



**Annual Report
2016 - 2017**



LINKages

CONNECTING GENERATIONS

Building on Strong Foundations

Firstly, we would like to acknowledge that, as Calgarians, we make our homes on the traditional lands of the Treaty 7 people: Tsuut'ina, Stoney Nakoda Tribes, the Blackfoot people of Siksika, Piikani, and Kanai nations, and Metis Nation, Region 3.

LINKages exists to build on the wisdom that our Indigenous and non-Indigenous ancestors have always known: our elders and youth are some of our most valuable and precious resources.

As the world becomes more global and accessible, more and more people are moving a great distance away from their homes and places of birth. This move often means leaving behind immediate and extended family and communities, stretching and breaking family and intergenerational ties. LINKages seeks to rebuild these ties, and restore the critical importance of maintaining links between generations and communities.

This work has become ever more important with societal demographic shifts and Canada's aging population. In 2016, the number of seniors eclipsed the number of youth 14 and under in Canada for the first time. Along with this shift, the rate of age-correlated diseases such as dementia and Alzheimer's is steadily on the rise.

Research has shown that meaningful social interactions and connections are the greatest predictor of aging well. These interactions delay the onset of dementia and have many other health benefits, both physical and mental. LINKages is at the forefront of creating programs that foster meaningful interactions between community members of all ages.

Over the past year and a half, LINKages has gone through some evolutionary changes including: moving offices from Curry Barracks to Calgary's North East, changing fiscal year ends to better align to those of our major funders, growth of budget and programs, re-tooling of internal processes to support our ongoing growth, and review and ongoing improvement of our school and community programs to ensure that we are maximizing our impact on current and future generations. LINKages aims to build on our strong foundation, to continue our growth as a responsive, learning organization. In the coming year, we have many exciting initiatives planned for the 25th anniversary of our organization in 2019.

As we look forward, we would also like to extend sincere and heartfelt thanks to all of the current and former volunteers, staff members, and board members, who have moved the organization forward to where it is today.

To our funders, donors, and community partners, we extend our deepest gratitude. We could not positively impact the lives of hundreds of seniors and youth through our Intergenerational programming without your generous support!

Sammy Ahn,
LINKages Board Chair

Ruby Lecot
Interim Executive Director



Board of Directors

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Andrew Jake Mooney
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Sophie Sapergia
Past Chair

Ruby Lecot
Interim Executive Director



School Programs



542

Students attended
Information Sessions



417

Students Applied



374

Student Participants



197

Senior Participants



14

Schools/Care Centres
participated



40+

Adult Volunteers



8

Months of commitment



100

Age of Oldest Volunteer



10

Age of Youngest volunteer



4600 Total Student Volunteer Hours

2016-2017

Our school programs impacted and transformed more than 500 students and seniors. We focused on providing intergenerational programming that would build social-emotional development and leadership skills, encourage transfer of knowledge, and reduce social isolation in youth and seniors. Our efforts were rewarded when, at the end of the school year, we received the following feedback:

Quote from Student:

I love volunteering with LINKages at Bethany Care Centre [Mid to Late Dementia]. I am so unbelievably lucky to have met these fantastic individuals. Each and every one inspires something inside of me. When I sit and talk to them, I feel nothing but joy. These exceptional people, who have lived lives full of wonder and experiences beyond my wildest dreams offer me their time. Even though these people suffer from a serious condition, I can confidently state that in so many ways, I hope to be the same as them and share their qualities. The qualities of kindness and strength I see demonstrated every single time I visit are nothing short of breathtaking. I know I'm a volunteer, and that through LINKages I do a big service to the care centre, but I feel as though I am the one who should be thanking the seniors. The dementia doesn't inhibit our conversations, it enables it in lots of ways. I see how they try to stay on topic and it makes me feel so special and happy. I can't describe how happy I am to try hard to make our relationships meaningful for them."

Quote from Senior:

"I have been coming to LINKages for many years now, and I like connecting with the students. They are like my grandchildren." Another senior said, "I have a very special bond with my 'friend'. She is an amazing person and we have so much in common."



Self-Esteem, Self-Confidence & Identity

93% of students indicated confidence in their future in a post-survey
We saw a 32% increase in Student's Self Confidence in their Achievements in a post-survey, compared to the pre-survey.



MusicLINKS

MusicLINKS is a music-based intergenerational program, researched in partnership with the University of Lethbridge, where students use music to engage with seniors to create a customized collection of songs for their senior. The program demonstrates the impact that music has to help keep seniors cognizant in later stages in life.

In 2016-17, LINKages facilitated MusicLINKS successfully at Georges P. Vanier School and Carewest George Boyack, Bishop Carroll High School and Carewest Sarcee, St. Stephen Junior High School and AgeCare Glenmore, and Centennial High School and AgeCare Midnapore care centre. Staff and students were able to witness the powerful impact music has in bringing joy and improved well-being to seniors.

As an introduction to MusicLINKS, a clip from the song, Chicken Dance, was played and the students got up and did the actions. Most of the seniors began moving to the music. One of the seniors exclaimed, "That was so much fun! I laughed so hard..."





Intergenerational Day

6th Annual Intergenerational Day June 1st, 2017

In 2012, Mayor Naheed Nenshi proclaimed that the City of Calgary will observe Intergenerational Day on June 1. Since then, LINKages has held annual celebrations to mark the connecting of generations and its contribution towards an age-friendly society. Since its inception, IG Day has been attended by hundreds of Calgarians every year and well supported by local communities where events take place.

In 2017, we were excited to announce that the Minister of Seniors and Housing Lori Sigurdson proclaimed that the Province would observe Intergenerational Day on June 1. Many thanks to the United Way of Calgary and Area, The Calgary Foundation, Agrium for their support of IG Day. Thanks also to Bow Valley College Student volunteers for supporting the celebration in the Core shopping centre and Stephen Avenue, as well as LINKages UofC Chapter Students for hosting a celebration in the East Village.





Community Initiatives

Thanks to funding from the **United Way**, we were able to connect more than 360 youth and seniors through various group events held in residences in the East Village, Beltline, Bowness, Bridgeland and Varsity.

LINKages University of Calgary Chapter:

In 2017 LINKages UofC Chapter saw an increase in volunteer attendance at each event, and was able to experiment with some new activities. Most notably, they hosted a “Jam Session” where students and seniors taught one another how to play instruments, which included learning several songs as a group. The Chapter also hosted an Intergenerational Day BBQ in the East Village. Thanks to the **United Way** for providing us with the means to facilitate such meaningful experiences for students and seniors.

Project Inclusion:

Thanks to the **Human Rights Education and Multi-Cultural Fund**, LINKages was able to undertake in ‘Project Inclusion’. The project researched and documented ways that the East Village can become more inclusive for seniors. The research explored the gentrification and intergenerational problems resulting from the East Village’s redevelopment, and aims to raise awareness of intergenerational problems in community redevelopment and provide stakeholders a suggestion for building an inclusive vibrant community.

Project Inspire:

In the beginning of 2017, LINKages was one of three organizations that piloted the Project Inspire program. The program was designed to raise awareness of ageism, encourage communication and introspection, providing and outlet/means of processing (through art workshops), and introducing individuals to alternate ways of thinking (and acting) about age and ageing. “Project Inspire is the perfect name...I come away from every session having learned something and feel richer for it. The mix of culture and the wonderful people I have met only go to further my knowledge that continues the inspiration. I am truly grateful this project came along with the opportunities it has given me.” - Senior participant Frank MacLeod

New Horizons:

Service Canada’s New Horizon Program gave LINKages the opportunity to provide funding for the development of the East Village Seniors Association. In the last year, the EVSA has created a membership, a website, and hosted social events in the community to create awareness. East Village now has an organized Seniors Association that will have a strong voice in the future decisions of the community.



Canada 150

Courtesy of funding from Canadian Heritage, LINKages was able to celebrate four milestone events (The 100th Anniversary of Women’s Suffrage in Alberta, Remembrance Day, World Heritage Day, and Canada Day) with various activities in our school and community programming, including a public Canada Day celebration at the Core shopping centre downtown. LINKages participated in intergenerational art projects in collaboration with Kerby Centre, Western Canada High School, Don Bosco School, and Bow Valley College. And finally, LINKages was able to host a Canada 150 Contest across our school programs, with participation from Edmonton through Linking Generations. Out of all the inspiring projects, we chose winners from Calgary and Edmonton, see them listed below:



Canada 150 Winners

Edmonton

1st Place: Emily Bachand , Izabella Bryks, Pam Quinn

2nd Place: Dredan Haner, Hailey McMillan, Joseph Stark (deceased 2018) and Nelly Schenkel

3rd Place: Joshua Korniski, Cayden Schiffner, Ed Grabski



Calgary

1st Place: Jacob Moody, Spencer Epp, & Stephen Arsenych

Tied 2nd Place: Gisela Brown, Maggie Carroll-MacDonald, & Drew Whelan

Tied 2nd Place: Shirley-Jean Maschern, Isabella Joffre & Valentina Villamil

3rd Place: Our Lady of Peace Class (Tracey Miller - Teacher)





2017 Awards

Congratulations to the 2017 winner of the **Betty Jane Kadz Memorial Award for Outstanding Youth Volunteer**, Natalie Toltesi for demonstrating exceptional civic engagement and leadership skills in the Ascension of our Lord School and Bethany Harvest Hills (Mid to Late Dementia) LINKages program.

Congratulations to the 2017 winner of the **Galvin Family Foundation Award for Outstanding Senior Volunteer**, Frank MacLeod for demonstrating exceptional civic engagement and leadership skills in the Art-Age, Project Inspire, and Community LINKages programs.

Special Thanks to:



LINKages Audited Financials

It is with many thanks to the support of our generous donors, volunteers, and hardworking staff that the Linkages Society of Alberta was able to successfully deliver the important community programming in 2017. In an effort to align with our major funders, LINKages Society adjusted its fiscal year in 2017 to align with the calendar year. We engaged a new audit firm to provide the necessary financial assurance and expertise to a growing organization. It's with great pleasure that the Linkages Society Board of Directors presents to all stakeholders of this wonderful organization, the audited financial statements for the half year ended December 2016, and the full year ended December 2017. We feel these statements demonstrate that the Linkages Society of Alberta and its stakeholders benefit from an established financial foundation with which to carry on effective and efficient service delivery into 2018 and beyond.

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

LINKages Society of Alberta		
Statement of Operations and Net Assets		
	December 31, 2017	December 31, 2016 (6 Months)
Year ended,		
Revenues		
Government agencies	\$ 258,709	\$ 78,130
Foundations and agencies	113,882	83,312
Casino	60,412	18,338
Care centres	8,500	8,500
Individual	2,156	5,618
Interest	2,013	457
Corporations	30	13,500
	<u>445,702</u>	<u>207,855</u>
Expenses		
Salaries and related benefits	311,434	111,073
Transportation	31,222	5,868
Office and miscellaneous	27,200	8,623
Program	20,524	7,028
Rent and utilities	20,500	15,106
Insurance	5,290	3,354
Professional fees	3,700	7,312
Advertising and promotion	2,122	1,836
Amortization	1,034	134
	<u>423,026</u>	<u>160,334</u>
Excess of revenues over expenses	22,676	47,521
Net assets, beginning of year	120,866	73,345
Net assets, end of year	<u>\$ 143,542</u>	<u>\$ 120,866</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!

