

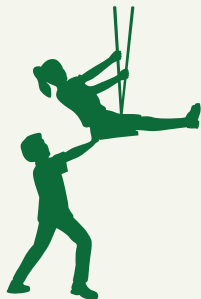


Moving Forward in 2023

16th Annual Newsletter



Table of Contents



- 3 Mission, Vision and Board of Directors
- 4 Message From the President
- 6 What Our Families Have to Say About Luso!
- 7 Message From the CEO
- 8 Upcoming Luso Residences in Hamilton and Toronto
- 9 \$225,000 Donation to Help Build New Luso Residence!
LiUNA! Local 183 Donated \$140,000 to Luso
- 10 15th Annual Luso Golf Tournament
2023 Volta Luso Charities
- 11 Luso Canadian Charitable Society 2023 Community Partners
Luso Wins With Charitable Gaming and Local Gaming Centres
- 12 Luso Thanks Our 2023 Distinguished Contributors
- 13 Bocce Ball for Charity!
Donation From Streetsville Lions Club
Casa do Alentejo Supports Luso!
- 14 Luso Canadian Charitable Society 2023 Sponsors and Donors
- 18 Luso Canadian Charitable Society 2023 In-Kind Sponsors and Donors
- 19. In Memoriam
- 20 It's Never Dull at Luso!
- 22 Luso Ambassador Program
- 23 Luso - A Lifeline for the Dorian Family
- 24 Toronto Raptors and Toronto Maple Leafs - Unique Experiences for Our Participants!
Visit From Portuguese Dignitaries
- 25 Visit From His Excellency, the President of Portugal
- 26 Portuguese Heritage Month and Canada Day
Luso's Compass Club
- 28 Science Day!
Painting Emus With Salvador Dalia Paint Nite Studio!
- 29 Puppets (Are) Cool!
Making Memories With Outings!
- 31 New Snoezelen Room and Upcoming Improvements!
Iberina Art Workshop
- 32 Celebration of Abilities
Visit to the Zoo!
- 33 Message From Luso Support Centre Hamilton
- 34 Annual Dinner Dance
Amigas Dinner and Sweet *Malassadas* for Charity!
- 35 Luso Hamilton Milestone Anniversary
2nd Luso Hamilton Golf Tournament
- 36 A Vibrant, Dynamic and Empowering Day Program in Hamilton
- 37 Luso Support Centre Hamilton Ambassadors,
Community Members and PSSQL Members
- 38 Luso Support Centre Hamilton 2023 Sponsors and Donors
- 39 Luso Support Centre Hamilton 2023 In-Kind Sponsors and Donors
Luso Support Centre Hamilton Community Partners



Published: March 2024. Featured on the front cover: Day Program participants from Luso Support Centre Hamilton



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.

Luso Canadian Charitable Society (LCCS) Board of Directors

Executive Board

Jack A. Prazeres, President - Joe Botelho, Vice President - Manuel “Tino” Alves, Treasurer - Dante DiGiovanni, Secretary

Directors

Alfredo Pita, Bernardino Ferreira, Cesar Bras, Christine Rodrigues, David Mare, Erminio Oliveri, Fernando Alexandre, Filipe Ferreira, Filipe Morgado, Fortunato Manvati, John da Costa, Julio DeJesus, Mario Nunes, Matthew Civichino, Nelson Cidade, Otilia Prazeres, Roger Mendes, Rui Ramos

Luso Support Centre Hamilton Board of Directors

Joe Botelho, President - Fátima Custódio, Vice President - Cristina Santos, Treasurer
Isabel Rodrigues, Secretary - Chris Dorigo, Director - Helena Medeiros, Honorary President

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, Daniel Padovani, Nuno Brito



Message From the President



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

At Luso Canadian Charitable Society, we are thankful for the community's continued desire to promote the welfare of others. Our steady growth is the result of a strong, close-knit community, willing to making a difference for vulnerable individuals living with disabilities.

Since the very beginning - when a group of local businessmen assisted seniors with special needs and concluded more was necessary - we have grown and responded to the ever-changing needs of families living with disabilities. From humble origins, the organization has expanded to three modern locations, serving more than 300 families every year in Toronto, Hamilton, and Peel. Luso Support Centres provide program participants with extraordinary care, and access to activities that promote physical and mental wellbeing. We are a trusted lifeline of relief for families, throughout the various stages of their lives.

But more is needed. In Canada people with disabilities are more likely to live with 'core housing need' than the rest of the population, many without accessible housing requirements, such as proximity to public transit, health care, grocery stores etc. A lack of inclusive, and affordable housing perpetuates the social exclusion of people with disabilities and at the same time severely limits housing options.¹ There is critical need for all to advocate and find accessible housing solutions for people with disabilities.

In 2022, at least 16,000 individuals with developmental disabilities were awaiting housing support in Ontario, with a projected wait time of 40 years... while at the same time, more than 300 individuals were wrongfully placed in hospitals, shelters or long-term care facilities, referred to as alternative level of care.² These numbers reinforce what we observe and hear

every day in our Centres; there is a clear lack of adequate housing for persons with disabilities.

Over the past few years, we have been approached by countless families concerned about the future, and where their aging special-needs children will obtain adequate and affordable care. These conversations drive Luso's desire to tackle the lack of appropriate, supportive housing. Two projects planned for Hamilton and Toronto will add new housing and provide the necessary social stimulation, dignity, and quality of life these individuals deserve. Construction of the Hamilton residence will start this year and when completed, 45 individuals will have a place to call home.

Our sincere thanks to all that have played a pivotal role in the history and expansion of Luso since 2002. Without ongoing government funding, Luso has come far. We are proud to recognize the kindness towards our participants from the community, our caring, professional staff, and our dedicated, hard-working Board of Directors.

We hope you enjoy this newsletter, and learn more about our participants, their stories, and the exciting future ahead. Luso is committed to make a difference in the community, to be an advocate for those with disabilities, and ensure their unique needs are not lost from the conversations around funding, medical care, or housing.

Please add your voice to ours as we *Move Forward*, confident in our purpose and ultimate success. Thank you for being part of our success to date and we ask for your continued support as we move forward to the next chapter of our story!

¹ "Accessible independent housing for people with disabilities: A scoping review of promising practices, policies and interventions" (2024). Academic Paper.

² 2022 Ontario Agencies Supporting Individuals with Special Needs (OASIS) Conference.



2002

SPDPBF

The Society of Portuguese Disabled Persons Building Fund (SPDPBF) was established



2004

St. Clair Ave

Land & property purchased at 2295 St. Clair Ave W. in Toronto



2007

LCCS Toronto

Luso Support Centre Toronto opened for programming



2008

SPDPBF → LCCS

SPDPBF becomes the Luso Canadian Charitable Society (LCCS)



2012

PSSQL + LCCS

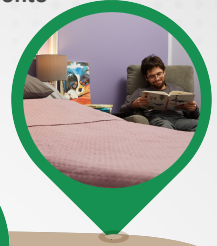
Portuguese Support Services for Quality Living (PSSQL) becomes part of the LCCS family, with the opening of Luso Support Centre Hamilton



2012

Respite Care

Overnight Respite Care Program was introduced at Luso Support Centre Toronto



2019

Residential Project

LCCS decides to embark on a supportive residential housing project for aging participants and caregivers



2017

Head Office

Luso Support Centre Mississauga opens for programming and becomes LCCS' Main Office



2016

Mississauga

Property was purchased in Mississauga



2023

Announcement

LCCS announces two upcoming Luso Residences, in Hamilton and Toronto.



Property in Hamilton purchased in February

2024

LCCSR Hamilton

Construction begins at 922 Main St. E.



2025+

LCCSR Hamilton

Luso Residence Hamilton



2027+

LCCSR Toronto

Luso Residence Toronto



MOVING FORWARD...

What Our Families Have to Say About Luso!



The Conorton Family

“Luso is a place where Diana feels **welcomed and safe, has the ability to grow, and move forward with her life.** She loves the interaction with her friends, the staff and the amazing activities they do, such as life skills. Luso is special because it’s a top-tier facility; they provide a nurturing and understanding environment and the staff is simply wonderful”



The Beal Family

“Since Kira was young, we worry about what will happen when we become too old to care for her. There have been days when both of our backs have been so sore that she doesn’t get lifted as often as she requires.

Luso’s Residential Project means relief, that I know Kira will be cared for by people who learned to understand her and who have her best interests at heart; **happiness,** that she will be able to remain in the day program she currently attends, surrounded by the friends she has made, and being provided with the day to day stimulation that helps her grow and interact more effectively; and **trust,** in the staff. I know our views on the needs and care of Kira align - they strive to understand each of their participants so they can provide the best, most appropriate care and stimulation and they are skilled in providing for these needs.”



Luísa & Paul

“My brother Paul loves Luso. He was Peel’s first participant and I have been volunteering ever since. The first time we got there, I was super nervous because I didn’t know what to expect. **Paul instantly connected with the staff and the facilities.** He immediately wanted to stay! Luso is our second family! He loves the staff and his friends, the activities and the nurturing environment.

Sometimes **it’s hard to describe at what level Luso has changed our lives.** Luso has been instrumental for Paul’s development. If not for them, Paul would still be at home and the both of us wouldn’t enjoy some sense of liberty and independence.”



The Costa Family

“What **Luso means to our family** is that it brought us **peace of mind** knowing our daughter Carina and her friends are being taken care of with dignity, respect and love. **The staff are amazing,** hard working and come up with great ideas and a calendar throughout the year, so parents always know which activities are being done! Carina really loves crafts, baking and playing with technology. We are very excited for the upcoming Luso Residence in Hamilton, so we will all need to continue raising funds and sponsors!”

Message From
the CEO



A handwritten signature in black ink, appearing to read 'H. Grand'.

Heather Grand
Chief Executive Officer
Luso Canadian Charitable Society

Luso has always been a special place for families. A place that gives peace of mind to caregivers and great joy to participants. A nurturing, happy and safe environment where participants are surrounded by friends and feel free to be themselves.

At every stage of a family's journey, Luso offers an invaluable lifeline of support. From the moment children transition from school to the unfortunate day when caregivers can no longer provide the necessary home care, Luso is there to lessen the burden, allowing families to live their lives, pursue careers and other opportunities, while creating a lifetime of family activities and memories. For decades, families have entrusted their loved ones to our care, knowing they'll receive the utmost attention and support.

With a range of high-quality services including Day Programs, Short-Term Respite, and our forthcoming supportive housing projects, Luso remains committed to be a dedicated lifeline of support for families, as they face ongoing struggles.

Luso families know well the challenges of caring for special needs children and the necessity for specialized programs and services. The harsh reality is that for those most vulnerable in society, accessing simple, daily services is an ongoing battle.

Without adequate Day Programs and Respite Care, families are left exhausted, while individuals with disabilities are left feeling unfulfilled and socially isolated. Without supportive housing, people with developmental disabilities are forced to rely on unsuitable alternatives, such as long-term or seniors' residences.

I am confident in Luso's ability to address these challenges, bridging the gap in care and paving the way for supportive housing solutions.

Many people are amazed by how far our organization has come, the level of support we can deliver to those with special needs, and the unwavering support from communities across the Greater Toronto, Mississauga and Hamilton Area. Our story, your story, is truly inspiring.

Thanks to your past and future support, we will continue to *Move Forward*.

Now - more than ever - your support is needed!



Upcoming Luso Residences in Hamilton and Toronto



Hamilton
922 Main Street East

In February 2023, Luso purchased a heritage church which will be renovated to accommodate the addition of a six-storey building with 30 fully-accessible, supportive housing units, for 45 individuals.

The Centre will offer Luso Day Programs, creating a stronger community and providing a hub for many services under one roof.

The property is situated in a mixed residential area, with access to transit and many other services.



For more information or to support Luso’s Residential Projects please contact Cristina Marques, Residential Project Lead, at c.marques@lusoccs.org



Toronto
290 Old Weston Road

With the support of the City of Toronto, Luso will purchase an entire floor in a new high-rise condominium, being built by I-Squared Developments Inc. The Luso residential floor will accommodate up to 28 individuals in a self-contained secure environment. The project offers aging parents the opportunity to purchase in the building, thus providing continued connection with their child!

The building will be part of an inclusive community, with access to services, transit and park land and located in close proximity to Luso Support Centre Toronto.



Support Our
Residential Building
Campaign Today!



\$225,000 Donation to Help Build New Luso Residence!

Luso sincerely thanks The Andrée Rhéaume and Robert Fitzhenry Family Foundation for two wonderful donations totaling \$225,000 in support of our Hamilton Residential Campaign. Thank you for supporting our vision to meet the ongoing, changing needs of those with special needs.

Your generosity will help build a stronger, more inclusive, and welcoming community for all!



LiUNA! Local 183 Donated \$140,000 to Luso

LiUNA! Local 183 is one of Luso's most enduring and generous donors. We sincerely thank them for their generosity towards individuals living with disabilities.

On December 4th, Luso received two cheques totaling \$140,000 in support of our services and programs.

A very special "Thank You!" to LiUNA! Local 183 for their many years of support and their ongoing commitment to building inclusive communities and making a difference in the lives of individuals living with disabilities.



15th Annual Luso Golf Tournament

On June 9th, more than 400 golfers and 50 volunteers enjoyed another incredibly successful day at the Lionhead Golf Club, at Luso's 15th Annual Golf Tournament presented by LiUNA Local 183.

Despite the early morning showers, everyone agreed "This was another great event, for a great cause!". Over \$330,000 was raised to support Luso's programs and services thanks to the effort of donors, sponsors and other contributors.

During the day, golfers enjoyed a delicious array of treats from food trucks, BBQ stations and sweet desserts.

Special thanks to the Portuguese Cultural Centre of Mississauga for another superb seafood & steak golf dinner, to Lionhead's tournament team, and to all our sponsors, supporters and volunteers.

We hope to see everyone again on June 7, 2024!



2023 Volta Luso Charities



2023's Annual Volta, presented by LiUNA Local 183, was another community success, with more than 800 participants who joined us in Mississauga and Hamilton for a colorful, and meaningful day of walking, biking, food, entertainment and more! With the support of our generous sponsors, donors, participants, media, community organizations and volunteers, more than \$450,000 was raised in support of Luso's programs!

Luso is grateful for amazing community partners, and volunteers that made this a great day for a great cause. Throughout the day, Volta participants enjoyed a delicious breakfast & lunch and treats from food trucks. Entertainment provided by incredible performances of folklore groups Arsenal Do Minho, Bailinho de Rabo de Peixe and Rancho Folclórico As Tricanas, that kept everyone moving, all day long. This year, more 70 Volta Luso Youth participated at the event!

Special thanks to CHIN Radio, for hosting a Luso Radiothon, and to all our sponsors, volunteers and the community!

Luso Canadian Charitable Society 2023 Community Partners

Luso thanks our valued Community Partners for their financial support throughout 2023, without which, our programs and activities would be significantly impacted. Our sincere Thank you!



Luso Wins With Charitable Gaming and Local Gaming Centres

We are proud to be involved with the Ontario Charitable Gaming Association. Thanks to our volunteer involvement at Dolphin Gaming in Scarborough, the RAMA Gaming Centre in Mississauga and The Bingo Connection in Burlington, additional funds are made available to support our Day Programs. We encourage you to visit and experience these three fantastic entertainment Centres and have a great time while supporting local charities.

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



Luso Thanks Our 2023 Distinguished Contributors

Luso is fortunate to have the support of several Distinguished Contributors. They are generous sponsors, donors and individuals in the community, that made large contributions during 2023. Luso extends our sincerest gratitude to the following 2023 Distinguished Contributors, for their amazing generosity.



LiUNA!
LOCAL 183
Feel the Power

**The Andrée Rhéaume Fitzhenry
and Robert Fitzhenry Family Foundation**

LiUNA!
Local 506

 **BPA**
Customer Service | Accountability | Innovation

 **NATIONAL
BANK**
INDEPENDENT NETWORK



UBC 
BUILT
LOCAL 27

 **Windmill**
Group Corp.



 **AD**
Together, we win.
Ensemble, nous gagnons.

UBC 
BUILT
LOCAL 675

Bocce Ball for Charity!

In August, Luso participants and families had an amazing day, at the 30th Annual Nick Barbieri Charity Bocce Ball Tournament. Luso was honoured to be one of the designated charities and the recipient of a \$75,000 donation, in support of programs and services for those living with disabilities.

Our Luso participants from the Peel and Toronto Centres were delighted to take part and put their Bocce skills to test! The tournament, a truly wonderful event of camaraderie, fun, food and entertainment, was enjoyed by everyone. We thank LiUNA Local 506 and General Contractors' Association of Toronto for the warm welcome and generously including our Luso families in this very special event!



Donation From Streetsville Lions Club

We are grateful to Streetsville Lions Club for their \$10,000 donation towards Luso's programs and services. Thank you, Streetsville Lions Club, for your ongoing support and for granting us the opportunity to share with the Lions membership



our Luso story. We appreciate the opportunity to celebrate the achievements and activities of Luso participants! Thank you!

Casa do Alentejo Supports Luso!

Luso sincerely thanks Casa do Alentejo for a cheque donation of \$3,398, presented February at Luso Support Centre of Toronto. Funds were used for programs and services geared towards individuals living with disabilities. Since its foundation, Casa do Alentejo has continuously and persistently been advocating for social and cultural causes among the Portuguese Canadian community. In the name of the entire Luso family, thank you, friends!



Luso Canadian Charitable Society

2023 Sponsors and Donors

Diamond

AD Canada
BPA Financial Group
Carpenters & Allied Workers Local 27
Drywall Acoustic Lathing & Insulation Local 675
I-Squared Developments
IUPAT DC 46
LiUNA! Local 183
LiUNA! Local 506
National Bank
Independent Network

The Andrée Rhéaume & Robert Fitzhenry Family Foundation
Windmill Group Corp.

Platinum

1528208 Ontario Ltd.
Aspen Ridge Homes
Boulder View Holdings Inc.
Brampton Brick
Bricklayers, Masons Independent Union of Canada Local 1
Bruno Larizza
Calsper Developments Inc.
Canadian Construction Workers Union
Capela Surfaces Inc.
Convoy Logistics Providers

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CountryWide Homes Ltd.
Elcrm Holdings Inc.
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Flato Developments Inc.
H.S. Building Services Inc.
Mosaik Construction & Management Inc.
Paradise Developments
Portuguese Cultural Centre of Mississauga

Residential Framing Contractors Assoc. of Metropolitan Toronto & Vicinity
Rick Arnone & Heather Grand
Senso Building Supplies
Streetsville Lions Club
The Oakville Foundation for Intellectually Handicapped People
Tribute Communities Inc.

Gold

Alcino & Maria Antunes
BMO Bank of Montreal
Cachet Developments (Cam West) Inc.
Dona Asciaak

ECJ Maintenance Ltd.
Filipe & Isabel Ferreira - Filipe Ferreira Personal Real Estate Corp.
Garrtech Inc.
GG Canada Limited Partnership

Great Gulf
I&A Professional Corp.
IC Savings
JD Development Group Corp.

Joint Residential Construction Assoc.
Lacuno Art
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LiUNA! Local OPDC
LiUNA! Local 837

Marlin Spring
Mercedes-Benz Peterborough
Nusens Niche Contracting
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Benfica Construction Ltd.
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Blair Building Materials Inc
Brolaws Construction Inc.

Canal Block
Cancian Construction Ltd.
Canvas Developments
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Costa Building Supply Inc.
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D11 Stucco
Dama Construction
Danclair Construction
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Dartek Construction Group Ltd.
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DeMelo's Construction Equipment Ltd.
DOC Wine Imports Ltd.
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Generation Carpentry Ltd.
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Hashtag Homes Real Estate Inc.
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Ken Shaw Toyota & Lexus
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Lucky Carpentry
Luso Golf Fundraising Inc.
Luso Motoriders

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PGA Construction Management Ltd.
Progressive Indoor Air Solutions Inc.
RBS Concrete
Rob Moubarak
Rock-It Redi-Mix Inc.
Romica Carpentry Ltd.
Royal Construction Ltd.
S&P Developments Inc.
Saagar Design & Construction Inc.
Sam McDadi Real Estate
Sheet Metal Workers & Roofers Local 30
Silver Carpentry

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Stonecast Contracting Ltd.
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Sutherland Law
Tecimer Family Holdings Inc.
Tectra Group Inc.
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The Gardener
The Masonry Company Inc.
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Torres Hardscapes
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Trilend Inc.
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Two Star Carpentry Contractors
Universal Construction Inc.
VPM Construction
Zulmar Construction Inc.



Copper

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Columbia Masonry Contracting Inc. Columbus Carpentry Costa Railing Crawford Roofing Corp. Cristina Martins Cynthia Da Costa Cynthia Prazeres & Dave Mare Daniel Tecimer David Correia Dennis Sousa Design to Suit Diogo Fresco Dolphin Gaming Domenico Coppola Donato Nucciarone Douro Bakery Inc. Dr. Robert & Mrs. Beverley Mackenzie Dream Unlimited Ed Couto ELM Insurance Brokers Inc. Elsa Amorim Enzo Prospero Eurostar Group Inc. Fernanda & António Belas & Family Ferreira Insurance & Investment Concepts Inc. Filipe Morgado Filomena Roque FPTV Francisco Nave Francisco Sapateiro Frank Florindo Fred & Antoinette Perruzza Galos Masonry Inc.	Gilberto Manata Da Silva Gloria Correia Gremore Contracting Inc. Ground Breakers Contracting Ltd. Guiseppe & Maria Mallozzi Hallmark Housekeeping Services Inc. Halton Transmission on Dundas Ltd. Hamilton Paving Inc. I.B. Plowing & Maintenance Inc. IC Savings - Little Portugal Branch Ines DiSanto Corp. Ironworkers Local 721 Isabel Alves Isabel B Rodrigues Ivan Oslakovic J. Chefero Sand & Gravel Ltd. J.M. Auto Electric Jacqueline LeBrasseur Janice Furtado & Bryan Goncalves Jared Rabinowitz Jay Crouse Jeff & Diane Rushton Jennifer Greenberg Jennifer Trimmel Jiafeng Wang Joanne Macmaster Joes Gardening & Home Improvements Ltd. John & Penny Millar John & Rosa Costa John Ganton Jonathan Boucinha Jorge Da Silva Jose Manuel DaSilva José Nunes Jose Pinto Julio & Nancy De Jesus Kal Tire KAPP Infrastructure Inc. Karen Arnone Karen Astaphan	Karen Dabbs Katia Caramujo Kay Dan Hair Studio Keith & Stephanie Grattan Kerry Beal Kimberley Gadowah King Paving & Construction Ltd. KZIQ Inc. L.M.M. Construction Ltd. L2 Contracting Inc. Lara Sevadjian LaRey Homes Inc. Laurie O'Halloran LD Law LLP Le Treport Wedding & Convention Centre Leila Do Couto LiUNA! 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Bronze

1000548380 Ontario Corp.	Antonio Letra	Carminda Araujo	David Groll	Enzo Antezza	Grant Knox	Jason Auyeung
Abilio da Rocha	Antonio Lopes	Catarina Isabel Pacheco	David Hyatt	Erik Mikalaukas	Greenfield Painting Services	Jason Prazeres
Acilio Domingos	Antonio Magalhaes	Cathy Chlebus & Srini Iyengar	David White	Ermanno Ruffieux	Greg Symons	Jeff Botelho
Adam Blatchford	Antonio Neves	Celia Laranjeiro	Dean Kulla	Evaristo Paisana	Guilhermina Bettencourt	Jeff Cowan
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Jose Carvalho Simões	Luis Ponte	Mariefe Cornista	Nelson Furtado	Porcea Stone	Sandra Quaresma	Tony Riquinha
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Contributions of \$100 and higher, received from January 1st to December 31st, 2023 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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In Memoriam



Mitesh Bhanderi

Mitesh was kind, gentle, soft spoken and always smiling. He loved music, movies, art and crafts. He loved helping others with a friendly calm voice and to help preparing meals, cooking and baking. He assisted his family business, baking in Zambia.

Mitesh will always be remembered by Peel Centre and appreciated through the family's generous donation of art and craft supplies to continue with his memory and his love of art! Rest in Peace!

Sarah and Kevin Lima

In August 2023, we said goodbye to Sarah and just two short months after, to her brother Kevin, members of our Luso family for many years. The siblings attended Hamilton's Day Program and often stayed at our Respite Centre in Toronto.

They are very deeply missed by everyone at Luso and will always be remembered for their unique smiles and mischievous behaviours!

Rest in Peace, Sarah and Kevin, safe in the arms of your mother Graça.



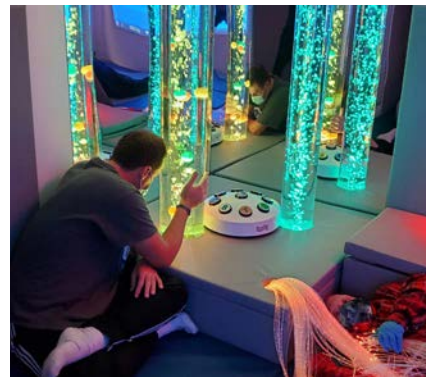
John Vasilak

In October 2023, Luso Support Centre Hamilton said goodbye to John Vasilak, father of Nathan, our Day program participant. Our prayers are with the family. You will be missed, John. Rest in Peace!

It's Never Dull at Luso!

Luso's Day Programs enhance the lives of persons living with disabilities. Daily, our staff demonstrate their understanding and commitment to offering a warm, safe and friendly atmosphere where participants and caregivers can rest easy, with the peace of mind they deserve.

Luso is never dull; participants are always engaged, have the opportunity to learn, socialize, have fun with friends and feel the love of being part of Luso!







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 inception in 2008, many individuals and organizations have enrolled as Ambassadors to make that commitment a reality.

If you are interested in becoming a Luso Ambassador, please visit our website or contact us.

2023 Ambassadors*

AG Masonry - Antonio Dionisio - BPA Financial Group - Bruno Larizza & Family - Canadian Council of Construction Unions
- Capela Surfaces - Carpenters & Allied Workers Local 27 - Convoy Logistics Providers - Cristina & Mark
Marques - Dr. Robert & Mrs. Beverley Mackenzie - Drywall Acoustic Lathing & Insulation Local 675 - Fernando
Rio - Ferreira Insurance & Investment Concepts Inc. - Filipe & Isabel Ferreira & Family - Frank & Dolores Alvarez
- Heather Grand & Rick Arnone - I-Squared Developments - IUPAT DC 46 - Jason & Cynthia Prazeres - John & Savi Ganton
- Lee-Ann Marquez - LIUNA Local 183 - LIUNA Local 506 - LMF Synergy Inc. - Mosaik Construction & Management Inc.
- National Bank Independent Network - Peter & Lina Santos Family - Select Precast - Tectra Group Inc.
- Teixeira Accounting Firm - Viana Roofing & Sheetmetal Ltd. - Windmill Group Corp.

2024 Ambassadors*

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- Carpenters & Allied Workers Local 27 - Convoy Logistics Providers - Country Homes
- Dr. Robert & Mrs. Beverley Mackenzie - Drywall Acoustic Lathing & Insulation Local 675
- F.E.D. Construction Management Ltd. - Ferma Import & Export Inc. - Filipe & Isabel Ferreira & Family
- Frank & Dolores Alvarez - Heather Grand & Rick Arnone - I-Squared Developments Inc. - IUPAT DC 46 - Lee-Ann Marquez
- LIUNA Local 183 - LIUNA Local 506 - Mark & Cristina Marques - Mosaik Construction & Management Inc.
- National Bank Independent Network - Paradise Homes Corp. - Remington Homes - Select Precast - Tectra Group Inc.
- Teixeira Accounting Firm - The Andr e Rh eume & Robert Fitzhenry Family Foundation
- Touchstone Building Technologies Inc. - Tribute Communities Inc.

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Luso - A Lifeline for the Dorian Family

“After Sebastien turned 6 weeks old, many complications led to him having Severe Cerebral Palsy. He cannot walk or help himself in any way, requiring 24/7 care. It took time to accept this reality and adjust our lives to our ‘new normal’. Sebastien is now 41 years old.

We have struggled daily to ensure our son has the most fulfilled life possible. Having a special needs child results in decisions and choices unlike those of a ‘normal’ family. After 30 years of going up and down two flights of stairs to our son’s bedroom and getting up at least 5 times a night to take care of him, we were exhausted. So, for the last 11 years, we have been taking turns sleeping with him. This was ‘our normal’ until just a few months ago.

Finding Luso in 2020 changed our lives, as we found a place where Sebastien is cared for and loved just like he is at home with us. **They are a lifeline of support** to us and other families desperate for assistance.

For 8 hours of our day, Sebastien is loved and cared for by the ‘angels’ at the Luso Peel Day program. He enjoys it passionately and allows us to recharge for the remaining 16 hours of care that we provide to him.

Luso also has Overnight Respite Care, which we had declined to try on numerous occasions. Knowing that someday there will be a separation, we reluctantly decided to try it. The care our son received and the pleasure he enjoyed from being with friends overcame all obstacles.

For the first time in 41 years, my wife and I had an uninterrupted sleep together! We are in our 70s now, and without Luso, we could not survive! Our nightmare is what will happen to our precious son, Sebastien, as we grow old? This is where we dream of having Sebastien in Residential Care at Luso.

We pray and hope one day Luso’s new residential project will be a reality!”

- Rick and Lise Dorian, parents of Sebastien.



Toronto Raptors and Toronto Maple Leafs – Unique Experiences for Our Participants!

Thanks to Mr. Joe Santos, Mosaik Construction & Management Inc., and Mr. Norberto Paiva, Windmill Group, participants from our three Centres and their families enjoyed two incredible sports outings. The opportunity to watch a Raptors or the Maple Leafs from a private box was a priceless experience.

Both these gentlemen were top bidders of the sporting packages at Luso's 2023 Annual Gala live auction in February, which they generously donated back to Luso families. Our participants will forever cherish these memories! Thank you!



Visit From Portuguese Dignitaries

During the year, Luso was visited by various Portuguese dignitaries, who demonstrated curiosity and interest in knowing more about our participants and our programs and services. We thank them for their contribution to the community and to those with special needs.

Some of our visitors included:

- The Portuguese Minister of Justice, Catarina Sarmento e Castro;
- Deputies of the Portuguese Assembly of the Republic, Eurico Brilhante Dias and Paulo Pisco;
- Director of the Regional Direction for Communities of the Azores, Dr. José Andrade;
- H.E. the Ambassador of Portugal in Canada, António Leão Rocha;
- Consul-General of Portugal in Toronto, Joaquim do Rosário;
- President of Casa dos Açores do Ontário, Suzanne Da Cunha;
- Councillor for the Azorean Diaspora Council, Matthew Correia.





Visit From His Excellency, the President of Portugal, Prof. Dr. Marcelo Rebelo de Sousa

On September 17th, the President of Portugal was welcomed by Luso participants, families and guests, with applause and enthusiasm. The visit started with his induction as a Luso Honorary President, signing our guestbook and learning more about our history and future projects.

While touring the Centre, the President engaged with our participants in activities, and indulged guests with selfies and group photos!

His speech touched the hearts of many. Being at Luso was a reminder of his youth and his beloved mother. The President himself dedicated many years to volunteering and working with social organizations, and so did his mother. Going back home, President Marcelo left with a warm heart and two very special gifts: a mural made by our Luso Peel participants and an exquisite portrait of Miradouro de Santa Luzia created by our very talented Toronto participant, Steven.



Portuguese Heritage Month and Canada Day



Luso proudly celebrates Portuguese Heritage Month and Canada Day every year!

But 2023 was a special occasion, acknowledging the 70th anniversary of the first wave of Portuguese immigrants arriving in Canada, May 13th 1953, through Pier 21!

We participated in the traditional Portugal Day Parade, to acknowledge this milestone. Keeping with tradition, participants from all three Luso Centres celebrated Canada Day with community members, activities, food and a display of national pride.



Luso's COMPASS CLUB



Luso's 3rd Compass Club Ladies Event, at Pearson Convention Centre welcomed more than 260 ladies for a wonderful evening, raising \$50,000 in support of Luso's Supportive Housing for individuals with disabilities.

This memorable evening started with a networking reception, a unique Mercado experience, pre-loved jewellery and handbags, accompanied by amazing hors d'oeuvre and wine. Over dinner, the ladies experienced four delicious courses, wine pairings and the musical artistry of Hernani Raposo, Valdemar Mejdoubi and "SongBird" vocalists, Nancy Asciak and Stephanie Asciak.

We sincerely thank all event attendees, participants, families, volunteers, donors and sponsors, who made this evening a resounding success. Mark your calendar for Nov. 15th!



Luso Support Centre Peel



Science Day!

Luso Peel participants have studied more about science! Thanks to Scientists in School for enriching everyone's perception of colours, motion and light, while doing art activities. Our participants created their own galaxy, a puppet and their own kaleidoscope, all while learning more about science.

What a great fun way to experience more about science, which impacts all of us every day!



Painting Emus With Salvador Dalia Paint Nite Studio!

Our Peel participants enjoyed an artistic workshop where they painted their Emu's step by step and created some very unique and colorful masterpieces.

We thank Salvador Dalia Paint Nite studio for this fantastic painting workshop. Participants were happy and proud with their Emu's paintings and excited to take their masterpiece home to showcase their talent to their families.



Puppets (Are) Cool!

In August, Peel participants enjoyed a special workshop, led by Steve from Puppets Cool. It was a day of fun, laughter and excitement, as our guest showed everyone how to create their own colorful puppets, followed by a live puppet show for all to enjoy. We thank Steve for such an entertaining workshop for our participants.

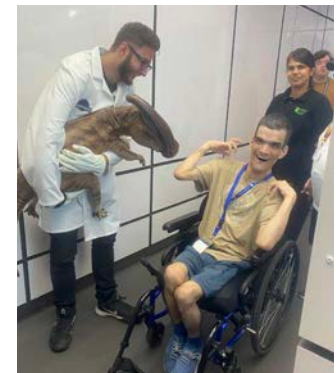
Thanks to funds raised at Rama Gaming House Mississauga and with the support of Charitable Gaming Community Good, Luso can continue to offer such great programs - programs that are enjoyed by so many.



Making Memories With Outings!

Peel participants enjoyed several outings that provided the opportunity for unforgettable memories, socialization, camaraderie and storytelling. Visiting public spaces test social skills, adds variety to programming and provides fun!

For example: at the CNE, participants enjoyed a fascinating reptile show, an encounter with a turtle and many treats; going to the movies to watch Barbie; enjoying a great experience at Jurassic World The Exhibition, to see dinosaur special effects and walk in the land of Jurassic Giants. Another unique experience was the visit to Ripley's Aquarium of Canada, learning facts about the aquatic world and being mesmerized by the animals within it!



Luso Support Centre Toronto



New Snoezelen Room and Upcoming Improvements!

The long-promised new multi sensory is finally available! With the support of the Ontario Trillium Foundation (OTF) our Toronto participants are now able to enjoy a new Snoezelen room which provides relaxation and therapeutic sensory stimulation.

Our commitment to investing in newer, durable, safer and sustainable solutions is far from over; the lower level hosts the Computer Lab and a luminous virtual sky ceiling simulates the sky! On the main floor, we will install a soundproof operable wall partition, and our entire building will be retrofitted with LED lights to reduce the electricity bill and be more environmentally conscious! All these improvements were supported by Ontario Trillium Foundation grants. Thank you OTF!

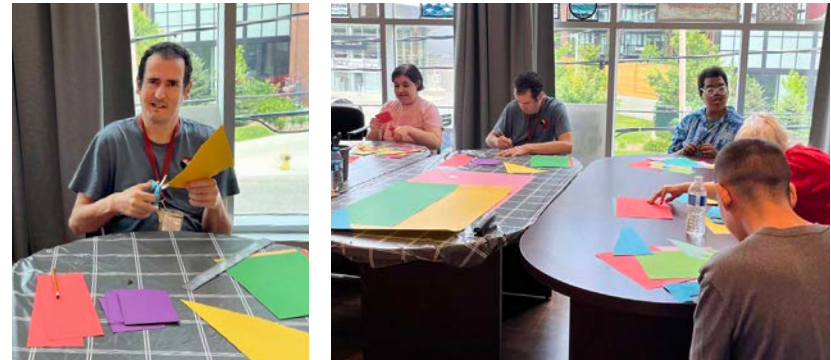


Iberina Art Workshop

A sincere “Thank You!” to Raquel, from ID Iberina Design, who generously offered an amazing art workshop experience for our Toronto and Peel participants. This was a unique opportunity to broaden the artistic and creative skills of our participants, a vital aspect of our Day Program.

The Toronto workshop was the first step in the creation of an exciting Community Mural Art Project, which encouraged community members to participate in the finished product, entitled “Stronger Together”.

The complete mural was displayed during the Annual Volta Luso event in July.



Celebration of Abilities

In December, we celebrated the return of Celebration of Abilities, Luso Support Centre Toronto's Annual Talent Night, last held in 2019 due to the pandemic. More than 350 guests enjoyed this triumphant return at the Gerry Gallagher Hall, an unforgettable showcase of talent where our participants left the audience in awe with their stunning performances. A testament to countless hours of dedicated rehearsals!

A heartfelt thank you to our event sponsors, LiUNA! Local 183, BMIUC Local 1, Senso Group Building Supplies, 1379657 ON Ltd., Walnut Technology Services and others, whose support made this event possible. Huge congratulations to all our talented participants and dedicated staff for making this night truly spectacular!



Visit to the Zoo!

Our Toronto participants started the month of August with an incredible and fun visit to The Toronto Zoo! Everyone had a wonderful time while learning about diverse ecosystems, animals, wildlife and even riding the zoo tram! We sincerely thank The Toronto Zoo volunteers for supporting our participants and enabling the use of life and social skills during this outing. In the end, this experience was so enjoyable, it left our participants ecstatic and yearning for a next trip to the zoo!



Luso Support Centre Hamilton



A handwritten signature in black ink, consisting of stylized initials 'JB'.

Joe Botelho
President

Luso Support Centre Hamilton
(Portuguese Support Services for Quality Living)

2023 was a year of celebration as we reached an important milestone, our 20th anniversary. The E.C.H.O. Program for persons with physical and/or developmental disabilities opened on March 4, 2003, to create a lifeline for families with special needs.

Day Program activities, impacted by the pandemic, saw participant attendance grow by 10% in 2023. Our annual signature events Amigas Dinner, Dinner Dance, Golf and Volta were held with record attendance and revenues and invigorating enthusiasm! Our Golf Tournament was sold out for the second year in a row and 250 people joined us for Volta at the Confederation Beach Park.

Momentum in 2023 was driven by our desire to *Move Forward*. Similar to 20 years ago, when a need was identified and a solution provided, we are accepting the challenge of creating supportive housing in Hamilton for persons with disabilities. As parents age and experience difficulties in providing care, many turn to Luso for help. Recognizing these struggles, Luso is building a modern residence to accommodate 45 residents with disabilities and additional Day Program participants.

As we delve into 20 years of history to guide us *Moving Forward*, we find that Luso is, in fact, a large team comprised of unique individuals, wonderful community members such as companies, labour unions, other organizations and people, exceptional staff and volunteers, and our beloved participants. Our success achieved since day one, is thanks to the support provided by all.

I could not be prouder of being part of such a fine and dedicated group of people. I sincerely thank all who contributed to Luso and for your commitment in improving the lives of our participants! For two decades we have worked towards better opportunities for individuals with disabilities.

Together, we can, and will, *Move Forward!*



Annual Dinner Dance

In November, Luso Hamilton held its Annual Dinner Dance, a special and memorable evening with over 300 participants, families and guests attending! A heartfelt thank you to all who joined us.

We extend our sincere gratitude to our sponsors, donors and volunteers. Thanks to the generosity of the community, more than \$24,000 was raised in support of the Day Program and the upcoming Luso Residence in Hamilton!



Amigas Dinner and Sweet Malassadas for Charity!

The return of “Amigas” to Hamilton, in February, was a great success! With over 300 ladies attending this special event, more than \$23,000 was raised in support of Day Programs. A lively evening of excellent music, delicious food and incredible atmosphere made for a wonderful ladies night out! Sincere thanks to our sponsors, donors, attendees and the team of the Michelangelo Banquet Centre.

A special thank you to “Amigas das Malassadas”, a group of ladies that every year bake and sell malassadas to raise funds to support our Centre. This year \$5000 was raised, bringing the total amount for the event to over \$28,000! Thank you to many, for your hard work and continuous support, advocating for individuals living with disabilities!



Luso Hamilton Milestone Anniversary

In March, Luso Hamilton celebrated the 20th Anniversary of the E.C.H.O. Program (Empowerment. Culture. Hope. Opportunity). Many families, community members and supporters joined us to celebrate and recognize this amazing milestone! It was a celebration of the hardships and achievements of 20 years and an acknowledgment of the enormous support and hard work of the Founders, Board of Directors, Sponsors, Donors, Volunteers and the Community. With tears of joy families heard about the upcoming Luso Residence in Hamilton, expressed gratitude and shared their relief that their children will have a place to call home, when parents can no longer provide care. The introduction of a new smartboard funded by the Ontario Trillium Foundation was further cause for celebration.

Our sincere “Thank You!” to the entire community and all who have supported us over the past 20 years and continue to help us *“Move Forward!”*



2nd Luso Hamilton Golf Tournament

In September, Luso Support Centre Hamilton held its 2nd Golf Tournament, presented by LiUNA! Local 837 in what became another great success, thanks to the generosity of our many sponsors, golfers and hard-working volunteers! More than \$77,000 was raised in support of the upcoming Luso Residence in Hamilton for participants with special needs.

This amazing day at Southbrook Golf & Country Club offered attendees gastronomic experiences such as BBQ lunch, a Prime Rib Golf Dinner and many other treats!

A special thank you to all sponsors, volunteers, golfers and media!

We look forward to seeing everyone return in 2024. Save the date of September 13th!

Early bird registration and sponsorship opportunities available now!

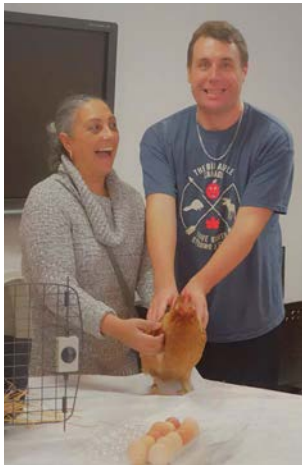


A Vibrant, Dynamic and Empowering Day Program in Hamilton

Each day, our Luso Hamilton team strives to create new and improved experiences for our Day Program participants. Activities are meticulously designed and curated through a person-centered approach to stimulate curiosity and participant engagement. In 2023, our Hamilton participants engaged in many fruitful programming hours of both in-house activities and outings in the community.

In-Centre, they had fun while learning life skills, dancing to music, relaxing in the Snoezelen room, being mesmerized with the visits we received, and testing their new knowledge of things learned during outings. Creative arts, cooking, baking, and gardening are the favorite in-house activities of our participants, not to forget the occasional Pet Therapy!

Community integration and outings are a very important aspect of our Day Program. Visits across the community allow our participants to express themselves, improve their social skills, and put all their knowledge and abilities to test. In 2023, our Hamilton cohorts visited local businesses, a nursing home, did gardening at Hamilton Victory Gardens (with their grown vegetables donated towards food banks), visited an Apple Farm (learning everything there is to know about apples), and went out for ice-cream during sunny days!



2023 Luso Support Centre Hamilton Ambassadors*

A.C.E. Local 1030
AG Masonry
Decomax Group Inc.
DeFaveri Group Contracting Inc.
I.B.E.W. Local 105
Vitor & Jacinta Ribeiro
Joseph & Enza Mancinelli
LiUNA! Local 837
Manuel & Maria Bastos
Reimar Forming & Construction
ONIT Construction Inc.

2024 Luso Support Centre Hamilton Ambassadors*

A.C.E. Local 1030
A. Cosmos Concrete & Paving Ltd.
Decomax Group Inc.
Joseph & Enza Mancinelli
LiUNA! Local 837
Manuel & Maria Bastos
Newgen Construction Corp.
Reimar Forming & Construction
Tamarak Lumber Inc.
ONIT Construction Inc.

2023 Luso Support Centre Hamilton Community Members

Adérito Pimenta	Gina Botelho	Sérgio Santos
Alcindo Boucinha	Greg Daly	Stella Ribeiro
Artur Mesquita	Helena Medeiros	Susy Nunes
Cremilde Cowles	Manuel Bastos	Venilde Peterson
Cristina Santos	Manuel Simas	Yvette White
Debra Nucciarone	Norela Gomes	Zilda Ribeiro

2023 PSSQL Members

Adelaide Ferreira	José Roque	Natalia Oliveira
Aldina Couceiro	Lurdes Ferreira	Norine Hock
Ana Melo	Maggie Ferreira	Paulo Monte
Bartolomeu De Melo	Natalia Gameiro	Zulmira Vieira

Carlos Leal
Conceição (Maria) Brasil
Francisco Airoso
Gary Roque
Goreti Paiva
Helena Alves
Ilda Alves
Isabel Martins
Isabel Pereira
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*Contributions received from January 1st 2023 to January 31st, 2024 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 2023 Sponsors and Donors

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Luso Support Centre Hamilton 2023 In-Kind Sponsors and Donors

Abbey White	Enza Trott	Marcio Martins	Patricia Costa	Sergio Santos	Tammy Schaefer	Trindade Pontes
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Luso Support Centre Hamilton Community Partners

Luso Support Centre Hamilton thanks its valued Community Partners for their financial support throughout 2023, without which, our programs and activities would be significantly impacted. Our sincere "Thank you!"



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The Story Continues... Moving Forward!



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