

2021

Luso's Moving Forward

14th Annual Newsletter



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Published: September 2022. Featured on the front cover: Our participant, Steven M., with his sister Lucy and his mother Isabel.



Message from the President



The theme of this year's Annual Newsletter is *Moving Forward*. Moving ahead with our mission of supporting individuals living with disabilities, today and in the future. Luso has, with the support of many, moved forward from a concept in 2002 to the three vibrant Luso Support Centres we have today. This has not been easy or without challenges, particularly reflecting back on 2020 and 2021.

Yet with the commitment and strong will of many resolute individuals, we have grown and supported those most vulnerable members of our community. Individuals, corporations, governments, associations, and individuals have worked together to ensure that families living with disabilities have the support they need. When challenged with new ways to deliver service by the pandemic, our staff and board responded with dedication, enthusiasm, and creative thinking to ensure Luso families were not left behind. Luso continued to offer quality programming and support to our participants, knowing how vulnerable they were to impacts arising from social isolation. Once permitted, we moved forward quickly to re-open for in-person supports, with determination and diligence to provide a safe environment. We did this when many organizations did not.

Our mission to provide resources and programs in support of independence, personal growth and community inclusion is a reality, but the journey continues. *Moving forward*, we see our participants and their families are aging, creating changing needs and requiring new levels of support. Families are struggling with inadequate funding; disabled individuals are not always top of mind for government programs and supports. We are committed to being there for them.

Aging caregivers are struggling to cope, no longer having the mental or physical stamina to provide 24 /7 care for their aging children. When this happens, families in crisis, are often separated and placed in inappropriate or inaccessible facilities. Residential care for those with special needs is a critical priority. This is the next priority that Luso has committed to move forward, in our journey to serve individuals with disabilities. Many families are desperate for a solution and need our help. Luso has, and will be an advocate for those with disabilities ensuring their unique needs are not lost from the conversations around funding, medical care, or housing.

Thanks to our amazing and dedicated team of community contributors, volunteers, families, Board of Directors, and qualified professional staff, Luso has become known for enriching programs, caring environments, and the ability to successfully move forward with intention and a defined purpose.

Our Newsletter celebrates the contribution those with special needs bring to our community and tells the story of our progress and path ahead.

My sincere thanks to the many that have contributed to our journey and made a difference in the lives of individuals living with disabilities and their families. You have been an important part of our success to date, and we ask you to come along as we *move forward* with the essential work ahead.

A handwritten signature in black ink, appearing to read 'Jack A. Prazeres'. The signature is written in a cursive style with a prominent initial 'J'.

Jack A. Prazeres
President and Chair,
Luso Canadian Charitable Society



Mission

Luso Canadian Charitable Society is a community-based organization that supports individuals and families living with physical and/or developmental disabilities to achieve personal growth. We work in partnership with the broader community to provide access to information and person-centered programs and services that facilitate growth, choice, independence, and community inclusion.

Vision

We envision an inclusive community/society where people with physical and/or developmental disabilities have full access to equitable, responsive and sustainable supports and services; and where their unique gifts, differences and contributions are valued, welcomed and celebrated through their full participation in community life.



2022 Luso Canadian Charitable Society Board of Directors

Executive Board

Jack A. Prazeres, President
Joe Botelho, Vice President
Tino Alves, Treasurer
Dante DiGiovanni, Secretary

Directors

Alfredo Pita
Bernardino Ferreira
César Brás
Christine Rodrigues
David Mare
Erminio Oliveri
Filipe Morgado
Fortunato Manvati
Horácio Leal
John da Costa
Júlio De Jesus
Mário Nunes
Nelson Cidade
Otilia Prazeres
Roger Mendes
Rui Ramos

2022 Luso Support Centre GTA Board of Directors

Executive Board

David Mare, President
Tony do Vale, Vice President
Chantel Nascimento, Secretary-Treasurer

Directors

António Nunes
Jack. A. Prazeres
Melanie Da Silva
Nuno Brito

Message from the CEO



Moving Forward with a Place to Call Home

After several years of working with Luso participants, we see the immediate and changing needs of our families and their children. Two major realities exist. We know that caretakers desperately need a break from 24/7 care; as children and as parents age, many can no longer physically care for their children. Families tell us they worry what will happen when they are gone or unable to provide care for a child, or if an emergency occurs.

While Luso provides exceptional day programs and short-term respite care, we know more is needed. There is an incredible need for residential care geared towards aging individuals with disabilities, outside of the need for senior or long-term care.

Luso is responding by *moving forward* with a plan; to build permanent residential support. Without affordable housing, people with developmental disabilities are forced to rely on unsuitable and expensive alternatives. Wait times for a person with a disability are 10x longer compared to the average person seeking affordable housing. On average, adults with developmental disabilities are admitted to long-term care 25 years earlier, at rates 4.5x higher than average. This is not a solution or the care that those with special needs deserve.

Provincial investment in developmental services housing has been virtually frozen for over a decade, despite the large and growing need, driven by aging caregivers and the changing complexity of existing cases.¹

So that is why Luso is compelled to *move forward*... we are committed to building an accessible full-time residence for those with special needs. A home which is part of the community, that provides a safe, comfortable environment, 24/7 supports and remains fully integrated with existing Luso and other community services. We are pleased to say, possible locations and developer discussions are currently underway with announcements expected in the upcoming months.

While COVID-19 may have slowed our momentum, Luso remains committed to providing much needed residential housing supports. Luso has always been an advocate for those with disabilities and will continue to do so, as times and circumstances change. We hope you will join us, as we *move forward*!

A handwritten signature in black ink, appearing to read 'Heather Grand', written in a cursive style.

Heather Grand
CEO and Executive Director,
Luso Canadian Charitable Society

¹Tackling the Housing Gap for Ontarians with Developmental Disabilities, Sector paper prepared by oasis, CLT, Reena, March 2022





2021

— Moving Forward —
with utmost
responsibility
and care



Luso's COVID-19 Story Continues

COVID-19 continued to make its presence felt in 2021. As a result of two stay-at-home orders, in January/February and April/June, in-person programming was suspended. Refusing to let this stop us from helping families needing programs, Luso diversified virtual programming with additional activities that included physical exercise, interactive and competitive guessing games, stories, video messages, personal contact, and calls; to ensure we remained connected. In total, 265 virtual sessions were delivered, providing more than 5,800 interactions between participants and families.

In preparation for our reopening, as required by Ontario's guidelines, Luso quickly established COVID-19 policies and protocols. Luso was committed to providing quality care in a safe environment. PPE materials and equipment were purchased, and spaces and programs modified to meet the protocols.

Much to the delight of our families when we made the announcement of our reopening, we received multiple emails of relief and excitement. Many families and participants returned feeling a sense of normalcy at being back in their happy place "LUSO", getting into a routine, seeing friends and staff again and reducing feelings of isolation.

While 2021 was challenging for everyone, Luso ensured that communication and relationships were maintained, leaving no one isolated or without support.



Mobile Vaccine Clinics

Luso Canadian Charitable Society offered three vaccination clinics for participants and families in April and July 2021, and again in January 2022, at Luso Support Centre Toronto, thanks to the support of the Humber River Hospital mobile vaccination team.

As an advocate for priority vaccine access for persons with disabilities, living outside of congregate care, Luso appreciated the opportunity for our participants to get their first and second shots amid familiar surroundings and faces. Persons living with disabilities, with increased risk of health complications, are vulnerable. On-site vaccinations in familiar surroundings significantly reduced stress for our caregivers and their adult children; and lessened the health risk arising from exposure in larger venues.

Many thanks to the dedicated front-line health care professionals from Humber River Hospital's mobile vaccination team. The empathy, compassion and support for those vulnerable members of our community, shown during our vaccination clinics was amazing.



Luso's 2021 Fundraising

As Luso *moves forward*, we continue to deliver our programs and services to persons living with disabilities, despite restrictions and always with the utmost responsibility and care. A critical part of Luso's success stems from the generosity of donors, sponsors and supporters, many of whom contribute to our annual events.

We were able to hold two of our major annual fundraising events in 2021, Volta Luso Charities and our Luso Golf Tournament.

Luso is extremely grateful for the generosity of Community Members, Sponsors and Donors, Distinguished Contributors, Volunteers and all Luso Friends!



2021 and 2022 Volta Luso Charities Moving Forward

From June 10th to August 31st 2021, we held our second Virtual Luso Charities event, presented by LiUNA! Local 183, raising more than \$480,000 for Luso's programs and services. This year's event was dedicated to Hazel McCallion in celebration of her 100th birthday. More than 400 participants took part doing Volta their way, by walking, riding, cycling or enjoying an activity of choice on their own schedule.

In July 2022, we returned to an in-person event, bringing together more than 600 individuals, at two locations (Mississauga and Hamilton), in celebration of those with special needs. 2022 Volta, presented by LiUNA! Local 183, was an astounding success with more than \$400,000 raised. New this year was the Luso Volta Youth group initiative, led by our Luso Youth Coordinators, Victoria Ferreira and Savannah Inacio, which brought together more than 100 young persons from 13 to 18 years of age, in support of those with disabilities.

Once again, participants were able to enjoy live music, children's activities, delicious food (including an ice cream truck), access to interesting vehicles, a colorful motorcycle display by local motorcycle clubs and, most importantly, the opportunity to come together as a community for a good cause.

Luso thanks the many sponsors, participants and community partners such as MDC Media Group, ACS Productions, Portuguese Cultural Centre of Mississauga, Royal Canadian Mounted Police, Peel Regional Police, Mississauga Fire and Emergency Services, Luso Golf, local motorcycle riders, participants and other Luso friends that made our day a success! We also thank the media for building awareness of those with special needs. We hope to see everyone return to the 2023 Volta Luso Charities!

13th Annual Luso Golf Tournament

More than 360 golfers experienced a beautiful day of golf on September 10th, at Lionhead Golf and Country Club, at Luso's Annual Golf Tournament, presented by LiUNA! Local 183 and chaired by Fortunato Manvati, Sergeant for Regional Municipality of Peel Police Services and Luso Board Member. This amazing return to the links, offered players tee times throughout the day, to safely accommodate the demand for foursomes.

Before, during and after play, the golfers enjoyed numerous delicious food options, including buffet lunch and dinner, IUPAT's espresso coffee stand, and several food truck stations, offering porchetta sandwiches, BBQ beef sliders, gourmet frozen fruit pops, ice cream and beverage service courtesy of BPA. All this, plus amazing Portuguese treats, provided by Caldense Bakery, made for a memorable day. Activities such as the Hole-in-one contests, sponsored by World Fine Cars and Mercedes-Benz Peterborough, Oakville Stone's putting contest and other skill testing stops throughout the course added to the fun and social camaraderie enjoyed by all.

Thanks to the hard work of the Tournament Chair, golf committee, sponsors, donors, volunteers, and staff, Luso raised more than \$150,000 in support of programs for Luso families. Thank you to Lionhead Golf and Country Club and the Portuguese Cultural Centre of Mississauga for hosting our return to an in-person event, to National Bank of Canada, and to everyone who supported the event!



In Celebration of 100 years

Honouring the 100th birthday of Mississauga legend and our dear friend Hazel McCallion, Luso commissioned an original “Hazel” artwork created by local artist Angel DiMartino. Limited edition prints were then autographed by Hazel and sold to raise money for Luso’s participants and their families. Hazel McCallion is an inspiration to all and we thank her for her ongoing support of Luso and those most vulnerable members of our community.



2021 Taste of Portugal

On August 26th, despite inclement weather and a last-minute venue change, Luso held a very successful Taste of Portugal event in celebration of Portuguese culture. Sponsored by the Portuguese Ministry of Foreign Affairs (MNE), our guests enjoyed wines from various regions of Portugal, provided by DOC Wine Imports, Madhu Wines, and Quinta Cellars Imports, while listening to our amazing Portuguese guitarist Reno Silva. A delicious array of cheeses, meats, breads and pastries was generously donated by Golden Grains Bakery Cafe & Deli Ltd, Le Treport Wedding & Convention Centre and Pavao Meats-Salsicharia Pavao. Special thanks to the Portuguese Cultural Centre of Mississauga for providing us with a last-minute location change. Thank you everyone!

Visit from Consul General Dr. José Manuel Carneiro Mendes

Luso is grateful to Consul General Dr. José Manuel Carneiro Mendes for taking time from his busy schedule to visit our Luso Support Centres, in September 2021. Participants were excited to meet the Consul General and have him tour our Centres. We appreciate the Portuguese Government’s strong, ongoing support for Luso, and individuals living with disabilities and their families. Thank you, Dr. José Manuel Carneiro Mendes!



Luso's *ambassador* PROGRAM

Each year, Luso's Ambassador Program supports our ongoing commitment to provide an interactive and supportive environment for participants to socialize, learn and grow. Since its inception in 2008, many individuals and organizations have joined as Ambassadors and helped make that commitment a reality. If you are interested in becoming a Luso Ambassador, please visit our website at www.lusoccs.org or contact us at info@lusoccs.org.

A huge Thank You! to our Ambassadors for helping Luso reach new heights, realize bigger dreams and advocate for those with special needs.

2021 Ambassadors*

Alfredo and Marta Pita

Always Roofing Ltd.

António Dionísio

Anycrete General Contracting Inc.

Araujo Custom Stone

Bio Binz Inc.

BLAIR Building Materials Inc.

BPA Financial Group

Canadian Council of Construction Unions

Carlos Teixeira

Carpenters & Allied Workers Local 27

Cynthia and Jason Prazeres

Dr. Robert and

Mrs. Beverley Mackenzie

Drywall Acoustic Lathing & Insulation Local 675

ELCRM Holdings Inc.

Elemental Controls Ltd.

Fernando Rio

Ferreira Insurance & Investment Concepts

Filipe and Isabel Ferreira and Family

Frank and Dolores Alvarez

Galos Masonry Inc.

Heather Grand and Rick Arnone

I&A Professional Corp.

International Union of Painters & Allied Trades District Council 46

Isidro Pita

JME Entertainment Inc.

João and Maria de Ramos

John Ganton

Jonathan and Thomas Pita

José M. Eustaquio

Júlio and Nancy de Jesus



Lauren and Nick Medeir

LiUNA! Local 183

LiUNA! Local 506

LMF Synergy Inc.

Maria Antunes

Mercedes-Benz Peterborough

Mosaik Construction and Management Inc.

National Bank Independent Network

Nusens Niche Contracting Services Inc.

PINK Flamingo Landscaping Inc.

Portuguese Cultural Centre of Mississauga

Select Ornamental

Senso Group Building Supplies Inc.

Sure Green Landscaping & Snow Removal

Synergy Carpentry Inc.

The Humber Group

Torkan Lift

Vila Building Group Ltd

VPM Construction

World Fine Cars

*Contributions received from January 1st to December 31st, 2021 are listed above. Every effort has been made to ensure the accuracy of this list. If an error has been made, please accept our sincere apologies and contact us to correct the listing.



Luso Thanks our 2021 Distinguished Contributors

Luso is fortunate to have the support of our Distinguished Contributors. These are generous, large contributions made by sponsors, donors and individuals in the community during 2021.

With Luso's annual fundraising initiatives impacted by the pandemic, our program revenue was significantly affected. These Distinguished Contributors went above and beyond to ensure that Luso's programs and services would continue to be delivered to participants and families, especially in these difficult times.

Luso extends our sincerest gratitude to the following 2021 Distinguished Contributors, for their amazing generosity.



LiUNA!
LOCAL 183
Feel the Power



Luso Wins with OLG Charitable Gaming and Local Gaming Centres

Luso Canadian Charitable Society is proud to be involved with the Ontario Charitable Gaming Association. Thanks to our volunteer involvement at Dolphin Gaming in Scarborough and the RAMA Gaming Centre in Mississauga, additional funds are made available to support our Day Programs.

We encourage you to visit the Dolphin and RAMA Gaming Centres and experience these two fantastic entertainment centres while supporting local charities.

Luso Canadian Charitable Society is grateful for OLG's support and the value it brings for adults living with disabilities through our participation in the Charitable Gaming Association.



Luso Canadian Charitable Society 2021 Community Partners

Luso thanks our valued Community Partners for their financial support throughout 2021, without which, our programs and activities would be significantly impacted. Our sincere Thank you!



Luso Canadian Charitable Society's 2021 Sponsors and Donors

Diamond

BPA Financial Group
LiUNA! Local 183
National Bank Independent Network

Gold

Canadian Construction Workers' Union
Canadian Council of Construction Unions
Clare Interior Supplies
Davey Tree Expert Co. of Canada Ltd.
Dr. Robert & Mrs. Beverley Mackenzie
ELCRM Holdings Inc.
Elemental Controls Ltd.
Heather Grand and Rick Arnone
JME Entertainment
Joe Mallozzi
Júlio De Jesus
LiUNA! Local 837
Mercedes-Benz Peterborough
Mosaik Construction and Management Inc.
Pacific Paving
Parkside Therapy
Senso Group
Sixty2
Sure Green Landscaping & Snow Removal Inc.
Toronto Vanity
World Fine Cars

Platinum

Brampton Brick Ltd
Bruno Larizza and Family
Capela Surfaces
Carpenters & Allied Workers Local 27
Carpenters' District Council of Ontario
DALI Local 675
IC Savings

Silver

Alexandra Valeri
Alfredo Pita
Amigos da Terceira - Canada
Ana Pascos
AnyCrete General Contracting Inc.
Arlene and David Dougall
Ash Grove Cement
Bell Canada
Benfica Construction Ltd.
Blair Building Materials Inc.
Cristina Valeri
Dama Construction
F.E.D. Construction Management Ltd.
Filipe and Isabel Ferreira
Highland Farms Inc.
Humber Aggregates & Soil Mixtures Ltd.
I&A Professional Corp.
James S. Brown
Jeff and Diane Rushton
Joben Construction Ltd.
Jones DesLauriers Insurance
Management Inc
Lauren and Nick Medeir
Le Treport Wedding & Convention
Centre
LMF Synergy Inc.

IUPAT DC 46
Jason Prazeres
LiUNA! Local 506
LiUNA! OPDC
OJCR Construction Ltd.
Viana Roofing & Sheet Metal Ltd.

Lucky Carpentry
Meadowbrook Construction Inc.
Mike Donia
Oxford Glass & Aluminium
Penalta Group Ltd.
Progressive Indoor Air Solutions Inc.
Ramiro Marquez
Residential Construction Council of Ontario
Residential Framing Contractors Association
Of Metropolitan Toronto & Vicinity Inc.
Rio Services Inc.
Roger Mendes
Royal LePage Supreme Realty
Roysun Contracting Inc.
Sutherland Law
Target Drywall & Acoustics
TORBSA Ltd.
YYZed Project Management



Copper

1307277 Ontario Ltd.	Appleton Foods International Inc.	Craig Bowie	FPTV	Jason's Bakery	Luis Mare	Nancy Aideira	Riley Kisel	The Masonry Company Inc.
1861382 Ontario Inc. o/a Total Complete Tarping	Augusto Menezes Augusto Silva	Cristina Marques D&D Masonry Group Inc.	Francesca Pulsoni Frank and Dolores Alvarez	Jay Crouse Jiafeng Wang	Luis Fortunato Luis Nogueira	Neil Davis Nellie Pedro	Romica Carpentry Ltd.	The Mortgage Providers
1933806 Ontario Ltd.	Bailey Metal Products	Danclair Construction	Frank Antunes and Friends	Jinghua Shen JM Auto Electric	Lusogolf Fundraising Inc.	Nelson De Jesus New Canadians Lumber	Rosa Almeida Rosa Vaz	Thomas Pita
2496927 Ontario Inc.	Barbara MacLellan Barry Sternberg	Daniel Kupiec Danny Carlos	Frank Campoli Frank Chau	Joe Botelho Joe Da Silva	M. Dimas Holdings Inc. Maggie Bras	Nick Ierfino Norela Gomez	Royal Bank of Canada Rui Ramos	Todd Stewart
684904 Ontario Ltd.	Beacon Roofing Supply	Darryl and Jessica Rocha	Frank Florindo Frank Medeiros	John Araújo John da Costa	Majestic Renovations	North America General Contractor Ltd	Rutherford Contracting Ltd	Tolin Construction Management Ltd.
732718 Ontario Inc.	Bill Dimitropoulos	Dartek Construction Group Ltd	Frank Pandullo	John Arruda	Manuel Almeida	NPL Canada	Sam McDadi Real Estate Inc.	Tony Binetti
9339-6687 Quebec Inc.	Blockwall Masonry 18 Inc.	Dave Mare and Cynthia Prazeres-Mare	Frank Pandullo	John Asselstine	Manuel Clementino	Olga de Oliveira	Select Ornamental Precast Inc.	Top-Line Roofing & Sheet Metal Inc.
Ace Disposal Bins	Bobcat of Toronto	Dave Mare and Cynthia Prazeres-Mare	Galos Masonry Inc.	John Digby	Manuel Ferreira	ONIT Construction Inc.	Sergio De Zen	Torcan Lift Equipment
Adelino Milheirão	Brent Divell	David Ring	Gary Fraga	John Ganton	Manvati Electric Power	Ontario Aluminum & Glass	Servo Annex	Tracsteel Ltd.
Adolfo Paulo	Brian Viera	Debora Neale	George Lulham	John Paterson	Maple Spray Insulation Inc.	Orlando Ramos	Sheet Metal Workers & Roofers Local 30	TSI Group
AG Masonry	BroLaws Construction Inc.	DECO Homes (Origins) Inc.	GFL Environmental Inc.	John Wallace	Mapril Severino	Paloma Healey	Shelagh and David Wilson Fund	Turk Masonry
Alcli Distributors Inc	Caldense Bakery	Delilah Macedo	Goldpark Management Inc.	Johnny Guglietti	Mare's Carpentry & Construction Inc.	Paola Di Sabatino	Sheldan and Adam Richman	Two Star Carpentry Contractors
Alegre Cabinetry & Millwork	Cameron Chandler	Diana Gaiger	Granitek Masonry Ltd.	John's Butcher Shop	Maria and José Melo	Patrick, Lisa, Sebastien and Rick Dorian	Shellard Building Systems Ltd.	United Beauty
Alice Mare	Canadian Concrete Masonry Producers Association	Domingos Sereno	Gremore Contracting	José Eustáquio	Maria Irene Vazão	Paul Marques Architect	Sherwood Mortgage Group	Venture Construction Services Ltd.
All Star Carpentry Inc.	Canal Block	Drew Pallett	Guadalupe Carrasco	José Melo	Maria Fraga	Paul Belanger	Silver Carpentry (1997) Ltd.	Verdevez Construction Ltd.
Alliance Of Portuguese Clubs And Associations Of Ontario	Capelas Construction	Elem Rinomato	Hallmark Housekeeping Services Inc.	José Pessoa	Maria Rodrigues Melo	Paul Clara	SimpsonWigle Law LLP	Virgilio Rodrigues
Allwood Fire Cabinetry	Carlos A and Maria Nunes	Enir Bassani	Harold Seidel	Judite Vicente	Mario Silva	Paulo Toste	Solid Crafting Ltd.	Viveiros Group
An Shen	Carlos Hortiguera de Pablos	Eurowood Carpentry 2000 Inc	Harvey's & Swiss Chalet	Julie Dzerowicz	Mark Shedden	Pedro Nascimento - Naswire Inc.	St. Helens Meat Packers Ltd.	VPM Construction
Ana and Manuel Fernandes	Carlos Da Silva	F1 Systems Inc	Hatem Zarrouk	Justin Verissimo	Marlen Silva	Pedro Santos	St. Marys Cement	Walter Thornton
Ana Maria Faria	Carlos Teixeira	Fátima Mendes	Hewson Brothers Building Supply	Kenny AshBaugh	Masonry Contractors' Association of Toronto	Peel Police Services Board	St. Marys Cement	William Budd
André Soares	Casa do Alentejo Community Centre	Ferma Unibel Company Ltd.	Hill Garden Sunoco Service Station	Khanani Developments	Matox Employment Services Inc.	Peel Regional Police	Stephanie and Keith Grattan	William Bezanson
Andrew Fonseca	Castelo Masonry Ltd.	Fernando Ferreira (Re/Max Ultimate Realty Inc.)	Hilti	Knights of Columbus NO 9612	Max Contractor Inc.	Permacon	St. Marys Cement	Wilson Teixeira
Aníbal Pinguelo	CertainTeed Canada	Fernando Ribeiro	Hill Garden Sunoco Service Station	Lampsis Developments Inc.	Max Contractor Inc.	Peter Pan Landscaping	Spezza Sanitization Services Ltd.	Windmill Group of Companies
Annabelle Teixeira	Charles Sousa	Ferreira Insurance & Investment Concepts Inc.	I&I Construction Services Ltd.	LaRey Homes Inc.	Max Contractor Inc.	ProColor Collision Toronto Junction	St. Helens Meat Packers Ltd.	Winter & Summer
Anne Fawcett	Chris Lanese	Filipe Morgado	IC Savings - Little Portugal Branch	Larry Fletcher	Maxi-Mix Inc.	Procon Building Supplies Ltd.	St. Marys Cement	Zhuqing Jin
Anne Stilman	Christopher Plumbing	Filipe Alves	J MacLellan Winship	Laurie O'Halloran	Medhat Mahdy	ProColor Collision Toronto Junction	St. Marys Cement	Zulmar Construction Inc.
Annie Liem	City Park Homes Management Inc.	FIRST Insurance Funding of Canada	J. Chefero Sand & Gravel Ltd.	LD Law LLP	Melo Lift Inc.	ProColor Collision Toronto Junction	St. Marys Cement	Zulmar Construction Inc.
Anthony Ferreira	Cody Chemerika	Flato Developments Inc.	Jacinta Ribeiro	Leeswood Construction	Michael Correia Construction	Procon Building Supplies Ltd.	St. Marys Cement	Zulmar Construction Inc.
António Dionísio	Community Living Mississauga	Foundation Building Materials	James Colby	Legacy Masonry	Michael Spaziani Architect Inc.	Procon Building Supplies Ltd.	St. Marys Cement	Zulmar Construction Inc.
António Nunes	CPMC Marquez Holdings	Foundation Building Materials	Jane Repchull	Lehigh Hanson Inc.	Michael Balawejder	Procon Building Supplies Ltd.	St. Marys Cement	Zulmar Construction Inc.
António Sereno				Lisa Dimitropoulos	Mike and Shandi Tochen	Procon Building Supplies Ltd.	St. Marys Cement	Zulmar Construction Inc.
António, Graça and Manuel Lima				Local 18 Carpenters Union	Millwick Transfer Station	Procon Building Supplies Ltd.	St. Marys Cement	Zulmar Construction Inc.
				Lúcia Melo		Procon Building Supplies Ltd.	St. Marys Cement	Zulmar Construction Inc.
				Lucy Cardoso		Procon Building Supplies Ltd.	St. Marys Cement	Zulmar Construction Inc.



Bronze

Aaron Ramcharan	Ana Felix	Ashley Arruda	Carmela Liparoti	Cristina Borges	Duarte Supermarket	Fátima Andrade
Abe Jacome	Ana Couto	Athena Constantinou	Carmina Oliveira	Cristina Chandler	Dulce Lopes	Fátima Carreiro
Abílio da Rocha	Ana Da Fonseca	Augusto Turda	Carol Connolly	Crystal Wright-Wilson	Dulce Sales	Fátima Cidade
Adam Andrade	Ana Da Mata	Avelina Pires	Carole Russo	Cynthia Da Costa	Dwayne Antonia	Fátima Custódio
Adam Cotterall	Ana Felizardo	Avio Basso	Carolyn Heath	Damião Melo Fernandes	Echo Shan	Fátima Dutra
Adam Guzik	Ana Ribeiro	Azmi Hamouda	Caruk-Hall Inc.	Daniel Brodsky	Eduardo Perez	Fátima Labinowicz
Adelaide Cabral	Anabel Aaideira-Leite	B. Paiva	Catarina da Silva	Daniel Palanki	Eduardo Silva	Fátima Pereira
Adele Pimentel	AnaBela Taborda	Beatrice Volino	Catarina Santos	Daniela Martins	Edward and Eva Markus	Fátima Silva
Adelino Tomas	Andrea Roque	Belinda Da Silva	Catarina Ventura Saban	Danny Butler	Edwin Dutra	Fernanda Correia
Adrian Cheung	Andreas Hutflesz	Benjamin Travassos	Catherine Urbanski	Dante Di Giovanni	Eleanor Bettelli	Fernanda Da Rocha-Dimas
Adriana De Mello	Andy D.	Bernadette Cruz	Cathy Voelker	Danuta Malysz	Eliana Catarina Santos	Fernanda Gilbert
Adriao Homem	Angela and Gregory Bartolotta	Bernadette Galego	Celeste Araujo	Darbi Alisch	Elisa Toppi	Fernanda Wilson
Afarin Shirani	Angela Lepizzera	Berta Anselmo	Celina Silva	Dário Moreira	Elisabete Cardante	Fernando Mendes
AFG Food Equipment Ltd	Angelo Viella	Betty Singh	César Da Silva	Darren Lopes	Elisabete Laranjeiro	Fernando Santos
Afonso Lopes	Angie Camara	Bob and Catherine Butterworth	César Pedro	Dasia Mcalpin	Elizabeth Wimbush	Fernando Sousa
Agostinho Carreiro	Anna Maria Araujo	Bob Deleon	Chad Tavares	David Dorai	Elizabeth Colaco	Fernando Teixeira
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Alice Williams	Armindo Botelho	Carlos Duarte	Cláudia Medeiros	Dom Travis	Erika Labinowicz	Gabriela Pimentel
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Almardini	Arnold Santos	Carlos Lopes	Colleen Durland	Donald Mcara	Esmeralda Silveira	Geoff Westgarth
Álvaro Candalaria	Arthur Pimentel	Carlos Mineiro	Connie Carr (Dominion Lending Centres)	Donald Mcara	Eulália Perdigão	George Kosmopoulos
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Inas Escaros	Joaquim Lobo	Josie Kulig	Leonilde Cafua	Manuel Almeida	Maria Pestana	Mauro Iriarte
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Contributions received from January 1st to December 31st, 2021 are listed above. Every effort has been made to ensure the accuracy of this list. If an error has been made, please accept our sincere apologies and contact us to correct the listing.



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A Message from our Luso Families

“

“Anna loves the zoom sessions. She prepares everything that is needed for each session in advance, reminds us of it and waits for the time to start as if it is her job. This keeps her busy and active all day. It also has given her independency, as with some sessions she does not need our help anymore. She enjoys the games, learning new things and loves to see her friends. Anna has the option of zoom session from another program, but she refuses as she prefers the ECHO one.”

Adam – Luso Support Centre Hamilton Participant Family Member

“

“Dear LUSO, we would like to share how *Magnificent* your program and staff are at the Mississauga location. Our son has been there for two years now, and we are afraid one day he will not want to come home as he loves it so much! The zoom sessions were great but in-person there is no comparable! Everything about Luso is inspiring! Thank you!”

Sebastien, Lise and Rick – Luso Support Centre Peel Participant Family

“

“With over two years under our belt of COVID-19 ... the Luso program was a very real lifeline for families such as mine. Luso did a phenomenal job of helping us get through it; they were one of the first organizations to get an online program up and running ... this was an absolute lifesaver... more than anything it helped to continue to build Shauna’s self-confidence ... she is so excited every day to be back in the routine of going to Luso and seeing everyone in person again.”

Michelle – Luso Support Centre Peel Participant Family Member

“

“The current COVID-19 pandemic, especially the initial 3 or 4 ‘waves’, certainly highlighted how importantly we place LUSO in our daily lives. Initially by the loss felt ... the respite program ... must be commended, because this was hard work before the pandemic!

It is also apparent that LUSO is aware of their importance to those of us, lucky enough to be part of their community. The steps they went through to ensure that they could restart serving us, the community, during an on-going pandemic, in a manner that we parents would

“

“We are so thankful for the program at Luso. They have done a great job of taking care of my son’s special needs with compassion and dignity. Graham comes home with a smile on his face every day and we love hearing about his daily adventures.”

Dawn and Todd – Luso Support Centre Peel Family

have a high level of comfort was (and is!) beyond expectation ... Luso provides an environment of family, love, inclusiveness, and care. In turn this environment provides us parents with the peace of mind knowing that our children are well taken care of, regardless of whether it be the day program or respite services. To paraphrase, you don’t really know how important something is to until it’s gone. And did we feel it!”

Valentin & Anna – Luso Support Centre Toronto Participant Family Member

“

“My son has been attending the E.C.H.O. program in Hamilton for a number of years now. From the very beginning he was so happy leaving in the morning and coming home in the afternoon. He enjoys it immensely; he has met a lot of friends and he participates in so many activities! The staff are fantastic, they are giving, compassionate and we all feel that our son is safe at ECHO, in very capable hands ... our son has grown quite independent in many areas and I salute the program for this achievement. Thank you Echo program!”

Birnie Family – Luso Support Centre Hamilton Participant Family

“

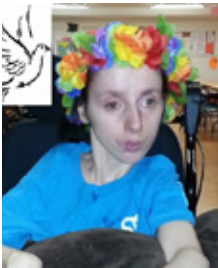
“Our daughter has attended the LUSO day program for twelve years. It was a seamless transition for her from her school program to an adult day program. The staff are all gems whose expertise, patience and caring provide a warm respectful and fun environment. This is our daughter’s world and LUSO helps her to celebrate all of the special occasions in the year and to give her life a shape and a routine. Even through COVID-19 lockdowns, zoom sessions have been creative and entertaining for the clients. A multi handicapped adult could find no better place to spend their days.”

Beverley – Luso Support Centre Toronto Participant Family Member and Luso Ambassador



In Memoriam

Sadly, in 2020 and 2021 Luso said goodbye to three beloved program participants and two esteemed long-time Luso friends. These individuals will be missed by all and their memory carried in our hearts.



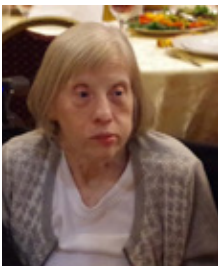
Rachel

Our dear sweet Rachel Ring passed away in May 2021. She was a beautiful delicate flower, a sweet soul that loved her family and friends. She loved her Celtic music, a collection of Disney movies; Mary Poppins, Snow White and the little mermaid being one of her favourites, which she would bring when staying at Respite. You will never be forgotten as you have left an imprint in our hearts. Luso Support Centre Toronto misses you, Rachel.



Adriana

Sadly, at the end of 2020 Luso Support Centre Hamilton said goodbye to our participant Adriana Gaspar, mother of Nelson, who were both participants of Luso. She was a very dedicated mother and due to accessibility and communication barriers, our program became a venue for them to meet and care for each other. Despite her multiple health issues, Adriana was a member of our program and visited us weekly. A pure example of love.



Marcia

On March 2021, Luso Support Centre Hamilton sadly said goodbye to Marcia Marccacio. Marcia was a loving, caring and dedicated friend always willing to give a hand. She loved sports, doing crafts and participating in all sorts of games. A social butterfly that will be very missed!



Tony de Sousa

In May 2021, we said goodbye to our good friend António (Tony) de Sousa, President of the Portuguese Cultural Centre of Mississauga. He was an incredible advocate and supporter of Luso Canadian Charitable Society and our participants. He is missed by all.



Frank Melo

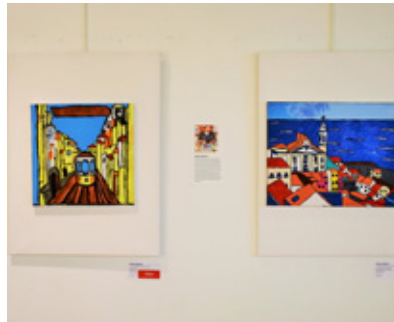
In April 2021, we lost our longstanding, valued Board Member and friend Francisco (Frank) Melo. Involved with Luso since the very beginning, Frank was a strong advocate and believed in the need to support adults living with disabilities and their families. He was a generous, caring individual and an active member within the community at large. Frank is greatly missed by his family, friends and all who knew him.



Luso's Expressions Art Exhibit

In November 2021, the Portuguese Consulate in Toronto hosted an Expressions Art Exhibit, which provided an opportunity for Luso participants to display their amazing creative abilities. Honourable guests in attendance included Dra. Berta Nunes, Former Secretary of State for Portuguese Communities and João da Câmara, Former Ambassador of Portugal to Canada.

Guests viewed varied works of art submitted by 11 Luso participants, which were available for purchase. We congratulate all the artists on their incredible talent and the many pieces sold. Luso participant Steven, subsequent to the exhibition has also done several special commissioned pieces for event attendees. Steven, his family and his art are featured on the front cover of this newsletter!



Life Skills, for Personal Development and Social Inclusion

Luso is very proud of its Life Skills program. By replicating daily activities such as cooking, baking, shopping, personal hygiene, self-care, safety, computer use and other cognitive activities such as numeracy and literacy – *and not to forget, outings and enjoying the nice weather at the park under the trees, as well!* – our participants are offered several opportunities for personal growth, independence and community integration. Programs include both group based and one-on-one learning to achieve results tailored to each individual's specific needs. Our libraries, program rooms, computer and sensory rooms along with various guests and volunteers are excellent resources for ongoing learning. All of this makes Life Skills one of the most important and rewarding parts of Luso programs for our participants.

Holidays, Special Days and Celebrations!

While still respecting necessary health and safety guidelines, Luso's participants and staff celebrated important dates, as is our tradition!

These important events included Thanksgiving, Christmas, Mother/Father's Day, Portugal Day, Canada Day, the "spook-tacular" Halloween, Valentine's Day, and many more! Celebrating milestones and special occasions brings fun and joy to both participants and staff!



Celebrating Christmas with our Thoughtful Community Partners!

Kicking off the 2021 festive season was a surprise delivery from Lacuno Art, which brought a life sized (6-foot) Styrofoam "Frosty the Snow Man" to each Luso Support Centre, along with numerous ornaments for decorating.

Wearing sweaters, hats, and reindeer antlers, our participants celebrated another Christmas at Luso. As part of the activities, they played seasonal games, created ornaments for gift giving, sang and danced to carols and decked the Luso halls. A visit from Santa, made each celebration even more special.

Our festive season was made even brighter, thanks to the generosity of many thoughtful community partners: Peel Regional Police Toys for Tots Campaign, United Way Halton and Hamilton, the Spirit of Pentecost Church, Transglobal Systems of Canada, Lacuno Art, the UTM Rotaract Club, Give & Go Prepared Foods Corporation, Orkin, among others.

Our participants had a great celebration filled with animation, gifts and good company. Luso is grateful for these thoughtful community partners and their kindness towards our participants!

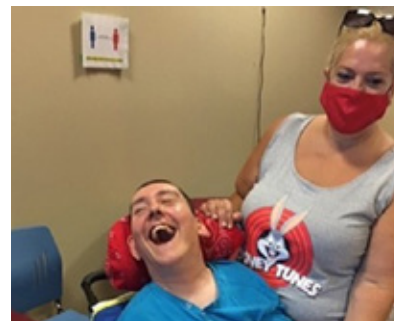


Volunteering with Luso



Luso is grateful for the many volunteers whose contributions add a wide variety of skills and activities to support our daily programming and organizational growth. Volunteers are an important part of the Luso Family and we thank them for continuing to make a difference among our community.

Ways to support Luso include: making a donation (one-time, monthly or through your workplace), offering to volunteer at programs and/or events, and being an advocate (follow us on social media and share our posts). For more ways to get involved, scan the QR-code, visit our website at www.lusoccs.org or contact us at info@lusoccs.org.



Thank You to Our Volunteers!

Special Thanks to our SPDPO Friends

A wonderful thank you to our friends from the Society of Portuguese Disabled Persons of Ontario; Isaura Carneiro, Luis Brasil and Michelle Brandao who have been dedicated volunteers for 15 years, ever since the Toronto Support Centre opened. Their love for the participants and what Luso stands for; we see in their hearts and their dedicated help and support. These very dear Friends are a big part of our Luso family. A big heart felt thank you, from all of us, for all that you do!

Sarah, Inspires us!

As a young girl, learning to ride her bicycle seemed like an impossible task, but after much persistence and effort, it was achieved. Now, Sarah can ride her bike for hours and is using her skill to raise money for her favorite programs at Luso Hamilton, such as exercise, learning and social time with friends! For the second summer in a row, Sarah participated in 2021 Luso Virtual Volta by riding her bicycle to raise funds for Luso programs and in total has raised over \$4,000 for the cause. She has shown us extraordinary resilience, dedication and commitment to help. Great job Sarah! Thank you for being a role model!

Charity Car Wash in Support of Luso

Luso is extremely grateful to Mike Batista and his friends for organizing an amazing “Batista Charity Car Wash” fundraiser in support of 2021 Luso Virtual Volta. The fun-filled day featured exotic cars, motorcycles, trucks, food and music; plus, the opportunity to donate to a great cause in return for a car wash. Big thank you to Mike and friends for raising \$5,000 for Luso families!



Celebrating 2021 and 2022 Portugal Day

Luso and the Portuguese Cultural Centre of Mississauga (PCCM) joined together in celebration of 2021 Portugal Day (*Dia de Portugal, de Camões e das Comunidades Portuguesas*) and Portuguese Heritage Month. PCCM Vice-president Jorge Mouselo and Luso President Jack Prazeres raised the Portuguese flag at our Luso Support Centre Peel.

In 2022, Luso participants, staff and community were once again able to participate at the Portuguese Day Parade in celebration of the rich culture of Portuguese-Canadians, to Canada. Our participants walked the full 4 km route, proudly holding the Portuguese Flag, while enjoying the beautiful day and wonderful crowds along the way.

Luso is honoured to recognize the strong contribution Portuguese-Canadians have made to Canada through their culture, incredible work ethic, commitment to family and support for healthy, vibrant communities.

Luso was started by the Portuguese-Canadian community in 2002 and has expanded through their continued contribution. As a result, thanks to incredible community support, Luso provides services to families living with disabilities, in the communities of Toronto, Peel and Hamilton.



Luso Support Centre Peel



Peel Regional Police Divisional & Community Mobilization Units

In August, we celebrated Paul's birthday, a Luso participant, by receiving a very special visit from Peel Regional Police's Divisional and Community Mobilization Units. The constables met our participants, toured the facility and talked about community safety. Joining in the fun they danced and celebrated with our Luso family and gave gifts of bracelets, stress balls and miniature police officers to everyone. Our participants enjoyed having police officers at the centre and gave each constable a handmade thank you card.

It was an opportunity to celebrate, to learn about safety in our community and develop good relations with police officers. What a special treat during the pandemic to have guests join us!



Improving Computer Literacy Through Investment!

Luso is grateful to Region of Peel's Community Investment Program – Small Capital Fund for funding new computers and laptops at Luso Support Centre Peel. This technology upgrade improved the delivery of our in-centre and virtual programming. Thank you, Region of Peel for improving the technology skills of Luso participants and for your ongoing generous support!





Luso Support Centre Toronto

Facelift at Luso Support Centre Toronto

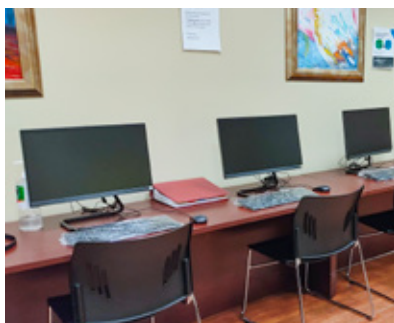
To ensure quality of programs to those living with disabilities, Luso monitors our facilities ongoing to identify needed renovations and repairs. Over this past year, participants at Toronto saw their Centre upgraded, thanks to generous funders!

National Bank provided funding for a total renovation of our main floor kitchen, which is used daily by participants and staff for meal preparation and the Life Skills program. Now everyone will be better served!

Another vital part of our Life Skills program, our computer lab, also received major upgrades. Thanks to the Oakville Foundation for Intellectually Handicapped People, Luso Support Centre Toronto received 10 touch-screen computers and three new notebooks. Now, more participants can enjoy more modern equipment, allowing them to become more independent and resourceful when using technology.

In 2022-2023, Luso Support Centre Toronto plans to build a new state-of-the-art Snoezelen room, to support therapeutic multi-sensory experiences for participants, by renovating existing facilities.

Luso is grateful for the generosity of sponsors, donors and community partners who help us improve our facilities, through investment in equipment, in-kind labor and services.



Visit from Portuguese Dignitaries

Luso is grateful to Dra. Berta Nunes, Former Secretary of State for the Portuguese Communities, João da Câmara, Former Ambassador of Portugal to Canada, Consul General Dr. José Manuel Carneiro Mendes and Dr. Paulo Porto Fernandes, Former Deputy of the Portuguese Republic National Legislative Assembly, for making time to tour Luso Support Centre Toronto, in November 2021. Participants and their families were in attendance to meet Dra. Berta Nunes and the other distinguished guests. Our visitors had a tour of our facility and were extremely impressed by how we have grown and sustained our organization since inception, without ongoing government funding. Our Respite area was another notable feature, being fully equipped with state-of-the-art equipment, to provide optimal quality and overnight care to our users in a comfortable and cozy environment.



Luso Support Centre Hamilton



Message from Luso Support Centre Hamilton President



Luso Support Centre Hamilton has withstood the test of time. Over the past two decades our Centre has evolved as a leader in the delivery of day programs for individuals with developmental and/or physical disabilities.

Our initial vision was a summer camp, which then evolved into an ever-growing program aimed at providing support for a much larger community living with complex needs. Ever since, our Luso team has been pushing existing boundaries and overcoming challenges to ensure participants have opportunities, thrive and lead a happier life.

Luso Support Centre Hamilton is well established as a pillar for community support. The quality of our programs extends far beyond the walls of our Centre, by encompassing a wide selection of projects, designed to make a difference in the lives of our program attendants. Among our key performance indicators, one of the most important metrics are the smiles on participants' faces, feeling their renewed energies and sense of belonging. These are traits we notice on a daily basis and are particularly proud of.

We appreciate the marvellous community we serve and the extensive support we receive. I would like to offer my sincere gratitude to all volunteers, the board and members, staff and all stakeholders that have contributed to this organization and for the collective support provided to the organization. It has been a privilege to be part of this team and see the results we have achieved.

As we continue to *Move Forward*, I hope we can continue to count on your support to make a difference and to help us work towards the next big project for Luso, our residential building.

A handwritten signature in black ink, appearing to be 'JB'.

Joe Botelho
President, Luso Support Centre Hamilton

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Joseph and Enza Mancinelli
LiUNA! Local 506
LiUNA! Local 837
Manuel and Maria Bastos
Paul Silva
Reimar Forming & Construction
Sarnjit Singh



Luso Support Centre Hamilton 2021 Community Members

Alcindo Boucinha	Donato Nucciarone	Maria Caçoilo	Ricardo Medeiros
Artur Mesquita	Gina Botelho	Maria Eccles	Venilde Peterson
Brenda Fabbro	Greg Daly	Norela Gomes	Zilda Ribeiro
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Conceição Brasil	Helena Alves	Lurdes Ferreira	Natália Oliveira	
Cremilde Cowles	Ilda Alves		Nélia Santos	
David Tore	Ilda Raposo			
	Isabel Martins			

*Portuguese Support Services For Quality Living Inc.



Opening Doors and Experiences Through Accessibility

The 2021 Enabling Accessibility Fund (Employment and Social Development Canada) made possible enhanced accessibility of Luso Support Centre Hamilton and contributed to our upgraded sensory program. Over the past few years, participants have experienced special moments inside the original Snoezelen room, enjoying colorful lights, sounds, scents and the relaxing atmosphere. However, as the size of the participant group increased, the need for an additional space and enhanced enrichment was apparent.

Thanks to the grant, a new Snoezelen room is near completion. This room offers additional resources for the participants, more engaging activities and additional options to relax; with a ceiling lift to provide enhanced accessibility for persons with less mobility. The room will provide a safer and comfortable experience. With the same grant, elevator and bathroom doors are now easier to operate, providing more independence for our participants at the push of a button. It was a glorious day when our participant Monica realized she could open the door by herself!



Patrick Carson & Family – Soft Rocker Chair donation

Luso thanks Patrick Carson, a Hamilton participant, and his family for their generous donation of a Soft Rocker chair. Patrick's fellow participants are enjoying this super comfortable chair that provides vestibular stimulation. We are always grateful to our Luso families for their kind support!



Luso Hamilton's 50/50 Raffle Draw

In 2021, for the first time, a 50/50 raffle was organized. Many families and friends went out of their way to help sell the tickets and it was a great success, with \$19,635 raised. Winnings were split 50/50 between Luso Support Centre Hamilton and our lucky winner, Filipe Ferreira. Generously, Filipe donated his winnings back to Luso and topped it up to \$10,000! This contribution is a wonderful example of dedicated individuals supporting persons living with disabilities in many ways, especially during these challenging times.

Sweet doughnations!

A very special thank you to Cinnabon® and to Krispy Kreme Doughnuts Mississauga's Fundraiser Initiative, in support of our E.C.H.O. (*Empowerment. Culture. Hope. Opportunity*) life-skills program and Luso Support Centre Hamilton. Over \$15,000 was raised in 2021 after several sales of Minibon cinnamon rolls boxes, gift certificates and thousands (literally) of fresh original glazed doughnuts! A sincere thank you to Cinnabon® and to Krispy Kreme Doughnuts Mississauga!

We also thank "Amigas das Malassadas" group of friends, longstanding Luso supporters, for raising funds for Luso Support Centre Hamilton. Despite COVID-19 and its challenges, the group went above and beyond: getting together for several months to make and sell the Portuguese doughnuts (malassadas). On behalf of the group, Maria Carvalho presented Luso two cheques with a total value of \$6,000. They are an extraordinary group of friends, truly committed to helping us. Our sincere *thank you!*



Luso Support Centre Hamilton 2021 Sponsors and Donors

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Contributions received from January 1st to December 31st, 2021 are listed above. Every effort has been made to ensure the accuracy of this list. If an error has been made, please accept our sincere apologies and contact us to correct the listing.



Luso Support Centre Hamilton 2021 In-Kind Sponsors and Donors

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Alice Facão
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Luso Support Centre Hamilton Community Partners

Luso Support Centre Hamilton thanks its valued Community Partners for their financial support throughout 2021, without which, our programs and activities would be significantly impacted. Our sincere “Thank you!”



Governo dos Açores



Hamilton



Government of Canada
Gouvernement du Canada

Canada



Employment and
Social Development Canada
Emploi et
Développement social Canada





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