



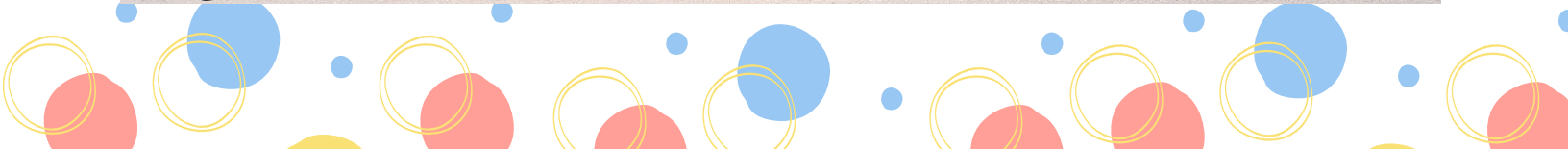
**MPC Foundation**

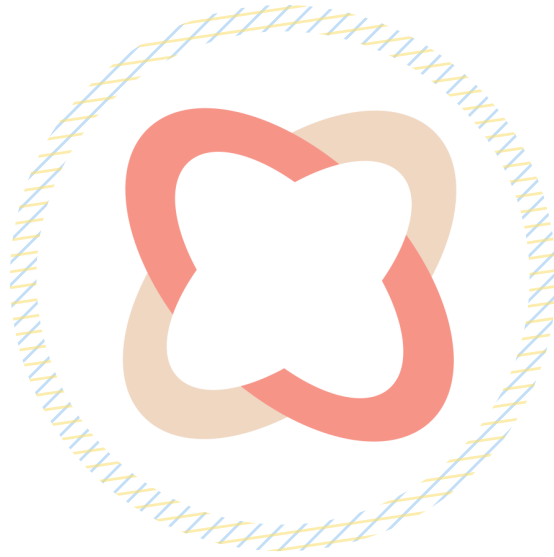
Where Aging Is Celebrated

# Annual Report 2020

At MPC Foundation,

*we celebrate aging*





*Seniors have unique contributions to make as vital community members. Efforts must be made to advocate for and raise awareness of the benefits seniors provide to society.*



*MPC Foundation*





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# Jim Wong

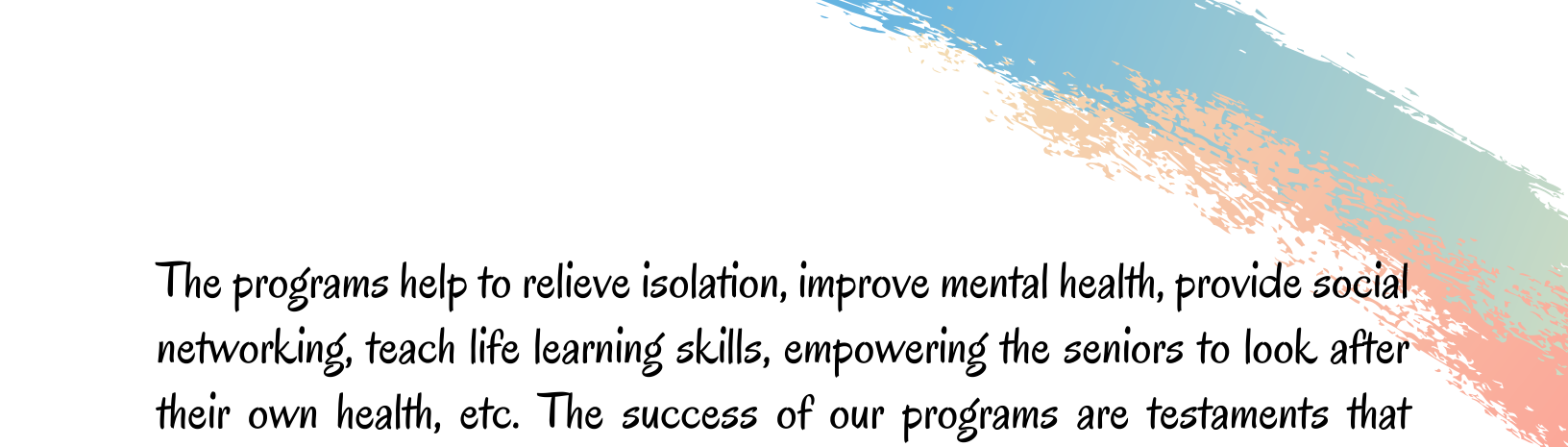
Message from the Chair

MPC Foundation is a young non-profit organization that welcomes all ethnic seniors. It was formed by two ladies with the vision of helping seniors with their health wellbeing both mentally and physically.

The last 12 months have been challenging, upending many lives due to COVID-19. At the beginning of the pandemic, we saw the devastating impact it had on people's lives, especially on vulnerable seniors. We've struggled to ask ourselves how best we can support them through the crisis. With the COVID-19 lockdown, physical contacts are difficult. Innovation along with the use of technology was used to deliver our programs virtually, mainly through the internet using the Zoom application on electronic devices.

We are pleasantly surprised at how well the virtual programs were received by the participants. We have a variety of interesting programs catered specifically to seniors such as; photography, line dance, art & crafts, meditation, English, Zumba, QiGong, etc.





The programs help to relieve isolation, improve mental health, provide social networking, teach life learning skills, empowering the seniors to look after their own health, etc. The success of our programs are testaments that seniors are able and excited to learn new things.

MPC is operated by volunteers. We thank the many volunteers including the program coordinators, board members and the Co-CEOs that contributed to our success. Their reward was to see the participants' smiling faces of satisfaction (virtually) and the significant increase in the number of participants. Thank you volunteers.

MPC funding has been mostly through the generous support of all levels of government, individuals and organizations. We are very grateful for the many individuals and organizations that believed in our vision and are our valued partners in delivering the programs.

There is hope that the COVID-19 virus will be defeated soon. The sun will shine again, we are looking forward to when life will return to normal. MPC with your help will continue to provide programs to improve the lives of our seniors. The number of seniors is increasing so the need is huge for MPC to play a role in the wellbeing of the seniors.

MPC look forward to the future with enthusiasm and inspiration to continue supporting our precious seniors.



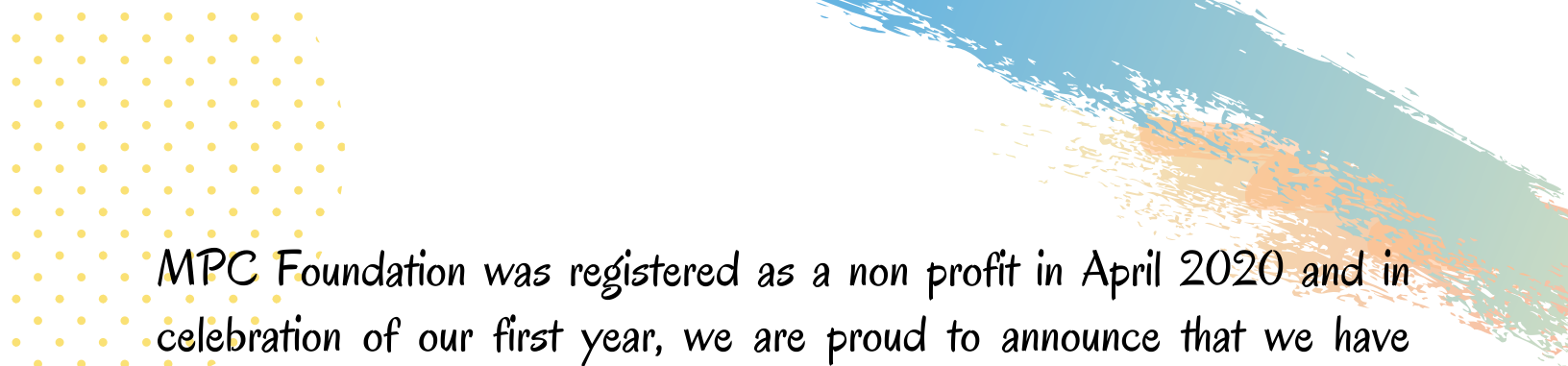
*Lily Kwok*




*Mae Chun*

*Message from Co-CEOs*

*As immigrants with over 25 years of social service experience, Mae and I are passionate about giving back to the society which has given us so many opportunities during our immigration journey. Hence, we established MPC Foundation to serve seniors and older adults from all backgrounds and ethnicity, where our focus is on senior wellness and inclusion. From there, a vision was developed, and that is, to celebrate aging. We strongly believe that seniors have assets and wisdom to contribute to the enrichment of society and when given the opportunities, they can be relevant & contributive members of society. We advocate for and raise awareness of the benefits of seniors to society so seniors can be appreciated and lead happy and fulfilled lives. In this way, they are not just creating change in themselves but also impacting those around them.*



MPC Foundation was registered as a non profit in April 2020 and in celebration of our first year, we are proud to announce that we have achieved many milestones. Right at the start of the pandemic, we launched online programs very successfully, along with much-needed help from volunteers and community partners. Today, we are able to offer a variety of virtual programs 6 days a week under the pillars of Learning, Wellness, Creativity, and Technology. We anticipate that it will take some time before face-to-face programs can resume, so we will continue to run virtual programs but at the same time, explore a blended mode of service delivery when things return to normal.



Our success is the result of the collective efforts of so many dedicated individuals. Beginning with our Board of Directors who worked tirelessly to provide strategic direction and contributed to all critical areas of operations. Others include staff members, volunteers, partners, and community members who helped us achieve meaningful and widespread impact.

As we write this, plans are already underway to chart a strategic course to face new realities as shaped by the trajectory of this pandemic. We continue to covet your support to help us meet the relentless increase in demand for services from this vulnerable population.





# Section One: Our Team

While we celebrate our accomplishments for the year, it is important to recognize the people behind the scenes:

## Board Members

Our Board is comprised of passionate and accomplished individuals and together, they provide guidance and direction to the organization while ensuring that our practice meets the highest standards.

Mr. Jim Wong

- Chair

Ms. Soma Sundari

- Secretary

Ms. Yvonne Zhao

- Treasurer

Ms. Imaculada Prata

- Board Member

Mr. Davin Lam

- Interim Treasurer

## Staff Team

On behalf of all the seniors whose lives have been positively impacted by their dedication and contributions, we acknowledge the following individuals:

Coco Yuen

- Volunteer & Communication Coordinator

Catherine Chan

- English Conversation

Daniel Leong

- Technical Support

Elizabeth Garcia

- Student Intern, Program Assistant & Translator

Timothy Navratil

- English Conversation

Silvana Rodriguez

- Art Instructor

Vicky Chu

- English Conversation and Tech Buddy

Virginia Posadas

- Strength and Stretch Instructor



# Guest Speakers

We also acknowledge the enormous contributions of subject matter experts who provided information sessions on a wide range of relevant and practical topics:

Alex Wang  
- Legal Talk

Ela Zeng  
- Nutrition

Herbert Au Yeung  
- Drug Management

KC Wong  
- Photography

Sandra Chew  
- Health Talk

Marcus Cheung  
- Mental Health and Wellness

Wei Meng  
- Winter Driving Safety

Alberta Health Services  
- Public Health Talks

Alzheimer Society of Calgary  
- Mental Health and Wellness

Calgary Immigrant Women Association  
- Mental Health and Wellness

Empower Me  
- Energy Saving

Chinese Christian Mission of Canada  
- Mental Health and Wellness

Kerby Center  
- Mental Health and Wellness

# Our Volunteers

Over the past year, our volunteers have contributed their time, effort, talent and passion with utmost generosity. These outstanding individuals are:

## Creativity

.Using their creative talents to create messages of care for other seniors in need.

Angela Kwok  
Elaine Lai  
Jacquie Rempel  
Linda Dryden  
Sou Wah

Charlotte Woo  
Elaine Leung  
Lily Chan  
Winnie Lau  
Sandra Chew

## Learning

From helping seniors learn English to providing technical support, these volunteers are themselves lifelong learners.

Donna Corbett  
Iris Liang  
June MacKeith

Fateh Shaikh  
Jenny Nau  
Pauly Wong



# Technology

Sharing their technical expertise to help seniors develop & enhance their digital competencies, these volunteers have enabled many more seniors to access online programming.

Alison

Cuthbert

Grace

James

Lindsay

Meron

Ryan

Vya

Ameen

Darpal

Herman

Joanna

Lydia

Nathan

Sean

Wendy

Claudia

Gabriel

Jacky

Leo

Max

Reem

Seraph

# Wellness

The generous efforts of these volunteers have helped seniors to maintain good physical and mental health.

Alice Wong

Meena Kakkar

Jorie Chen

Michelle Bixby

Joshua Tsang

Shazia Sheikh

# External Communication

From producing videos to weekly postings & advertisements on social media and creating well-written articles, these volunteers are master story tellers!

Arshia Amali

Mag Lam

Wendy Lo

Denny Deng

Rick Datta

Jane Kong

Vaishali Dubal

# Section Two: Our Programs

Our programs are uniquely designed according to the following pillars of programming to achieve all-rounded wellness for seniors.

## Creativity

Where seniors discover their creative talents through paint and sketching classes, card making, scrapbooking and digital art.



## Learning

Where seniors engage in lifelong learning on a variety of topics from physical and mental health, to legal and safety issues

"I totally feel that your group has done very well, best speakers, teachers and presenters and very successful in providing services to the community."

- Testimonial from Elaine Leung



## Technology

Where seniors acquire basic smartphone and tablet skills, progressing to more advanced applications such as Google Lens, email, maps and QR codes.



## Wellness

To achieve total wellness, seniors are offered a wide variety of exercise programs such as QiGong, Strength & Stretch, Yoga, Line Dance & Zumba.



# Section Three: Achievements

Our small but dedicated & talented team of staff and volunteers have made significant progress in the past year, both in terms of the quality and quantity of programming offered.

## Strong Community Partnerships

Ever since the MPC Fdn was established, it was intended to be a community-based, grassroots organization. We have developed extensive partnerships with community stakeholders including churches, community associations, and resident groups to achieve collective impact and deliver programs right in the heart of communities. Together with our partners, we serve seniors of all ethnicities living in Calgary. From having 114 participants per week when we first started in April 2020 we have now surpassed 300 participants every week through the vast variety of programs we offer. Through strong community partnerships, we were able to reach a vast population of community seniors and positively impact the lives of those who were able to participate. For our efforts towards mitigating social isolation for seniors, we were nominated for a 2020 Minister's Seniors Service Award. This achievement would not have been possible without the contribution of community partners.

6749

Number of Program  
Participants Served

183

Number of Unique  
Individuals Served

# Dedicated Volunteers

2020 hasn't been an easy year for many of us. We tried our best to support, ensure the safety and well-being of seniors and this is not possible without the help of our volunteers. Our volunteers help to organize activities for seniors so they can build social supportive networks, integrate and be part of the community fabric and build a sense of belonging to the community in which they live. The 119 volunteers who helped us last year are not only young people but some are older adults who want to contribute back to the community. These volunteers step forward to facilitate weekly social & learning gatherings, such as Qigong, Strength and Stretch, English learning, and Line Dance. A Tech Buddy Program was organized with the help of volunteers who are technology savvy, they help seniors learn to use their digital devices and use these skills in their everyday life. Volunteers contribute their skills in a variety of ways, some help to promote the organization through social media, some lead a volunteer group called 'Heart to Heart' to show care and concern to the most isolated seniors in the community. Our dedicated volunteers had contributed a total of 3433 volunteer hours last year.

119

Number of  
Volunteers

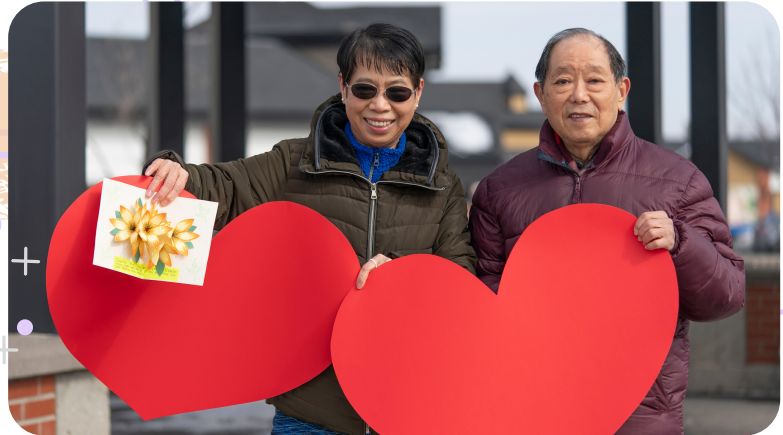
3433

Volunteer  
Hours

# Section Four:

## Participant Stories

Bobby &  
Lily Chan



We joined the activities of MPC Foundation since they first started. Every week, we look forward to seeing our friends on Zoom from Monday to Saturday!. All the zoom activities of MPC foundation are free and very helpful to our seniors. Me and my husband join a lot of classes, such as English, Art class, many exercise programs and improving our computer skills through Tech Buddy. My husband particularly enjoys the Art program. He has lost his hearing and the Art Class is one of the few activities he can still participate in.

Through these activities, we have built up a healthy lifestyle, increasing our knowledge and creativity and making many new friends. We appreciate all love, patience and love from MPC Foundation staff, volunteers and teachers.



# *Fateh & Ghazala Sheikh*



As an immigrant senior citizen in Calgary, my idea of retirement was to completely enjoy life with my children. I first participated in activities conducted by MPC Foundation where we met weekly to play games, socialize, doing physical exercise, and helping out in the English Class. Here I found the purpose of contributing to fellow citizens. And then, the pandemic hit and put a halt to all physical gatherings.

In this difficult time, the dedication and commitment of MPC to seniors really came through. Their efforts to continue with digital socializing are commendable. The large array of activities offered by them has kept us all engaged, entertained, and educated! Last Christmas for example, in place of a Christmas party, they introduced a novel idea of exchanging gifts using community volunteers. It really lifted our moods and spirits!

It has been a wonderful experience fulfilling my quest of living on purpose through the opportunities provided by MPC Foundation.



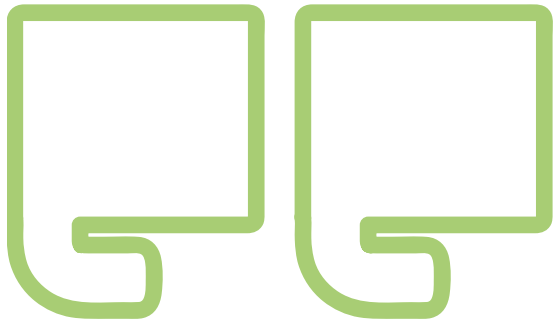
# Linda Dryden



I saw an advertisement in the Northern Hills News last October concerning the MPC Foundation offering classes in scrapbooking, painting, and sketching and, since I had an interest in them, I thought I would sign up for some classes. I was pleasantly surprised to find that I would even be helped with supplies to help with taking the courses. I found the teachers were very knowledgeable in what they were teaching but I especially found that they were very patient in explaining things to us and answering our questions. I also “met over Zoom” some lovely and very talented ladies who also shared the same interests as I. Through learning how to make cards, a volunteer program called Heart to Heart was established, and together, we make cards to go into care packages that would be given to residents living in senior centers, who have no family, to help encourage and cheer them up. The extended community I have found through MPC Foundation has been very stimulating and rewarding. It has made a huge and positive difference for me especially needed in the times we have been in and I am thankful and grateful for all the work that has gone into making this program available to the community.

# Section Five:

## Volunteer experiences



Donna Corbett

When I first learned of an opportunity to teach English at MPC Foundation, I jumped at the chance. It has been a totally fulfilling experience since. It is my privilege to be a member of this team. Every week I look forward to meeting up with my faithful students and always look forward to new faces too. In the course of teaching English, I have gained so much in terms of expanding my own social network, learning about their cultures and unique worldview. It is my hope that they see this as fun as well as a great learning experience.

- Donna Corbett,  
English Teacher



# Nathan Tham

I volunteered with the MPC foundation because I thought that since I would be spending all my time locked up in quarantine, I may as well help others out while I am at it. I noticed that I already frequently helped seniors in my family with technology and with a background in teaching it just seemed like a perfect fit. I just wanted to help seniors connect with their loved ones during these hard times. I really enjoyed seeing familiar faces come back and helping them out with new things each week. The participants were always so positive and thankful for our help. It was very fulfilling helping them out.

- Nathan Tham,  
Volunteer of  
Tech Buddy program





## Darpal Patel

When deciding to volunteer for the MPC foundation I was really motivated by the goal of helping seniors. Seniors are my favourite age group because of how nice they generally are and the amount of wisdom they bring. I think this was the main thing that brought me to join the weekly sessions. However, there were definitely times of challenge where a senior didn't understand a certain concept or app. For someone experienced with technology like me, it might be a simple thing, but just understanding and being patient is what helped me get through these challenges.

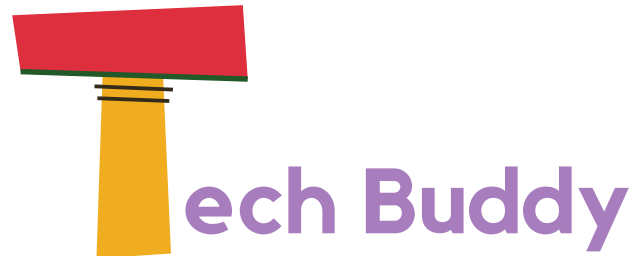
This initiative by MPC is a very thoughtful effort, especially because it targets individuals that may not be able to receive support in learning from their families because of time constraints. I believe this TechBuddies is an incredible program, and I would definitely recommend it to anyone I know.

I would love to continue volunteering with MPC Foundation.

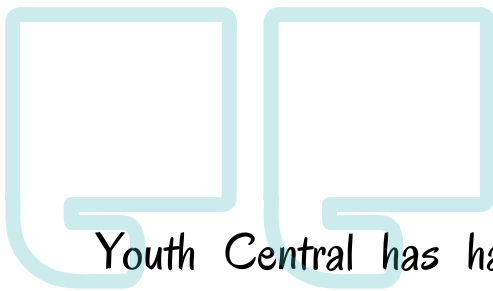




# Section Six: Partnerships

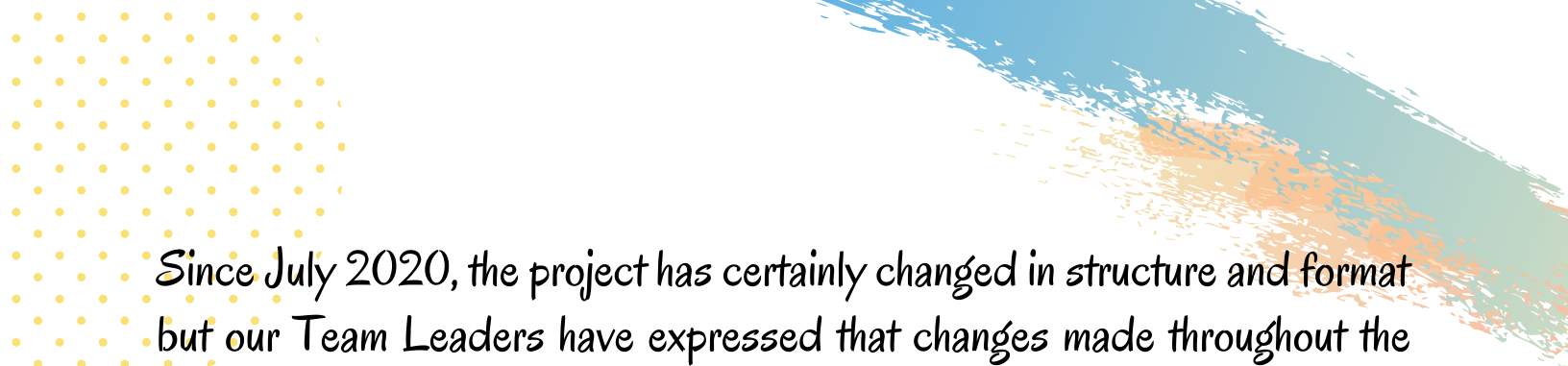


*This incredible partnership enabled us to support seniors to gain digital competencies to use their smartphones or other devices to stay connected with loved ones, meet new friends, engage in activities, and staying active and healthy.*



Youth Central has had the pleasure to partner with MPC Foundation since July 2020. As a result of Covid-19, Youth Central had to adjust our Youth Volunteer Corps program by offering virtual volunteer opportunities for youth ages 12-18 in the community. At this time, MPC Foundation was looking for volunteers who would be able to help lead their Tech Buddy program so this was a perfect collaboration.





Since July 2020, the project has certainly changed in structure and format but our Team Leaders have expressed that changes made throughout the months have greatly improved the project. They feel MPC Foundation has done a great job in making the necessary changes and improving the program as needed. We understand virtual volunteer programs can be difficult to facilitate, however, both organizations have put our best foot forward in helping older adults in helping them with technology the best way possible. MPC Foundation does a thorough job when it comes to explaining the topics, and the volunteers seem really confident when it comes to answering questions. There's the odd occasion where youth volunteers might need to look up the answer to a question, but if anything, it usually means they leave the project learning something new as well. It's also nice to see volunteers connecting with the seniors and coming back each week to work with them.

This program is able to engage youth from different ethnical backgrounds, ages, and schools so we enjoy that MPC is open to engaging youth from all over the city. By partnering with MPC Foundation, it still allows youth volunteers to connect with older adults but in the safety of their own homes. Youth volunteers have expressed that by participating in this project they feel they are making a direct difference in the lives of the older persons connected to their Tech Buddy program which oftentimes is difficult to do during the pandemic. This has been a successful collaboration and Youth Central hopes we can continue to partner in the future.

# J.E.A.M. Together Everyone Achieves More



In the face of a bleak and lonely Christmas for seniors, Our Christmas Cheers project brought hope and joy to over 100 seniors in the community. Such an impact was made possible because key community organizations came together to support the efforts. These are:

- ★ Northern Hills Community Association who provided monetary support, assisted with the recruitment of volunteers and directly reached out to its residents to spread word about the initiative.
- ★ Kincora Community Association who connected us to Superstore for donations, helped publicize the initiative in their newsletter and reached out directly to their residents.
- ★ Panorama Hills Community Centre and Vivo who became collection centres for donations.
- ★ Real Canadian Superstore who donated gift cards for the initiative.
- ★ Community Members who helped sort, package and deliver the gifts to seniors.





# Funders & Collaborators

Funders and collaborators have given us support by providing funding, offering space, helping with promotions, in-kind donations and so much more!



Canada



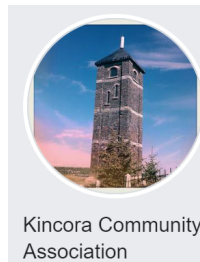
Mental Health and Addiction  
COVID-19 Community Funding Grant



United Way  
Calgary and Area  
COVID-19 EMERGENCY RESPONSE FUND



COVID-19 COMMUNITY RESPONSE FUND



Kerby Centre  
for the 55plus





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To learn more about our projects and programs, visit:

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