



A word cloud of terms related to intergenerational volunteering. The words are arranged in a circular pattern, with some larger and more prominent than others. The terms include: Generations, Youth, Involved, Valuable, Older Adults, Essential, Necessary, Stories, Isolation, Joy, Community, Activities, Fellowship, Diverse, Companionship, Different Age Groups, Active, Open, Belonging, Outing, Friends, Awesome, Curiosity, Wisdom, Cool, Great, Laugh, Non-discriminatory, Sharing, Uplifting, Love, Smile, Support, Leadership, Joking, Inclusive, Enjoyment, Seniors, Universal, Respect, Enjoyable, Sensitive, Purpose, Wise, Multigenerational, Students, Fun, Friendship, and Entertaining. The words are in various shades of gray and black, with 'Community', 'Intergenerational', and 'Volunteering' being the largest and most central.

Vision: Where seniors and youth build relationships that enrich lives and enhance communities.

Linking Generations Society of Alberta Annual Report 2023-2024

A Message from Our Board of Directors

This past year has seen Linking Generations continue to grow and expand its programs. The “Care and Share” Program involving elementary students and seniors in Continuing Care Facilities in Strathcona and Fort Saskatchewan surprised us in its success. Our other programs continue to bring seniors and youth together, to continue to build connections with each other and through the different generations. Through the leadership of Debbie Sinclair, Executive Director and the Program Coordinators our quality programs are delivered in Strathcona and Fort Saskatchewan.

Seniors, youth, families and operators all tell us of the positive energy, the laughter and hugs that are exchanged between the participants. The Board is privileged to have such a leader as Debbie and dedicated Program Coordinators, most who have been with the program for several years.

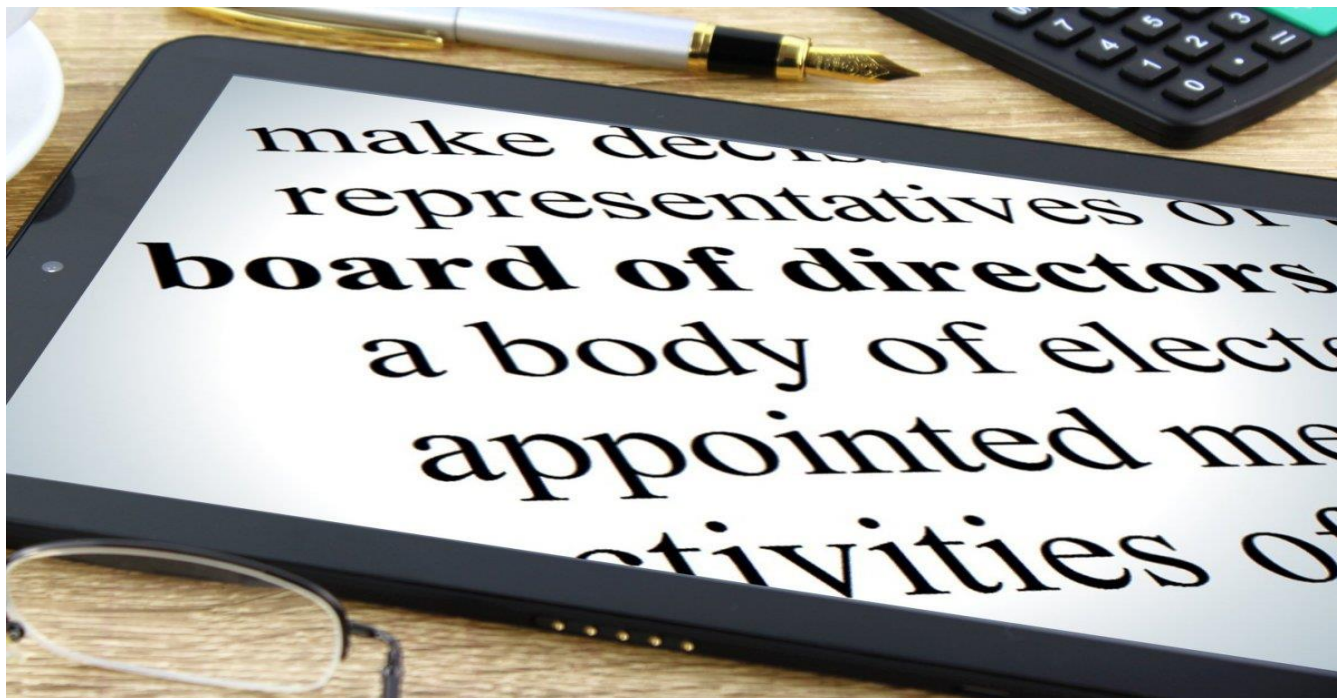
This year we said farewell to Board members, Ian McCormack, Liz Laurence, Tracy Lockhart and Bev Miskiw-Chetek. We heartily thank them for the time and commitment they gave to Linking Generations. We welcomed new Board members, Kevin Capowski, Wendy Thomas, Lauren McGougan, and Alyre Morin to the Board. They each bring different skill sets to the Board as we continue to go forward.

The Board saw the organization end in sound financial shape to go forward. We rely on our funding partners for funding as we do not charge the senior or the youth to participate in our programs. We receive grant funds from County of Strathcona and City of Fort Saskatchewan, as well as government grants, corporate grants and private donations. Thank you all who help make it possible for us to deliver our programs.

A major work that has been accomplished this year has been the completion of a succession plan for the organization. As a Not for Profit with limited staff it was felt to be important to have such a plan in place for any possible contingency. Thanks to Debbie for all her hard work in putting this plan together and to Barb for ensuring consistency within the document.

Thanks to the Board members, Debbie and Program Coordinators for another outstanding year for Linking Generations and we look forward to a successful 2024-2025 year. The Board of Directors for The Linking Generations Society of Alberta is comprised of dedicated volunteers who are recruited from the County of Strathcona and neighbouring communities. Our board is responsible for evaluating the Society’s goals and objectives to ensure that all programs accomplish the tasks set out in the Board’s strategic plan. We are thankful to our Board Members for their vision and dedication to improving the lives of seniors and students within The County of Strathcona and The City of Fort Saskatchewan.

Ms. Lynn Olenek
Linking Generations Board Chair



2023-2024 BOARD OF DIRECTORS

Chairperson:
Lynn Olenek

Director:
Alyre Morin

Director:
Teagan Catinghub

Treasurer:
Shelly McNeill

Director:
Kevin Capowski

Director:
Lauren McGougan

Secretary:
Barb Berndt

Director:
Wendy Thomas

Executive Director:
Debbie Sinclair

Executive Director Report

As I reflect on all that has been accomplished to date for our Intergenerational Programs, it is exciting to share that Linking Generations continues to grow and thrive in The County of Strathcona and The City of Fort Saskatchewan.

Intergenerational programs have become more important than they have ever been in our 20-year history. Linking Generations continues to be dedicated to maintaining intergenerational programming and connections wherever possible. We know from experience that intergenerational programs build lasting friendships, keep youth and seniors connected, reduce isolation and depression, break down stereotypes, ageism, and racism, and help both youth and seniors to feel more optimistic about their futures.

School/Senior Programs Review

Linking Generations saw the continuation of many meaningful relationships being built with students and seniors returning from prior years, and those joining for the first time. Support from all schools and senior lodges has been exceptional in the 2023-2024. All schools continued to open their doors to a “community partnership” and invited seniors to attend their local school events. IE: Remembrance Day services, Christmas Concerts and even Drama productions.

One of our highlighted visits this year occurred with our partnership school Ecole Our Lady of Perpetual Help Junior High School (OLPH) . For a third year in a row, OLPH extended an invitation to our Heartland Housing seniors to attend a spring Tea in the school. With a collaboration with Drive Happiness, we had 30 seniors arrive to the school and be ushered into the library so that students could serve them tea and cookies. For some of our isolated seniors, this may have been their first outing in many weeks.



Each of our programs held 18 structured visits during the program year. Chartwell Emerald Hills experienced a long outbreak period in the winter months, which necessitated cancelling many visits at the senior centre.

Our 2023-2024 Annual Family Meet and Greet visits were huge successes with many funding partners attending at each one. Total amount of people attending all Family Meet and Greets was over 450.

This year Linking Generations expanded operations, offering our first ever **Share and Care Program** pilot program to seniors living in long term care at Capital Care Strathcona (Sherwood Park) and Rivercrest Lodge (Fort Saskatchewan). Many of our seniors in our regular school/senior facility programs are aging out of the junior high/high school programs and need to interact with youth in a different manner. Elementary school students visited bi-weekly reading books, coloring or simply playing a game of snakes and ladders with our seniors. This new initiative was very successful and will enable Linking Generations to offer such a program as this next year to three additional long term care facilities.



Our **Writers in Residence Program** partnered seniors 1-1 with youth from Strathcona Christian Secondary Academy. High School students visited on their own and scribed the senior's life stories into written words. Linking Generations developed a list of questions for seniors that would spur conversations, and in the end, a beautiful bond booklet was created for our participating seniors.

Our Volunteer Grandparent Program flourished in 2023-2024 with over 60 seniors volunteering their time in Sherwood Park, and 25 senior volunteers in Fort Saskatchewan. This program was created in response to a lack of opportunities for young & old to relate in an increasingly age-segregated society. Senior volunteers enjoyed the chance to share skills, knowledge & experience, while providing a valuable community service. The overall success of this program was amazing- teachers shared how our program allowed youth to see seniors in a different light and our seniors have shared how much they loved the experience of sharing their own stories with the younger generations.





This past year we saw a 58% increase in participants. Looking back over the years, we have touched the lives of 4025 program participants - seniors and students alike. We also know that we have impacted the family members of those who have been involved in our programs over the years. We see many students continue in our programs through grade 7 to 12, and we hear many stories of younger siblings waiting to join our program.

Final 2023-2024 Reports to Funders and community partners were completed by the end of August 2024. Our year end feedback was compiled and shared with all funders and community partners. The desired outcomes being measured by these feedback sessions include but are not limited to:

- ✓ That the seniors are more engaged with youth
- ✓ That the stereotypes of both the elderly and teenagers are being discussed and broken down.
- ✓ That the seniors' quality of life is improving- they are more physically, mentally and emotionally active

We Value our Volunteers.

Linking Generations success and sustainability comes largely from volunteers who enable us to deliver leading edge programs. Students and seniors volunteer their lunch hours to be part of our program. They also volunteer their time for training sessions, program visits, our annual Family Meet and Greet event and program evaluation sessions. In addition, the Linking Generations Board of Directors and our team donate at least one hundred volunteer hours. As of June 30, 2024, we had contributed over 6764 total volunteer hours.

Strategic Plan Updates

In March 2023, the Board of Directors, Executive Director and Program Coordinators of Linking Generations Society of Alberta met to identify goals for the organization's Strategic Plan for the years 2023- 2027.

Participants completed a survey prior to the exercise, reviewed the existing strategic plan and reflected on the organization's achievements. Building on this shared knowledge and with the assistance of a facilitator the Vision and Mission statements were reviewed. The Board and staff all felt it was appropriate to remain.

It was decided that Value statements should be articulated in this document. Utilizing a priority setting exercise, goals were identified along with potential strategies to clarify actions further. Priority Goals have been identified, along with Strategies and Performance Measures related to each.

The Strategic Plan reflects the work of the group and will lead Linking Generations through the next years.

Public Relations

Over the last year, Linking Generations has presented to both EICS and EIPS school boards, and it was noted that Linking Generations is recognized not only for fostering strong intergenerational communication & cooperation between youth and seniors, but school trustees also recognize that our programs demonstrate significant benefits to educators and families.

Linking Generations Society of Alberta Annual Report 2023-2024

In closing

Our Linking Generations students and seniors are very special. Students have so much to share with our seniors and they open their hearts so easily. Our seniors are helping our youth, shaping our students lives and showing our students how to be authentic, grounded and compassionate people.

We thank all our program schools and senior facility partnerships, our funders, our invaluable community supporters and our incredible students and senior volunteers for the commitment you continue to have in our organization. Our combined strength is what makes us successful as a community organization.

As you can see, Linking Generations is quite unique. As we prepare to close the books on another successful year, we are already planning our programs for next year. We have much to be grateful for, and so much to be excited about.

Debbie Sinclair
Executive Director
Linking Generations Society of Alberta
October 2023

Program Testimonials

Student (Grade 10) Participant (Writers in Residence Program)

I spent this past school year with Norma, chatting and playing games like crib and sudoku; and throughout that time, I've learned a lot about both her and I. I've discovered that silence isn't an empty glass that needs to be filled, but one that is okay to leave empty. That silence doesn't mean boredom or must be associated with discomfort, but that it is something that naturally occurs, and when you're with someone else, you can use the silence as a way to listen and become more comfortable with each other. Norma has taught me patience in many ways, with listening, in games, and with speaking. At home and school, I often feel I can't speak without someone else speaking over me, so I often talk fast to get what I need to say out or make decisions quickly before someone else does it for me. But with Norma, everything is very purposeful and done with a patience I couldn't match. When we played crib for the first time, I missed many of my points because I wasn't patient enough when counting them out, but Norma always helped me, giving me points I would not have otherwise gotten and I won because of it. She easily could have not given me such grace and won the match herself, but that's just not what Norma is like; she is a generous person who is willing to help and always offers to give more than she needs to or that is deserved. It's a trait I really love and respect about her. I am honored to have been given the opportunity to get

to know Norma over the past year and would like to personally thank her for her consistent patience and kindness she had shown me. I'll miss the talks we had on the phone and the laughs we shared in person, and the times we sat on her couch, and she'd show me her secret to completing a sudoku. Norma is a light to the world and had shone greatly in mine for the little time we had together. So, one last time, I'd like to say thank you. Thank you for everything you taught me, shared with me, and trusted me with. Thank you for being my friend and showing me who I would like to become as I get older.

Heartland Housing Foundation- Silver Birch Lodge

Congratulations to you and your team for their dedication and commitment to the program. The continued growth allows for so many more individuals to benefit from the intergenerational connections. I am incredibly privileged to have our seniors be a part of such a wonderful program.

School Principal- Share and Care Partnership

The students have been consistently visiting the seniors, and the impact has been profound. The seniors have expressed increased feelings of joy and reduced loneliness, while the students have reported numerous benefits. They have developed a deeper sense of empathy and understanding of different life experiences, significantly improved their communication skills, and fostered a sense of community involvement and responsibility. Additionally, the program has contributed to their personal growth, making them more patient, compassionate, and reflective. We're seeing strong intergenerational bonds being formed, and the program is making a significant difference in our school community and to the community at large.

School Principal- Volunteer Grandparent Program

The Grandparent Program is phenomenal! The grandparents that we have working in our school are a true blessing. It has been a gift to be a part of this program.

Program Funder

I have witnessed my child in a unique perspective through this program. As a mom of three boys (teenage and pre-teen) I'm just entering the years of teenage angst, anxiety, pressure, confusion, and mental struggles as they navigate the world. There have been some heartbreaking stories recently of teens who have difficulty coping with life's challenges. As parents, one of the best things we can do is create relationships with our teens so that they feel like they can come to us if they need help. The ability of Linking Generations to make a tangible step forward in the relationship between a parent and teen is invaluable. When we can see the world through the eyes of each other, and catch glimpses of who each other truly is, it makes the hard times/conversations more easily manageable. So, while this may feel like a benefit far outside of the intent of Linking Generations (the main goal is to connect teens and seniors, rather than teens and their parents), I see it as a massive win for this group of parents and teens.

2023-2024 Program Year Funding Partners

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

*Linking Generations Society of Alberta is a registered charity.
Our charitable number is 845667070 RR0001.*

Thank you to our generous funding partners!

County of Strathcona County - Family

Community Services

United Way Regional Community

Investment

New Horizons for Seniors Program

Suncor Energy Foundation

Imperial Oil

TC Energy

Enbridge

Edmonton Community Foundation

County Clothes-Line Foundation

Fortis Alberta

Heartland Housing Foundation

Northwest Redwater Refinery Partnership

Inter Pipeline

Wolf Midstream

City of Fort Saskatchewan

EIPS and EICS School Board

Twice But Nice

Sherwood Rotary Club

Fort Saskatchewan Rotary Club

Individual and Personal Donations

*Thank
You*

Message from the Treasurer

Linking Generations goal is to ensure the public and donated funds we are entrusted with are used to provide the highest quality programming and supports possible. We thank you for continuing to support Linking Generations and look forward to continuing to make a difference in the lives of our community seniors, students, and families.

Linking Generations programs are totally supported by donations from corporations, businesses, foundations, and individuals. Our programs are offered at no cost to the individual teens or seniors to enable all to participate regardless of economic circumstances. We are very thankful for the community support we receive for our programs.

Linking Generations begins applying for grant funds in the first/second quarter of each year (Jan to June), however all awarded grant funds are held in reserve July 1 at the start of the new program year.

Our June 30th, 2024 statement of operations shows ‘RESTRICTED NET ASSETS’ of \$196,911.11. This revenue amount reflects the grant funds/community donations which were awarded from Jan 2024 to June 2024 and MUST be reserved for operations commencing July 1, 2024 to June 30, 2025.

Our current Linking Generations Society of Alberta Bylaws states we must have a secured reserve fund set aside for sustainability. We have established a one-year sustainability reserve to ensure that the availability of funds is on hand to offer continuous programming. We currently have a restricted sustainability GIC reserve of \$117,125.00.

Shelly McNiell
Board Treasurer
June 30, 2024

June 30th, 2024

Financial Statements



Statement of Financial Position

As of June 30, 2024

ASSETS

Current Assets

ATB Bank	264,850.62
Prepaid Expenses	1,828.00
Undeposited Funds	98.50
Total Current Assets	266,777.12

Fixed Assets

Computers	1575.99
Accum. Amortization	-354.62
Total Fixed Assets	1221.37

Other Assets

Other Investments	117,125.00
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TOTAL ASSETS \$385,123.49

Current Liabilities

Accounts Payable	0.00
Total Current Liabilities	0.00

LIABILITIES & EQUITY

Equity

Restricted Net Assets	196,911.11
Unrestricted Net Assets	188,212.38
Net Income	0.00
TOTAL EQUITY	385,123.49

TOTAL LIABILITIES & EQUITY \$385,123.49

Ian McCormack
Past Board Chair/Director

Kevin Capowski
Board Director

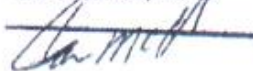
Linking Generations

Statement of Operations

July 1, 2023 - June 30, 2024

<u>Income</u>	
Business and Individual Donations	1,036.11
Foundation and Trust Grants	3,541.27
Federal Government Grants	25,000.00
Municipal Government Grants	108,720.00
Interest Income	151.30
<u>Total Income</u>	<u>\$138,448.68</u>
<u>Program Expenses</u>	
Program ED Fees	47,197.50
Program Delivery Fees	44,000.00
Program Materials	6,170.88
Program Ins - Student Liability	1,135.00
Program Transportation	8,765.60
<u>Total Program Expenses</u>	<u>\$107,268.98</u>
<u>Grandparent Program</u>	
Grandparent ED Fees	12,180.00
Grandparent Delivery Fees	11,187.75
Grandparent Materials	166.47
<u>Total Grandparent Program</u>	<u>23,534.22</u>
<u>General & Admin Expenses</u>	
Advertising Expenses	997.00
Amortization Expense	894.28
Dues and Membership	162.75
IT Services	793.88
Insurance - D and O	668.00
Meals & Entertainment	469.36
Office Supplies	1,579.92
Postage, Mailing Service	509.78
Printing and Copying	19.99
Program Development	591.00
Telephone	535.50
Unrealized Gain and Losses	424.02
<u>Total General & Admin Expenses</u>	<u>\$7,645.48</u>
<u>Total Expense</u>	<u>\$138,448.68</u>
<u>Net Income</u>	<u>\$0.00</u>

Ian McCormack
Past Board Chair/Director



Kevin Capowski
Board Director

