



MIND THE GAP: **VitalSigns**<sup>®</sup> REPORT  
2018





## Chair's Message Mind the gap, together

In London, England there's a space between the subway car and the platform. And every time the doors open, just as you're about to step off, a recorded voice reminds you to "mind the gap."

As we worked our way through a year of research and community conversations to bring you this Vital Signs report, we realized at the Selkirk & District Community Foundation we were on a path to mind the gap together.

As we start Vital Signs we already know we have a strong, successful and growing foundation and we know that we are *Here for Good*. We have a good understanding of our community's strengths and needs... or do we? Are we missing anything or anybody? Mind the gap.

This Vital Signs report has already helped us identify, recognize, reveal and focus on the unmet needs in the corners of our community where we work, live and play. Mind the gap.

My personal "ah-ha" moment happened on a downtown Calgary street corner, as the 2015 Community Foundations of Canada Conference came to an end. Part of our contingent was having a conversation about the highlights of the conference and the impact it had on us. We were all moved by the stories of other foundations from across Canada who shared their Vital Signs projects. We came to a unanimous conclusion that if we were going to be responsible for moving the foundation forward, we had to commit to our own Vital Signs project, something previous directors had been considering for a few years.

Through collaboration with community leaders we've collected ideas and data, and we've forged stronger relation-

## What OUR REGION would look like if we were

# 100 PEOPLE



ships. We've identified gaps that need attention. Some of these are gaps that will take a long time to fill in. Others are things we can each start to work on today.

Some things will surprise and maybe even alarm you; others will confirm what you already know. We've provided suggestions, which will hopefully engage you and enable you to be part of the solutions.

Read the report, share it with others, and keep it handy. We hope that it helps you mind the gap, and we know that if we work together towards common goals we can continue to be a smart and caring community that is *Here for Good*.

— Gord Henrikson, SDCF Chairperson

## What is Vital Signs?

Vital Signs is a community check-up. Community foundations like ours all across Canada use it to measure the vitality of our neighbourhoods, and identify significant trends in a range of sectors that are critical to a smart and caring community. The research leads to ideas that move this knowledge into action. Vital Signs is coordinated nationally by Community Foundations of Canada and was developed with the help of the Toronto Foundation.

With the community, the Selkirk & District Community Foundation has come to understand our region better than ever. In November 2016, we launched the Vital Signs project. We wanted to know which critical community issues matter the most, and you told us — affordable housing, mental health and community safety, among nine key issues.

We also wanted to know what we're great at. We heard the region's key strength is our ability to pitch in together to solve problems and make change happen. All of this has helped us measure the vital signs of Selkirk, St. Clements and St. Andrews — to help our community grow, be healthy and nurture a regional identity.

## Cover photo (by Jaclyn Leskiw Photography):

Meet Samir, one of our newest citizens. Our community, led by 26 churches, sponsored his mom, dad, a sister, two uncles, an aunt, and grandmother to come to Selkirk, Manitoba from a refugee camp in Goz Amir, Chad. Samir's mom, Zara, was just six years old when she fled her home in Sudan. She grew up in the refugee camps for 12 years. She married Yaya and together they had their daughter Maisoune in the refugee camp. Our community sponsored the extended family and brought them to Selkirk in June 2016 and baby Samir was born a year later on Canadian soil. The Red River Churches Refugee Team saw a need, stepped up and filled a gap for a family and for our community. This Mind the Gap: Vital Signs Report is for the future of all the children in our community whether they were born here or moved here from around the corner or around the world.

## Our Region

- Our Region (Selkirk, St. Andrews, St. Clements and Brokenhead Ojibway Nation)
- Selkirk
- R.M. of St. Andrews
- R.M. of St. Clements
- Brokenhead Ojibway Nation
- Winnipeg
- Manitoba

Selkirk & District Community Foundation acknowledges the relationship with the Anishinaabeg, Cree, Oji-Cree, Dakota, Dene and Métis peoples of this land and their traditional territory within Treaty One, on which we gather.

## How we created Vital Signs... The Methodology

Summer 2016

### Vital Signs leadership team formed

SDCF gathers community leaders and volunteers to guide the Vital Signs process.

Nov. 16, 2016

### First town-hall meeting

More than 90 community leaders meet to identify which community issues matter the most to us.

Jan.-May 2017

### Stakeholder consultations

One-on-one discussions with 45 community members are held to identify what we're good at, what gaps exist and what we want to know.

May-Nov. 2017

### Data collection

SDCF collects data specific to our region from national sources and local agencies, along with real stories about what makes us tick.

Dec. 8, 2017

### Second town-hall meeting

More than 80 community leaders gather to review the draft Vital Signs report and identify concrete actions that can make our community grow and be healthy.

April 2018

### Report released

# INCLUSIVE COMMUNITY



## Selkirk welcoming to those with disabilities

There are roughly 25 group homes in Selkirk that enable those with cognitive or physical impairments to live among neighbours. Data is hard to come by, but local experts suspect this is more than most Manitoba communities.

Public concern about a new group home opening has never really surfaced in the region. Experts who work with people with disabilities say that's due partly to the region's cooperative and welcoming ethos, and partly to a generous quirk of Selkirk's

zoning bylaw. Group homes of fewer than six people can open without a formal zoning hearing that might spark an outcry, meaning residents can simply be absorbed naturally into a neighbourhood.

However, despite the region's strong record on community living, independent living for those who are able remains elusive. The shortage of affordable housing, especially for single people on social assistance who are allotted only \$533 a month for rent, means some adults remain in a group home setting when they could live on their own.

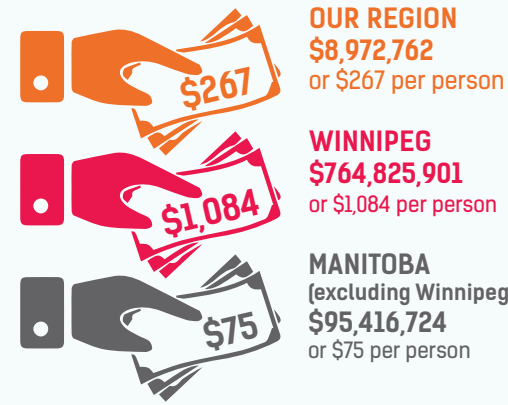
"People who are ready to move out on their own, can't," says Maria Freeman of Community Living Selkirk. To address this gap, Community Living Selkirk has developed eight basement suites — self-contained units with regular support attached to group home facilities. These are always full, says Freeman.

*"This is a very open and welcoming community, but the zoning bylaws also allow us to seamlessly move in."*

— Maria Freeman, Community Living Selkirk

## Charitable Giving

Total community foundation assets, per capita



## Diversity

Languages spoken as mother tongue

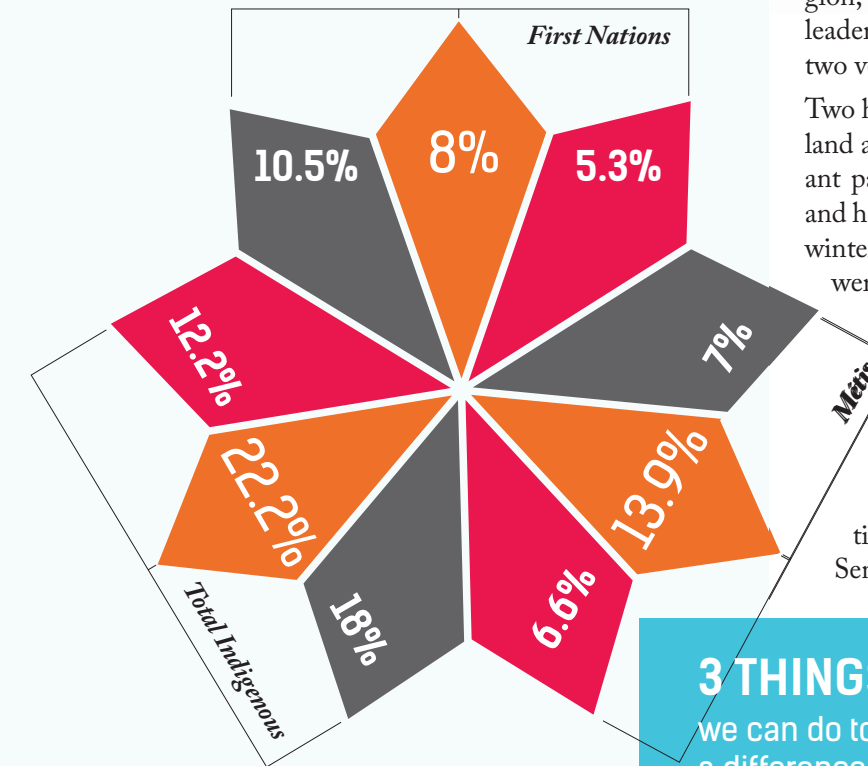


## Voter Turnout

In the last general municipal or provincial election



## Indigenous Population



## Reconciliation in action

Sen. Murray Sinclair, born and raised in our region, stood before a room of our community's leaders in the summer of 2017 and reminded us of two very important things.

Two hundred years ago, Selkirk Settlers from Scotland and Chief Peguis' people set us on an important path. Peguis embraced the Settlers and helped them survive brutal and long winters. Despite this, Peguis' people were pressured into leaving the rich and prosperous land along the

Red River for less useable land in the Interlake. We've been living and breathing reconciliation ever since.

This community "is what reconciliation looks like," the former Court of Queen's Bench Justice told the audience. And, in the next breath, Sen. Sinclair added, "We have a long way to go."

It was a good reminder that this region has deep and authentic roots in conflict and friendship. It's a place where history is on the surface. It defines the region and lives in the people who walk the streets, raise their children, run farms and businesses and lead organizations today.

*"It's time we remembered that there was some wrong done, and it's time to right that wrong."*

— Selkirk Mayor Larry Johannson (CBC Manitoba)

The City of Selkirk honoured Sen. Sinclair for decades of community service in the region for everything from being a mentor as a young cadet to creating the first Selkirk Friendship Centre. A park has been named in his honour in the neighbourhood where he grew up.

**3 THINGS**  
we can do to make a difference

Volunteer one more time, or at one new place, than we did last year.

Read the 94 Calls to Action from the Truth and Reconciliation report.

Ensure our workplace reflects the diversity of our community.

Photo: Donna Maxwell

# HOUSING

## Age-in-place housing a looming need

Multi-family housing has been a tough sell in parts of our region, but an aging population might change that.

“Aging-in-place means providing people options to stay in the community that’s home to them,” says DJ Sigmundson, the chief administrative officer for the R.M. of St. Clements.

These options include everything from adult-living co-ops to granny suites to condos and low-rise apartments for seniors who wish to downsize, are fed up shovelling snow but want to remain close to friends, grandchildren and services they’re familiar with.

A decade ago, about 18 per cent of St. Clements’ residents were over the age of 60. Now, that figure is 24 per cent. And, a recent public consultation on a new neighbourhood in East Selkirk found nearly one in five respondents planned to live in a condo, duplex or apartment in the future.

But, new multi-family housing projects have occasionally been controversial in the region where residents value a more rural lifestyle and worry different kinds of housing could jeopardize that.

Sigmundson says together the community needs to slowly change the conver-



Photo: Donna Maxwell

*“We can’t just hope it will happen. We have to plan for it.”*

— DJ Sigmundson, R.M. of St. Clements

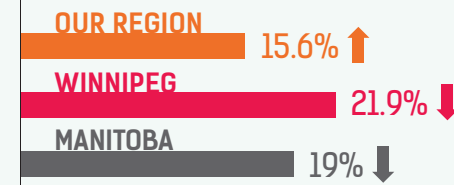
sation about what density means in St. Clements, and how a variety of housing types attracts young families and allows older adults to grow old in the community they love. He’s seen the evolution of that debate even among the councillors he serves.

“We can’t just hope it will happen,” says Sigmundson. “We have to plan for it.”

↑ Increase since last census    ↓ Decrease since last census

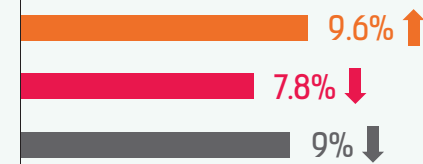
### Core Housing Need

Proportion of residents spending more than 30% of their income on housing



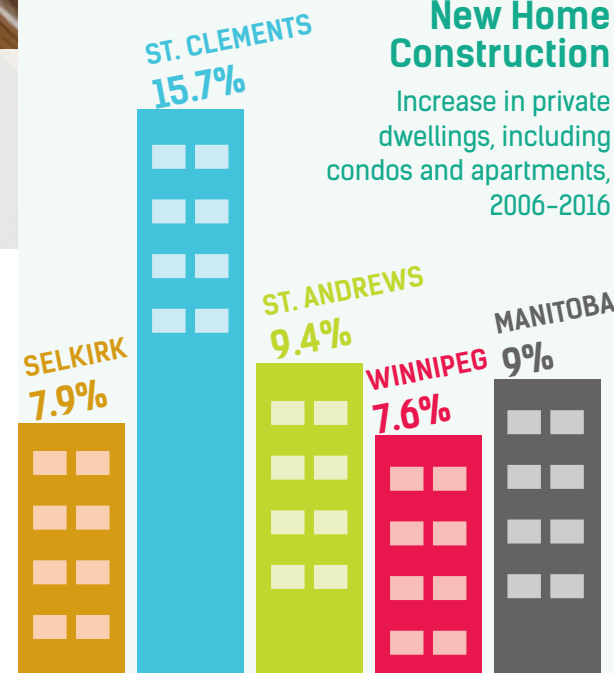
### Aging Housing

Proportion of homes requiring major repairs



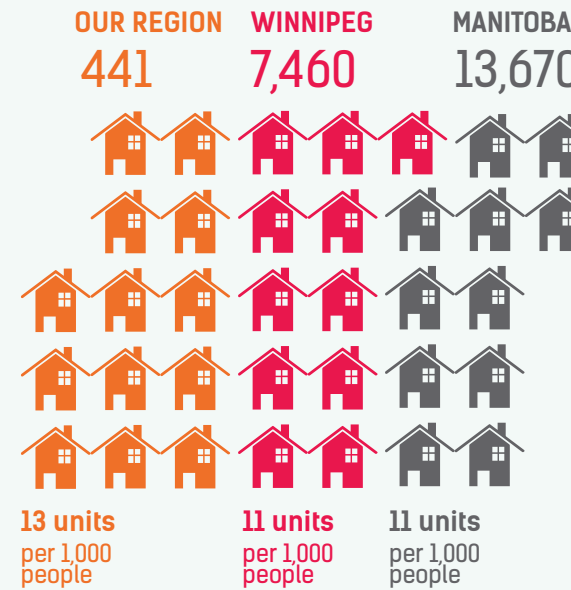
### New Home Construction

Increase in private dwellings, including condos and apartments, 2006-2016



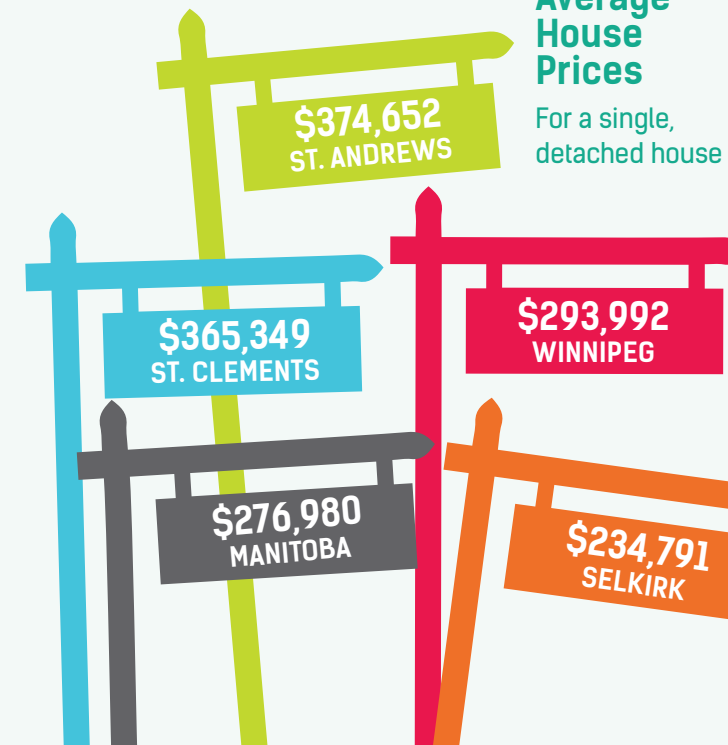
### Access to Social Housing

Number of Manitoba Housing units



### Average House Prices

For a single, detached house



## The state of affordable housing

The lack of affordable housing – a problem across the province – was the single biggest issue raised during town halls and one-on-one conversations with community leaders while researching this Vital Signs report. We heard the shortage of affordable housing means low-income youth struggle to find stability, women have a hard time transitioning from the women’s shelter to their own safe homes and potential employees turn down job offers because they can’t find affordable accommodations in our region. Despite a welcome mini-boom in new home and apartment construction, few, if any, of those units are of help to low-income residents.

It’s difficult to measure the problem. There is very little data on average rent costs, vacancy rates, wait

times for affordable units or on the region’s “hidden homeless” – the hard-to-track people who are couch-surfing or living in dangerous situations for lack of other options.

Several years ago, the Interlake chapter of the Canadian Mental Health Association tried to put some numbers on the region’s affordable housing gap. The CMHA’s best estimate was that 200 more affordable units are needed in the region.

“When we talk about recovering from mental illness and addictions, housing is a cornerstone of recovery,” says the CMHA’s Tristan Dreilich. “People can’t move on to financial recovery or education or employment if they don’t have good housing in place.”



Photo: Donna Maxwell

### 3 THINGS we can do to make a difference

- Learn about the long-term value of higher-density, multi-family and affordable housing.
- Strike a committee to develop a comprehensive regional housing strategy.
- Identify or prepare a housing project and apply for government funding.

# LEARNING, KIDS & YOUTH

## Onashiwini gives kids a head start

Amanda Russell's daughter Kallie waits eagerly every afternoon for "her bus" to take her to the Onashiwini Aboriginal Head Start Program. Every night, she brings home new skills and traditional teachings to her family.

Russell and her husband recently adopted Kallie, 4, and her brother. Now Kallie is in her second year of the Head Start program. The program, run out of the Selkirk Friendship Centre, has helped Kallie with basic pre-school skills — everything from counting independently to problem-solving to making friends. But it's also helped Russell's family

Head Start programs, OAHS offers free bussing to families who want it — to make sure kids can get to preschool, to help parents get groceries once a month or make it to appointments.

Onashiwini means "to mentor" or "to guide". Though kids are the focus, parents also get mentoring and guidance. OAHS offers parent cooking classes, budgeting workshops, resume-writing help and ways to connect with Indigenous culture such as classes in bannock and moccasin making.

Kallie is thrilled by the drumming group and has taught her family the Prayer to Creator that's said before every snack and mealtime at OAHS.

"Those teachings are coming to our family," said Russell. "If you can foster those relationships and connections now, we'll only have a better relationship down the road."

*"The parents are a vital component to the program. They are viewed as teachers, partners, collaborators and advocates for their children."*

— Kathy Duncan-McMahon, Program Coordinator at Onashiwini Aboriginal Head Start

connect with Selkirk's Indigenous community and a group of fellow new moms.

"I see a real community there, a friendship circle there, that's been very helpful to me," says Russell. "It's a great way to have some human contact and bounce ideas off other parents."

The Onashiwini Aboriginal Head Start program serves about 40 kids who mix culture and learning to kickstart their school readiness.

Like a lot of Head Start programs, parents must be willing to volunteer a few hours a month. Unlike most

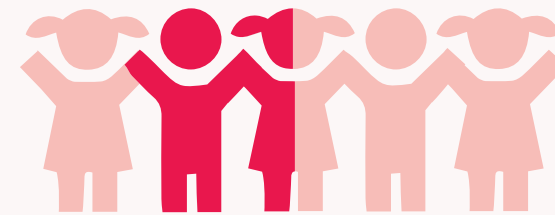


### Child Care Spaces

Number of licensed spaces



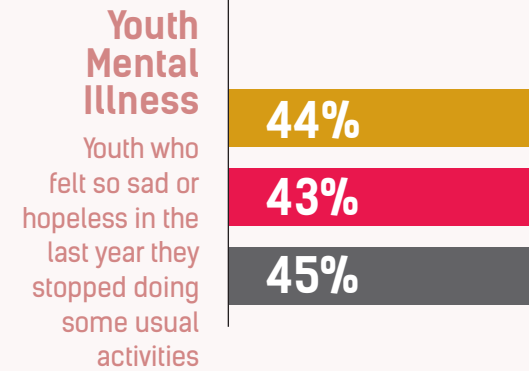
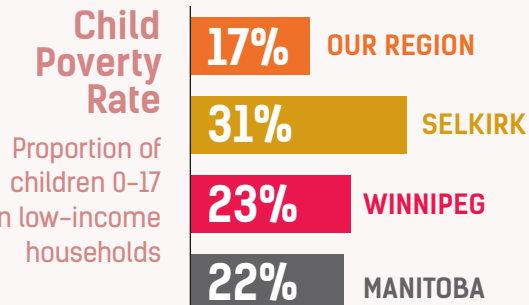
**OUR REGION**  
508 (a space for 0.75 kids out of five)



**WINNIPEG**  
23,097 (a space for 1.5 kids out of five)

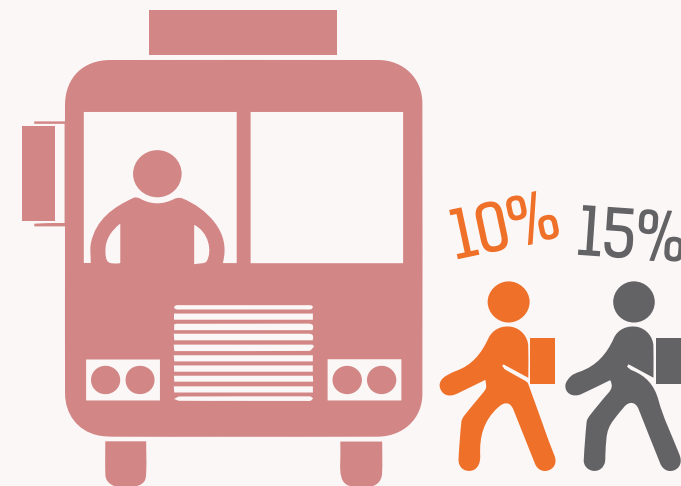


**MANITOBA**  
34,285 (a space for 1 kid out of five)



### School Readiness

Proportion of children who are not ready for school in two or more developmental domains



### What we wish we could measure: Kids "aging out"

Very little data exists on the needs and outcomes of kids aging out of both the child welfare system and the school programs available to students with disabilities.

Youth mentorship staff at the Selkirk Friendship Centre told us they see young people who no longer qualify for child and family services programs but don't yet have basic life skills that will allow them to get a job, look after their money, rent an apartment and transition into independence. So they sometimes drift onto welfare rolls.

The Interlake region has a slightly higher proportion of children in care than the provincial average. But, once they reach age 18 (or 21, in some cases) and are no longer part of the child welfare system, many services stop. Help with skills training, finishing high school, finding housing and accessing mental health services, for example, can be patchwork. Roughly 500 children age out of care in the province every year.

Similarly, young adults with disabilities who graduate from high school have long waits for day programs, weekly occupational therapy, transportation programs and other help being part of the community.

"If you need speech and language therapy to communicate — if you lose that capacity, it's harder to be a part of the world around you," said Community Living Selkirk's Maria Freeman. "It limits who you connect with."

There are 10,714 children in care in Manitoba.

9,185 of those are First Nations or Métis children.

That means 86% of children in care are Indigenous.

**3 THINGS** we can do to make a difference

Read a book every day to a pre-schooler in our lives to help them get ready for school.

Create more child care spaces or a new daycare in our region.

Increase collaboration between the school division and community groups to make good use of schools after hours.

# HEALTH & WELLNESS



Photo: Donna Maxwell

## Region needs more community mental health services

When Candice moved to our region a year ago, she started from scratch searching for mental health care to help her manage depression and psychosis.

“For a while there, I was kind of on my own,” she says. “I didn’t know what the resources were.”

A call to the crisis line put her in touch with an Interlake-Eastern Regional Health Authority community mental health worker who got her linked into some support groups. Then, a psychological evaluation netted a referral for regular therapy.

Thanks to her strong advocacy skills and a stable job, Candice is among the lucky ones. The shortage of community mental health services in the region, especially for those living in poverty or with complex, persistent

illnesses, makes finding care hard for many, despite living near the province’s mental health hospital.

The shortage of mental health services was a key theme to emerge from the community consultations for this report. In fact, in December 2013 at a local housing forum, community members heard that many patients who were well enough to leave the Selkirk Mental Health Centre remain in the institution for months because there is no affordable community housing or supports for them to go to.

The Canadian Mental Health Association’s Tristan Dreilich says better community services could include anything from supportive transitional housing to daily check-ins by health workers to more drop-ins and support groups.

“I feel like we’re getting a little better at it, but there’s still a ton of work to do,” says Dreilich.

### Access to Doctors

Number of physicians per 1,000 people



Our Region



Winnipeg



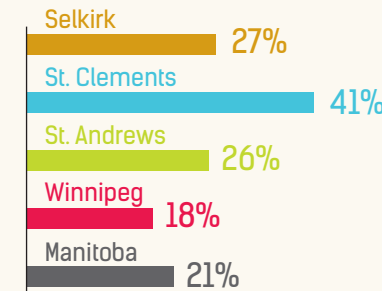
Manitoba



↑ Increase since 2008  
↓ Decrease since 2008  
= No change since 2008

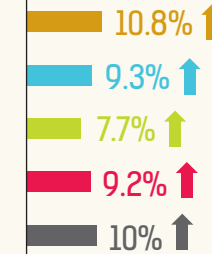
### Obesity

Proportion of people whose Body Mass Index is 30 or higher



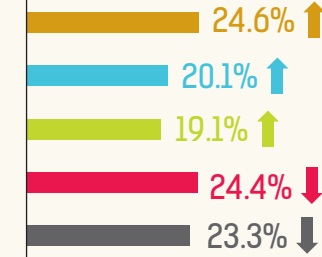
### Diabetes

Proportion of people with diabetes



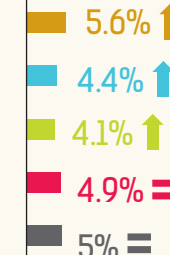
### Mental Illness

Proportion of people with mood or anxiety disorders



### Substance Abuse

Proportion of people with substance abuse issues



## Safer users, safer city Needle exchange tackles public health problem

A few years ago, Selkirk public health staff got a friendly call from Street Connections, Winnipeg’s needle distribution program. Staff there were helping some Interlake residents who were travelling to the city to pick up new needle kits. That call, plus a worrying rate of Hepatitis C, prompted the Interlake Eastern Regional Health Authority (IERHA) to launch its own needle distribution program in the summer of 2015. Today, approximately 3,500 new needles kits are doled out monthly from the community health office.

People who use drugs can take almost as many needles as they want, in hopes they’ll share with other users who may be unable, or too nervous, to drop by the Manitoba Avenue office themselves.

“Access to new needles is how we prevent these blood-borne diseases that we’re spending millions

treating in the health care system,” says program manager Maxine Zasitko.

The last few years has brought a focus on the opioid crisis, and Selkirk, just like every other city, struggles with increasing drug use.

As well, Zasitko’s team is working closely with Citizens for a Safer Selkirk, who circle weekly through playgrounds, alleyways and parks picking up used needles. Zasitko says the increase in used needles is also an indication people who use drugs are safer and healthier, which ultimately benefits the community.

It can take years to see rates of blood-borne illness decrease. Until then, the best measure of success is helping people who often fly under the health care system’s radar.

**3 THINGS**  
we can do  
to make  
a difference

Ask a friend to  
come for a walk.

Wear purple on  
October 10 to recognize  
and promote World  
Mental Health Day.

Expand mental  
health resources  
for youth.

# INCOME GAP



Photo: Donna Maxwell

## Little progress on poverty

*Marv Terhoch, chair of Manitoba Food Banks and former director of the Selkirk Food Bank, talks about poverty in the region.*

**Food bank visits are up nearly 60 per cent over the last decade. What trends do you see?**

The two fastest growing demographics are working single mothers in minimum wage jobs of less than 24 hours per week, and seniors — predominately traditional, home-staying women who have lost their spouse. They have no pension except CPP and Old Age Security. They can't find affordable housing in the area, even if they have equity in their own family homes.

**You recently asked your clients about their housing needs. What did they tell you?**

There's not enough affordable housing in the area for those who might have the ability to rent in an accessible price range. Couch surfing in the

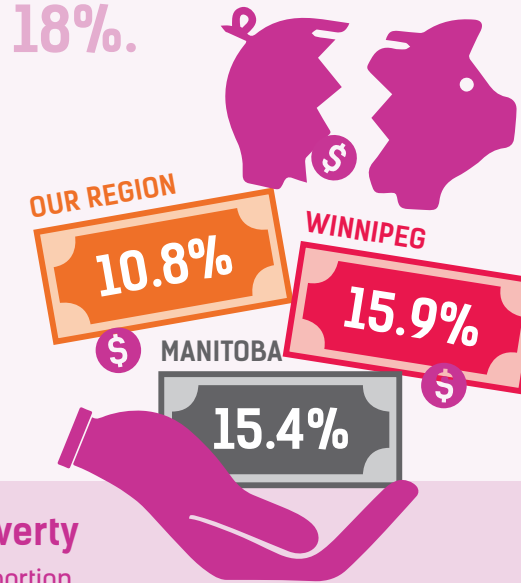
three warmer seasons and moving to Winnipeg for the winter are the prevailing options. As well, there is limited, if any, housing for physically and emotionally handicapped and addiction-challenged individuals. The warehousing provided by a homeless shelter is essentially like putting a Band-Aid on a bullet hole. Unlike other Manitoba communities, there is no regional housing strategy.

**When it comes to tackling poverty in the region, what's getting better?**

Sadly, nothing! Not even modest gains! Anyone who reports otherwise is either not recognizing or facing the real poverty conditions, or believes the answer is solely up to those living in poverty.

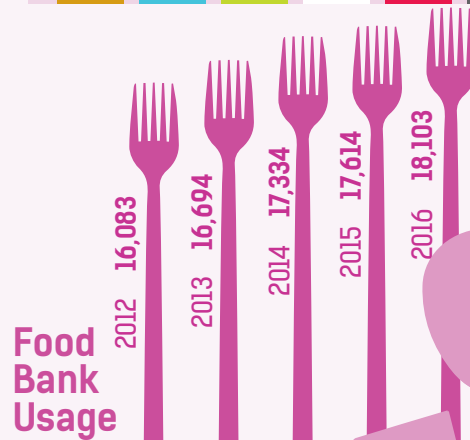


The poverty rate in Selkirk is 18%.



## Poverty

Proportion of people on a low income

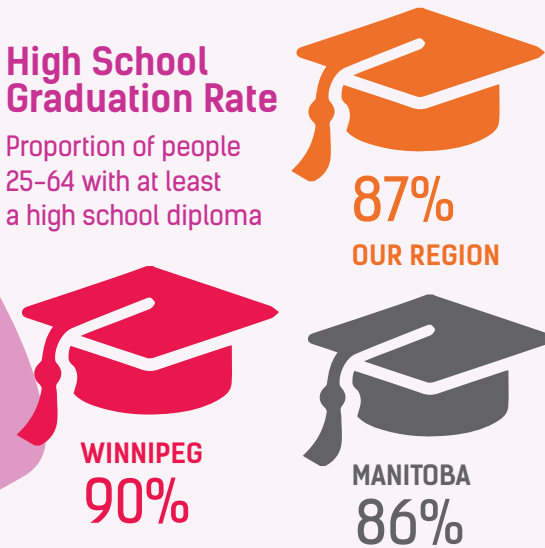


## Food Bank Usage

Usage of the Selkirk Food Bank (total visits, including all people in the client's household)

## High School Graduation Rate

Proportion of people 25-64 with at least a high school diploma



## Students connect with culture, Indigenous grads



Photo: PASS

Organizing a powwow for 400 people is an impressive task. It's even more impressive when teenagers have done all the work.

The annual graduation powwow that takes over Lord Selkirk Regional Comprehensive Secondary School's lawn is the work of a few dozen students who are part of the Promoting Aboriginal Student Success program (PASS), which aims to keep teens connected to school and to their culture.

"It's all student-led," says Jacqueline Bercier, the PASS chair. "The students do all the legwork — finding the entertainment, the speakers, getting local businesses involved, organizing volunteers, writing proposals."

The powwow is the colourful culmination of PASS's real work. The program gives students practical skills they can use later in life. It allows them to meet and mingle with Indigenous people whose education has propelled them into business, academia and government, all because they first graduated from high school.

Failure to finish high school is a key marker of poverty, and new provincial data suggests high school graduation rates among Indigenous students have stagnated.

PASS also infuses the Comp with Indigenous culture — something Bercier says is still lacking even though roughly one-third of students are First Nations or Métis.

The PASS program, now in its 18th year, typically attracts about 50 students from the Comp and from satellite programs at two regional junior high schools. It's the only program like it in the province, and PASS grads have gone on to become journalists, academics, cultural leaders and doctors.

*Failure to finish high school is a key marker of poverty.*

## 3 THINGS we can do to make a difference

Donate time, talent or money to a local organization that addresses poverty.

Help local media better tell the complexities and success stories of poverty in our community.

Work together to identify gaps in programs, overlap in social services and ways to coordinate our work.

# ENVIRONMENT



Photo: Donna Maxwell

## Brokenhead wetland preserves traditional medicines, unusual orchids

Tucked just off busy, beach-bound Highway 59 is one of the most unusual and tranquil wetlands in the province.

Opened in the summer of 2016, the Brokenhead Wetland Ecological Reserve was created by orchid conservationists and provincial parks staff in partnership with Brokenhead Ojibway Nation, whose members have been using the area to collect medicinal plants for hundreds of years.

"I visit twice a day," says Carl Smith, a member of the Brokenhead Ojibway Nation and the chair of Deb-wendon Inc., the caretakers of the wetlands. "When I was a kid, I remember going through there, and I just like being out in the area, having a nice walk."

A short, shady, accessible boardwalk allows visitors to wander into the heart of the fens, bogs, peatlands and fir forests. Text panels, written in English and

Ojibway, help even rookie nature-lovers identify unusual species and connect with the area's Indigenous cultural history.

But don't let the watery peacefulness fool you. Most of the province's carnivorous plants live in the Brokenhead wetland, trapping insects to supplement their nutrients. Indeed, the ecological reserve is home to a remarkable assortment of bog-loving plants, including 28 of Manitoba's 37 native orchid species.

*\* The Water Quality Index is used by most provinces to summarize a variety of complex water quality data such as tests for fecal coliform bacteria, mercury and phosphorus. The higher the number, the cleaner the water.*



### Loss of Farm Land

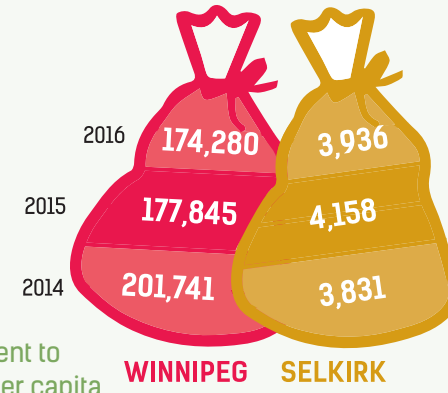
Soils used for annual crop land

**ST. CLEMENTS**  
A 16% decrease or 11,503 acres

**ST. ANDREWS**  
An 8% decrease or 9,328 acres

### Garbage

Metric tons of garbage sent to the landfill, per capita



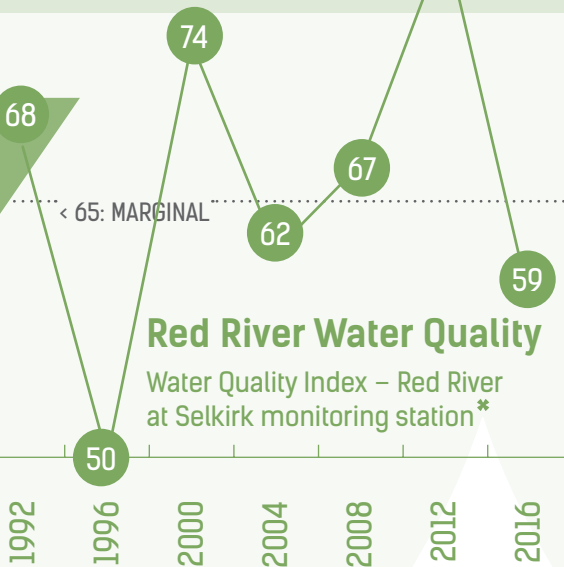
### Drinking Water Quality

Percentage of private wells in the Netley-Grassmere watershed, which covers much of our region, that failed water quality testing for bacteria or nitrates



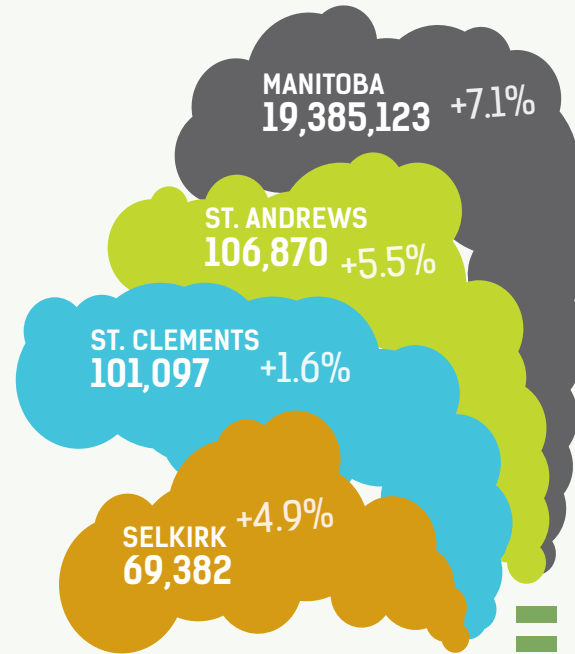
### Red River Water Quality

Water Quality Index - Red River at Selkirk monitoring station\*



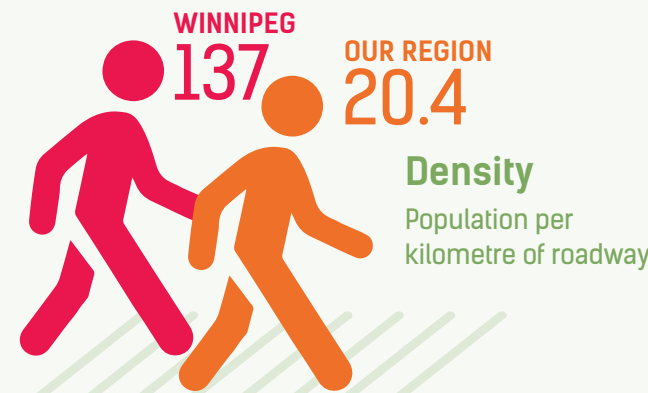
### Greenhouse Gas Emissions

Tons of CO<sub>2</sub> equivalent (2011) + Five-year increase



### Municipal Sewer System

Number of municipal sewer connections



## Sewers come to St. Andrews

When Mayor George Pike moved to St. Andrews in 1977, he was told a municipal sewer line would be coming his way any time. Instead, it took about 40 years, a population boom and growing dismay about septic fields seeping into the Red River, especially in wet years.

"All the water eventually ends up in the ditches, which ends up in the river," says Pike. "We've been fortunate that we haven't had a boil-water situation."

Now, over the next three years, more than 1,700 homes between the West St. Paul boundary and Lower Fort Garry will finally be served by municipal sewer pipes, connecting the area to Winnipeg's north end treatment plant. Construction started in

2017 on what's arguably the biggest infrastructure project in the R.M.'s history. Federal and provincial grants are covering about half the cost, and construction tenders and interest rates are low. But the balance of the cost — roughly \$12,000 to \$15,000 per property — has worried some residents.

Pike says he shares that worry, but he's learned a lot about what's clearly a must-do for St. Andrews, the only municipality in the capital region without some kind of municipal waste water infrastructure.

"This is an environmental issue, for sure, but it also has to be done because of the population increase here, and for development," says Pike.



Photo: Donna Maxwell

**3 THINGS** we can do to make a difference

Walk or ride a bike to one destination a week that we'd normally drive to.

Eat one more meatless meal a week.

Discover and visit a park in our community.



# OLDER ADULTS & AGING



## Seniors' centre evolving

Photo: Donna Maxwell

With Zumba, fitness classes and pickleball all the rage, the Gordon Howard Centre ain't your granny's seniors club any longer. A new wave of older adults — and the impending retirement of a generation of baby boomers — is prompting the 38-year-old centre to adapt fast.

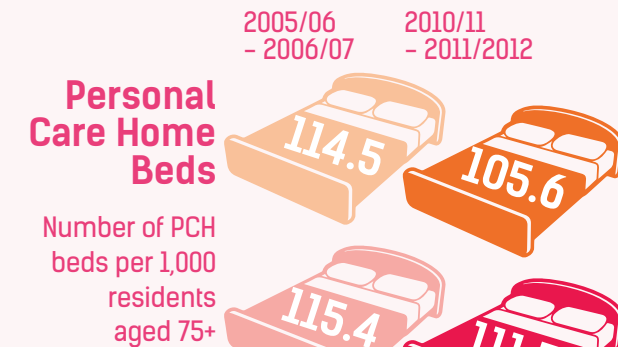
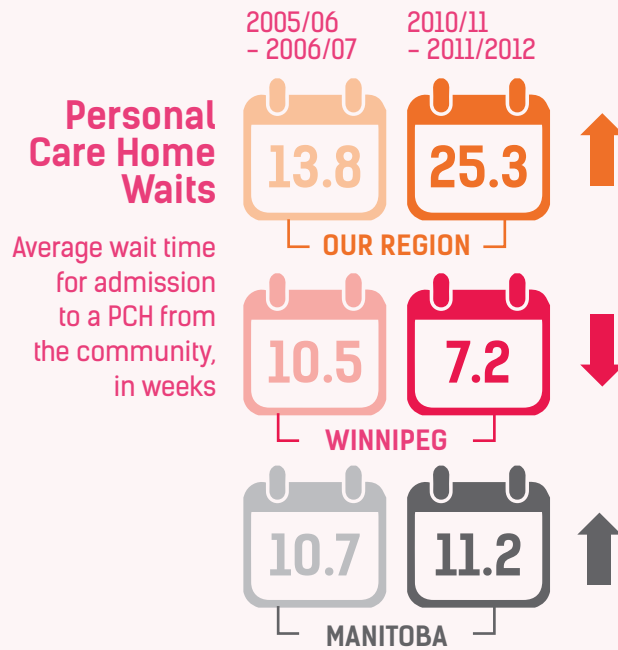
Snooker, knitting and whist are on the wane. Hipper forms of recreation are gaining popularity, as are seminars on hot topics such as online identity theft. "This is an exciting time, and there's lots of room to grow," said Executive Director Lee Hanson.

Luckily, with four multi-purpose rooms, the Gordon Howard Centre on Eveline Street in Selkirk has plenty of space. But, Hanson is a little worried about a looming shortage of volunteers, especially younger ones willing to lend particular skills.

The Gordon Howard Centre has 450 members — 300 from Selkirk and 150 from the surrounding area. That includes about 100 active volunteers. The centre recently lowered the membership age to 45 in order to broaden its reach and attract more volunteers.

Another growing concern: making sure isolated seniors know about the Gordon Howard Centre and can access programs and services. Hanson says it's tricky finding those seniors who may be lonely or house-bound and then ensuring they can make it to the centre, if they wish.

"We kind of want to be the first point of contact in the community for seniors," said Hanson. "If we don't have the answer, we can help people find it."



The Manitoba Centre for Health Policy predicts the Interlake-Eastern Regional Health Authority will need **1,577 personal care home beds by 2036. That's more than double the current supply.**

## Seniors' Poverty

Proportion of seniors living in poverty

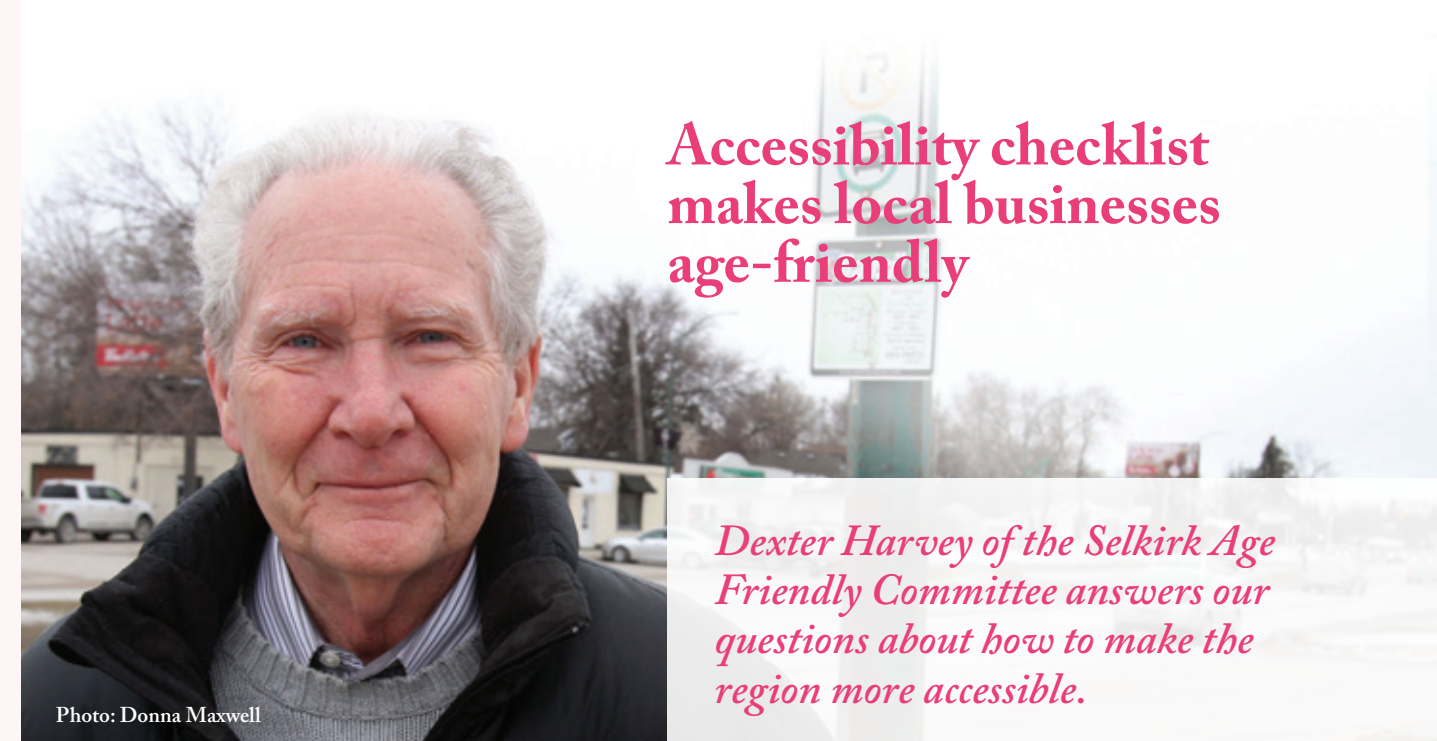
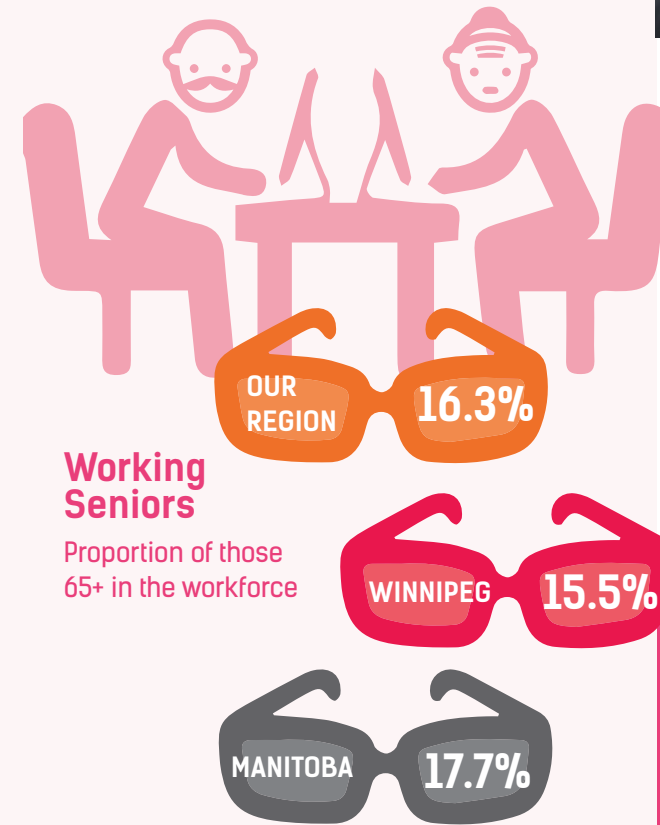
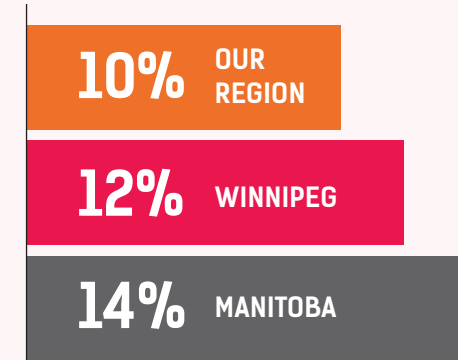


Photo: Donna Maxwell

## Accessibility checklist makes local businesses age-friendly

*Dexter Harvey of the Selkirk Age Friendly Committee answers our questions about how to make the region more accessible.*

### How are Selkirk's businesses more accessible?

In 2014, our committee started a program to recognize businesses that were interested in being age-friendly. The program involves an age-friendly checklist of the physical features inside and outside the business that make it more comfortable and attractive for all customers. So far, 43 businesses have been evaluated and recognized with an age-friendly decal they can display for customers.

### What are some simple things everyone can do to make their office or even their home more accessible?

While the initiative was focussed on businesses, many of the features that make a business age-friendly can also make a home age-friendly.

That includes:

- Well-maintained sidewalks
- Entrances that are clear of obstructions
- Stairways with sturdy handrails on both sides
- Floor mats, and ones that are securely fastened
- High toilets (16 inches) in bathrooms

### Is accessibility only an older person's issue?

Accessibility problems are not limited to older adults. The problems are related to all age groups — even new parents or young people with disabilities. An example of this is the availability of an Automatic External Defibrillator in places where older adults congregate. Today, AEDs are found in schools and sports centres.

**3 THINGS** we can do to make a difference

Take an older adult out for dinner.

Welcome an experienced, knowledgeable older adult back to work.

Speak to our elected officials about the need for more personal care beds in our region.

# ARTS, CULTURE, RECREATION & TOURISM

## A river runs through us

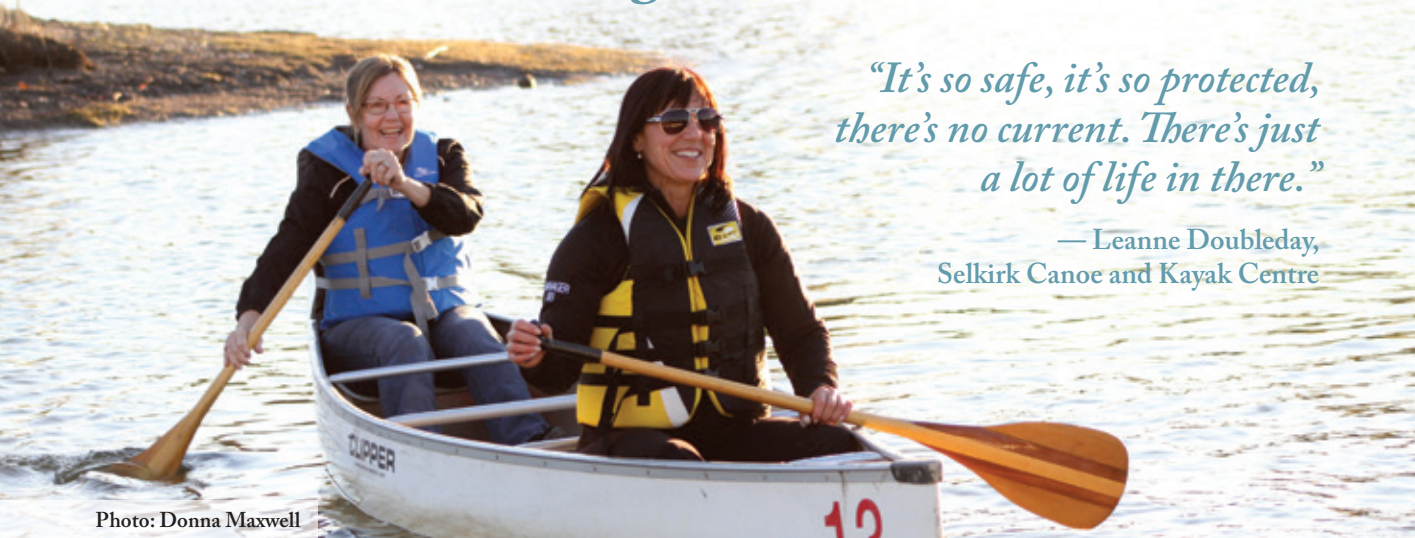


Photo: Donna Maxwell

*"It's so safe, it's so protected, there's no current. There's just a lot of life in there."*

— Leanne Doubleday, Selkirk Canoe and Kayak Centre

It was a dragon boat team with her girlfriends that first got Leanne Doubleday down to the Red River regularly. Now, the president of the Selkirk Canoe and Kayak Centre spends many evenings on the water, and thinks more local residents should too.

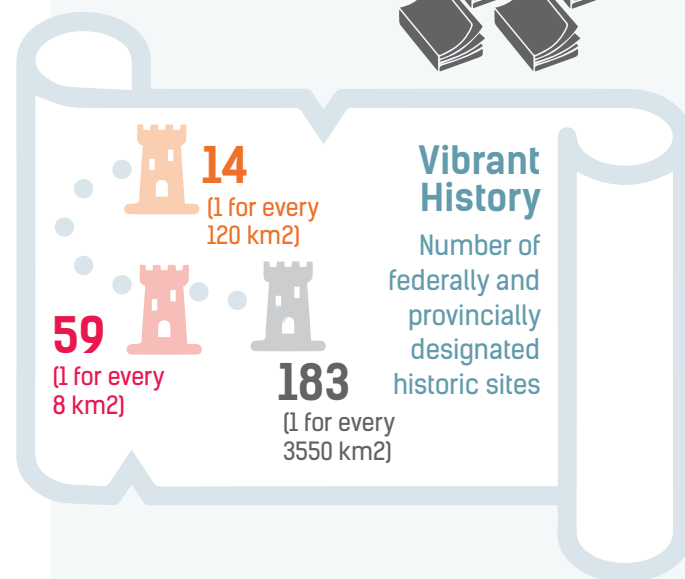
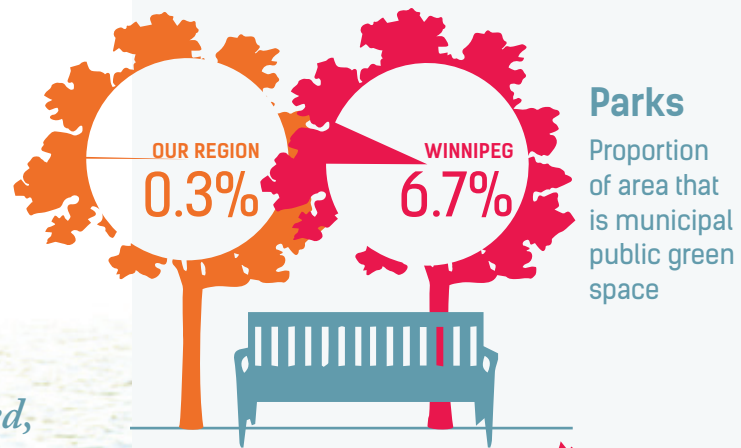
"I kind of fell in love with kayaking and canoeing," says Doubleday. "I love that the centre is run by volunteers. I love the passion."

The Selkirk Canoe and Kayak Centre has been around for more than 25 years, tucked away on the slough — a term Doubleday jokes that she secretly hates. Instead, she calls the canoe and kayak centre "a hidden gem" on a pretty section of the Red that's perfect for leisurely, safe paddling for all skill levels.

"It's so safe, it's so protected, there's no current," she said. "There's just a lot of life in there."

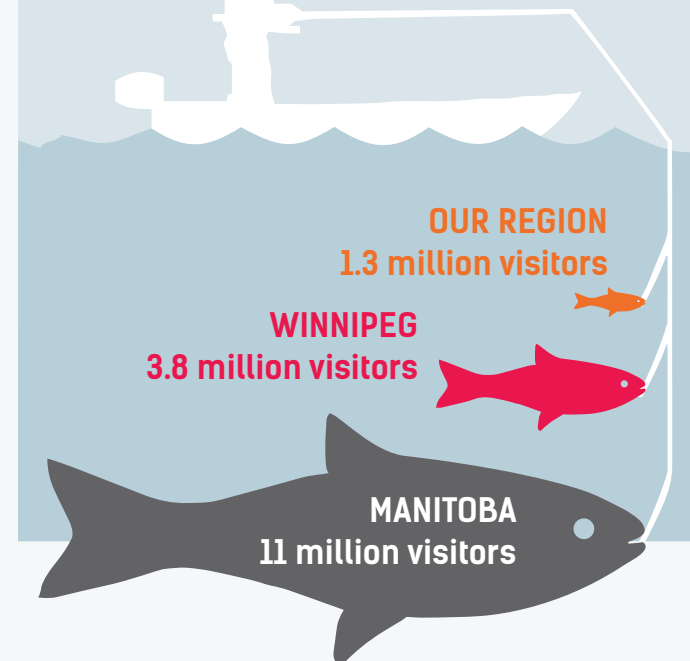
In 2003, the Selkirk Canoe and Kayak Centre was a key venue for the Western Canada Summer Games in the region and produced several competitive paddlers. Nowadays, the centre offers everything from summer camps for kids to canoe clinics to weekend tours of local waterways, with a focus on recreational paddling and competitive dragon boating. Would-be paddlers can just drop by in the evenings during the season for help getting boat-ready.

"More than anything, I'd rather go and paddle for an hour, get some exercise, get out on the water," said Doubleday. "Then go for dinner."



## Tourism

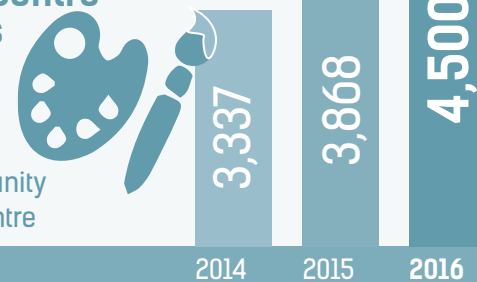
Number of tourist visits per year



**27** The age of the oldest catfish found between Lockport and Selkirk during a five-year University of Nebraska study.

## Arts Centre Visits

Visits to the Selkirk Community Arts Centre



A 2012 survey of Canadians found that **87 per cent** of regular arts attendees said the arts make them feel part of their local community.



Photo: Donna Maxwell

*"I think we're talking about the arts more in this community, and that's new."*

— Michael Brandon, Lord Selkirk Regional Comprehensive Secondary School

**3 THINGS** we can do to make a difference

Go to one new art show, festival, historic site or music event in our region and invite a friend.

Volunteer to help maintain or repair a local historic site.

Explore the idea of creating a centre that celebrates our diversity and culture.

## The Comp's performing arts program a hit

When the Comp's band and choral students started to perform in personal care homes and Manitoba Housing apartments in Selkirk, people packed the house. Residents who were unable to venture out instead quietly opened their apartment doors to allow the sounds to waft in.

Performing beyond the walls of the high school has been a goal of choral director Maureen Bloodworth and department head Michael Brandon. And, it's something Grade 11 oboist Annie Rossington is most looking forward to.

"People in the community don't always get to experience music, the effects of music, the way we do every day," said Rossington. "As students we learn a lot of lessons about leadership and self-esteem, beyond just music lessons. We learn that we each have something to say, that our part matters."

About 200 students are enrolled in the high school's performing arts programs. In recent years, all three streams have focused on reaching not just parents and students but community audiences — offering public theatre productions, performing at Holiday Alley and for more vulnerable populations at Christmas. As the reputation of the Comp's program has grown, students are noticing far fewer empty seats.

"I think we're talking about the arts more in this community, and that's new," said Brandon.

# SAFETY & SECURITY

## Bear Clan combats crime, promotes reconciliation

It all started with one little comment nestled in a long social media discussion about crime and drugs in Selkirk. Maybe the city needs a Bear Clan patrol like the one that's been so successful in Winnipeg? That nugget of an idea prompted a group of almost a dozen women, most of them Indigenous, to gather for an impromptu meeting at the Gaynor Family Regional Library in the fall of 2016, and that's how Selkirk's new chapter of the Bear Clan was born.

"There was perception that drugs and drug-related crime was increasing," says Ashley Monkman, a member of the Selkirk Bear Clan's governing

women's council. "A lot of us have known people who overdosed and passed away, whether it was friends, family, friends of our children."

The women's council didn't hit the streets immediately. Before patrols began in the fall of 2017, the group spent several months making sure things would be done right. They built relationships with the local RCMP and with Selkirk's crime prevention office. They adapted policies to Selkirk's more rural setting and created a community advisory committee. They vetted the two dozen initial volunteers and held training on the right way to intervene in potentially volatile situations. They set up a GoFundMe page to raise money, and located a home base. They also made sure Métis and First Nations traditional practices, such as ceremonies, smudges and a commitment to women in leadership, informed the new Selkirk Bear Clan.

*"There's a lot of knowledge we can give back through the Bear Clan and through our traditional ways..."*

— Ashley Monkman, Selkirk Bear Clan

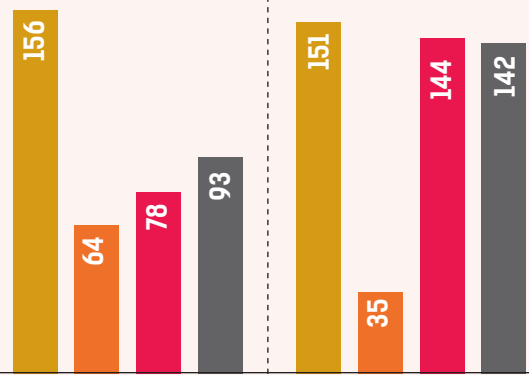


Photo: Lindsey Enns, Selkirk Record

## Crime Severity Index

### Non-Violent Crime

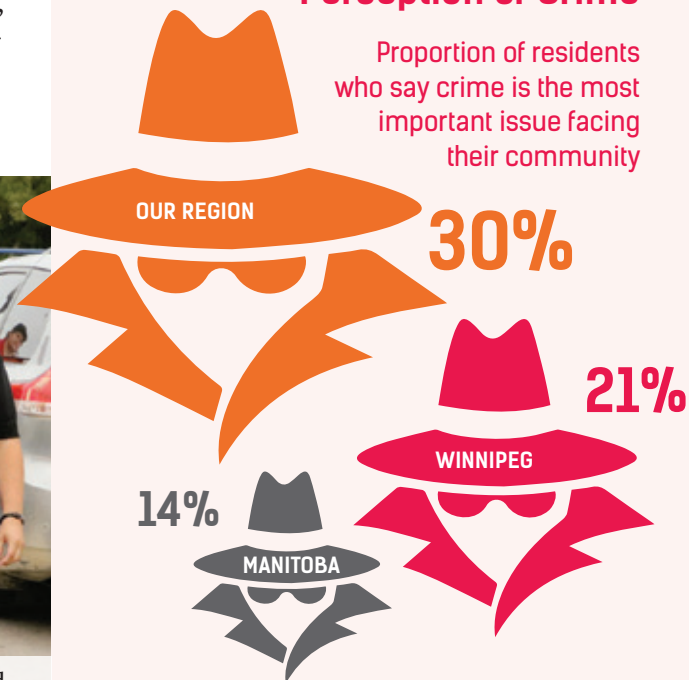
### Violent Crime



■ Selkirk Municipal Detachment  
 ■ Selkirk Rural Detachment  
 ■ Winnipeg  
 ■ Manitoba

## Perception of Crime

Proportion of residents who say crime is the most important issue facing their community



## What's a Crime Severity Index?

The index is a relatively new and more accurate measure of crime. It doesn't only count the total number of offenses but also takes into account the severity of each offense and assigns a number to it. The system is used across Canada by Statistics Canada to create a fairer comparison from community to community, and is based on data collected from the RCMP and local police departments.



## Tackling the root causes of crime

*Dave Thorne, former RCMP Inspector in charge of the Selkirk Detachment and now the City of Selkirk's Director of Protective Services, answers our questions.*

## When you read these crime statistics, what trends do you see?

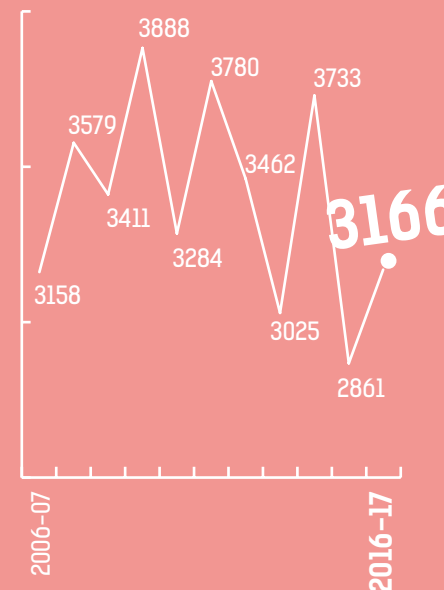
When I view the statistics over a long period of time, I see very little fluctuation in crime for the City of Selkirk, despite a significant population increase. This tells me that Selkirk is a safe city. We have to take into account that Selkirk is the major population centre in the region, where the majority of services and businesses are located. We cannot accurately compare rural areas to municipal centres.

## People often think crime is higher in their community than it actually is. Why is that?

What people see in the paper, hear on television and read online has a lot to do with influencing their perception. Crime within the City of Selkirk has statistically remained at a constant level for years, with only small fluctuations from year to year, despite increases in population.

## Domestic Violence

Nova House domestic violence shelter usage, in "bed nights"



## How can we create a safer community?

The important thing is to focus on root causes of crime. Poverty, addictions, mental health and homelessness are all factors that impact our city. We cannot continually ask the local RCMP detachment to arrest the problems away and solve all our safety issues. We need more volunteers to join groups like Bear Clan, Citizens on Patrol and Citizens for a Safer Selkirk to step up and take a lead in keeping our community safe. We need people to report crime when it happens, rather than hope someone else does it. Involving our business community to play a larger role in preventing crime before it happens is a key component. Lastly, a coordinated effort by police, local government, the business community and citizens at large, will have a positive impact on our community.

**3 THINGS** we can do to make a difference

Throw a block party to get to know our neighbours.

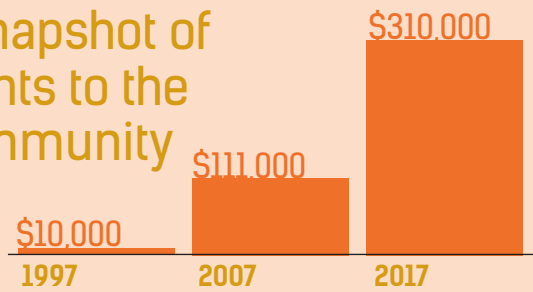
Keep our vacations off social media and ask someone to watch our house.

Join a local crime prevention group.

# YOUR VITAL SIGNS TEAM



A snapshot of grants to the community



By the Numbers

\$ 2.1+ Million

Grants made from the SDCF to the community since 1997

\$ 9.8+ Million

Foundation assets in 2017

1995 The year the foundation started

The Selkirk & District Community Foundation creates different ways for people to give back to our community, connects donors with community wishes and dreams and provides grants that touch a lot of people.

Every year, nine members of our community from our region of the R.M. of St. Andrews, R.M. of St. Clements and the City of Selkirk, volunteer to lead the organization and steward its \$9.8 million (2017) in assets.

Since 1995 the SDCF, a registered charity, has dispersed \$2.1 million to 125+ organizations from daycares to seniors' centres; from cultural dance troupes to women's shelters.

The generosity of donors from both near and far, combined with the power of the interest of the endowments, means the SDCF is *Here for Good*.

## SDCF Board of Directors (2017-2018)

Gord Henrikson  
(Chair)

Stan Halbesma  
(Vice-Chair)

Deann Lane  
(Treasurer)

Michele Polinuk  
(Secretary)

Doug Chorney  
Rosalyn Ferguson

Heather Hogg  
Aaron Martyniw

Terry Neplik

Bev Clegg  
(Executive Director)

## SDCF Vital Signs Team (2016-2018)

Gord Henrikson

Kelly Lewis

Deann Lane

Aaron Martyniw

Shirley Muir

Duane Nicol

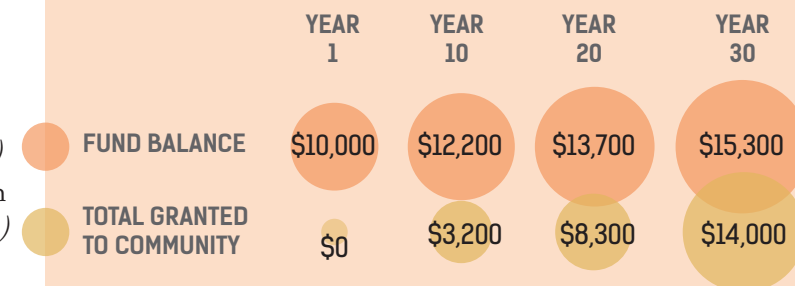
Michele Polinuk

Bev Clegg  
(Executive Director)

Mary Agnes Welch  
(Probe Research Inc.)

## Endowment Funds 101

*The success of the SDCF is based on a simple concept. We never spend your gift, but carefully invest it. As the income builds up, we only distribute interest created by the fund. So the donation you endowed with us is Here for Good, working hard and giving back year after year, no matter how big or how small your donation. As the graphic below shows, your endowment gift grows and grows over time, while still giving.*



*Note: These figures are based on 6.1 per cent interest, an average rate of return for SDCF.*



## Data Criteria

In choosing data for Vital Signs, we looked for data that is...

### Meaningful and clear

- Does it matter to our region?

### Unbiased

- Is the data collected in an objective fashion?

### Accurate

- Are we confident the numbers are correct?

### Representative of diverse perspectives

- Does it report on both the strengths and weaknesses of our region?
- Does the data come from different sources?
- Does the data reflect the diverse demographics of the region?

### Comparable

- Is the same data gathered nationally or provincially, so we know how our region stacks up?
- Is the data gathered regularly to measure change over time?

### Something we can change

- Does it report on a problem we can fix, or a strength we can build on?

## Data Sources & Notes

### INCLUSIVE COMMUNITY

Charitable Giving: Canada Revenue Agency annual charitable returns, 2016.

Diversity: 2016 Census. Census data used throughout this report for each part of our region can be accessed here: <http://www12.statcan.gc.ca/census-recensement/2016/as-sa/fogs-spg/Index-eng.cfm>

Voter Turnout: 2014 municipal election data provided by the City of Selkirk, R.M.s of St. Clements and St. Andrews; City of Winnipeg official election results, 2014; Elections Manitoba, 2015 general election results. Election results from Brokenhead Ojibway Nation not included in Our Region.

Indigenous Population: 2016 Census.

### HOUSING

Core Housing Need: 2011 and 2016 Census. Does not include Brokenhead Ojibway Nation due to lack of 2011 census data.

Aging Housing: 2006 and 2016 Census.

New Home Construction: 2006 and 2016 Census.

Access to Social Housing: 2017 data provided by Manitoba Housing. Does not include Brokenhead Ojibway Nation.

Average House Price: 2015 data provided by Winnipeg Realtors. Does not include Brokenhead Ojibway Nation.

### LEARNING, KIDS & YOUTH

Child Care Spaces: 2017 data culled from Manitoba Department of Families licensed child care database. Data based on spaces for children under ten.

Child Poverty Rate: 2016 Census. Low-Income Measure - After Tax was used.

Youth Mental Illness: Interlake Eastern Regional Health Authority Youth Health Survey Report, 2012; Youth Health Survey Report - WRHA/Metro Winnipeg Schools, 2012; Manitoba Youth Health Survey Report, 2012-13.

School Readiness: The Early Development Instrument (EDI) Report, Lord Selkirk School Division, 2014-15. Includes Manitoba data.

### Health & Wellness

Access to Doctors: College of Physicians and Surgeons of Manitoba physician directory, 2018. Data for Our Region does not include Selkirk Mental Health Centre physicians.

Obesity: Interlake-Eastern Regional Health Authority's Community Health Assessment, 2014; Winnipeg Regional Health Authority Community Health Assessment, 2014.

Diabetes: Ibid.

Mental Illness: Ibid.

Substance Abuse: Ibid.

### INCOME GAP

Income: 2016 Census.

Food Bank Usage: Data provided by the Selkirk Food Bank.

Poverty: 2016 Census. Low-Income Measure - After Tax was used.

High School Graduation Rate: 2016 Census.

### ENVIRONMENT

Garbage: Data provided by the City of Selkirk; City of Winnipeg 2016 Comprehensive Integrated Waste Management Strategy Annual Report. Data from St. Clements, St. Andrews and Brokenhead Ojibway Nation not available.

Drinking Water Quality: East Interlake Conservation District, 2008. Data covers the entire Netley-Grassmere watershed and so does not include St. Clements.

Red River Water Quality: Netley-Grassmere Integrated Watershed Management Plan, Watershed Characterization report; Additional data provided by the Manitoba Department of Sustainable Development.

Greenhouse Gas Emissions: 2011 data provided by the City of Selkirk (increase is 2011-2015), R.M. of St. Clements (increase is 2006-2011) and R.M. of St. Andrews (increase is 2006-2011); Environment Canada National Inventory Report 1990-2015 (increase is 2011-2015).

Municipal Sewer System: 2017 data provided by the City of Selkirk, R.M.s of St. Clements and St. Andrews.

Loss of Farmland: Selkirk and District Planning Area Board, Development Plan, 2010. Data is for 1994-2001.

Density: 2017 roadway data provided by the City of Selkirk, City of Winnipeg, R.M.s of St. Clements and St. Andrews; 2016 Census.

### OLDER ADULTS & AGING

Personal Care Home Waits: 2013 RHA Indicators Atlas, Manitoba Centre for Health Policy. Personal Care Home Beds: Ibid.

Seniors' Poverty: 2016 Census.

Working Seniors: Ibid.

### ARTS, CULTURE, RECREATION & TOURISM

Parks: 2017 data provided by the City of Selkirk, the City of Winnipeg and the R.M. of St. Andrews.

Library Usage: Manitoba Public Library Statistics (includes Gaynor Family Regional Library), Manitoba Sport, Culture and Heritage, 2016.

Vibrant History: Manitoba Sport, Culture and Heritage, Historic Resources Branch, 2018; Parks Canada Directory of Federal Heritage Designations, 2018.

Tourism: Interlake Tourism Association, 2014; Tourism Winnipeg, 2014; Travel Manitoba, 2014.

Arts Centre Visits: Data provided by the Selkirk Community Arts Centre.

### SAFETY & SECURITY

Crime Severity Index: Statistics Canada, rolling average 2012-2016.

Perception of Crime: Probe Research Inc. random and representative telephone survey of 400 Selkirk residents, 600 Winnipeg residents and 1,000 Manitoba residents, Sept. 2015.

Domestic Violence: Data provided by Nova House.

**For raw data or more details on data sources, please contact SDCF at [selkirkfoundation@sdcf.ca](mailto:selkirkfoundation@sdcf.ca).**

**3 THINGS**  
SDCF will do to make a difference

Lead a Vital Signs conversation or focus group in the next 18 months.

Analyze data to strengthen our own strategic and operating plans.

Update the Vital Signs report in four to five years.

# MIND THE GAP: **VitalSigns**<sup>®</sup> REPORT

2018

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- together, by:*



**Selkirk+District**  
COMMUNITY FOUNDATION

*HERE FOR GOOD*

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**COMMUNITY  
FOUNDATIONS  
OF CANADA**

Photo: Chris McIvor Photography



R.M. of St. Andrews

**CITY OF  
Selkirk**



**THE  
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