

ANNUAL REPORT



**LAKE
COUNTRY
HEALTH**
SERVING YOU SINCE 1982



2021-22



778-215-5247



10080 MAIN ST., LAKE COUNTRY



WWW.LAKECOUNTRYHEALTH.CA



Message from the President

After several challenging years with modified programming and limited community events due to COVID-19, 2022 was about reconnecting with the Lake Country community and trying new things. Lake Country Health continued to deliver our senior and caregiver support services, mental health services and community outreach programs. In addition, our talented Executive Director, Melissa, and our team of fearless employees launched several support groups and a community coffee time in Lake Country to meet the emerging health needs of our community. I encourage you to visit our website for more information about our services, or connect with us if you have questions.

In 2022, we celebrated our 40th anniversary. It may come as a surprise to many of you that Lake Country Health is 40 years old! The organization was committed from the start to fellowship, socialization, and health for seniors. Some of the services you might be aware of that Lake Country Health played a leading role in include wheels on meals, the Senior's Bus Society, and the local ambulance service. These senior's services have since evolved and expanded to what you see now on offer in Lake Country.

One of Lake Country Health's most significant accomplishments to-date is the approval for funding of a Community Health Centre (CHC) in Lake Country. Over the past year Melissa and the CHC task force have been working tirelessly to secure a site, and these efforts continue. CHCs are non-profit primary care organizations that provide integrated health care and social services, with a focus on addressing the social determinants of health. A CHC will not only respond to our current health needs but build a foundation to grow and adapt to our future needs with the ultimate goal of preventing illness and promoting wellness in Lake Country.

This year we also bid farewell to two very dedicated Board members: Claire Ishoy and Dr. Sana Shahram. During unprecedented times and a rapidly changing landscape, Claire and Sana supported the shift of our organization to one that is ready to take on a CHC. I want to thank them for their dedication and impactful contributions on behalf of the Board. I also extend a warm welcome to our new board members and a big thank you to all the Directors of Lake Country Health for their dedication to our organization.

If you are looking to get involved and make a difference in your community, we would love to have you! We are actively recruiting for volunteers to support our driving and tech angel programs, and we are always looking for local leaders to fill open board positions. Please visit the Volunteer page on our website to learn more. Finally, as we continue to work towards a healthier community, I want to send a heartfelt thank you to all of the local businesses and community-members who have supported us over the past year with your time and donations. We are excited for our next stage of growth and we could not do it without you!

With gratitude,

Lisa Ranken

OVERVIEW OF 2021-22

Throughout 2021-22, Lake Country Health Society staff continued to offer the programs the organization is well known for, including Better at Home and senior rides, while also experimenting with new programs for the community.

Existing programs continued to grow this year. For example, the number of tax clinic clients more than doubled in 2022, and the demand for seniors services was steady.

The Society offered a number of new events about a range of mental health topics. Events included Naloxone trainings, a movie night featuring the film "Angst," and a presentation about addiction. LCH enjoyed partnering with the Creekside Theater to host a comedy show with "Big Daddy Tazz," who offered a lighthearted take on living with anxiety and ADHD. The community showed strong interest in a presentation Lake Country Health hosted about living with Dementia, which also launched a new collaborative working relationship with Alzheimer's BC.

Client mental health services were expanded in 2022, with the addition of support groups offering novel programs, such as cinema and art therapy series.

May is Caregiver Awareness Month, and as the regional leader in caregiver programming, LCH ran a social media campaign about the topic. The organization also partnered with the local IDA, as well as the Lake Country Alliance and Winfield United Churches to create gift baskets for the caregivers of Lake Country. The caregiver program also expanded this year into Vernon.

Recently, LCH started offering Advanced Care Planning sessions, to help community members to explore and plan for their health care in the scenario whereby people are incapacitated. Community uptake of the sessions were strong, and the program will continue to be offered in person and online.

The Executive Director was fortunate to be a member of the regional leadership team that worked to development the regional poverty reduction strategy, the "Central Okanagan Poverty and Wellness Strategy." The strategy will be used to coordinate actions among municipalities and organizations in the region to address poverty. The development was a great collaborative effort, and LCH looks forward to helping to implement the strategy. The strategy can be found [here](#).

With growing programs and client list, the organization undertook a number of initiatives to streamline and improve operations, adding new software and procedures. LCH expanded and improved communications, starting a new e-newsletter and a new Facebook page. The Society's social media presence now includes Instagram, Facebook, as well as Tiktok, allowing the organization to engage with a broad audience.

To wrap up the calendar year, LCH hosted a Community Christmas Party at the Oyama Community Hall, where many residents met new neighbors and won some great prizes during Christmas Trivia and bingo games. The organization also partnered with Telus to provide Christmas hampers to a number of Lake Country seniors.

SERVICES OFFERED THIS YEAR

Senior Services

- Seniors rides
- Monthly house cleaning
- Weekly lawn care
- Weekly seniors fitness classes
- Tech Angels
- Tablet loans
- Weekly friendly calls
- Christmas hampers

The Resource Center

- Bus tickets and basic needs assistance
- Tenant dispute assistance
- Systems navigation
- Advance Care Planning workshops
- Annual tax clinic
- Community film night
- Community Christmas party

Mental Health Services

- Cinema Therapy series
- Art therapy series
- Presentations
- Harm reduction distribution
- Naloxone and drug testing kits distribution
- Public education

Caregiver Program

- Biweekly support groups
- Counselling
- Resource library
- Silver Sitters
- Workshops and presentations

PROGRAM HIGHLIGHTS



Seniors Rides

We provided over 100 rides to seniors, helping them to access services & medical appointments.



Tax Clinic

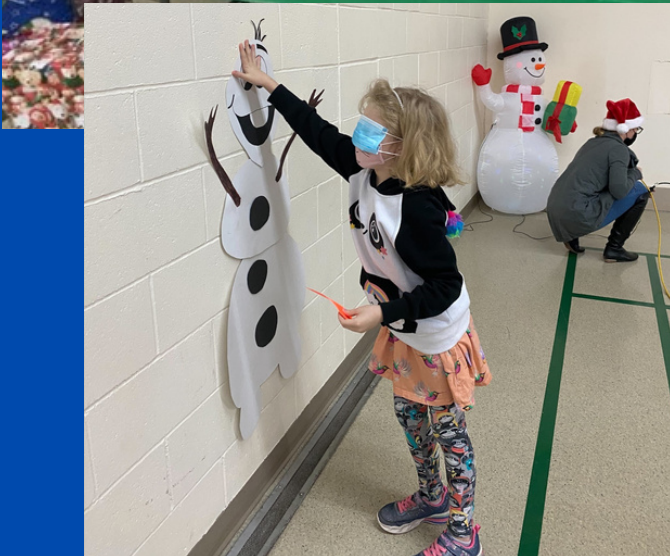
Our tax clinic completed returns for 78 community members, helping to ensure they can access government benefits & programs.



Support Groups

We hosted 66 support group meetings helping clients coping with caregiving, depression, or anxiety.

EVENT MEMORIES



OUR PARTNERS



DISTRICT OF LAKE COUNTRY

The local municipality provides us with locations for the Resource Center office, events, and a grant that helps us to operate the Resource Center.

UNITED WAY OF BC

Many LCH programs are funded by the United Way, for example, seniors house cleaning and yard care, or the caregiver services.



FAMILY CAREGIVERS OF BC

The provincial caregivers organization has helped with the establishment of LCH caregiver services, and facilitates a professional network that helps the organization continue to improve programming.

LOCAL CHURCHES

The Lake Country Alliance Church and Winfield United Church both rent LCH space for programs, such as support groups. Without those locations, those programs would not be possible.



BC GAMING

A community grant from BC Gaming enables LCH to operation the local Resource Center, which is open to the public, Monday to Friday 9:00am-4:30pm.



OUR VOLUNTEERS

Services such as tech support for seniors, rides, and the tax clinic are all delivered by volunteers. Our volunteers are people like you who make a difference in client lives everyday.

WHAT'S NEXT?

In the coming year, Lake Country Health Society aims to continue to adapt and expand our services to meet the needs of the growing community in Lake Country.

As the organization grows, so does the need for volunteers, systems, and program space. In the coming year, the organization will develop an improved volunteer management and training, as well as a new client management systems.

The organization aims to expand mental health supports by offering support groups for grief, depression, anxiety, or other topics based on community need. LCH aspires to offer subsidized or lower cost one on one counselling to all clients sometime in the future.

Seniors aiming to live independently continue to face many challenges, and Lake Country Health aims to expand the services offered to support seniors living in their own homes, as well as their caregivers. In the coming year, the caregiver program will be expanded into Kelowna.

The organization will continue to work on the development of a Community Health Center in Lake Country, through fundraising, public education, and working to find a suitable location to lease.

All program areas depend on volunteers and local funding. The organization continues to be passionate about building community, the wellbeing of seniors, mental health and preventative health care. Considering joining the organization as we work on these issue, by volunteering or making a gift to fund our local programs.

The board, staff and volunteers are excited about the future in Lake Country, and look forward to working together in the coming year.

Lake Country Health Society

Financial Statements

See Compilation Engagement Report

March 31, 2022

Compilation Engagement Report

To the Management of: Lake Country Health Society

On the basis of information by management, we have completed the balance sheet of Lake Country Health Society as at March 31, 2022 and the statement of Revenues and Expenditures for the year then ended, and Note 2, which describes the basis of accounting applied in the preparation of the compiled financial information

Management is responsible for the accompanying financial information, including the accuracy and completeness of the underlying information used to compile it and the selection of the basis of accounting

We did not perform an audit or review , nor were we required to perform procedures to verify the accuracy or completeness of the information provided by management. Accordingly, we do not express an opinion or a conclusion, or provide any form of assurance on the financial information.

Readers are cautioned that the financial information may not be appropriate for their purposes

Ledgers Canada

February 8, 2023

Ledgers Canada
26 Wilstead Dr. Newmarket ON L3Y 4T9

Lake Country Health Society**STATEMENT OF FINANCIAL POSITION**

As at March 31,	2022	2021
(Unaudited - see notice reader)	\$	\$

ASSETS**CURRENT ASSETS**

Cash	177,921	221,338
Accounts receivable (Note 3)	1,716	648
Prepaid expenses	2,314	1,124
	181,951	223,110
Capital Assets (Note 4)	4,583	4,584
	186,534	227,694

LIABILITIES AND NET ASSETS**CURRENT LIABILITIES**

Accounts payable and accrued charges (Note 5)	11,474	18,162
Deferred revenue	132	132
	11,606	18,294
	11,606	18,294
Net Assets	91,392	125,824
Restricted Assets	83,536	83,576
	174,928	209,400
	174,928	209,400
Total Liabilities and Net Assets	186,534	227,694

Approved:

Director

Lake Country Health Society**STATEMENT OF OPERATIONS**

Year ended March 31,

	2022		2021	
	(12 months)		(12 months)	
(Unaudited - see notice reader)	\$	%	\$	%
Revenues:				
Sales And Services Revenue	4,376	2%	82,337	16%
Interest & Other Income	249,950	98%	419,243	83%
Miscellaneous Income	5	0%	3	0%
Subsidies & Grants	-		5,150	1%
	254,331		506,733	
Expenditures				
Program Expenses	12,721	5.00%	41,380	8.17%
Subcontracts	18,370	7.22%	2,137	0.42%
Accounting & Bookkeeping	3,312	1.30%	4,864	0.96%
Advertising & Promotion	8,833	3.47%	31,778	6.27%
Amortization - Capital assets	-		3,086	0.61%
Fees / Dues / Subscriptions	2,764	1.09%	1,459	0.29%
Insurance	3,386	1.33%	1,585	0.31%
Occupancy Costs	3,576	1.41%	29,105	5.74%
Office Supplies and Printing	4,562	1.79%	4,879	0.96%
Professional fees	10,479	4.12%	15,330	3.03%
Repairs and maintenance	173	0.07%	-	
Admin / Management Wages	202,318	79.55%	224,672	44.34%
Admin / Mangement Taxes & Benefits	11,926	4.69%	23,752	4.69%
Telephones / Fax / Internet	5,580	2.19%	8,167	1.61%
Travel and Accommodations	-		4,952	0.98%
Vehicle Expenses / Mileage	848	0.33%	1,026	0.20%
Interest on short-term financing and bank charges	(85)	-0.03%	(252)	-0.05%
Total Expenditures	288,763	113.54%	397,920	78.53%
Net Income (Net Loss)	(34,432)	-13.54%	108,813	21.47%

Lake Country Health Society**STATEMENT OF ACCUMULATED SURPLUS (DEFICIT)**

Year ended March 31, (Unaudited - see notice reader)	2022	2021
	\$	\$
BALANCE, beginning of year	125,824	17,011
Current Year Surplus (Deficit)	(34,432)	108,813
	91,392	125,824
Restricted Assets	83,536	83,576
BALANCE, end of year	91,392	125,824

Lake Country Health Society**STATEMENT OF CASH FLOWS**

Year ended March 31,

2022
(12 months)

(Unaudited - see notice reader)

\$

OPERATING ACTIVITIES

Net Income (Loss) (34,432)

Add (deduct) Items not affecting cash:

Amortization - Capital assets -

Amortization - Intangible assets -

(34,432)**Change in Non-Cash Working Capital Balances**

Decrease (Increase) in Accounts Receivable (1,068)

Decrease (Increase) in Prepaid Expenses (1,190)

Increase (Decrease) in Accounts Payable (6,688)

(8,946)

Cash (Used in) Provided by Operating Activities (43,378)**INVESTMENT ACTIVITIES****FINANCING ACTIVITIES**Increase (Decrease) in Restricted Assets (40)(40)

Net Increase (decrease) in Cash & Equivalents (43,417)

Cash and Cash Equivalents, beginning of year 221,338Cash and Cash Equivalents, end of year 177,921

Lake Country Health Society

NOTES TO FINANCIAL STATEMENTS

As at March 31, 2022

1 - STATUTES OF INCORPORATION AND NATURE OF BUSINESS

Lake Country Health Society was incorporated under the laws of the Province of British Columbia on 11/26/1982

Lake Country Health Society is in the business of Community Services

2 - SIGNIFICANT ACCOUNTING POLICIES

The basis of accounting applied in the preparation of the financial information is on the historical cost basis, reflecting cash transactions, and when applicable, with the addition of:

- Inventory valued with the First in, First out method
- Property, Plant and Equipment amortized over their useful life using CRA rates
- Accounts Receivable and Accrued Receivables
- Accounts Payable and Accrued Liabilities
- Current Income Taxes Payable (receivable) as at the reporting date

Capital Assets

Capital assets are accounted for at cost

Amortization is based on their useful life using the following methods and rates, and when applicable, qualifying assets are amortized using the Accelerated Investment Incentive (AIIP)

	Methods	Rates (/ periods)
Furniture and equipment	Declining balance	20%
Computer hardware	Declining balance	55%

Lake Country Health Society**NOTES TO FINANCIAL STATEMENTS**

As at March 31, 2022

3 - ACCOUNTS RECEIVABLE

	2022	2021
	\$	\$
Operating accounts		
Tax credits recoverable	1,716	648
	1,716	648

4 - CAPITAL ASSETS

	2022	2021
	Net book value	Net book value
Cost	Accumulated amortization	
\$	\$	\$
Furniture and equipment	4,819	2,232
Computer hardware	6,504	4,508
	11,323	6,740
	4,583	4,584

5 - ACCOUNTS PAYABLE AND ACCRUED LIABILITIES

	2022	2021
	\$	\$
Operating accounts		
Accrued expenses	3,994	12,459
Salaries, withholding taxes, taxes and contributions	4,582	3,037
Credit Cards Payable	2,901	2,667
	11,477	18,163