



## VISION

We will be an innovative leader and collaborator in senior-centred care.

## MISSION

We are committed to providing exceptional care and quality services that enable seniors to live at home and thrive in their communities.



# Annual Report 2023-2024

## Message from CEO and Board Chair

As we present this annual report, we reflect on the strategic initiatives undertaken in 2023-2024 that have significantly contributed to meeting the needs of our clients and the organization. Our refreshed strategic plan has placed a renewed emphasis on enhancing client care and partnerships.

This past year marked a significant milestone for SPRINT Senior Care as we celebrated our 40th anniversary. Our unwavering commitment to supporting seniors and aiding them to live independently within the community continues to be the cornerstone of our mission.

Building on our history and past achievements, this year’s annual report showcases our dedication to enhancing service and collaborating with the broader community to advocate for stability and growth in the community support services sector.

We extend our heartfelt gratitude to our exceptional staff and volunteers for their hard work and dedication. Your contributions have been instrumental in our success.

Sincerely,  
Stacy Landau, CEO

Malcolm Moffat, Board Chair

## Strengthening Hearts: A Collaborative Effort

SPRINT Senior Care partnered with the North Toronto Ontario Health Team to carry out a free heart health clinic in our supportive housing site. The primary objective of this event was to raise awareness about heart valve disease, a condition that significantly affects the lives of millions of Canadians but often goes unnoticed.

Dedicated cardiologists, armed with compassion and expertise, set up their clinic for the day. Their mission: to listen to the hearts of the senior tenants and connect them with care if needed. In this endeavor, they meticulously examined 48 hearts, detecting 6 murmurs—subtle signs that can make all the difference. The feedback from our seniors was overwhelmingly positive.



Photograph 1.1 : Free heart health clinic

One tenant, shared with gratitude: **“It means you care about us.”**

## Sustaining Seniors: Farmers’ Markets as Key Lifelines



Photograph 1.2 : Weekly farmers’ market

Despite the challenges posed over three years of the COVID-19 pandemic, SPRINT Senior Care persevered in its mission to support the well-being of seniors in North Toronto, prioritizing nutritional and social assistance. By increasing our mobile farmers’ markets, offering healthy food at subsidized costs, we ensured the ongoing delivery of fresh and seasonal fruits and vegetables directly to seniors’ homes, addressing concerns of accessibility and affordability, an issue that has become an increasing concern amid food inflation in Canada today.

Through our partnership with FoodShare, we procured a diverse

“After receiving food packages a SPRINT Senior Care client shared:

**“I am extremely grateful for all your help during these challenging times. On top of financial setbacks, my partner who used to pay for some groceries and help, has fallen very ill. I wish to continue ordering meals, but my income has been cut drastically by two of my income supports. I was offered a subsidy for meals which is great. I also find your volunteers friendly and that is wonderful too. Again, very grateful for your assistance.”**

range of nutritious produce, while simultaneously fostering community connections and celebrating cultural heritage in our markets. Despite the hardships brought on by the pandemic, our seniors found resilience and comfort in these communal spaces, highlighting the importance of social support. Moving forward, we are dedicated to innovation and collaboration, with a continued focus on enhancing the health, vitality, and social connectedness of our senior community.

“A SPRINT Senior Care client who had been sick for weeks with a virus, had her surgery cancelled twice. She reported that the food packages she received were so helpful during this time. In her words:

**“Without SPRINT I would be alone and isolated. You all make me feel less lonely, please thank all your lovely staff and volunteers who make my days brighter.”**



4,000

CLIENTS



30,000

RIDES



35,000

HOURS OF  
HOMECARE



53,000

MEALS  
DELIVERED



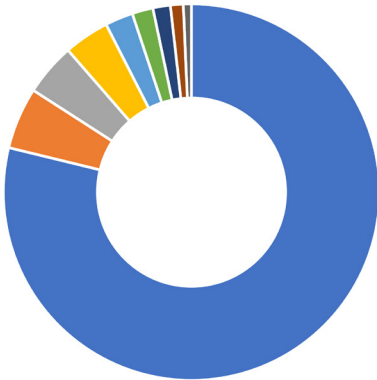
16,000

COMMUNITY  
WELLNESS  
CONNECTIONS

# 2023-2024 Financial Snapshot

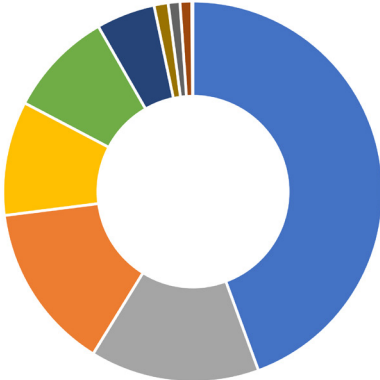
## REVENUE

Ontario Health	78.8%
Client fees	5.3%
VHA Home Healthcare	4.5%
Other income	3.9%
Grants from foundations	2.4%
Investment income	1.8%
Donations	1.5%
Capital asset funding recognized	1.1%
City of Toronto	0.7%



## EXPENSES

Supportive Housing & dementia care residences	44.4%
Social work and House Calls	14.4%
Homecare and respite care	14.2%
Transportation and Toronto Ride	9.7%
Adult Day services	9.0%
Meal programs	5.0%
Amortization of capital assets	1.2%
Community Wellness	1.0%
Volunteer services	1.0%
Pandemic response initiative	0.1%



# 2023-2024 Financial Summary

YEAR ENDED MARCH 31

## REVENUE


	2024	2023
Ontario Health	\$13,595,717	\$11,614,603
Client fees	\$920,250	\$743,998
VHA Home Healthcare	\$774,923	\$810,208
Other income	\$666,588	\$729,004
Grants from foundations	\$410,843	\$417,064
Investment income	\$318,883	\$154,808
Donations	\$255,564	\$124,168
Capital asset funding recognized	\$187,401	\$210,034
City of Toronto	\$116,120	\$111,116
United Way Greater Toronto	\$83	\$95,593
	<b>\$17,246,372</b>	<b>\$15,010,596</b>

## EXPENSES

Employee wages and benefits	\$13,068,476	\$10,923,168
Purchased services	\$1,014,137	\$1,105,044
Professional and support fees	\$602,426	\$557,111
Meal and food costs	\$459,952	\$370,616
Building occupancy	\$352,954	\$365,223
Office expenses	\$323,140	\$268,743
Travel and vehicle	\$221,086	\$213,823
Amortization of capital assets	\$198,709	\$230,861
Grants to partner agencies	\$187,971	\$221,301
Equipment	\$147,080	\$190,643
Program supplies	\$128,232	\$106,163
Insurance	\$114,346	\$111,208
Communications	\$60,754	\$47,661
Staff training	\$58,082	\$35,650
Volunteer services	\$7,954	\$2,320
	<b>\$16,945,299</b>	<b>\$14,749,535</b>

Excess of revenue over expenses	<b>\$301,073</b>	<b>\$261,061</b>
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Auditors: Grant Thornton LLP. Audited financial statements are available upon request.



Malcolm Moffat, Chair,

Board of Directors



Rachel Rodrigues, Treasurer,

Board of Directors



Stacy Landau, CEO



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LEAD AGENCY OF:



SUPPORTED BY:

