



# Annual Report

2014/15

# generations united

The past year has been one of transition for LINKages. We welcomed a new Executive Director and over the course of the year, new staff to the organization. The Board, working closely with our new ED, staff and an experienced facilitator identified a new strategic direction that builds on LINKages great strengths. Priorities we identified include sustainability and excellence in growth and programming. Sustainability includes both fund development and operations. Growth will see LINKages extend programs to new communities – but we will do so with care so we are able to implement best practices and achieve positive outcomes.

In 2014-15, we maintained all school and community programs and received new funding to expand our wings. Some of these include LINKages in the Community (LINC) at the East Village, funded by Human Rights Education & Multiculturalism Fund; Digital Connections from Shaw Communications and the new Community Initiatives Program through Alberta Culture & Tourism. Along the way, we continue to receive ongoing requests from individuals, schools and care centres to start a program in their area. Our hearts were moved when Ken, a senior who lives in Millrise, took it upon himself one day to drive out to our office in the Currie Barracks and ask if we would start a program where he lives. He was recently moved to his current care centre that does not

have the LINKages intergenerational program. He really misses the company of his young friends! In the same year, we heard Papa John, a 97 year old senior in the East Village, stand up at a town hall meeting and say, “I am 97 years old and I don’t count anymore.” After a meeting like that, we doubled our efforts in the East Village to let seniors know that they DO count, we do care and most of all, the youths care. As a result of sustained efforts over the summer months, we brought over 75 youths to the East Village as well as to Bridgeland to socialise and connect with seniors.

The LINKages Board fully supports and encourages a culture of thought leadership and excellence throughout the organization. I speak for all of the LINKages Board when I say we are proud of what our ED, Mae Chun, and LINKages staff, both old and new, achieved over the last year and very much look forward to working with the LINKages team over the course of the coming year.

**Cecilia Low**  
*Board Chair President*

**Mae Chun**  
*Executive Director*  
*LINKages Society of Alberta*



## Board of Directors

**Cecilia Low**  
Chair

**Ifeoma A. Ngwudike**  
Treasurer

**Maria Block**  
**Cynthia Gallop**  
**Regina Huh**  
**Sophie Sapergia**  
**Kristine Williamson**

**Mae Chun**  
Executive Director

# School Programs



15

**Intergenerational programs across the city**

All activities took place at care centres and retirement residences.

370 students were selected out of 522 applications from grades 6 to 12



Students were committed, compassionate and eager to learn. They developed strong character and a heart of service to community.

354 visits hours

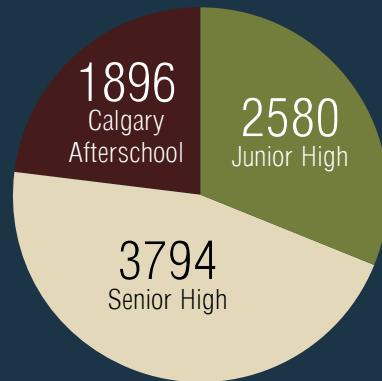
To prepare them for their visits at the care centres, students received Intergenerational Sensitivity Training filled with interactive exercises that promote engagement, reflection and awareness on aging. Over the course of the year, youth and seniors enjoyed a wide variety of structured and pre-planned group activities, resulting in strong intergenerational bonding and long-lasting friendships.

### Outcomes:

- Created mutually beneficial and meaningful relationships between the youth and seniors
- Delivered activities promoting the transfer of wisdom and knowledge between generations.
- Facilitated the appreciation for heritage, tradition and history among youths
- Created opportunities for seniors to remain productive and engaged through interaction with youth resulting in decreased isolation of seniors
- Created opportunities for youth to develop leadership skills leading to enhanced self-esteem

8270 hours

were invested by student volunteers



Technology Programs  
66 youth volunteers

# Community Initiatives

## IG Day Intergenerational

We celebrated Intergenerational Day on May 30th at VIVO, Eau Claire Market and Murdoch Manor. We had stilt walkers, rumba dancers, Indian classical dancers, musicians (youth and seniors), coloring activities, fun, music and movement.

120 seniors

U of C volunteers served hot dogs and hamburgers, provided entertainment and engaged one-on-one with the seniors in the East Village



300 volunteer hours

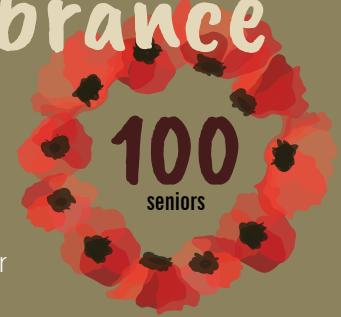
awesome youth volunteers 65



+250 calgarians enjoyed our Intergenerational Day celebrations across Calgary

## Remembrance Day

On Remembrance Day LINKages held a memorial ceremony, a moving event for the seniors who attended.



### UNIVERSITY OF CALGARY LINKages Chapter

The University of Calgary hosts a chapter of LINKages that focuses on connecting university students to seniors in the East Village through a variety of planned events and activities. Some of these were games evenings that included Wii bowling, board games and Christmas celebrations with cookie decorating. Seniors and students also worked together to create a beautiful flower garden over the summer.



97 youth volunteers

554



seniors benefited from our activities in the East Village

# Community Initiatives

## LINKages in the Community (LINC)

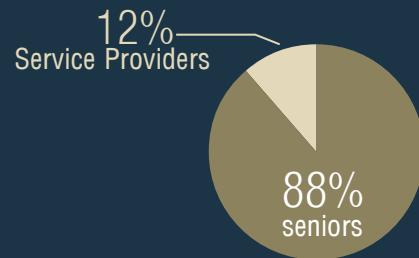
Courtesy of funding provided by Alberta Human Rights Education and Multiculturalism Fund, (HREM), LINKages was able to initiate a unique survey in the East Village that sparked engagement and conversations among East Village residents.

124 surveys

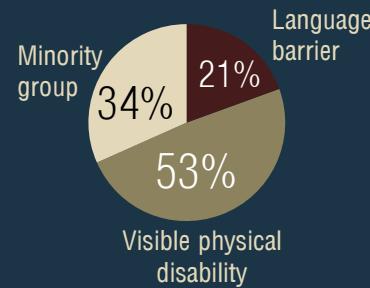
25 youth volunteers



### Survey Distribution



### Barriers Identified



**Needs** Identified by seniors as having the greatest impact on their quality of life



Social activities



Mobility



Money

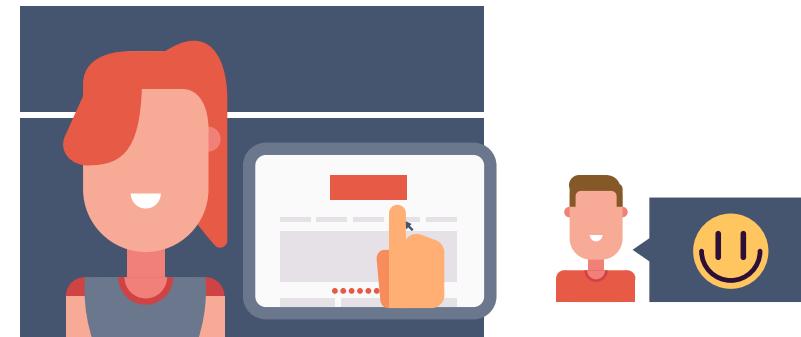


Social hub

## Linking Intergenerational Needs and Knowledge (LINK)

Rural Outreach (since 2004)

Through LINK, we provide training and support to organizations as they create their own intergenerational programs. In 2014-15, we offered training to local organizations in Brooks, Drayton Valley, Red Cliff, Medicine Hat, Lloydminster, Edson and Drumheller.



*"I didn't really care about computers. I can understand a bit more now. I can Skype my son in California now. It's not like paying long distance phone calls. Is it really for free?"*

**Philip**  
student volunteer

I am a volunteer for LINKages. When I saw that LINKages needed volunteers to help seniors learn about computers I wanted to help very much because my grandmother just passed away and I miss her. I met a wonderful senior at Digital Connections at Columbus Place. She didn't want to learn about computers and just sat there with her husband. Then I showed her how to find her favorite songs on the tablet computer and she became interested. We looked for pictures of her home town on the internet, and one day I helped her to Skype her grandchildren in the USA. Now she comes to every session and has a really good time with all of us

# testimonial

**Rose**  
senior volunteer

I look forward to Fridays so much! I have been living in this building almost 15 years and since LINKages started coming to visit us it has brightened up the whole place! You all look so wonderful in your green aprons and you smiling faces! It's just wonderful to see young people around here; we can hear the laughter all the way down the hall way. You know, I didn't think that learning about computers was a very interesting activity but I come anyway.....for the company of those lovely young people.



**Michael**  
teacher liaison

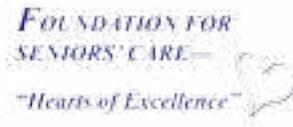
"I need to tell you that Mary and Alice did a very kind deed when they were on their way to school yesterday. They noticed a senior in distress and came to her aid. They used her phone to call 911 and I believe the ambulance came to take her away. They stayed with her until she was safe. I'd like to think that their relationships with the seniors in Linkages had some influence on their decision to relate to her as a person in need..... it's very heartwarming what they did."

# Thank you

Each year we benefit from the generosity of our funding partners with whom we work collaboratively to achieve lasting impact in the lives of youths, seniors and society as a whole. Apart from the organizations below, we are also grateful to the individuals who continue to donate personally to the cause of connecting generations. We THANK YOU.



Betty Jane Kadz  
Memorial Fund



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