

PROGRESSIVE HOUSING SOCIETY

Annual Report

2010-2011



Housing, Support, and Wellness
Through Partnerships

Our Mission

To provide housing, support, and wellness through partnerships

Our Purpose

To promote the wellness of people with mental illness by providing affordable housing options and support services based upon the principles of recovery

Our Core Values

Respect, Ethics, Partnership, Empathy, and Teamwork



For the past 30 years, Progressive Housing Society has been a leading provider of supportive housing services to individuals in Burnaby struggling with mental illness or homelessness.

We would not be successful without the help and support of our selfless volunteers.

As Muhammad Ali once said, “Service to others is the rent you pay for your room here on Earth.”

Thank you to all of our volunteers for their tireless effort!



Sharon McMillan

Sharon McMillan used to be one of the people who PHS's Homeless Outreach helped; today, she practically runs the program. Sharon is a dedicated volunteer who is officially in charge of managing food and clothing donations, although she helps out in any way that she can.

Two years ago, Sharon was living on the streets. She knew it was time to make a change in her life when her then 18-year-old daughter decided to find her after losing no contact for 14 years. Progressive Housing gave Sharon "the incentive and the know-how to get off the streets." She knew they would be there for her if she ever needed help, but, ultimately, Sharon's own sheer determination got her to where she is today - housed, clean and sober.

Sharon initially started volunteering with PHS because she knew people who were still living on the streets and who needed help. Because she knows first-hand how hard it is to get off the streets, HOP sees Sharon as an asset to their outreach efforts. Because she was once a PHS client herself, Sharon knows how important PHS and its programs are to the community.

Since working with PHS, Sharon has witnessed a lot of people get off the streets and into housing or detox facilities. Sharon sees PHS as a lifeline that helps keep the homeless in touch with the rest of world and gives people hope that life can get better. For Sharon, working with PHS is about giving back, but she also gains a valuable sense of accomplishment from being a part of the good that PHS does.

Our Dedicated Volunteers

Office

Herb

Community Partnership Committee

Rod, Paz, Doug, John, Larry S., Larry R., Maria,
Vojin, Tracey

Homeless Outreach Program

Wednesday Set-Up:

Brian K., Fida, Linda, Dorothy, Rahel, Paul, Grant, Ling,
Pauncha, Gail, Elaine, Maria, John

Wednesday MOP Van:

Sharon, Colleen, Sherry

Thursday Southside:

Wanda, Arlene, Darlene, Jim, Jane, Doug, Paul, Elaine,
Murray, Jeff, Gary, Marion, Shirley, Fred, Joe, Nelson,
Laura, Banna, Elsa

Anytime and All the Time

Patrick J. and the guys from Holly House



A Year in Review



PHS Fit Club

Many clients enjoy learning about health and increasing their fitness with the PHS Fit Club. The group also has added social benefits. We have between 14 and 18 members who come out to exercise regularly, rain

or shine. Nothing stops us. At our weekly meets, our members are given the option of walking, swimming, or using the gym because we realize that fitness is all about variety. This year, we received an \$1800 grant from Legacy Now and started a wonderful partnership with Eileen Dailly Pool.

Metrotown's Ride the Train for Change

On September 25, 2010, PHS participated in the Ride the Train for Change event at Metrotown Centre. Shoppers rode the Metropolis Express by donation between 10 and 8 p.m. that day, and all the proceeds raised went to PHS. We also collected warm winter sock donations. With Metrotown's help, we raised over \$6,200 through this event.



Homeless Count

In March, PHS participated in the 2011 Metro Vancouver Homeless Count. During a 24-hour period, volunteers scoured the streets in search of the homeless. According to the preliminary report, Burnaby has 73 homeless people, down 13 from the 2008 count. Although these figures are recognized as an 'undercount,' they are important for the continued advocacy of housing and services for people living with extreme poverty or homelessness.



Burnaby Edmonds Santa Claus Parade

We participated in the 8th annual Santa Claus Parade, a partnership between the Burnaby Edmonds Lions Club and the City of Burnaby. PHS staff, volunteers, and clients came out to walk in the parade, and the PHS MOP van acted as our float. Everyone had a good time, and it helped get PHS into the Christmas spirit.

Paint the Office Day with Starbucks

Around Christmas, Starbucks hosted a fundraiser for PHS at one of their new stores in Burnaby. Then, as part of their Shared Planet initiative, they donated their time to give our offices a well-needed update. Starbucks had a team of their management staff come in and paint the PHS hallways and kitchen. Our staff also worked in teams to paint their offices the colours of their choice. Thanks to the wonderful volunteers from Starbucks, PHS was rejuvenated and made more inviting for clients, staff, and volunteers.



Christmas 2010

PHS staff and clients enjoyed our Christmas dinner at the Burnaby Firefighters Club. The adorable children's choir from Maywood Elementary School provided Christmas entertainment and were a big hit. Hot chocolate,



baked goods, and catered food were also provided.



Homeless Awareness Week

The 5th Annual Homeless Awareness Event took place in October 2010 at the Southside Community Church. PHS, in partnership

with the Burnaby Task Force on Homelessness, organized a spa day for the homeless, designed to boost people's spirits and make them feel good about themselves. The over 200 people who attended received comfort kits and services such as tooth, eye, and foot care, makeovers, and medical attention from nurses and outreach workers. Students from Utopia Academy of Hair Design in Abbotsford came and gave people professional hair cuts. Clothing was also made available. The Optimist Club and Burnaby Lions provided hot meals for the event. HAW is a great community event, and we look forward to next year's!



BBQ 2010

This year, PHS's annual BBQ theme was the Wild West. People came ready for the hoedown in their cowboy boots and their ten-gallon hats. The event took place at Confederation Park, and over 100 people attended. Tim Horton's donated fresh coffee and baked goods, and

Seasonal Experience once again supplied us with great food.

Olympics 2010

PHS Fit Club spent a day enjoying the Olympic festivities. We visited Canada Place, where we learned about the history of the Olympics, and the Olympic cauldron, where we saw the flame. We also experienced Robson Square. It was a fun-filled day of sport and entertainment.



HOP Christmas 2010

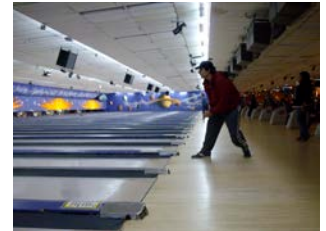
HOP brought Christmas cheer to its Outreach Program attendees again this year, and the event was more successful than ever. The Kingsley family and friends served a hot breakfast, and a turkey dinner was provided at lunch time. All attendees received a Christmas gift and were entered to win door prizes. There was also a hockey shootout, bingo, and live entertainment. HOP Christmas is



supported by numerous community partners. We received an outpouring of donations from the community in the form of monetary goods and kind. We would like to give a special thank you to Quilts Etc. for making a huge donation of pillows.

CPC Bowling

The Community Partnership Committee meets throughout the year to organize fundraisers such as raffles and hot dog sales to subsidize events like this one, in which clients have a chance to come together, be social, and have fun.



Cuban Daze

In honour of our staff Michel's heritage, HOP held a "Cuban Daze" celebration that included authentic Cuban food, drinks, and décor. Michel and his sister provided the entertainment, including Cuban music and dance. They also taught the Salsa to all those who wished to learn.

SIL – Supported Independent Living Annual Report 2010–2011

“Without goals, and plans to reach them, you are like a ship that has set sail with no destination”
Fitzhugh Dodson

One of the more interesting aspects of my job is to review the goals that people set for themselves at their Individual Service Plans. The goals that people challenge themselves with are varied and interesting. Our focus is on helping all of our participants access resources and develop the skills they need to increase their capacity to be successful and satisfied in the living, working, learning, and social environments of their choice. In order to do this, people sometimes have to step out of their comfort zones. The rewards of making healthier lifestyle choice, learning a new hobby or interest, making new friends, starting a new volunteer position or job, or re-discovering the community are sometimes hard to measure, but we recognize the effort and commitment it takes for people to continue to move

forward while at the same time learning to manage their mental health.

An integral part of the SIL Program is our dedicated staff. They are there to coach, to encourage, and to inspire. They are always looking for new ideas and new ways to approach problems. Combined, they bring a wealth of knowledge and experience to our program. Thank you to Terry Stevens, Richard Rigby, Kayla Clack, Luba Andrews, Jodi Cooper, Kevin Gariepy, Andi Hale, Jesse Donaldson, Freddy Benmergui, and Greg Bourgeois. This year we reorganized our teams to have people work in pairs. Our hope is that a smaller team will improve continuity and communication.

Many of the participants in our supported programs receive a rent subsidy which is made possible

through funding provided by Fraser Health Authority. This year, we supplied subsidies to 105 individuals, including 13 new applicants, all of whom have been referred to us by Burnaby Mental Health Services. We work closely with people to develop a long-term housing plan so they have affordable housing options when they no longer need our support services. Case Managers from Burnaby Mental Health Services also work with us to help facilitate our participants' rehabilitation. The relationships we have established over the years have helped us nourish a spirit of recovery and wellness.

Choosing a goal and sticking with it can change everything.

Linda Kingston
Program Manager



CLS – The Community Living Program Annual Report 2010–2011

Another year has passed, and the Community Living Program (which consists of the Shared Housing Program, the Transitional Housing Program at Gilmore House, and the Supports Only Program) has continued to provide housing and support to their participants.

In regards to the Shared Houses themselves, BC Housing responded to PHS's request to fund upgrades to the insulation at Holly House, the lighting at Rumble, and the drainage situation at Georgia. At year's end, funds came through to make improvements to the laundry room at Holly House, and it is hoped that the drainage problem has been remedied there as well.

The CLS team and its participants worked collectively to fulfill the participants' desire to learn additional skills that would afford them more independence and promote a well-balanced lifestyle. Through the Individual Service Plans, our participants identify what they are interested in learning and how they wish

to attain their knowledge goals. They are usually most interested in enhancing social and physical wellness, increasing opportunities to obtain volunteer positions, and learning more about the proper maintenance of the home, including useful housekeeping and cooking techniques. This year, our CLS team spent a great deal of time discussing healthy yet cost-effective food choices as well as the physical act of shopping because with knowledge comes change and with practice comes comfort.

A number of our participants have and continue to access various volunteer positions to earn work experience, to enhance the structure in their lives, and to develop friendships and social supports. In addition, volunteering gives them the chance to explore their altruism and community involvement.

Our CLS team also continues to facilitate PHS's weekly Fit Club, which continues to grow and flourish. The club is open to all PHS participants and is highly

attended by those in CLS. This year, Sheryl Fitzgerald, a CLS team member, obtained a grant which afforded members weather proof clothing and allowed for the purchase of walking poles and for professional nutritional instruction. Every Wednesday, up to 20 participants, including CLS team members Syed Mumtaz and Irene Reddy, meet to promote fitness, wellness, camaraderie, and socialization. The success of Fit Club can be measured by the fact that the majority of participants continue to attend sessions regularly. SIL staff have also attended meetings and encourage their program participants to take part in the group.

The CLS Team tries to provide their participants with a wide variety of support services that will ultimately enable them to achieve a balanced and fulfilling life full of mental health, independence, and wellness.

Cheryl Stogren
Program Coordinator



HOP – Homeless Outreach Program Annual Report 2010–2011

HOP continues to provide outreach and support services to anyone dealing with or at risk of becoming homeless in Burnaby. HOP has worked with many citizens of Burnaby who are under housed, living in extreme poverty, or who have recently become unemployed.

The HOP Team consists of Anita Stocker, Michel Galban Lara, Naomi Harden, and Brian Baybay. HOP was very fortunate to have Jake Schroeder work for us as a SFU co-op student and then do a practicum with us. Christine Klassen gave birth to twin girls and left our program for a year's maternity leave.

Each year, the demand for HOP's assistance grows in the community. Today, we are a regular resource for the Burnaby General Hospital, Burnaby Mental Health, Burnaby RCMP, Royal Columbia Hospital, The City of Burnaby's Parks and Recreation, The City of Burnaby City Highway and Works Department, BC Housing, Ministry of Social Development, The

Burnaby Board of Trade, various schools throughout Burnaby, and a number of other non-profit organizations in Burnaby and New Westminster.

Although the cost of market (or non-subsidized) housing is high and availability for HOP clients is difficult to find, our HOP team has continued to find housing for our clients and to provide necessary supports to the homeless until they are housed. We have also maintained our Mobile Outreach Program, which is now available in four regions of Burnaby on a weekly basis.

HOP would not be possible without our various community supports. Each week, different Burnaby faith groups provide food to our clients. They also host fundraisers and collect needed items for us throughout the year. Many individuals, groups, businesses, associations, and not-for-profit societies volunteer at special events and fundraisers as well, especially around Christmas time.

Without the help and support of all of our contributors who volunteer their time and energy to our program, HOP would not be successful.

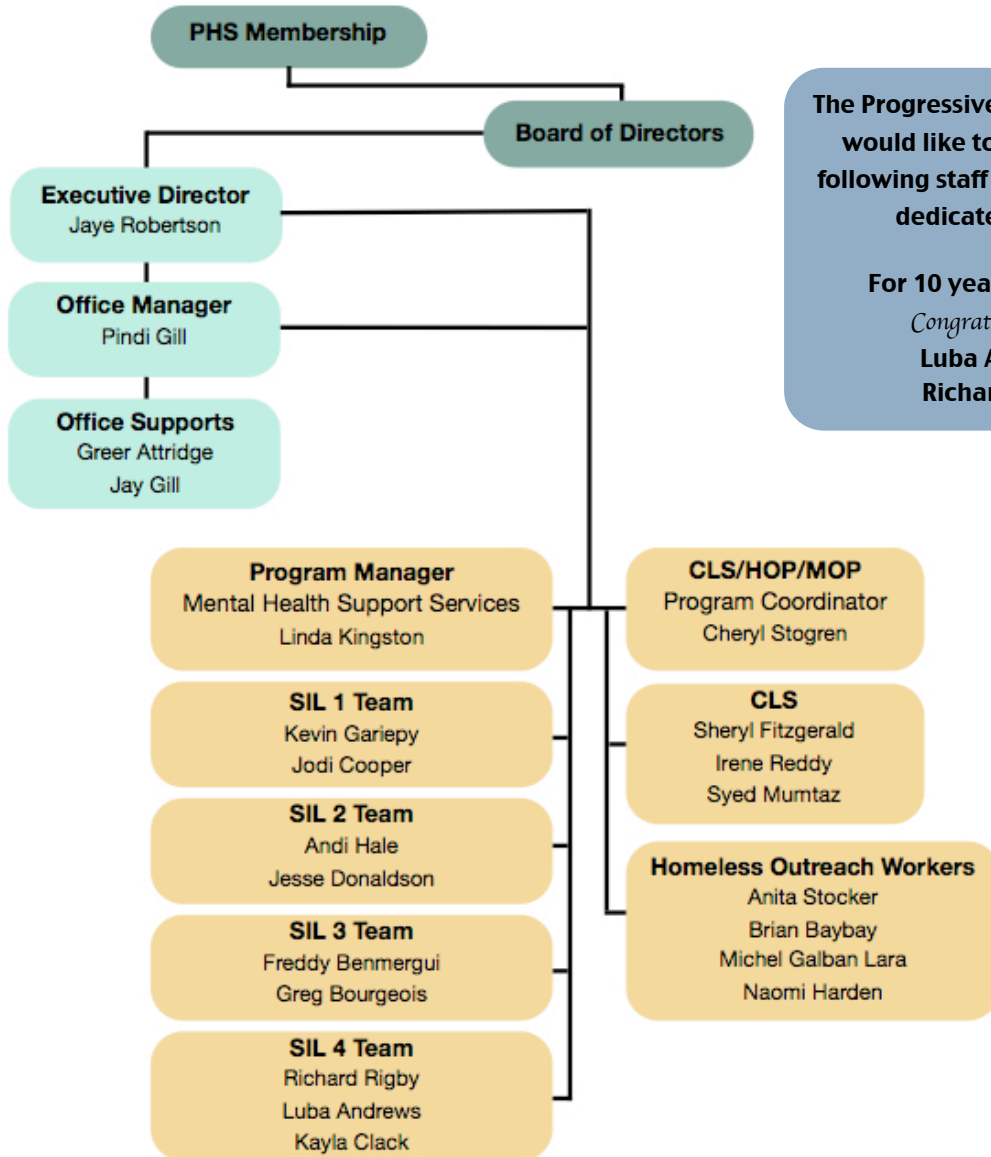
Like our benefactors, we believe that everybody in Burnaby deserves to have a home and want to contribute to ending homelessness in Burnaby. While Progressive Housing Society's Executive Director and Board of Directors continue to work towards these goals, HOP clients and staff wait for a permanent shelter, specialized supported housing, and additional supports to be established in Burnaby, similar to the resources that have been established in most other communities. Everybody matters. Everybody deserves a safe, affordable place to live.

Cheryl Stogren
Program Coordinator





Organization of Progressive Housing in June 2011



The Progressive Housing Society would like to recognize the following staff for their years of dedicated service.

For 10 years of service,

Congratulations to:

Luba Andrews
Richard Rigby



Celebrating 30



Years of Achievement!



Our Achievements

1981

- Progressive Housing Society was incorporated

Early 1980s

- Purchased the Georgia, Holly, and Rumble Houses to serve 15 clients

1991

- Hired first support worker

1992

- Began the SIL program with 30 apartments

1993

- Began Super SIL with 15 apartments

1995

- Super SIL grew to 30 participants

1997

- Began SIL Lite with 24 apartments

2000

- Began the CLS program for people who only required support services, with 15 clients

2001

- Leased the Gilmore Transition House from the City of Burnaby
- Began the rent supplement program
- Restructured the SIL program to include all SIL programs in order to better serve clients at all different levels of need
- Created the PHS Community Partnership Committee (CPC)

2003

- Increased service to 150 clients with 15 staff

2005

- Founded the Burnaby Homelessness Task Force with other community volunteers
- Contracted with Fraser Health to provide a Homeless Outreach Program (HOP)

- Assumed operation of the first of six 3-bedroom family oriented townhouses owned by BC Housing 2006

- Hired a homeless outreach worker with funding from BC Housing

2008

- Received funding for a Mobile Outreach Program (MOP) and for two more Homeless Outreach Workers
- Purchased and launched the 2008 Sprinter Van for MOP
- Began a rent subsidy program for the homeless
- Nominee and finalist for the Non-Profit of the Year in Burnaby

2009

- Engaged in the Strategic Planning Session until 2012
- Increased the MOP van stops from four to seven
- Hired a fourth Homeless Outreach Worker
- Renovated PHS office to enhance safety and wellness of staff
- Secured funding for a full-time Co-op student
- Secured the continuation of funding for MOP and HOP for 2 years
- Doubled the HOP rent subsidy program

2010

- Staff re-organization

2011

- According to the 2011 Metro Vancouver Homeless Count, Burnaby has 73 homeless people, down 13 from the the 2008 count

Board of Directors 2010-2011



Rose Bergen
President

Rose has worked in the non-profit sector for over 15 years and has been working with PHS for 7. Because of her experience with housing-related issues, Rose recognizes the need to provide safe, affordable housing for all in order for individuals to maintain their mental and physical health along with a sense of stability.



Jenny Katayama
Vice President

Jenny brings her experience in the financial industry as well as her undoubted enthusiasm to the Board for another year. Jenny believes that the things we do today will make a difference tomorrow. She is excited about the future of our community and the role Progressive Housing Society will play in it.



Doris Routliffe
Secretary

Doris has been involved in volunteering since the 1950s. She has actively served in various volunteer positions for a number of organizations in Burnaby, including the United Church New Haven Care Home and Burnaby Citizen Support Services. Doris is very committed to promoting Progressive Housing's services to the community.



John Morton
PPAC Co-Chair

John has been a PHS client for over 10 years, giving him direct experience with supported housing. He loves getting to know people in the community and enjoys the responsibility and involvement that comes with being a PPAC Chair.



Carrie McLaren
Treasurer

Carrie got involved with PHS after recognizing the social impact they had in Burnaby. She enjoys working with people to find solutions to problems, knowing that there are no 'right' answers. Carrie hopes to raise awareness of issues surrounding homelessness to help create a better community.



Rajinder Pandher

Rajinder is committed to enhancing Burnaby's community services. He is a founding board member of the Burnaby Multicultural Society and the Ethno-Cultural Advisory Association. His community ties and diverse connections within Burnaby assist PHS in educating the public on issues of homelessness and mental illness.



Michael Sandler

Michael brings a decade of experience in health care as well as a background in program organization and delivery to the PHS team. Michael's focus is to ensure that services for mental illness and homelessness within the Burnaby area grow to meet the ever-increasing demand for this type of service.



Executive Report



Jaye Robertson
Executive Director

This year we are thrilled to announce that Progressive Housing Society is celebrating its 30th year of service in Burnaby. Over the past three decades, we have grown by leaps and bounds and continue to be a leader in the mental health and supported housing industries.

Our success is measured on a daily basis by our consistent delivery of multi-level support services that promote and encourage wellness. Since our inception in 1981, we have been aware of the changing needs of our community; we have listened to our clients and have been accountable to our funders by responding effectively to program adaptations and by implementing a philosophy of recovery.

We believe our services are essential to improving the quality of life of those suffering from mental illness and have focused our practice on a collaborative approach rooted in partnerships with our clients and with the community.

More recently, Progressive Housing has recognized the unfortunate increase in homelessness in the Burnaby community. We have taken the initiative to address and respond to the needs of our most vulnerable population.

Although we continue to struggle with the limited resources in Burnaby, we have developed key partnerships with other members of our community. Together, we have been able to promote awareness of the growing need for more support services and have managed to prompt the engagement of both the public and private sectors.

Over the years, the Society has had to adapt to a variety of economic and political changes, but each year we rise to the challenge at hand. This year, we will see changes to our Board and will have the opportunity to learn and grow through the development of these new relationships.

Our staff, volunteers, and dedicated donors remain the foundation of our programs. Their commitment and positive outlook towards the individuals they serve can be seen in all aspects of our organization.

None of our achievements would have been possible without the tireless contribution of our staff, volunteers, funders, and supporters. Working together, they make Progressive Housing a strong and viable organization that continues to effect significant difference in the lives of those we serve.

We thank each one of our generous supporters from the past thirty years for the role they have played in our development. Thank you for sharing your time and resources. We could not have done it without your contribution.

As we look ahead, we are excited about the future and the possibility of having many more years to promote positive change and wellness within our community.



Rose Bergen
President

Agenda

June 15, 2011

Lunch
Member Registration
Welcome
Call to Order
Approval of Agenda
Approval of Minutes from last
AGM June 16, 2010
Executive Reports
President/Executive Director
Auditor/Treasurer
Nominations Report
Election of Board Members
Approval of Reports
Adjourn Business Part of Meeting

Program Updates
SIL Program
CLS Program
Homeless Outreach Program
Community Partnership
Committee Update
Staff Recognition
Adjournment

Annual General Meeting 2010 Minutes

June 16th, 2010
Southside Community Church
7135 Walker Ave. Burnaby, BC
V5E 1G5

Registration and lunch served at 12:00.

- 1.0 Welcome and Introductions**
- 2.0 Call to order and establish Quorum:** 12:45pm
- 3.0 Review of Agenda**
Motion to approve agenda: Carrie McLaren
Seconded: Jos
Motion Carried: Yes
- 4.0 Adoption of the 2009 AGM Minutes**
Motion to adopt minutes: Doris Routliffe
Seconded: Gorden Zelezinsky
Motion Carried: Yes
- 5.0 Executive Reports**
 - 5.1 Executive Director/President's Report
 - 5.2 Auditor/Treasurer's Report
- 6.0 Nominations Report**
 - 6.1 The following officers and directors-at-large are in the middle of their term and therefore do not need to be re-elected: Rose Bergen – President, Jenny Katayama – Vice President, Doris Routliffe – Secretary, John Morton – PPAC Co-Chair.
 - 6.2 The following Officers need to be re-elected for another two-year term: Michael Sandler and Rajinder Pandher.
 - 6.3 Retiring/Resignations
Gorden Zelezinsky, one of the PPAC Co-Chairs, will be retiring from the Board as he has completed a six-year term. Thank you, Gorden for your

commitment and contributions for the past six years.

Jon Satok, Treasurer, tendered his resignation on February 28, 2010.

Anne Kang, Director, tendered her resignation in April 2010.

6.4 The Nominating Committee is in the process of selecting another PPAC Co-Chair but does not have a candidate at this time.

The Nominating Committee wishes to put forward the following name: Carrie McLaren for Treasurer.

6.5 Motion to adopt all reports as presented:

Jenny Katayama
Seconded: Brian Kingsley
Carried: Yes

6.6 Motion to appoint RHN for fiscal year 2010-2011:

Brian Kingsley
Seconded: Doug Dungey
Carried: Yes

7.0 Meeting Adjourned

Business part of meeting adjourned:
1:05pm
Move adjournment: Edward Miller

Prize Winners

Subway
Brian Kingsley
Elaine Steele
Wendy's
Jos
Jane
Brian Kingsley
Jerry
Safeway
Rod Farrell
Superstore
Brent Tatum

Nominating Committee Report

SLATE OF BOARD MEMBERS

2011/2012 Board of Directors

I would like to thank my fellow committee members, Doris Routliffe and Michael Sandler, for their valuable work on the committee.

The following officer and PPAC rep are in the middle of their terms and therefore do not need to be re-elected.

Carrie McLaren
John Morton – PPAC rep

The following people will be retiring from the board having completed a six-year term.

Rose Bergen – President
Doris Routliffe – Secretary

I would like to thank Doris for her valuable contribution to the Society. It is loyal volunteers like Doris who make a difference in the community we serve.

Rajinder Pandher and Michael Sandler have tendered their resignations after two years of service to the Progressive Housing Society Board. We would like to thank Michael and Rajinder for their valuable contribution and wish them well in the future.

The Nominating Committee would like to put forward the following slate of candidates:

Irfan Ali	President – First two-year term
Jenny Katayama	Vice President – Second two-year term
Elke Yeung	First two-year term
Pam MacDonald	First two-year term
Tania Dong	First two-year term
Maria Asuncion	PPAC rep – First two-year term
Rose Bergen	Past President (Advisory to Executive)

The Committee recommends acceptance and confirmation of this slate of board members.

Respectfully submitted
Rose Bergen, Chair
Nominating Committee

Financial Statements

The Progressive Housing Society

Summarized Statement of Financial Position
(Year End March 31, 2011)

	2011	2010
Assets		
Current Assets	\$228,996.00	\$400,986.00
Capital Assets	\$355,948.00	\$375,794.00
	<u>\$584,944.00</u>	<u>\$776,780.00</u>
Liabilities and Net Assets		
Liabilities	\$303,969.00	\$426,848.00
Net Assets	\$208,454.00	\$278,519.00
	<u>\$512,423.00</u>	<u>\$705,367.00</u>
Long-Term Debt		
Replacement Reserve Fund	\$72,521.00	\$71,413.00
	<u>\$584,944.00</u>	<u>\$776,780.00</u>

Statement of Operations (Year End March 31, 2011)

Revenues		
Contracts	\$2,052,807.00	\$2,027,351.00
Donations, Interest & Memberships	\$93,530.00	\$28,817.00
Others	\$39,631.00	\$14,635.00
	<u>\$2,185,968.00</u>	<u>\$2,070,803.00</u>
Expenditures		
General Administration	\$105,601.00	\$90,739.00
Salaries, Benefits & Staff Development	\$1,101,552.00	\$1,189,768.00
Building	\$816,399.00	\$781,118.00
Direct Services	\$170,481.00	\$128,837.00
	<u>\$2,194,033.00</u>	<u>\$2,190,462.00</u>

(Deficiency) Excess of Revenue Over Expenses \$ (8,065.00) \$(119,659.00)

*Note: Prior year vacation accruals liability not realized.

Thank You to All of Our Community Partners

Weekly Community Partners:

Save on Foods at Highgate
 Monte Cristo Bakers
 Burnaby Community Connections (Special thanks to MJ)
 New Life and Cariboo Community Churches
 Southside Community Church
 West Burnaby United Church
 McGill Library
 Lougheed Mall
 Burnaby Mental Health and Addictions (Special thanks to Jeff Thom)
 Burnaby Mental Health and Addictions' Primary Care Clinic (Special thanks to Kelly and Fiona)
 Fraser Health Authority
 Fraser Health Authority Prevention Services (Special thanks to Giselle)
 Starbucks at Highgate

Monthly Community Partners:

Gordon Presbyterian Church
 St. Alban's Anglican Church
 St. Frances Del Sales
 Deer Lake United Church
 St. Thomas Moore Collegiate
 Burnaby Mosque
 Miller's Way
 Adrian House
 Helping Family's in Need
 Burnaby Public Library

Community Partners Throughout the Year:

Colleen from Abbyfield
 Linda and Tyler from Telus
 Burnaby General Hospital
 Administration Staff
 New Westminster Secondary School
 Burnaby Firefighters Local 323
 Morley Elementary School
 Church Outreach Group
 Amp Merchandising
 Harry Bloy, MLA
 Raj Chouhan, MLA
 Edmonds Lions
 Burnaby City Fair
 Paul McDonnell
 Costco
 Sue Spencer
 Brian Kingsley
 Linda Kingsley and family
 Jackie Kingsley
 Eileen Dailly Leisure Pool & Fitness Centre
 Vancity
 Bosa
 St. Timothy's Anglican Church
 Edmonds Community School
 Mr. Rooter
 Save on Foods at Highgate
 Pindi Gill
 Ray and Roxy Abernathy
 Burnaby Optimist Club
 North Trek Promotions
 Anna Jamal
 ABC Recycling
 New Balance Shoes in North Delta
 Deerlake United Church
 McGregor Socks
 Sunstar
 BCIT Student
 Association
 Our Lady of Mercy Church
 Sandra Patrick
 Ironworkers Local #97
 Noreen Boudreau
 Richard Lee, MLA
 Burnaby Teacher's Association
 Lakeview Elementary School
 Forest Grove Elementary School
 Twelfth Ave. Elementary School
 Gilpin Elementary School
 Cariboo Hill Secondary School's Youth Action Committee
 Dr. Raminder Badyal
 Alison Gestle
 Tim Horton's
 Blizzard Wear
 Charlford House
 Doris Dungey
 Liane Gebauer
 Kay-Lynn Gebauer
 Quilts Etc.
 Metropolis at Metrotown
 City of Burnaby
 Stanley Park Horse and Carriage
 Harbour Cruise
 PNE
 Royal BC Museum
 Burnaby Village Museum
 Sammy J. Peppers
 Cypress Mountain
 Vancouver Aquarium
 Garden Works
 Omega Nutrition
 Que Pasa
 WHL Giants



It's been four years or maybe three
Since I came home and was once again free
However the freedom took on a mind of its own
For I fear going out or being alone

Now seemed to be in the here after
The cooking and cleaning were such a chore
But I should have been able to do it and so much more

It's getting better although I fight every day
To get up, get going and move on my way
Somedays I feel like a shell, empty inside

What to do I must decide
I try to dress nice with everything matching
My makeup I try to be eye catching
I have had lots of support but still
The empty shell is hard to fill
With what I remember was the old me
Or how I hope that someday I'll be
That person they was strong, working and caring
What happens each day is really daring
Some days are okay but others are not
Trapped in a shell where once I would have fought
To climb to the top and notice the sun
To laugh and joke and have some fun
I'll continue to fight for myself and loved ones
Because the alternative I know is not the right one
Experience tells me what heartbreak I'd cause
If I stopped fighting and just stood still
The pain and sorrow to others I'd will
Like those passed before me the hurt remains
Heartbroken and wondering about all the pains

By Susan Malczynski
January 28, 2011



Maria Asuncion



Maria Asuncion has only been a PHS client for two years, but she says that being with Progressive has changed her life and given her more confidence than ever before.

Since Maria first came to PHS, she has noticed an increased emphasis on helping people be more active in the community and be more social, which she enjoys. She loves PHS' fun, friendly, and flexible environment. Being a CLS client, Maria recognizes the "invaluable help" that PHS provides to the community.

Before coming to PHS, Maria had no volunteer experience, and she did not know what to expect from her participation. She realizes now that volunteering is much more "personally rewarding" than she thought it would be. It has given her "a purpose," and she feels like she is giving back to the community.

Maria is a member of the CPC and helps fundraise for social events, such as bowling and bingo. She also volunteers with the Homeless Outreach Program once a week to help with program statistics. She has even recently joined the PHS Board of Directors as a PPAC representative.

Maria has become an active participant in many PHS programs and looks forward to discovering what she can do next!

Patrick Johnson

Patrick Johnson has been a PHS client and volunteer for over 10 years. He started out in the Supported Independent Living Program, where he gained essential every day life tools by learning how to cook, clean, manage his personal finances, and improve his social skills. Today, Patrick has moved on to the Shared Housing Program and lives independently with five other PHS tenants. Patrick says that he has worked hard to get where he is, but he recognizes that he has to “take things in stride because mental health is a delicate issue.”

Throughout his youth, Patrick struggled with his mental health. His parents did not know how to deal with their son’s increasing issues, so Patrick was forced to deal with his challenges on his own.

Once out of high school, Patrick acknowledged that things were not getting any better, and he decided it was time to ask for help. He eventually discovered PHS. At PHS, Patrick

found a support system that he could rely on. According to Patrick, “our Community doesn’t always understand mental health, but Progressive does.” He realizes now that he is not alone and that “mental health issues can happen to anyone at anytime.”

Patrick actively participates in many of PHS’s programs and is also a dedicated volunteer who works closely with the Homeless Outreach and Mental Health teams. He can relate to other PHS clients’ experiences. For Patrick, recognizing that there are a lot of people out there going through what he has gone through has been an “amazing experience,” and he loves to help make people who are hurting smile.

Patrick relies on music for his own continued success. Playing the trumpet has been a hobby of Patrick’s for years, and he says that music allows him to open himself up in ways he did not think



possible. Patrick takes music classes and uses the hobby to help keep his mind busy.

Patrick’s next goal is to get a part time job. Over the next few months, he will be taking classes to help build his resume. The biggest reward for Patrick is that he now feels able to achieve any goal that he sets for himself.

Recovery is remembering who you are and using your skills to be all you can be.



7836 6th Street
Burnaby, B.C. V3N 3N2
Tel: (604) 522-9669
www.progressivehousing.net