



## **Annual Report 2018**

*The power of intergenerational connections*



# **LINK**ages

CONNECTING GENERATIONS

## Message from the Chair

### Building Momentum

LINKages Society builds thriving intergenerational communities in Calgary and area, traditional lands of the proud Treaty 7 people: the Blackfoot of Siksika, Piikani, and Kainai Nations, the Tsuut'ina, Stoney Nakoda tribes, and the Metis Nation, Region 3.

Just as we have been welcomed onto traditional lands, we also seek to welcome into our growing community people of all ages from different regions, provinces, and countries. Intergenerational connections form the foundations of strong and thriving communities, for as we learn to celebrate the diversity, knowledge, and strength of other generations, we become stronger ourselves.

It is from this foundational belief that LINKages' programs and connections continue to grow.

It is becoming more recognized both in research and practice that longer term intergenerational connections result in a myriad of positive outcomes both for seniors and youth.

- Increased healthy social connections for seniors increase their life expectancy, physical and mental health improves, and the onset of diseases such as dementia are delayed.
- For youth, social/emotional skills and confidence improve, volunteerism increases, mental health and feelings of belonging are improved, and youth grow naturally into fully trained age-friendly and dementia-friendly citizens.

In response to increased need and demand from the surrounding community, nation, and international community, LINKages is preparing for growth. Existing school and community programs continue to evolve based on participant feedback, outcomes, and community need. New programs are being developed to support more diverse communities and new communities around the country and globe who recognize the positive impact of intentional and purpose-driven intergenerational programming. LINKages has branched out into "Train the Trainer" programs (IG T4T) to begin building capacity across the province and nation.

As we move forward, we wish to acknowledge and appreciate all of our amazing community and funding partners, and our incredible staff and volunteers. Your strength is our strength - the collaborative and solution-focused spirit that we experience everywhere is key to our success!

Sammy Ahn  
LINKages Board Chair

Ruby Lecot  
Executive Director



## Board of Directors

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Ruby Lecot  
*Executive Director*



## School Programs

LINKages' Intergenerational School Programs impact more than 500 students and seniors each year. We focus on providing intergenerational programming that builds social-emotional development and leadership skills, encourages transfer of knowledge, and reduces social isolation in youth and seniors.

359

Student Participants

212

Senior Participants

40+

Adult Volunteers

104

Age of Oldest Volunteer

10

Age of Youngest Volunteer

15

Schools Participated

14

Care Centres Participated

8

Months of Commitment

5756 Total Student Volunteer Hours

### Quote from Student:

"I lived with my grandmother until I was 12, and then I moved to Canada. I don't see her anymore. My senior friend is like my grandmother; she is my mentor. After being here, my stress is gone. This is a de-stressor."

### Quote from Senior:

"LINKages gives me a purpose for living. These are my girls; I look forward to seeing them every week. The girls are like my granddaughters."

# Calgary After School Programs

Intergenerational (IG) After School provides opportunities for vulnerable Calgary youth aged 12-18 to connect with trained senior mentors throughout the school year. Senior mentors are pre-trained by the program facilitator to support vulnerable youth to achieve the 4 main program goals of confidence, interpersonal skills, responsible decision making, and natural supports. Programming is sequenced, interactive and fun, building on relationship and learning. Thank you to the City of Calgary FCSS for their ongoing generous support.



## Outcomes

- Positive growth and development in students
- Improved sociability and well-being in seniors



## Community Initiatives

Thanks to funding from the **United Way**, we continue to deepen partnerships in 5 Calgary communities.

Community programs build capacity by leveraging the strengths of seniors and youth within their own communities. LINKages accomplishes this through mediums such as art-based programs and community-driven events such as BBQs.

### 9 Programs in 5 Communities

1. East Village – University of Calgary LINKages' Chapter
2. Bowness
3. Bridgeland
4. Beltline
5. Forrest Lawn

Community programs provide support to approximately 400 seniors annually.

*"I just wanted to let you all know how much it meant to us at Bow Centre that you took the time to bring the kids over for our latest project - View From the Inside. We appreciate it much more than I can say. I think about the value of us working together with the kids and it is so immense and wonderful! There is so much to be gained by doing things like this with the High School that it should be a course in the schools. At least that's how I feel anyway. Imagine what we could all gain if we all took the time to understand each other and how and why we feel the way we do about things?"*

- Community Senior





## Intergenerational Day

### 7<sup>th</sup> Annual Intergenerational Day

**June 1<sup>st</sup>, 2018**

In 2018, LINKages transitioned IG Day from downtown to become a community-focused event, held at the Alexandria Centre Society in Inglewood. The move to Inglewood allowed for more meaningful intergenerational connections and activities to occur throughout the day. With nearly 400 people in attendance, LINKages' 7<sup>th</sup> Intergenerational Day was a huge success!

The success of the event was due to LINKages' amazing volunteers. Thank you to the 2018 Planning Committee - Megan Hoefman, Shelley Carpentaro, Mimi Tang, Ben Reim, Maha Abdullah and Adrien Takada for providing an amazing example of community spirit!





## Intergenerational Impact

Yvonne is a long-term participant in one of LINKages intergenerational school programs. She feels that her involvement in the program provides the opportunity to help make a difference in the lives of youth and gives her a stronger sense of purpose. She expresses her appreciation for the youth volunteers in her own words:

*"You may come here once a week, several times a month, or whenever you have free time to volunteer and I noticed the sunshine you bring to our facility and the residents here with your warm smiles and kind hearts.*

*You volunteer in such a diversified community and I want you to know how much you make a difference. I see you come in day after day to participate in programs with residents, help and care for residents and I want you to know that even if you think your time is short here, or if you think you do not make a significant difference, you do."*

- Yvonne







## 2018 Volunteer Awards

### Youth Volunteer of Distinction Award: Adrien Takada

Adrien has been instrumental in leading and facilitating as the President of the University of Calgary LINKages' Chapter throughout this last year, bringing her exceptional insight, dedication, and compassion in all she does.

*"Volunteering with LINKages has been an excellent opportunity to contribute to Calgary's community. I've been lucky to be involved with LINKages in aiding the formation and facilitation of meaningful intergenerational relationships and see the direct impact on both the students and seniors. During my time as club president of the University of Calgary chapter, I feel that I've gained insight on the lives of individuals from a diverse range of socioeconomic backgrounds and mental status over a wide age range."*

- Adrien

### Senior Volunteer of Distinction Award: Deb Cook

Deb has been a faithful volunteer and facilitator with LINKages since 2012, adapting to many changes over the years, while maintaining an exceptional quality of programming for seniors and youth.

*"I look forward to every LINKages' day, both for the enjoyment of facilitating the interaction between the kids and seniors, but also the challenges each day presents and resolving them."*

- Deb

### Youth Volunteers of Distinction - Honourable Mention

Alissa Grenon  
Michaela Vespa  
Katherine Letwin  
Shona MacDonald



## The Year Ahead

As we look ahead to LINKages' 25<sup>th</sup> Anniversary year, we realize there is much to celebrate!

The passionate hard work of dozens of dedicated LINKages' staff, community agency partners, funders, and hundreds of volunteers have brought the agency to this impressive milestone. We hope to celebrate with many former staff and volunteers over the coming year!

Moving forward, the implementation of new and re-newed programs will evolve to better serve the needs arising in Calgary and surrounding communities:

- **Calgary After School** - Funding from the City of Calgary FCSS and Rogers Community Grants will enable the pilot of a new Calgary After School program in Greater Forest Lawn. Local seniors will mentor and learn together with community youth in fun and interactive weekly sessions focused on social/emotional learning and community strengths.
- **IG Outreach** - Funding from the Province of Alberta's Community Initiatives Program (CIP) will renew LINKages' outreach program, which pairs university and college-aged youth partners with isolated seniors throughout the city. The focus is on building long-term positive relationships and supporting seniors to become more active and connected in their own communities.
- **Rural LINK** - Funding from the Ministry of Seniors Aging Well Grant program will help launch at least 3 rural chapters of LINKages across the province with more to come in following years. Isolated communities will receive focused training and support to leverage existing opportunities for intergenerational community building.
- **Board Development** - Funding from CIP will allow the Board to prepare for organizational growth by accessing focused training and support throughout the coming year.
- **Project Inspire** - Collaborating with the Calgary Chinese Elderly Citizens Association and the Greater Forest Lawn 55+ Society, LINKages is honoured to partner together to pilot intergenerational and intercultural arts-based skill-building programs over the next two years.

We look forward to working with our wonderful partner agencies and to continue expanding knowledge and impact of intergenerational programming.

# LINKages' Audited Financial Statements

The LINKages Society of Alberta Board of Directors and Management would like to thank the generous support of our donors, volunteers, and very dedicated staff for another successful year of program delivery. In 2018, LINKages was able to maintain all the important core programming while we assessed strategic opportunities available to an organization of established tenure and built the bridge through to 2019 with a sound financial underpinning. Of course, this was and is only possible by building and maintaining strong relationships with all our community stakeholders. It's with great pleasure that the Board of Directors presents to all stakeholders of this wonderful organization the audited financial statements for the year ended 2018. As we move into the 25th Anniversary year of operations, we feel that the LINKages Society of Alberta has the foundational capacity and operational components in place to continue to benefit community stakeholders through 2019 and beyond

Andrew Jake Mooney, CPA, CGA  
Board Treasurer  
LINKages Society of Alberta

<b>LINKages Society of Alberta</b>		
Statement of Operations and Net Assets		
Year ended December 31,	2018	2017
<b>Revenues</b>		
Government agencies	\$ 195,836	\$ 258,709
Foundations and agencies	110,179	113,882
Casino	66,645	60,412
Care centres	10,000	8,500
Interest	4,456	2,013
Corporations	2,000	30
Biography guides	1,328	-
Fundraising	525	-
Individual	413	2,156
	<u>391,382</u>	<u>445,702</u>
<b>Expenses</b>		
Salaries and related benefits	232,709	311,434
Transportation	23,922	31,222
Program	23,524	20,524
Rent and utilities	18,252	20,500
Office and miscellaneous	17,855	27,200
Professional fees	15,250	3,700
Insurance	3,832	5,290
Amortization	1,835	1,034
Advertising and promotion	-	2,122
	<u>337,179</u>	<u>423,026</u>
<b>Excess of revenues over expenses</b>	54,203	22,676
<b>Net assets, beginning of year</b>	143,542	120,866
<b>Net assets, end of year</b>	<u>\$ 197,745</u>	<u>\$ 143,542</u>



# Thank You

Each year we benefit from the generosity of funding partners with whom we work collaboratively to achieve lasting impact. Apart from the organizations below, we are also extremely grateful to donations from individuals and family foundations whose support meant that we could invest resources in innovation, impact measurements and reaching out to under-served areas. On behalf of the youths and seniors whose lives have measurably improved as a result of your support, WE THANK YOU!



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