

West Toronto

KEYS

to INclusion




VISIBLE VALUED VIBRANT

ANNUAL REPORT 2024/2025

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Charitable Registration #: 80687 5894 RR0001



Toronto Art Therapy Institute

Rebecca & Seokhoon shared many teachings from their studies. KEYS loved all of the projects they worked on together. "I'm grateful for the opportunity to engage in creative activities with the participants and staff. KEYS is such an affirming and joyful environment!"





MISSION

To empower adults with intellectual disabilities to pursue personal wellbeing through community INclusion and engagement in learning, social, fitness, volunteer and work opportunities.



VISION

Full, meaningful inclusion of persons with intellectual disabilities who are visible and valued in our communities.

VALUES

Safety, **I**nclusion, **R**espect & **R**esilience (SIRR)

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MESSAGE FROM THE BOARD

Visible, Valued & Vibrant!

It has been amazing in our 14th year to see KEYS continue to evolve and grow in each of our 3 pillars: Learning & the Arts; Social, Fitness & Recreation; Community Work. We updated our Vision and Mission statements to better reflect our purpose and focus areas. Our community continues to expand with 27 adults having been guided by our caring, creative and committed staff, volunteers and expert facilitators.

We wished Anne McCallum well as she left to look after her growing family. For 8 years Anne's leadership and unique skills as Program Coordinator brought many successes - thank you Anne! Welcome back Mrs. Laura D as the 'Captain of the KEYS' ship, steering us on many new adventures this year!

With broken hearts we gathered together this spring when we lost our friend of ten years, Rita Pasut. She was a ray of sunshine who brightened every day. We all miss her.

Throughout this report, you will see many examples of just how visible, valued and vibrant is our KEYS community, with all kinds of abilities creating positive fun experiences in a Safe / Inclusive / Respectful & Resilient environment.

No government funding is received and we keep our fees reasonable, so KEYS is very grateful for our generous donors, including the many supporters of our annual fall "Step Up for KEYS" walk-a-thon. They see the value of their gifts in the purpose and joy KEYS provides for its vulnerable members.

As we look ahead in advancing our mission, we remain focussed on our strategic priorities: Program Optimization, Finances and Location - our dream to have the "keys" to our own place! I have every confidence that our strong structural foundation teamed with our outstanding staff, volunteers, experts, supportive families and community friends will bring us closer to seeing our vision become a reality. Thank you for believing in our abilities!

Respectfully submitted by Hélène Paulyn Murray Volunteer Board President

CAROL LAYTON



Vice President

PATRICIA CURMI



Treasurer

MARYANNE BRUNI



Secretary

MONICA FRANCIS



Director

PATRICIA PATTERSON



Director

SANJA SEKARIC



Director



Mrs. Laura D

PROGRAM COORDINATOR

I have officially completed one year as KPC at KEYS and it was truly so amazing and fun. I have never felt myself grow so much in my career than this year at KEYS. The beauty is that I didn't just watch myself flourish, but I got to consistently watch 25 adults confidently expand important life skills. That is quite literally the cherry on top of my cheesecake and why I love my job. Importantly, I was delighted to introduce three new initiatives to make our adults more visible, valued & vibrant!

KEY of the Month

Awarding a "Key of the Month" to a deserving adult has motivated everyone to try their best. It has clearly been impactful, especially when one sees the pride our participants show when earning this key. It boosts their confidence and leadership skills, helping them thrive day to day at KEYS or at home.



Meaningful Meals

In January we started our first theme of seven and have completed four so far. By repeatedly focusing each week on specific kitchen skills, nutrition, and safety, our adults are showing great progress. Cooking in the kitchen has never been smoother...nor more delicious and healthy!



Master Classes

It was a joy to watch the tables turn at KEYS and have the participants teach a special skill they love to their friends. Everything from making stained glass, friendship bracelets, learning how to paint jellyfish or do zumba, we have had so many great classes – all led by KEYS adults who have so many abilities!



IN LOVING MEMORY OF RITA PASUT November 2, 1965 - March 10, 2025

Rita was our friend at KEYS for 10 years. With her beautiful smile and kind heart she was our ray of sunshine. KEYS will always remember her joy in cooking together in the kitchen, exploring the community, helping others and dancing her heart out.



We love you Rita ❤️



LEARNING & THE ARTS



MEANINGFUL MEALS



KEYS has always cooked healthy and nutritious lunches but this year, thanks to the Harry E. Foster grant, a spotlight was turned onto 6 specific learning areas for our KEYS Chefs.

They cooked almost 3,000 delicious lunches demonstrating how well they understand safety in the kitchen, planning nutritious lunches, smart shopping and the importance of reducing food waste and being “sharp” with their knife skills!



MASTER CLASSES

KEYS show off thier many talents teaching their friends - so fun for all!!



SOCIAL FITNESS & RECREATION

A healthy body helps a healthy mind so outings to the Kortright Centre, regular exercise, yoga, zumba and the fabulous High Park Nature Centre Rangers program are vital for everyone...and fun!



COMMUNITY WORK



Program Administrator & Liaison

KATE MANSON oversees KEYS third pillar: Community Work. As such, she turns the spotlight on KEYS Job Coaches and the tremendous “superpowers” they bring to enable each KEYS adult to shine.



Our volunteer work has grown in 2024 and KEYS continues to foster important community connections. Our participants are at the heart of the program ! Multiple adults work weekly at 2 local foodbanks; two of our men have become valuable team players at Darren's No Frills and a KEYS chef is having great success at Queen Marguerita Pizza.

New opportunities are coming, and more KEYS participants are working on personal Road Maps and Resumés so they too can be visible and valued in the community. Supporting these goals are some very special people: KEYS JOB COACHES!

KEYS Job Coaches help build relationships with employers and organizations, instill confidence in our participants by teaching important job skills and are the glue to our work and volunteer program.

JOB COACH KEVIN



Kevin has been an incredible community advocate and Job Coach for KEYS adults at the Sharing Place and the Bloor West Foodbank for 3 years. He is such a friendly person, and people naturally gravitate towards him. His presence has helped create important connections between our participants and other Foodbank volunteers. Rev Stephen: “You are kind, important, full of joy, helpful...thank you for spending Tuesdays with us”.

According to a KEYS adult at the Bloor West Foodbank, “Kevin helps us get the eggs, and finds out from Maggie (the Foodbank organizer) what jobs we need to do that day-- like the teabags and doing the cereal”.



Kevin has shown real commitment to the foodbanks themselves; attending their fundraisers, AGM's and helping our participants understand why their volunteer work there is so important. When asked what his favourite job coaching moments are, he says “I love seeing how KEYS adults work as a team when assigned a task and the joy on their faces when they accomplish said task; whether it be organizing the food shelves, preparing food bags for pickup or checking expiry dates on food products”.

Furthermore, Kevin says that “feeling the sense of community and having our KEYS adults be INCLUDED in that community feels amazing and it warms my heart”. Thank you to Kevin for the community inclusion he has fostered at our local Foodbanks!

COMMUNITY WORK

JOB COACH HAUSER



Hauser is extremely skilled as a Job Coach. She starts off with participants to identify interests and then makes roadmaps as well as resumés. Her patience and great listening ability lead to many creative ideas. As she says, “working as a Job Coach at KEYS is more than just helping our participants find a job—it’s about creating opportunities for them to shine, grow, and contribute in ways that enrich both their lives and their communities.”

Her attention to detail ensures a person-focussed job coaching experience. Using a step by step learning approach allows the adults to master their job skills.

Hauser guides an adult at Queen Marguerita Pizza weekly. When asked how it is going, she says, “She is doing so well, she picks up tasks with ease and requires very little direction”. And from our KEYS adult, “Coach Hauser helps with pizza and sauce”. What a dream team!

Hauser also partners monthly with a KEYS adult to volunteer at Delta Downsview Bingo. Thanks to both of them for this important work that contributes to KEYS programming, as in return for volunteering, KEYS receives a donation from the Parkdale-High Park-Humber Rotary Club. A win / win for all!

We are fortunate to have Hauser share her expertise with KEYS.

JOB COACH ALEJANDRA

Alejandra has a spring in her step in all she does. Her professional and positive attitude are always present as a great example to the KEYS adults she coaches. It’s apparent how much she cares about them and their success on the job. The importance of punctuality, a neat appearance and a big smile are just some of the important lessons she has taught KEYS adults.

Alejandra supports two KEYS adults at Darren’s No Frills. One of their Mom’s says: “My son loves to work at No Frills! His Job Coach Alejandra allows him to do his best both safely and confidently”.

According to Alejandra, she enjoys job coaching because “I love seeing the people I support grow into their independence. I’m there to help when they most need it, but the best moments are when I get to step back and just watch them do it on their own. That’s when I feel the proudest.” Alejandra is hardworking in her role and this is reflected in the excellent progress demonstrated by the men she coaches. “It brightens everyone’s day here at No Frills as they put a smile on our face when they are here.” Store employee



KEYS TEAM TERRIFIC



MRS. LAURA D

The creative energy that flows from KEYS Program Coordinator is indeed electric! Her many new initiatives have brought out the adults' leadership and talents. Mrs. Laura D is charged to ensure a Safe, INclusive, Respectful and Resilient experience for all....which she does daily with a big dose of FUN!



ROCKIN RYAN

Ryan is not only our fabulous Monday and Wednesday's Assistant, but a master at photoshop and making KEYS a weekly prime comedy show. He brings his many talents to KEYS creating a personal connection with each of our participants. Rockin Ryan has a gift that can make a frown turn into a smile in seconds.



COACH KEVIN

Kevin is not only our long time Tuesday and Thursday Assistant, but also our very valuable Job Coach extraordinaire. His guidance, compassion, and organizational skills have enabled our KEYS adults to do their best as everyone feels good after volunteering with Coach Kevin! Kevin's secret dance moves during newsflash can get everyone moving and grooving.



HELPFUL HAUSER

Our Friday Assistant, Job Coach, craft expert, chef, and cupcake queen! Kate is our very own "Martha Stewart." Her warmth, generosity, and creativity are what KEYS loves about her. As Job Coach she has helped with resumés, interviews and job placements. This artist knows how to bring out the incredible art skills in each and every one of us.





CREATIVE CAITLIN

Caitlin's energy is infectious and she is a master at everything! She is so talented, creative, and doting to each and every adult at KEYS. Caitlin is amazingly inventive and can create a fun inclusive activity without skipping a beat. There is never a dull moment when Caitlin is at KEYS. Her heart is made of gold and we are so happy to have her join our team.



AMAZING ALEJANDRA

Alejandra is a hard-working job coach and supply staff at KEYS. She sparkles in everything she does. Everyone loves to see her when she comes in as a supply Assistant as her Peruvian warmth and artistic ability are out of this world!



MULTI-TALENTED MICHA

Everyone smiles when they see Micha helping out at KEYS. He is such a cool team player, especially when KEYS heads out on city excursions. Micha brings KEYS values of Safety / INclusion / Respect & Resilience to life. His interests are many but film and art are his passions, which he will enthusiastically discuss with his KEYS friends



JUMPIN' JULIA

When a staff is absent Julia jumps right in, as she knows all of the participants so well. Her professional acting skills are a big asset when it comes to quickly pivoting from one activity to another. We really appreciate the fun and joy Julia, as well as her celebrity chef parents, always bring to their KEYS family!



PAL KATE MANSON: PROGRAM ADMINISTRATOR & LIAISON

Kate is our PAL! She wears many hats with agility and always with a smile! She is our community connector with an incredible gift of establishing meaningful relationships for our adults to be visible & valued in our neighbourhood; as well as bringing in volunteers, student placements, experts and celebrity chefs! KEYS wouldn't be KEYS without our PAL Kate.



KEYS EXPERTS

Such a variety of skills and thrills always bringing surprises and lots of joy to all - Thank YOU!



GOOD TIMES



KEYS VOLUNTEERS



KEYS cherished Volunteers are so appreciated for their many talents, their commitment, loyalty, joy and love they gift to KEYS - Thank YOU!!

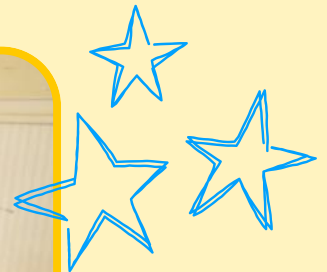


STUDENT VOLUNTEERS

KEYS always looks forward to Oxford College Dental Hygienist graduating students every term to teach us about healthy teeth, gums & smiles.



New partnerships with Fanshawe and Humber Colleges this year have been a win / win for all. Their Developmental Services Worker programs have benefitted both the students and KEYS. The students served 3 month placements with a focus on gaining work experiences and insights to help them reach their career goals. “ I learned that disability is just a label. I saw participants with disabilities volunteering at a church on Tuesday, showing their abilities and dedication.”



Financial Highlights

KEYS is extremely grateful to the many families, friends and foundations that generously contribute to financially supporting the costs of our high quality programs which are not covered by fees alone. “So happy to be a part of your amazing organization that does important work bringing light & love to the world.”

Total 2024 Revenue: \$320,820

Total 2024 Expenditures: \$220,510

**Donations
48%**

**Program Costs
75%**

**Fees
46%**

**Rent
17%**

**Other
6%**

**Admin
8%**

Net Assets, beginning of year \$488,827

Net Assets, end of year \$589,137

STEP UP FOR KEYS 2024



WOWWW – What a wonderful walk!

**An afternoon of being very
Visible , Valued & Vibrant!**

**Thanks to Carol Layton, KEYS Board Vice-President,
our second “Step Up for KEYS” 3km fundraising walk
was a big success.**

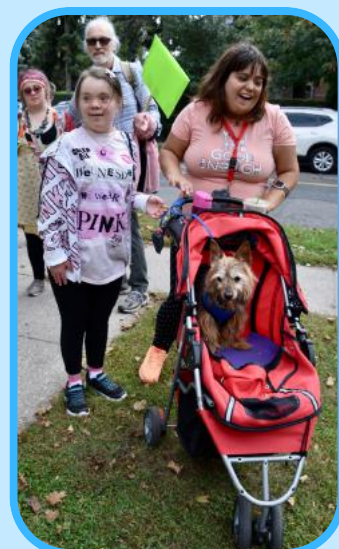


Together with her tireless team of helpers, KEYS :

- ♥ raised \$25,000 from past and many new individual donors!
- ♥ welcomed 125+ people (and some dogs :-)), walked 3km, neighbours & friends donated many raffle prizes & refreshments
- ♥ brought “KEYS Sunshine” with rays of happiness & fun for everyone!

We sincerely thank all of our supporters including families, friends, neighbours and community service and business partners for donating and engaging with KEYS!

**We need YOU to help us be Visible, Valued & Vibrant...
and are so grateful for your support!**



COMMUNITY FRIENDS

Recreation & Fitness

Movement

- Movement with Morgan
- Fitness with Azizza

Yoga

- Yoga with Allie

Recreation

- Community Outings
- High Park Nature Centre Rangers

Theatre Arts

- Clowning & Performance Arts with Leo



Community Friends & Partners

Cooking

- Kitchen skills
- Healthy meal planning
- New Recipes
- Celebrity Chefs

Creative Arts

- Art with Heather
- Craft Wrx with Laura
- Photography with Theresa & Scott

Literacy & Finances

- Banking
- Creative Writing

Music

- Andre's Music Jam
- Caitlin's Music Mania
- Music with Joanna
- Steve's Bingo Beats

Technology

- iPad learning

- Darren's No Frills
- Dundas West Animal Hospital
- Humbercrest United Church
- Oxford College Dental Hygienists
- Queen Margherita Pizza
- Rotary Club of Parkdale High Park Humber
- St. Pius Church Food Bank
- Toronto Art Therapy Institute
- The Sharing Place
- Toronto & Parkdale Horticultural Society
- U of T Medical Students



GET INVOLVED

There are many ways to get involved either personally or with a financial donation. Your commitment and support help KEYS adults be Visible, Valued & Vibrant in their community!

Donate

Donations can be made easily with tax receipts issued :

1. E-Transfer to: payments.keystoinclusion@gmail.com
2. Cheque to: West Toronto KEYS to INclusion
c/o Kate Manson - Program Administrator
4 Olympus Ave, Toronto, ON M6S 1K9
3. Canada Helps: <https://westtorontokeys.com/donate/>



Share Your Time / Your Talents

At KEYS we count on our volunteers to provide highly valued support to participants and staff.

We so appreciate the technical expertise volunteered by Jen and Jeff Zakrzewski and Seth Barrett to manage our website; and Michaela Ferraro to design this Annual Report.

If you are interested in bringing your skill, passion or talent to KEYS, please contact Kate Manson, Program Administrator & Liaison at

kate.keystoinclusion@gmail.com

Become a Community Partner

At KEYS we are committed to contributing to local businesses and the community! We welcome all opportunities for our participants, as individuals or as a group, to be of service in the local neighbourhood.

Help us Find a New Home

We are looking for our own space to rent in the Junction/Bloor West area so that we can have “keys” to our own front door and be part of an inclusive community.

Please contact Hélène Paulyn Murray with any leads: keystoinclusion@gmail.com



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West Toronto KEYS

OUR HEARTFELT THANKS!

