 318,793.26</b> | <b>\$ 316,562.69</b> | <b>\$ 298,823.88</b> | <b>\$ 290,664.64</b> | <b>\$ 277,568.58</b> | <b>\$268,012.41</b> |
|   | <b>Total Liabilities and retained earnings</b> | <b>\$ 107,575.43</b> | <b>\$143,968.26</b> | <b>\$ 221,585.95</b> | <b>\$ 216,848.74</b> | <b>\$209,444.06</b> | <b>\$199,351.81</b> | <b>\$197,473.03</b> | <b>\$208,334.86</b> | <b>\$ 244,062.56</b> | <b>\$ 318,793.26</b> | <b>\$ 316,562.69</b> | <b>\$ 298,823.88</b> | <b>\$ 290,664.64</b> | <b>\$ 277,568.58</b> | <b>\$268,012.41</b> |



# Fundraising

## 2022 Hamilton Walk for Down Syndrome

Our 10th annual Hamilton Walk for Down Syndrome was a (soggy) success! We had over 40 teams raise over \$130,000!



**41**  
Teams

**600**  
Event Attendees

**\$130K**  
+raised

# Our 2022 Supporters

2022-23 ANNUAL REPORT



*Feel the Power*



Made by you™



and generous member families

# Membership

## Rebuilding after Covid and Increasing our Reach

DSAHA currently has 73 active members, with 23 new or returning members having joined in the past year.

Tonight is the last night to purchase or renew your membership and get an extra year free with your membership being extended until December 2024.



currently  
**73**  
member families

**+46%**  
up from 2022-23

**474**  
newsletter  
subscribers

**1500+**  
social media  
followers



## Social Events

We were able to gather in person again in 2022-23.

Members enjoyed a casual summer picnic, Christmas Lunch with Santa and World Down Syndrome Day Celebrations



# Programming



Recreational programs are incredibly important for individuals with Down syndrome, as they provide opportunities for socialization, physical activity, and skill-building.

Here are some reasons why recreational programs are so crucial and what DSAH has offered to our community over the past year.

- Socialization
- Physical activity
- Skill-building
- Community involvement

Some examples of programs that our members have taken part in this year include Sportball, Kindermusik, art workshops at the DSAH for Valentines Day and World Down Syndrome Day socials, and speech therapy sessions with Anderson therapy services.

We are looking forward to some exciting programs and events in the coming year to reconnect our community!

# Advocacy & Education

## Making tangible changes to improve experiences for new families

Over the past year, we were able to both collect and report on the experiences of parents during the diagnosis and birth of their children who have Down syndrome. We gave lots of opportunities for written comments as well.

The feedback highlighted the changes that need to be made in our region's diagnosis procedures and peri-natal procedures and attitudes in general.

Presentations to Health Care Providers ; OB's, Midwives, McMaster Stakeholders (view [Presentation](#))

The result was a positive dialog in how to better support new and expecting parents and improved connections for new parents to DSAH and other supports.

This important work is making tangible changes to improve the diagnosis experience for families in the Hamilton region .

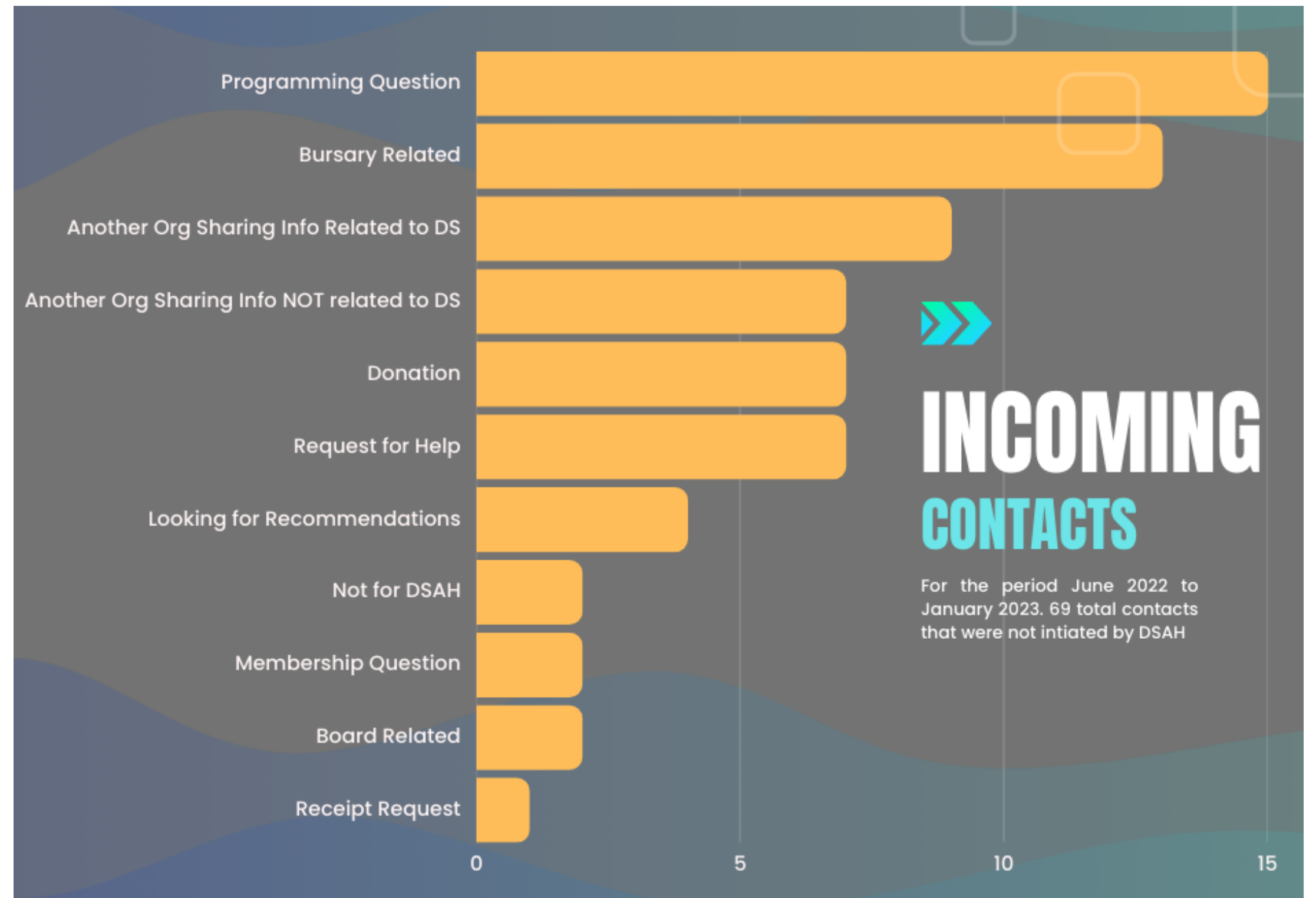


# Communications

Unsolicited communications were tracked over a six month period.

The top three reasons for contacting DSAH were;

- 1) Programming Questions
- 2) Bursary support
- 3) Information Sharing



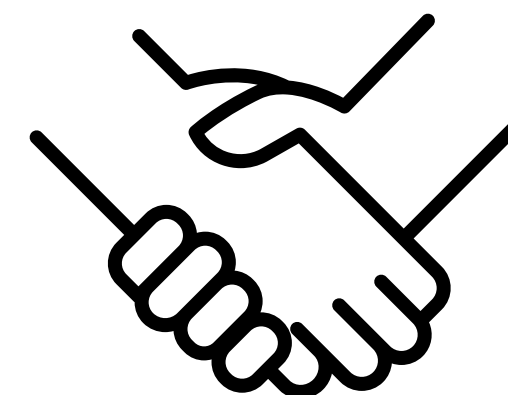
# Looking ahead to 2023-24



Bursary Increase with  
Volunteer Hours



Programming for all  
age groups



Building relationships with  
community partners and  
volunteers

Continue to support, advocate for individuals with  
Down syndrome

# Thank you!

## 2022-23 Board of Directors

Chair - Heather Gain

Vice Chair - Shari van de Pol

Treasurer - Paul Arnold

Secretary - Andrea Dalimonte

Membership Director - Rebecca Hynes

Programming Director - Stefanie Allaire

Club Gain Rep - Barb Accomando

Self Advocate - Laura Stremble

Social Convenor - Katie Kastelik

SEAC (HWDSB) - Judy Colantino (Laura Rudolph)

SEAC (HWCDSB) - Veronica Hannon (Gianna Mazzacatto)

