

epilepsy
durham region



2
0
2
2

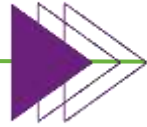
ANNUAL REPORT

*working together to improve
epilepsy care in Durham Region*

Tuesday, May 30th, 2023

epilepsydurham.com

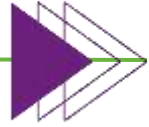
TABLE OF CONTENTS



EXECUTIVE MESSAGE	4
OUR MISSION, VISION AND VALUES	5
BOARD OF DIRECTORS	5
A YEAR IN REVIEW	6
VOLUNTEER ACKNOWLEDGEMENTS	7
A NEW UPLIFTING APPROACH.....	8
STATEMENT OF OPERATIONS	9
FINANCIAL STATEMENT	10
NOTES	11
AGENCY INFORMATION	12



EXECUTIVE MESSAGE



As the Executive Director of Epilepsy Durham Region, I would like to express my heartfelt appreciation to our Board of Directors, Associate Members, and volunteers for their unwavering commitment and support to our cause. As a small-staffed non-profit, Epilepsy Durham Region would not be where we are without their dedication to our organization's mission and values.

Over the past year, we have achieved commendable milestones in our pursuit of promoting independence and optimal quality of life for those impacted by epilepsy and/or seizure disorders. Together, we have made tangible differences in the lives of countless individuals and their families. From providing comprehensive epilepsy education to assist with individuals' self-management of their disease, to implementing new support groups and mental health programming, our efforts have created ripples of positive change in our community.

None of this would have been possible without the unwavering dedication of our passionate volunteers, and the generosity of our donors. It is your collective efforts that continue to propel us forward, empowering us to confront even the most pressing challenges head-on.

Looking ahead, we recognize that our work is far from finished; it is crucial that we continue to place the needs of our clients at the forefront of our organizational direction, and remain adaptable and responsive to these needs and challenges. We openly welcome your feedback and engagement to ensure that we remain connected to the root of our mission, vision, and values.

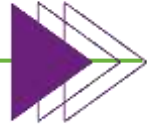
Thank you for being part of the Epilepsy Durham Region family. I am confident that with your continued commitment, we will overcome any obstacles that come our way and continue to make a meaningful difference in the lives of so many.

Together, we will improve epilepsy care in Durham Region.

Chelsea Kerstens
Executive Director



MISSION, VISION & VALUES



MISSION

Epilepsy Durham Region is committed to promoting independence and optimal quality of life for individuals living with epilepsy or seizure disorders and their families, through support services, advocacy, and public education.

VISION

Our vision is to create a barrier free community in which epilepsy is widely understood, and where persons affected by epilepsy and seizure disorders are empowered to live a life of support, dignity, and self-worth.

VALUES

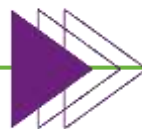
- Caring and empathic
- Accountability
- Equality and mutual respect for all individuals
- Integrity and honesty
- Respect and diversity
- Efficient and cost-effective management

BOARD OF DIRECTORS

- Cris Douglas | President
- Cindy MacEwen | Vice President
- Joseph Mauceri | Treasurer
- Melike Ceylan-Leamen | Secretary
- Jay Kilgannon | Director
- Sandhya Narikuzhy | Director
- Ashley Bain | Director

ASSOCIATE MEMBERS

- Logan Bloschinsky
- Lorraine Hogg
- Randy Ling
- Denise Sankey
- Cassidy Wade



PROVINCIAL | AGENCY COLLABORATIONS

Epilepsy Durham Region is continuing to work collaboratively with its fellow community epilepsy agencies across Ontario. In 2022 our goal of being included in the provincial budget remained at the forefront of our efforts. The focus for government funding will help agencies across the province to consistent, timely, and effective care to all of those living with epilepsy, including epilepsy education, one-on-one support, increased mental health supports, and enhanced programs and services at a local level.

REGIONAL | CHANGING HOW WE DELIVER SERVICES

While Epilepsy Durham Region is still recovering from the impacts of COVID-19, the necessary changes to our delivery service models that took place as a result have proven to thrive. In 2022, Epilepsy Durham Region implemented two distinct support groups for both adults and caregivers impacted by epilepsy; each of these programs is running monthly in a virtual capacity and registration and attendance continues to grow. The ability to connect virtually has allowed those affected by epilepsy to meet regularly in an accessible way.

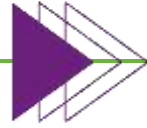
Epilepsy Durham Region has also revived our in-person education programs, information / public awareness booths, and client interactions when requested.

OPERATIONS | STAFF TRANSITIONS

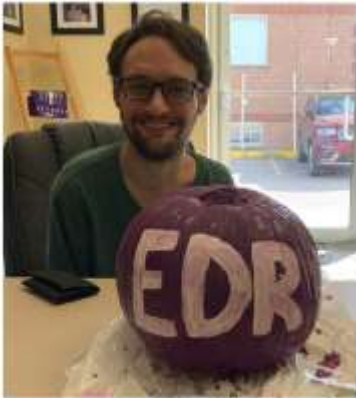
2022 welcomed Epilepsy Durham Region's first ever Registered Social Worker, Laura Wilson, to its team. Ms. Wilson flourished in her role of Epilepsy Educator and Client Services Coordinator as she worked with the Epilepsy Durham Region team to develop and implement our new Social Groups.

Epilepsy Durham Region also welcomed Shayna Britto as the new Program and Events Coordinator. Ms. Britto prides herself in launching Epilepsy Durham Region's first ever epilepsy education program specifically designed for secondary students – SEIZURE SMART; this program assisted students with seizure recognition, first response protocol, epilepsy education, and included both a volunteer and philanthropy education component.

VOLUNTEER ACKNOWLEDGEMENTS

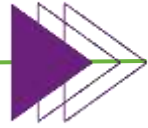


Epilepsy Durham Region would like to reflect on what our volunteers mean to our effectiveness, the support we are able to provide, and ultimately the overall success of our organization. As a small staffed non-profit, Epilepsy Durham Region knows that we would not be where we are without the dedication, passion, and kindness of our volunteers. Simply put, volunteers are the backbone of Epilepsy Durham Region, helping it to thrive, have its heart shine through and its mission delivered. Thank you to all of our volunteers who make what we do possible!



be kind.

A NEW UPLIFTING APPROACH



Epilepsy Durham Region introduces new mental health program: PROJECT UPLIFT

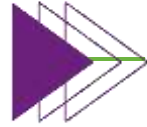
With the introduction of a Registered Social Worker to Epilepsy Durham Region's staff in 2022, we were excited to announce the reimplementation of **Project UPLIFT** (*"Using Practice and Learning to Increase Favourable Thoughts"*). UPLIFT is a mindfulness-based cognitive behavioural therapy program that improves depression, and overall psychological quality of life. This program is for adults aged 18 and older, and involves meeting once a week for an hour for a total of eight weeks.

Each session reviews different ways living with epilepsy can affect mental health and teaches valuable coping strategies. This includes group discussions led by Epilepsy Durham Region facilitators, and skill building exercises to practice learned strategies.

The participants of our 2022 UPLIFT session worked incredibly hard, shared that they felt positive impacts in their overall mood and mental health, and made meaningful, lasting connections with one another. We are excited to continue to offer UPLIFT for adults living with Epilepsy, and Caregivers with loved ones with Epilepsy in the future.



STATEMENT OF OPERATIONS | DEC. 31, 2022



Epilepsy Durham Region Statement of Operations

For the year ended December 31, 2022

	<u>2022</u>	<u>2021</u>
Revenue		
Bingo/Nevada	\$ 27,093	\$ 14,431
Donations	32,919	47,087
Fundraising	1,000	14,212
Grants	-	91,093
Investment income	1,730	13,879
Other income	3,155	3,721
	<u>65,897</u>	<u>184,423</u>
Expenses		
Fundraising expenses	7,210	6,180
Insurance	3,627	3,528
Interest and bank charges	344	457
Legal and accounting	5,277	6,789
Office and general	12,834	5,192
Professional dues	274	666
Professional development	245	260
Rent	17,660	17,818
Repairs and maintenance	-	41
Salary and benefits	111,208	117,894
Telephone	2,148	2,045
Travel	18	144
Utilities	2,043	2,157
	<u>162,888</u>	<u>163,171</u>
Excess of Revenues over Expenses	<u>\$ (96,991)</u>	<u>\$ 21,252</u>

Epilepsy Durham Region Statement of Changes in Net Assets

For the year ended December 31, 2022

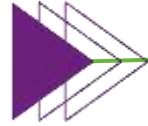
	<u>2022</u>	<u>2021</u>
Unrestricted Net Assets - Opening	\$ 521,108	\$ 499,592
Excess of Revenues over Expenses	(96,991)	21,252
Prior Period Adjustment	-	264
Unrestricted Net Assets - Closing	<u>\$ 424,117</u>	<u>\$ 521,108</u>

Joseph Mauceri, CPA, CMA, BCompSc

Coli Taylor, CPA

STATEMENT OF FINANCIAL POSITION |

DEC. 31, 2022



Epilepsy Durham Region
Statement of Financial Position
 For the year ended December 31, 2022

	<u>2022</u>	<u>2021</u>
Assets		
Current		
Cash	\$ 75,040	\$ 159,729
Investments	383,600	381,829
Accounts receivable	4,394	13,549
Inventory	3,272	5,021
Government remittances receivable	2,234	989
Prepaid expenses	-	1,711
	<u>468,540</u>	<u>562,828</u>
Liabilities		
Current		
Accounts payable and accrued charges	\$ 4,423	\$ 1,720
Long Term		
Long term debt (Note 3)	40,000	40,000
	<u>44,423</u>	<u>41,720</u>
Total liabilities		
	<u>44,423</u>	<u>41,720</u>
Net Assets		
Unrestricted Net Assets	424,117	521,108
	<u>\$ 468,540</u>	<u>\$ 562,828</u>

Joseph Mauceri, CPA, CMA, BCompSc

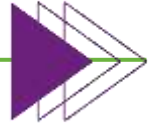
Coli Taylor, CPA

REASONS TO DONATE

Did you know that Epilepsy Durham Region relies heavily on the generosity of its volunteers and donors to continue its work? Our fundraising efforts, donations, and support from our community are critical in ensuring we can provide all services and support to individuals and their families affected by epilepsy or seizure disorders in our community.

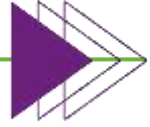


NOTES





CONTACT US



EPILEPSY DURHAM REGION

P.O. Box 1 STN Main
Uxbridge, ON L9P 1M6
mailing address only

(T) 905.430.3090

epilepsydurham.com
info@epilepsydurham.com



OUR STAFF

CHELSEA KERSTENS

Executive Director
director@epilepsydurham.com



epilepsy
durham region

Working together to improve epilepsy care in Durham Region

Every effort has been made to recognize volunteers, individuals, foundations and corporations who have generously supported Epilepsy Durham Region and its mission in 2022. Please accept our apologies should any errors or omissions have occurred and notify us at (905) 430-3090.

CHARITABLE REGISTRATION NO. 89670-5399-RR0001

THANK YOU

ANNUAL REPORT 2022

epilepsy
durham region

