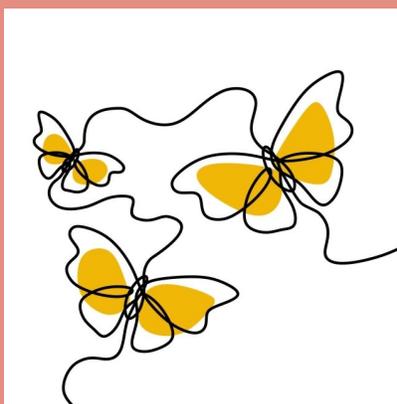


Annual Report 2020-2021
Saskatoon Interval House Inc.





Safety. Connection. Empowerment.

Vision

As a result of an increased awareness and our work at prevention, there is a significant reduction in, and ultimately the elimination of, all forms of abuse including physical, emotional, psychological and sexual.

Mandate

Saskatoon Interval House provides an immediate safe, respectful environment for women, those who primarily identify as female and their children, as well as a full range of transition services.

Values

Saskatoon Interval House takes pride in being progressive, educated, and resourceful. We will continue to invest in awareness, research, education, advocacy and prevention, and are dedicated to quality in all that we do. As an organization, we support the following values and demonstrate them in our governance and daily work.

We value:	We demonstrate this value by:
Empathy	Understanding and showing respect for clients and their situations
Community	Building a sense of community for clients, and maintaining open relationships with other community organizations
Progressive	Being relevant, resilient, educated, proactive and by training others
Courage	Both clients and staff displaying courage in their experiences and the work
Integrity	Maintaining confidentiality, inclusivity, and ensuring our clients are served well
Safety	Providing an environment that includes physical, emotional, psychological safety

A Message from Our Executive Director

Welcome to our 2020-2021 Annual Report. This year marks our 48th year of service. I am so proud to share with you the amazing work that has been done this past year. Interval House is committed to supporting individuals within a safe, peaceful setting. We are committed to take action to alleviate violence and prevent abuse by empowering folks through knowledge, support and advocacy.

Each year I am in awe of the strength and resilience of the families that come through our doors. This year was particularly challenging for them. The pandemic added another layer to an already difficult time in their lives. Initially we noticed a severe decrease in calls and connection to folks needing to leave abusive situations. It was eerily quiet, and we did not know how to reach out to people in need. Thankfully, with the support of our allies, colleagues, funders and community, we were able to virtually come together and put substantial plans in place. We learned how to support clients differently. Things were constantly changing and shifting at a rapid pace and we needed to adjust and connect with folks to offer them safety.

I'd like to take this opportunity to thank the staff, every day you showed up and put others first. No one was immune to the effects of the pandemic and although you all had your own challenges at home; you were able to commit to supporting families and offering them a place of acceptance and warmth. It takes a very special person to do this kind of work. I am so proud to work with such an amazing team; thank you from the bottom of my heart.

I'd also like to thank the Board of Directors; I am extremely grateful to you for your constant support and direction. Thank you for believing in the important work we do, and being our allies. You are all Champions!

To our funders; Ministry of Justice and Attorney General, United Way of Saskatoon and Area, Women's Shelters Canada, we couldn't have made it through this year without you. Not only did you support Interval House financially but emotionally as well. Thank you for offering your expertise and guidance in what was a very unpredictable year.

To our community all I can say is WOW! You were outstanding! So many of you reached out and offered your assistance. We are so incredibly blessed. You provided us with hand sanitizer, masks, Lysol wipes and even toilet paper! Many of you held onto your gently used items for months to ensure we were still able to pass them on to families in need. When we went to half capacity in the shelter, we had a local hotel reach out to us and offer a partnership to house families we did not have space for and clients awaiting COVID-19 testing. The staff and management of this hotel are fantastic to work with. They really went the extra mile to ensure our clients felt welcome, safe and supported.

Once again thank you does not seem like enough.....we are forever grateful!

Sincerely,
Tanya Wiggins



A Message from our Board Chair

We meet again for the 2nd time virtually to celebrate Saskatoon Interval House.

With uncertainty looming for the past 15 months, Saskatoon Interval House hasn't skipped a beat. Although the way we provide our services changed, the organization continues to provide the highest standard of care and support to our community.

Purple Night Lights took place in October where staff, clients and their families received purple lights to hang, this was followed by November's Domestic Violence Awareness Month. We are pleased to see the awareness of domestic violence rise through public awareness campaigns at the provincial level and federally. Challenges and uncertainty surfaced with campaigns delivering the message to "stay at home" during the pandemic. We made it our mission to let it be known that if home is not safe, we are here, we are available, we can help. Safety planning became the forefront of our operations.

I would like to share our gratitude for support this year. Covid Relief Funding has allowed us to partner with a local hotel, providing an alternative space to provide services. Thank you to Women's Shelters Canada for advocating and distributing these funds. In addition, we were able to take advantage of online training and development opportunities at the operational level. These additional investments in technology and development will mitigate risks and prepare us for a strong future.

The endless support that we have received from the community brings light to the end of this fiscal year. To have a strong stream of donations, from both new donors and continued supporters, during a time of uncertainty has given us the confidence to keep doing better for Saskatchewan.

There have been countless personal efforts by the team at Saskatoon Interval House and the Board of Directors. I am proud of the resilience of this board, the leadership and most importantly, the operational team who rose to the challenge to overcome a year with more barriers and uncertainty in their work. It is difficult to envision how the next year looks, we are dedicated to continuing this important work and our commitment to provide a safe, respectful environment for women and children experiencing domestic violence.

Sincerely,
Ashley Drozda



Special Recognition

Interval House has been extremely fortunate to be the "Charity of Choice" for the following community spirited fundraising donors. These wonderful agencies have raised the following amounts for our organization and we cannot thank them enough.

Royal LePage Shelter Foundation and **Saskatoon Royal LePage Realtors** have collectively raised over **\$322,383.40**. **Royal LePage** real estate agents help Canadians find their dream home. For those who do not have a safe and peaceful home, Royal LePage is also there, helping families in the neighborhoods where we live and work. Violence against women and their children is a significant problem in all communities across Canada. We are proud to be working with women's shelters and our national partners to provide safety and hope to women and children experiencing violence and abuse. By supporting women's shelters, we are ensuring women and children have a safe place to go to escape domestic violence. With our national partners, we fund healthy relationship programs that help women and children heal from their experiences of abuse and rebuild their lives. For more information visit:

<https://www.royallepage.ca>



Saskatoon Hadassah Wizo and Congregational Agudas Israel Jewish Silver Spoon Dinner have raised over **\$188,172.00**. **The Silver Spoon Dinner** is a gala evening sponsored by Saskatoon CHW (Hadassah-WIZO) and Congregation Agudas Israel as a fundraiser for the two sponsoring organizations, Saskatoon Interval House and Ronald McDonald House SK. The Silver Spoon Dinner was launched in 1991 with Dr. Ruth Westheimer as our special celebratory guest and it has been a huge success ever since. It is an amazing, fun, delicious, elegant event.... for women only! The Silver Spoon Dinner is a fine example of what can be accomplished by volunteers. Everyone's time and the hundreds of prizes are all donated. The whole community rallies to support their event. Their reputation as "Saskatoon's Premiere Ladies' Night Out" has allowed them to attract many famous and interesting celebrities to our city. For more information, visit:

<http://www.silverspoon dinner.com>



Saskatoon Interval House would like to thank the many community organizations and members for their generous support. During 2020-2021, Saskatoon Interval House received the following donations:

Shoppers Drug Mart (SDM/PHX) Life Foundation	\$27,767.00
BHP	\$25,000.00
Saskatoon Community Foundation	\$13,473.38
Royal LePage Shelter Foundation/ Royal LePage Realotrs	\$12,787.50
Aqueduct Foundation	\$10,000.00
Frank J Flaman Foundation	\$8,000.00
Unifor Social Justice Foundation	\$4,000.00
Loraas Disposal North LTD	\$3,500.00
University of Saskatchewan	\$3,284.00
SaskTel Pioneers Bridge City Club	\$3,000.00
Ursulines of St. Angela's Convent	\$2,967.53
Peter MacMohen Insurance Corporation	\$2,500.00
ConTech	\$2,500.00
Bit Service LTD.	\$2,000.00
Marlene Loraas and Bruce Loraas	\$2,000.00
CWL Clothing Depot	\$2,000.00
Raymond James Foundation	\$1,500.00
Saints Peter and Paul Ukrainian Catholic Church	\$1,400.00
Conway Consulting	\$1,000.00
Gwen-Brain Toole	\$1,000.00
Iris Nicholaichuk	\$900.00
David and Roberta Shurman	\$500.00
Asara Design	\$400.00

Our major contributors are the Saskatchewan Ministry of Justice, and the United Way of Saskatoon and Area. This year, Saskatoon Interval House was the recipient of a Community Initiatives Fund Grant from the United Way of Saskatoon and Area.

We wish to thank everyone for their generous support during our 48th year!

A Big Thank You!

A Message From Our Assistant Director

We have survived a year of Covid with many challenges and learning opportunities. We are encouraged by the strength and resilience of the women and children facing domestic violence and abuse in the midst of an unpredictable “normal”. Even if some things look different, we continue to create a safe space to listen, to work together and to offer hope and healing.

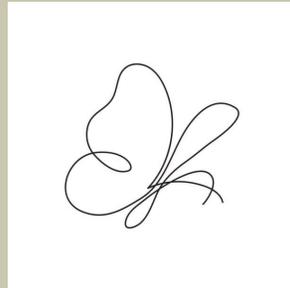
During the past year we made the adjustments necessary so we could continue to support families fleeing from abuse. We were able to accommodate families in the hotel when we were not able to bring them to the shelter. The need for basic support increased, our team packed hundreds of hampers of food, hygiene items, and activities for families in the hotels and those moving to places of their own. Our staff worked to ensure residents had access to a network of resources and support they might need as they continue to rebuild their lives free from violence.

During unpredictable times, we are reminded of the importance of belonging. We continued to offer coffee meetings, groups and one on one meetings. Residents supporting one and other are just another reminder of “we will get through this together”.

We are grateful to our community partners for the strong commitment in supporting women and their children that are in need of safe shelter and accommodation.

Sincerely,

Verl Mastin



Women's Program Report

This past year has required everyone at Interval House to adapt and change. Relying on technology to communicate with clients, forming new partnerships to provide additional emergency services, and making sure our facility health and safety measures were consistent with the provincial updates are just a few examples of the changes that occurred over the year. We were able to be flexible and communicate in order to keep each other healthy, while still maintaining our core organizational beliefs and programming. We were fortunate to see the women and children who stayed with us flourish.

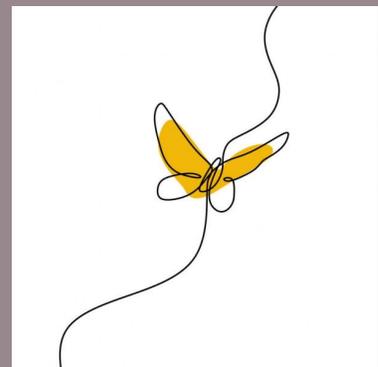
It is with gratitude that we are able to share this inspirational story with you. We are humbled by the courage these women show as they face a hard but necessary life transition.

The impact this pandemic has had on women experiencing domestic violence is devastating. Thankfully, our partnerships with community organizations have grown even stronger during this time. In fact, it is a connection in our community that led us to meet Bethany. How we met Bethany was a little different than usual. Bethany had left an abusive relationship a few weeks before we spoke. There was an outbreak in the emergency shelter where Bethany had found safety. The shelter was closed and all of the residents were now looking for a safe space. Fortunately, Interval House was able to work with this organization and made a plan so we could continue to help Bethany with her journey. Bethany continued to persist despite unprecedented challenges. We were able to spend the holiday season with Bethany. Shortly after, we had the opportunity to see Bethany and her child move into their new home and start the next part of their journey. It was lovely when we received an update from Bethany after she had moved from Interval House. It read, "Thank you for providing us a safe and enjoyable place and making sure all our needs were met while we worked through a challenging life change. We now live in our own cozy home and couldn't have done it without your help. Much appreciation and respect to each and every one of you".

We are so pleased to share and celebrate these stories with you. Stories like this would not be possible without the generosity and support of our community. It was a difficult year but we got through it together.

With Gratitude,

Shauna Hydromako



Children's Program Report

Looking back at the past year, it was a time of great uncertainty and fear. Empty streets, an eerie quietness, an almost complete shutdown and halt to life as we knew it. Despite this, we were the fortunate ones. As essential workers we still had jobs to attend and clients to help and a sense of normalcy. During the 2020-2021 fiscal year, 141 children resided at Interval House, even though we were functioning at half capacity. We also continue and are very fortunate to have residents temporarily stay at our designated hotel in the city.

In the latter part of March all schools in Saskatchewan closed due to the pandemic. There were mixed reactions from parents and children. Children were given the option to continue their schooling on-line. Tanya T helped the families register and set this option up. We also had access and provided the families with on-line tutoring during their stay.

During this time, we were very diligent in following, enforcing and implementing rules for safety with respect to COVID-19. The shelter was cleaned and disinfected meticulously. We ordered boxes of gloves, masks and received an ongoing supply of hand sanitizer from LB Distillery. We also picked up three big boxes of women and children's masks, face shields and gloves that were donated by Bianca Liquidation. The community came together as well as businesses and past board members; donated boxes of toilet paper, reusable cloth masks and toiletry/care packages. Once again the community went above and beyond.

We were not able to provide our Summer Program at the lake. However, during the summer as restrictions lifted we progressed from playing in the basement and the backyard to taking trips to nearby parks and escorted family walks by the river and to Broadway Avenue.

Some indoor activities we provided were: painting canvases, crafts, wood paintings, beading, puzzles, journaling for teens/mom's, and adult colouring books. We also provided the families with care/activity packages during this time as visits and non-essential outings were temporarily suspended.

We conducted women/children's intakes over the phone while they temporarily resided at the hotel. We delivered clothes, toys, toiletries, food, diapers/formula etc. to the families at the hotel. We helped them set up Covid testing before coming to the shelter. We still maintain our partnership with the hotel and our very content to be able to help clients in this capacity.

In August 2020 we said a temporary goodbye to Daxa Patel, General Services Worker, who joined her family in another province. We welcomed Olena K back into the Children's Program for a term position.

During the pandemic we also learned to celebrate a bit differently. We still celebrated special days like Halloween, Thanksgiving and Christmas. For Halloween staff and residents still dressed up, we carved pumpkins and put them on the front step, decorated the house, we ordered pizza, maintained social distance and made big goody bags for all clients but strongly encouraged them to forgo trick or treating.

During the Christmas season, staff still baked over 300 shortbread cookies and decorated the house. Although we could not host a traditional Christmas party, we did a gift exchange with some participants via FaceTime. We still found ways to have fun and maintain safety.

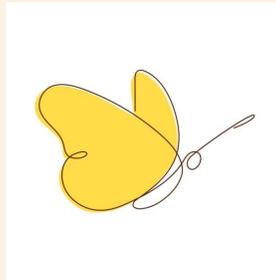
We did not know how the pandemic would affect Christmas for our clients. The community, businesses and churches donated immensely during this time, the pandemic did not slow things down. We were very grateful and

overwhelmed with the outpouring of generosity. All the residents from Interval and Adelle House received many gifts. The Children's Program also delivered Christmas gifts and Christmas dinner to the residents at the hotel on Christmas Eve. It was heartwarming to be able to partake in celebrating a "first Christmas" with new Canadians. Things like decorating the tree, stringing the lights, Santa Clause, stockings, snowflakes and placing the cherry on the shortbread were all a first for them.

As we reflect on the past year and embark into summer with life slowly going back to normal, this past year has taught us much. We have learned patience, how to be innovative in our workplace, that we can still have fun, we learned how to zoom, how to wear and embrace our masks just like the children at work, and lastly we have learned resilience in face of uncertainty.

Lorena Urquiza

Children's Program



Adelle House Report

Wow, what a year this has been. That may be the understatement of the year! Who knew that we would have women that have never attended one, single group meeting at Adelle House? I never would have thought that possible. Yet, here we are with women leaving that have never had the benefit of the support and information these meetings provide. There have been individual meetings with the women on an as needed basis but we can definitely see where there has been a deficit in what the women take away with them when they leave.

We are very excited to know that we may be able to open up the meeting room as soon as July 11, 2021. I have been saving information for a full year and I have A LOT to share. Perhaps, we can consider this year a reset as we now have new and updated information to talk about. The women have begun to talk about attending groups and are looking forward to it. We will hold off bringing in guests and we may split our group into two groups just to be on the safe side for a while but life is starting to come together again. We are beside ourselves!

Over the past year, we have been able to keep our numbers very consistent. We have also been able to offer some extended stays to some of the women still in high conflict legal cases and women that just needed a little extra support. We are now in a position to help them move forward and are looking forward to clearing the way for new residents to move in.

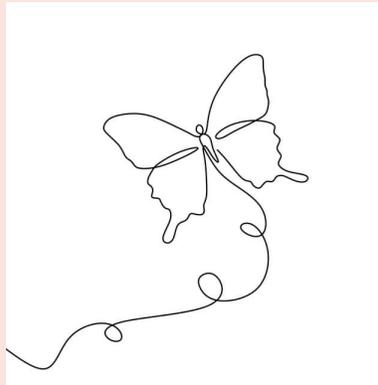
We feel that we have been so lucky at Adelle House. We have not had one case of COVID-19 in the past 15 months and continually pat ourselves and our residents on the back (from six feet away, of course) for doing our best to keep everyone safe. It has truly been a group effort.

Lockdowns, working from home, and maintaining social distancing has been an eye opener for all of us. I think there has been good and bad come from this strange situation we find ourselves living in (somewhat of a twilight zone) and we trust that because of it, we will emerge stronger, wiser, healthier and much more self-aware.

Adelle House residents and staff look forward to our new year now that we are able to see the end to the first lived pandemic in over 100 years. We wish you all well and promise that we will have much more to report in the coming year!

Take care,

Lynne and Oksana



BOARD & STAFF 2020 – 2021

Board of Directors

Ashley Drozda – Board Chair
Aaron Fornwald– Vice Chair
Roxanne McHattie – Fundraising Chair and
Secretary Janet Uchacz- Hart – Finance Chair
James Repesse - Resigned – April 2021
Deandra Bailey
Scott Bahr

Staff

Executive Director: Tanya Wiggins
Assistant Director: Verl Mastin
Administrative Assistant: Dakota Lawley
Children’s Program Coordinator/ Counsellor
Lorena Urquiza, Tanya Tetera

Full Time Counsellors:

Heather Bain, Kory Regan, Meghan Campbell, Lynne Caldwell, Carlotta Hooghiem, Chelsea Ottenbreit, Shauna Hydomako, Oksana Kurtseba

Job Share – Position Completed June 14, 2021

Tennille Boutilier
Chantelle Norris

Jr. Program Support Staff:

Olena Kolchuk

Casual Counsellors:

Norine Shewchuk, Alicia Herperger, Faye Norris, Chantelle Norris, Chelsey Stonestand, Roberta Boschman, Cheri Meunier, Tennille Boutilier

General Service Worker

Liliia Yushchyshyn, Daxa Patel

Independent Contractors:

Vanessa Spark – Bookkeeper
Leighton Tebay – I.T. Support

Child Care Staff:

Maggie Sveinbjornson, Nicole Werner, Christie McGregor, Jaedyn MacNeill, Meagan Kernaghan,