

FONDATION BALUCHON

Répit long terme à domicile

ACTIVITY REPORT 2024 - 2025





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A Word from the **President** of the Board of Directors

It is with great pleasure that I conclude my first year as President of the Board of Directors of the Baluchon Long-Term Respite Care Foundation.

First, I would like to take a moment to thank my predecessor, Ghislaine Larocque, for her outstanding work, which allowed me to begin my term on solid footing. I had the privilege of witnessing her dedication firsthand during my time as treasurer.

It goes without saying that it is a true privilege for me to remain involved with this organization, whose mission is so close to my heart. Being able to do so as Baluchon celebrates its 25th anniversary fills me with pride, as well as an even deeper sense of responsibility. Indeed, I believe it is essential to honour those who came before us.



That is why I am pleased with the progress we have made this year. We have achieved and even exceeded our objectives, confirming the strength of our mission and the relevance of our work. And this is just the beginning. I am convinced that Baluchon Long-term Respite Care will go even further in the years to come, with the help of its Foundation as a pillar.

Thank you to all the members of the Board for your expertise and commitment. A special thank you to the administrative team for their valuable and efficient collaboration; your passion and motivation are at the heart of our success. Thank you all for helping to ease my transition into this new role.

There is still much work to be done, and if we want Baluchon to keep supporting those who care for others, we must continue to equip ourselves with the means to achieve our ambitions.

Marc Chartrand
President





A Word from the **Executive Director**



The Baluchon Long-term Respite Care Foundation is completing an important cycle this year as we wrap up our 2022-2025 Strategic Plan. Let's take a moment to remember where we stood in 2022: we were just emerging from a global pandemic and had been tasked with expanding our mission well beyond Alzheimer's disease.

We could have played it safe by setting modest, easily achievable goals. Instead, we chose ambition, with a bold plan to seize the moment and honour our mission.



Three years later, I share our president's pride in achieving and exceeding all of our goals. These positive results are the fruit of a collective commitment on the part of our Board of Directors, our team, our respite workers, our partners, and our donors, who together have helped provide essential respite to caregivers.

This report highlights our achievements and the significant impact that our individual and institutional donors have on our mission. Thank you for making a difference and helping us offer even more respite to those who need it most.

I would also like to extend my warmest thanks to everyone who has been involved with the Foundation in any way over the past year. Thanks to all of you, we are working on an even more ambitious strategic plan. Your trust and support will help us to go further and aim even higher.

Sophie Morin
Executive Director



Mission Statement

The mission of the **Baluchon Long-term Respite Care Foundation** is to fund Baluchon Long-term Respite Care, a unique respite and home support service for families with a dependent loved one.

Long-term respite care is an essential service

**3,753
respite days**

10% more than
last year

**98%
satisfaction
rate**

**90%
reduction in
fatigue**
for our caregivers

**0.61\$
hourly rate**
to be paid by
families

**11
different languages**
spoken by our employees
with supported families

**Baluchon is
the only
organization
offering this
service in
Quebec.**

What **Makes Us** **Unique** and Fuels Our **Pride**

- Our commitment is to fund Baluchon Long-term Respite Care, an innovative service that provides respite and home support to all families with a dependent family member. **We support a strong, credible, and growing organization with a unique mission and an ever-expanding impact.**
- We are helping to make long-term home respite services **accessible to more families** throughout Quebec.
- Our donations also allow us to maintain excellent quality while offering families a **very modest rate** of \$15 per day/(24h).
- We also help **support the expansion of Baluchon's services to other family caregivers** who care for people with disabilities or other chronic or degenerative illnesses.

Highlights

INVESTMENT COMMITTEE TO SUPPORT BALUCHON IN THE LONG TERM

To ensure the financial sustainability of Baluchon and its Foundation, an investment committee has been established.

Its goal is to prudently manage a portion of the Foundation's funds in order to generate additional income through interest. These returns will help increase our financial resources and, in turn, expand our impact and allow us to offer more services to those in need. A portion of the funds remains readily accessible, as the organization's cash flow may fluctuate due to the uncertainties of external funding.

The creation of this committee reflects not only sound and responsible financial management, but also the engagement and dynamism of our Board members. Their hands-on commitment demonstrates a shared desire to ensure the Foundation's long-term development and to actively contribute to the fulfillment of its mission.

VISIBILITY AND OUTREACH

Our Executive Director, Sophie Morin, covered a lot of ground last year. She travelled extensively to promote our services and raise awareness about our organization.

Outreach: donation requests

Supporting caregivers means not only making numerous donation requests, but also diligently following up with donors and foundations. Philanthropy remains a challenging field, and in Quebec, its growth has been slower than in other parts of the country. Reaching our ambitious goals requires sustained and strategic effort.

Public engagement

Since its inception, Baluchon has thrived on collaboration. In the early days, this was essential for survival: we needed to make ourselves known, and, above all, accepted. Twenty-five years later, with a strong reputation and solid foundation, the time has come to honour our mission by doing even more for caregivers. Public engagement allows us to build relationships with organizations and stakeholders who share our values and objectives.



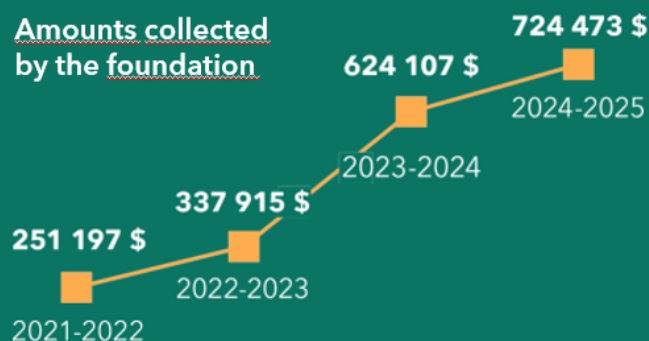
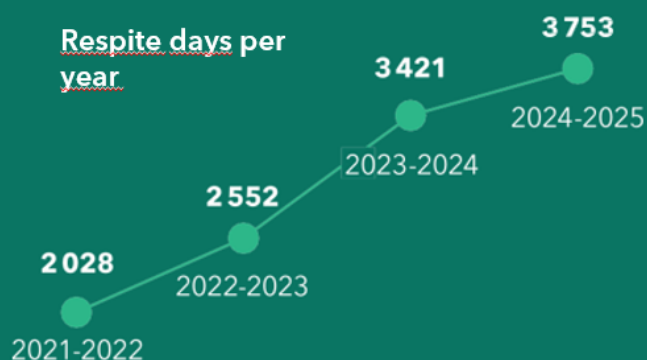
Sophie at the Plan Alzheimer conference at the UQTR

Government relations

Whether engaging with Santé Québec, various ministers, or MNAs, Baluchon and its Foundation actively advocate not only for our mission, but also on behalf of caregivers across Quebec. As the province's population continues to age—a trend that will only accelerate in the coming years—we find ourselves at the heart of a major socio-economic challenge. It is essential that our voice be heard by elected officials and government representatives. Baluchon has taken part in several initiatives related to caregiving, including the development of the *Politique sur les soins et les services de soutien à domicile* (Policy on Home Care and Support Services), to which we contributed by submitting a formal brief.

A RECORD NUMBER OF RESPITE DAYS

With more than 3,700 respite days in 2024-25, we have nearly doubled our 2021-2022 total. This record in terms of our support services is directly linked to the Foundation's increased revenue. In other words, thanks to sound management, but above all thanks to our generous donors, we have been able to be even more present for caregivers throughout Quebec.



Financial Statements

FINANCIAL STATEMENTS AS OF MARCH 31

	2025	\$
Donation income	\$724,473*	\$624,107
EXPENSES		
Donation to Baluchon Long-term Respite Care	\$465,000	\$350,000
Salaries and social security contributions	\$80,034	\$82,229
Professional fees	\$10,319	\$8,599
Advertising and promotion	\$2,224	\$4,940
Other expenses	\$12,399	\$8,830
Total expenses	\$596,976	\$454,598
Excess of income over expenses	\$154,497	\$169,509

BALANCE SHEET AS OF MARCH 31

Current assets		
Cash - operating account	\$29,425	\$10,237
Cash - savings account	\$47,691	\$500,442
Accounts receivable and other assets	\$7,296	\$14,891
Temporary investments	\$807,776	\$200,000
Total assets	\$892,188	\$725,571

SHORT-TERM LIABILITIES

Accounts payable and other liabilities	\$56,588	\$44,467
Net assets - restricted	\$690,000	\$550,000
Net assets - unrestricted	\$145,600	\$131,103
	\$835,600	\$681,103
Total liabilities and net assets	\$892,188	\$725,571

*including \$33,464 of investment income

Sources and Distribution of Donations

CORPORATE DONATIONS AND PRIVATE FOUNDATIONS

In line with our 2022-2025 Strategic Plan, we have increased our efforts to engage with businesses and private foundations. Corporate donations play a key role in advancing and sustaining our mission, offering the best return in terms of both time invested and funds raised.

By providing multi-year financial support, private foundations allow us to offer more respite days to more caregivers, while also enabling us to plan for future growth. These contributions go far beyond financial transactions; they reflect meaningful support and a deep commitment to the Foundation's values and goals.

The equation is simple: the more donations we receive, the more respite days Baluchon can offer. It's also worth highlighting our strong conversion rate again this year. Of the 23 funding requests submitted, 12 were approved and only 3 were declined, a clear sign that our major donor strategy is yielding results.

We still have eight requests pending, and if our current conversion rate holds, they could significantly advance our objectives.

These donors have supported us over several years.

Thanks to these donors who honour us with their trust, we are able to offer even more respite days to even more caregivers.

- Mirella and Lino Saputo Foundation
- J.A. DeSève Foundation
- Jeanne-Esther Foundation
- J.-Louis Lévesque Foundation
- Marcelle and Jean Coutu Foundation
- Choquette-Legault Foundation
- J.A. Bombardier Foundation
- Hewitt Foundation
- Cogir Foundation
- Sibylla Hesse Foundation
- Jeanne Wojas and Robert Chevrier Foundation
- Lemaire Family Foundation
- Luc Maurice Foundation
- Carmand Normand Foundation

A total of 542,000 Canadian dollars (\$) was raised through the support of private foundations.



Donation of \$15,000 by the Cogir Foundation, April 2024

Over \$40,000 in corporate donations

Among our corporate donors, we would like to highlight the generous contributions of key players in Quebec Inc. who are making a real difference in the lives of many caregivers, including their own employees:

Power Corporation

- Métro Richelieu inc.
- RBC
- Fonds FTQ

\$105,000 in individual donations and donations from MNAs

This year, we have received more large donations from individual donors, with amounts of \$2,000 and more, than in previous years:

- Lyse Letendre
- Suzanne Bergeron Hewitt
- Claudette Germain
- Jean-Guy Houle
- Patrick Lefebvre
- Yves Letendre

These special donations are a valuable addition to corporate donations and private foundations. Some supporters give us monthly donations, which allows us to have a clearer picture of our finances and makes planning easier.

Our provincial representatives

- Jean-François Roberge, MNA for Chambly
- Nathalie Roy, MNA for Montarville
- Haroun Bouazzi, MNA for Maurice Richard
- Andrée Laforest, MNA for Chicoutimi
- Louis Lemieux, MNA for St-Jean
- François Legault, Premier
- Ian Lafrenière, MNA for Vachon
- France Éline Duranceau, MNA for Bertrand
- Sonia LeBel, MNA for Champlain
- Hugo Lajoie, MNA for Saint-Jérôme

TESTIMONIAL

"I would like to thank Baluchon for choosing the right person to take care of my spouse.

A bond of trust and respect was quickly established between Nicolas and Roger.

Every day when I called my spouse, I heard nothing but positive comments about Nicolas as a respite worker.

Thank you again, and thank you to Nicolas."

Chantale J.,
Bas-St-Laurent

TWO NEW DONATIONS FROM THE TV SHOW LE TRICHEUR ON TVA

Baluchon loves *Le Tricheur*! Once again, our organization had the honour of being selected, not once, but twice, as a featured cause on the popular TVA game show. Both surprises followed a similar script: an unexpected email from the TVA network, one in January and another in March 2025, bringing us wonderful news. We were especially thrilled when we learned who the celebrity participants were: actor **Pier-Luc Funk** and host **Jean-Sébastien Girard**, who each raised nearly **\$4,000** on our behalf.

A heartfelt thank you to Pier-Luc and Jean-Sébastien for their generous contributions, which will have a meaningful impact on our mission and on the lives of those we support. Your gestures of solidarity remind us just how powerful small acts of kindness can be, and how far they can go in making a real difference.



The 21K DE MONTRÉAL

In April 2024, the Baluchon Long-term Respite Care Foundation proudly took part in the 21 km charity run in Montreal. Although the number of spots was limited, which restricted the size of our team, enthusiasm was still high. Thanks to the commitment of our participants and the support of our community, just over \$2,000 was raised. Once again, it was a wonderful moment of solidarity and sharing, true to the spirit of Baluchon.



MEETING WITH THE PHILANTRA FOUNDATION (NATIONAL BANK), A POTENTIAL SOURCE OF DONATIONS FOR OUR FOUNDATION

This year, we had the pleasure of meeting with **Danika Bouchard, M.Sc.**, Donor and Organization Relations Advisor at the **Philantra Foundation**. Philantra offers donors the opportunity to create a personalized charitable fund within a public foundation, without the time, costs, and administrative complexities associated with establishing and managing a private foundation. Danika plays a key role in helping donors shape their philanthropic vision and provides them with ongoing support. During our meeting, we presented her with a comprehensive overview of our Foundation and of Baluchon's mission. She is now well equipped to represent us in her discussions with donor clients.

Caroline Harvey, Susan Benoît, and Guylaine Morin

TESTIMONIAL

"My spouse was able to remember Manon, and therefore be with the same respite worker during my two respite stays, which is a huge benefit for everyone. With Alzheimer's, any element of stability is valuable in keeping my loved one at home for as long as possible."

Marie-Isabelle L.,
Centre-Ouest-de-
l'île-de-Montréal





Human Resources

MEMBERS OF THE BOARD OF DIRECTORS

MARCH 31, 2025



Marc Chartrand
President
*Part-time Chief Financial
Officer (CFO)*



Dominique Gargour
Vice President
*Account Manager at Carat
| Professional Management
Coach*



François Gauvin, CPA,
Treasurer
*Partner and Chief Financial
Officer, iNovia Capital Inc*



Isabelle Lamarre
Secretary
*Global Lead Division
Counsel, ELDS (ABB
Group)*

Directors



Ghislaine Laroque
*Senior Management
Coach/Retired*



Pierre Donaldson
*Partner, Diagram
Ventures*



Véronique Joubert
*Managing Partner,
Group Insurance
Advisor, Unixia*



Administrative Team

Sophie Morin,
Executive Director



Julien Le Guern,
*Philanthropic Development and Outreach
Advisor*



DEPARTURE OF GHISLAINE LAROCQUE

After seven years of unwavering commitment since joining us in 2018, Ghislaine Larocque will be leaving her role in our Board of Directors. A member of both the Baluch on Long-term Respite Care and Foundation boards, Ghislaine has played a key part in the development, growth, and vitality of both organizations.

In 2020, she led the transition in management and actively participated in recruiting our Executive Director, Sophie Morin. Her experience was also crucial in developing the Strategic Plan and in serving as interim Chair of the Foundation's Board of Directors in 2023, a role she fulfilled with great success.

To help ensure the continuity and dynamism of our boards of directors, Ghislaine has been instrumental in recruiting new members, bringing with her a breath of fresh air and a valuable network of contacts to our Foundation.

Her determination, kindness, and deep commitment to Baluchon's mission have left a lasting impression on everyone who has had the privilege to work with her. Ghislaine, your involvement has been a driving force for the Foundation. Thank you for everything, and we look forward to your continued presence with Baluchon's Board of Directors.

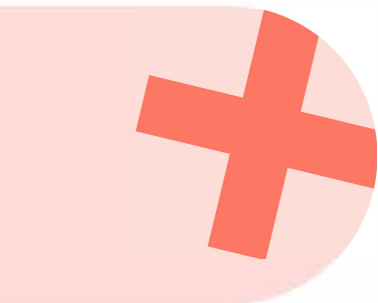


NEW MEMBERS COMMITTED FROM THE START

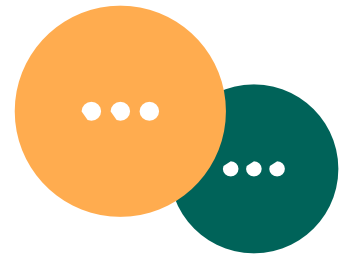
The new members of the Baluch on Long-term Respite Care Foundation's Board of Directors wasted no time in getting to work. From the outset, they played an active role in establishing strategic committees, with a particular focus on finance.

In addition to their committee work, they have generously drawn on their professional networks, opening doors to new partnerships with corporate donors and private foundations. Their energy and tangible contributions are already bearing fruit: for the second consecutive year, we have surpassed our ambitious fundraising goals. And there's every reason to believe this positive momentum will continue.

We are proud to count on such dedicated directors. Their vision and enthusiasm are a true asset, strengthening our capacity to carry out our mission in support of caregivers.



Communications



NEWSLETTER

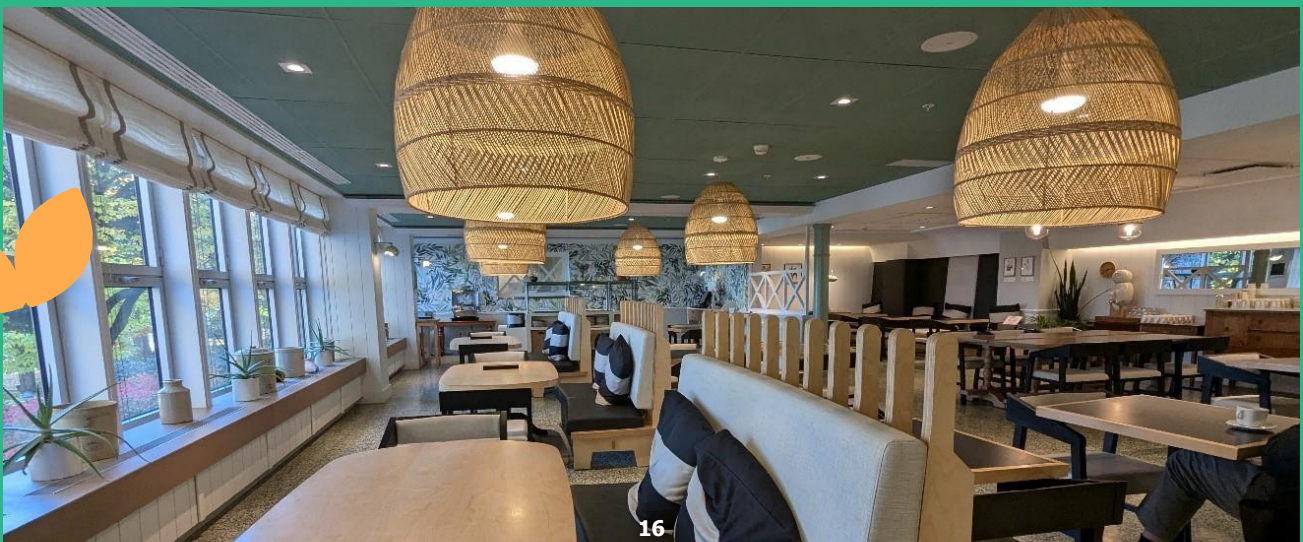
The Foundation reaches out to the general public with its L'Entraide newsletter. Sent out twice a year, it covers the latest news from Baluch on and its Foundation, complete with highlights. A donation/membership coupon is also included in the newsletter.

It is sent to members, users, and donors by mail or email, depending on their preference.



AFFORDABLE RESPITE AT LES AUGUSTINES

Thanks to the support of the Baluch on Long-term Respite Care Foundation and key partnerships, respite care is offered at an exceptionally affordable rate. What's more, while we care for their loved ones, caregivers can enjoy a restful stay at the Monastère des Augustines in Old Quebec for just \$65 per night. The stay includes accommodations, three healthy meals, and a guided discussion session to reflect on their experience. Yoga activities are also available to help them recharge both body and mind.





Last Year and Review of Strategic Plan for 2022–2025



It is time to take stock of our 2022–2025 Strategic Plan. Developed at a pivotal moment for Baluch on. Just as we were emerging from a global pandemic, it responded to a mandate to broaden our service model. This ambitious expansion posed an unprecedented organizational challenge, one we had to confront under particularly difficult circumstances.

OUR USERS HAVE BEEN DIAGNOSED WITH OVER ONE HUNDRED DIFFERENT CONDITIONS

It may be hard to believe, even for those of us who have been with Baluchon for years, but not so long ago, our respite services were offered exclusively to families affected by Alzheimer's disease.

Now, as we enter the final year of our strategic plan, more than 100 health conditions are eligible for respite care, with a growing number related to degenerative illnesses. In addition to well-known neurocognitive disorders such as multiple sclerosis and various forms of dementia, we now support individuals living with much rarer conditions, including:

- Multiple system atrophy (MSA)
- Various forms of ataxia
- Corticobasal degeneration (CBD)
- Encephalopathy of various origins
- Huntington's disease
- All types of cerebral palsy
- Different forms of muscular dystrophy
- Neurological syndromes, often hereditary and affecting development, such as Angelman syndrome, Andermann syndrome, Ehlers-Danlos syndrome, Rett syndrome, Usher syndrome, cerebellar syndrome, and various types of encephalopathy.

We're talking about families who have never had a moment's rest, and caregivers who, through no fault of their own, often find themselves in limbo within the healthcare system. These are individuals who make tremendous sacrifices to ensure their loved ones have the best possible quality of life, yet far too often, they feel forgotten.

Thanks to our donors, Baluchon is now there for them. Our extraordinary volunteers have risen to the challenge, adapting their support to meet each family's unique needs.

The Foundation has played a key role in Baluchon's expansion. And this year, once again, caregivers will benefit from something they've long been denied: a little time for themselves, often for the first time in years, or even decades.

OUR GOALS SURPASSED

Our objectives have not only been achieved; they've been surpassed. **This success is the result of the unwavering dedication of our teams, the steadfast support of our partners, and the strong engagement of the members of our two Boards of Directors.** Together, we've gone beyond our initial goals and laid a solid foundation for the future.

Hélène Pelosse and Jean-Phariste Pharicien



Outlook for 2025

The Foundation will face several challenges in the coming months. To begin with, we will need to recruit a new board member. The process is already underway, and we hope to welcome a talented new addition to our team in the first half of the fiscal year.

Baluchon's growth also presents a significant challenge in itself. While this is a "good" problem to have, 2026 will be a pivotal year for our ability to provide more respite days as demand continues to rise. There is a real risk of reaching capacity, and we will work hard to avoid such a scenario.

We have two pieces of good news that will help support us in this effort. First, we will receive a significant increase in funding from the MSSS for 2025-2026, which will allow us to better meet growing demand.

However, relying solely on the ministère de la Santé (Ministry of Health) to sustain our growth would be a mistake. The Foundation must play its part. The second piece of good news is the formation of the investment committee, which aims to provide Baluchon with a financial cushion.

Stable funding and cash flow will be key priorities this year. Dialogue will continue between Baluchon and its Foundation, as well as with our 16 partners, to work toward some form of long-term funding, an essential factor in supporting our work and planning. With the team in place and discussions underway, we are confident we will find innovative and bold solutions to reach our goals.

TESTIMONIAL

"I felt confident and secure taking a break. Ginette did a great job and was a good presence for Paola."

- Serge R., Laurentians



Carollee with Aidée, her sister, and her brother during a baluchonnage in Chisasibi

FONDATION
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