



MPC Foundation

Where Aging Is Celebrated

<http://www.mpcfdn.ca>

Annual Report 2021



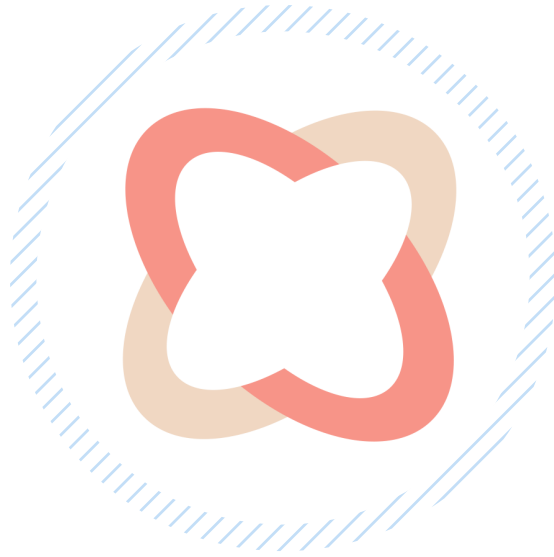
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"It matters not how long we live but how." - Philip James Bailey

”

◆ — At MPC Foundation,
we celebrate aging — ◆

THANK YOU FOR SUPPORTING US



Aging should be celebrated and seniors have assets and wisdom to contribute to the enrichment of society. In the process, seniors are valued, appreciated and lead happy, fulfilled lives.



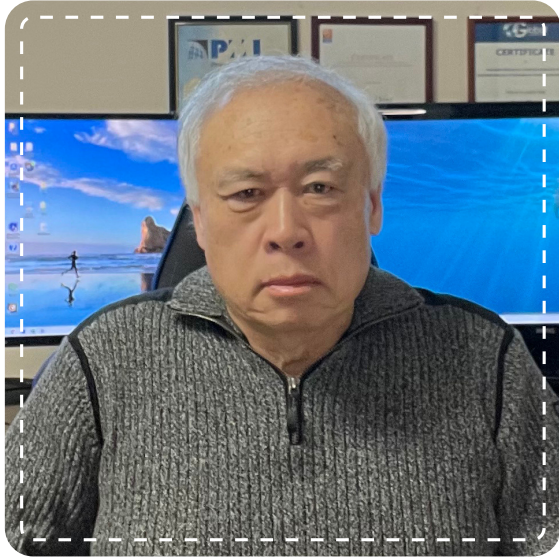
MPC Foundation



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Message from the Chair

Jim Wong

At MPC Foundation, we see a growing need for our services and throughout the pandemic, we persevered and rose to the challenge! We continued to adapt and innovate, providing support to our seniors through the use of technology and social media on a widening array of topics. Mental health, for example, became a crisis during the pandemic. Recognizing the importance of this, we applied for and was awarded specialized funding for the “Night to Light” mental health project focusing on self care and self compassion using Cognitive Behavioural intervention. This project achieved exceptional results. Overall our programming continues to experience increasing participation from both seniors and older adults.

One of our most rewarding projects was our Christmas Cheer where seniors gets a visit from our volunteers (while practicing safety protocols) bearing Christmas goodies. This project was made possible by our generous supporters and a small army of volunteers taking care of the logistics. As we made deliveries of the Christmas cheers, we were richly rewarded by the many happy faces who greeted us.

This year, our proudest moment was receiving the award of the charitable status from Canadian Revenue Agency. We are very pleased that MPC’s work is now recognized for its charitable purpose in the non-profit community.

We are grateful to our many supporters, volunteers and our board of directors. They are the backbone of MPC, who devoted their valuable time to help us fulfill our mission. A big “Thank You” to all.

Message from the Co-CEOs

Mae Chun



Lily Kwok

We have much to be grateful for in 2021. We received our charitable status on August 12, 2021 just one year after we registered as a non-profit organization. This is a major milestone for us.

Additional, we saw an exponential rise in volunteerism among seniors, who came forward to lead classes, organize events, create & deliver care bags and actively looked out for one another. The most impactful story came from a senior who joined us at the start of the pandemic. At that time, she had just experienced a painful life transition, from being gainfully employed to not being able to walk as a result of a fall. She became despondent and depressed. Today, she tells us that her life has totally changed for the better as a result of being a part of our online community. She's living an active independent life and has become one of our most valuable volunteers.

And she's not alone. We bear witness to lives changed for the better on a daily basis and the credit goes to the massive community of staff members, volunteers, community partners, donors and funders who continue to support our efforts, be it monetary or in kind. Collective impact is the future of building healthy & vibrant communities who loves and embrace their seniors. We are blessed to do our part.

Our Team



Board Members

Jim Wong

- Chair

Soma Sundari

- Secretary

Davin Lam

- Treasurer

Tiffany Smith

- Board Member

Imaculada Prata

- Board Member

Marcus Cheung

- Board Member

Staff Team

Coco Yuen

- Volunteer & Finance Support

YuQin Bai

- Financial Officer

Catherine Chan

- English Conversation

Vicky Chu

- English Conversation & Tech Buddy

Virginia Posadas

- Strength and Stretch

JunYi Bu

- Art Program

Jane Xu

- Art Program

Daniel Leong

- Technical Support

Cuthbert Leung & Matthew Chen

- Student Intern, Program Assistant

Our Focus



Reduce social isolation among immigrant seniors

Promote mental wellness

Promote civic participation and inclusion

Achieve sustainable resources and infrastructure

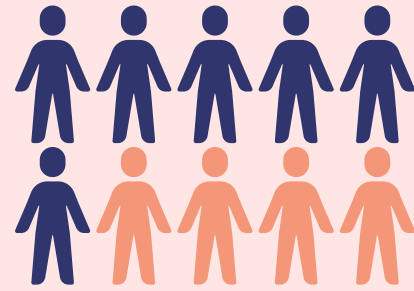
Promote effective governance

Program Achievements

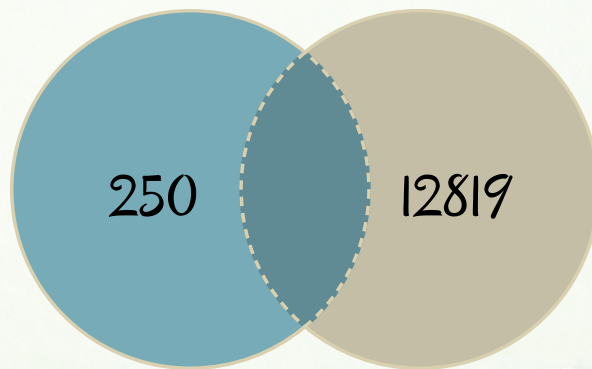
6 days/week

14-18 activities/week

30 hours of programming/week

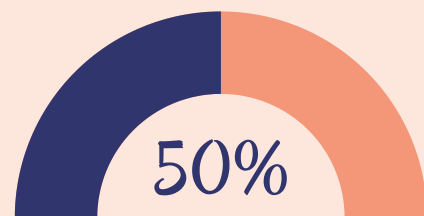
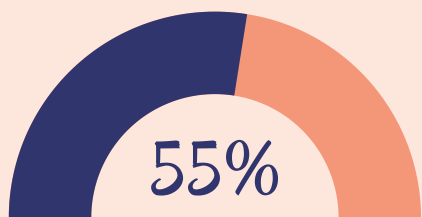


Average weekly attendance

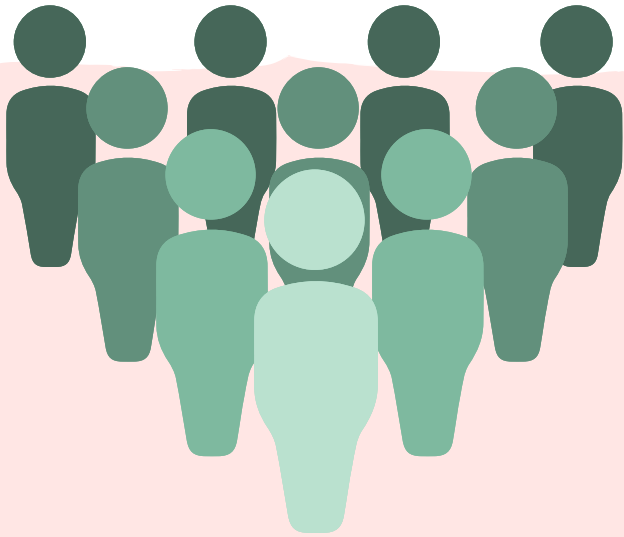


Total Program Attendance

Staff who are seniors/older adults



Volunteers who are seniors/older adults



Number of
volunteers

122

Total Number of
Volunteer Hours

3949.5 hrs



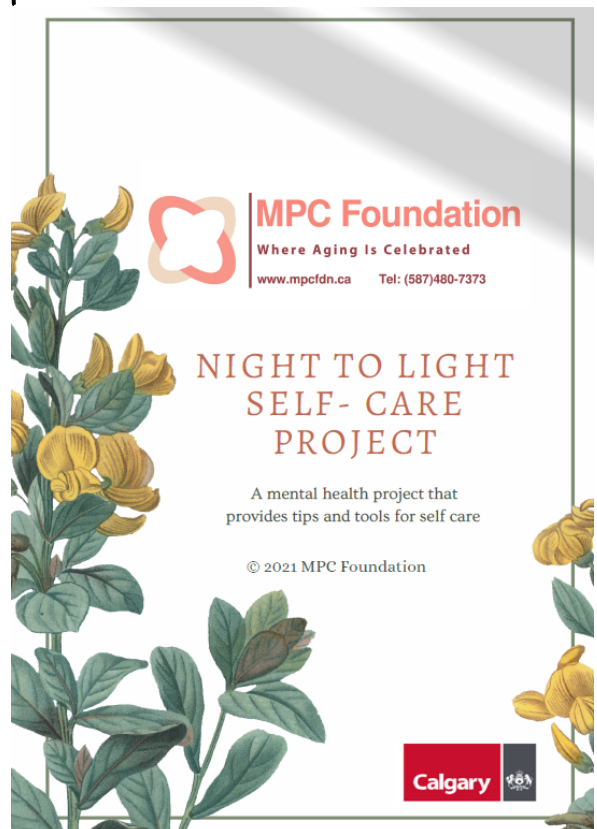
Program Highlight

Our programs are uniquely designed to reduce social isolation and to promote mental wellness. Activities are grouped under the pillars of learning, wellness, creativity and technology to achieve all-rounded wellness for seniors.

From Night to Light

The Night to Light is a mental health initiative using a small group approach and buddy system to equip seniors with the skills, tools and resources to mitigate mental health issues. In the process, participants recognize that they are not alone in their challenges and enjoy support from group members, while witnessing vulnerability and resiliency among them.

Participants acquired better skills to cope with strains & stresses and experienced enhanced mental health. Says Dan, a senior in the group, "I am laughing a lot more these days, I am happier than before and I learned 'not to take things too seriously'.



Heart to Heart



Number of care bags delivered:

450

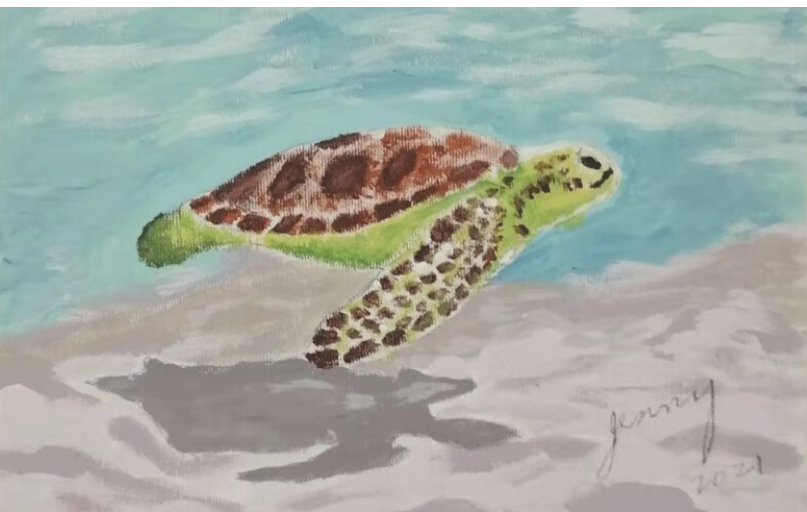


'Heart to Heart' is a project initiated by a group of seniors who want to contribute to the lives of other community seniors in need. They understand that the pandemic has a heavy toll on life of seniors, while some have adapted in some ways, many are still unable to resume their normal routines of being active in the community or socializing with family and friends. Our volunteers are especially concerned about the mental health of those needy seniors who live in senior homes with no visitations, those living alone or living in shelters. They create care bags, complete with hand-made cards, crafts and donated items and deliver care bags to them on regular basis. They also recruit other seniors to volunteer with group planning, facilitation, participate in community outreach events and manage the logistics of care bag deliveries. This project has grown from serving 25 seniors to about 100 seniors last year.

Art Show



Seniors demonstrating their creativity and talents



Seniors Connect Club

Seniors Connect Club provides a wide variety of learning, social and physical activities for seniors so they are able to build social supportive networks, integrate and build a sense of belonging to the community.

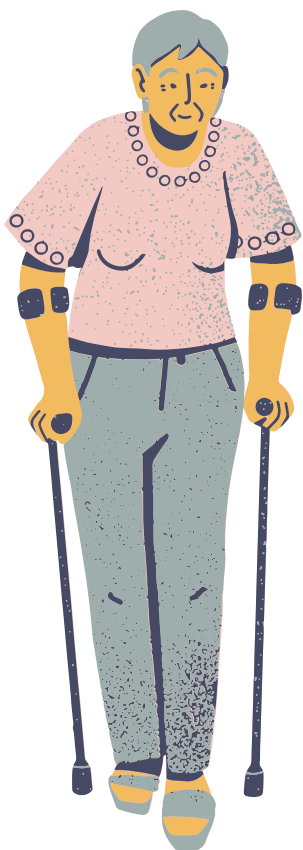
Activities include Qigong, Art & Craft, line dance, yoga, pilate, learning opportunities include seminars on legal, safety and health, English learning and Technology classes.

Attendance for Physical Activities: 6847

Attendance for Learning Activities: 3273

Attendance for Creativity Activities: 1828





'Seniors Connect Club pulled me out of despair. My legs were not good, I walked wobbly. One day, I nearly fell down the stairs at work, so reluctantly I had to quit the job that I held dearly for many years. I thought my whole life is ruined until I joined the MPC Foundation. They offer a lot of exercise classes and amazingly the Strength and Stretch instructor taught me how to use a spoon to do exercise. I joined out of curiosity, but now I am participating in every class. Words cannot express how grateful I am, not only do I make new friends who always give me encouragement, I also gained back my health.'

- Sue



Say 'Yes' to the VAX



Funded by Health Canada, the 'Say YES to the Vax' campaign created a series of short videos to educate, inform and motivate the ethnic population to vaccinate. A total of 15 short videos were created in 5 main languages that is English, Cantonese, Mandarin, Hindi and Punjabi and shared widely on all social media channels, print media, direct mail and by our partners. A scavenger hunt element was introduced into each of the videos and participants submitted their answers win prizes. The campaign also provided accurate, positive and updated information on the Covid 19 vaccine. The campaign reached over 75,000 readers in print media and over 7,000 through social media.

Partnership Highlight

Working together with local community partners, we strengthen our networks, recruit more diverse participants, we also share resources to improve efficiency.

Seniors Christmas Cheer 2021



Our *Second Annual Seniors Christmas Cheer* event was an occasion to celebrate the resiliency of seniors and the coming together of community partnerships to create collective impact for more seniors in the community. Together with the Northern Hills Community Association, along with assistance from Vivo and the Panorama Hills Community Centre, we were able to create over 200 care bags that went to seniors in need, including those who live alone, in ill health or dealing with major life transitions such as the loss of a spouse or moving into care facilities. Other organizations such as Closer to Home and the Bow West Community Association also contributed to the event.



Volunteer Highlight

John and Denise Scorgie

John and Denise have volunteered with MPC Fdn since we first started. Their mother, Kathy is an active participant in our programs, and having witnessed first-hand the benefits of participation, John and Denise have actively and enthusiastically helped MPC in any way they can. From helping to distribute art supplies to seniors to spreading the word on their active social media channels, John and Denise have greatly contributed to senior wellness with their selfless and generous ways. Last Christmas, John and Denise ventured out in minus 30-degree frigid weather to distribute care bags to seniors in need, complete with Santa hat and bright smiles! We APPRECIATE them so much!!



Elaine Leung



Elaine is a passionate ambassador for MPC Foundation. Having experienced first hand, the quality of programming offered by MPC, Elaine became an avid voice in support of our efforts to mitigate seniors social isolation. From being an active program participant, Elaine is today a most valuable volunteer for MPC. She's an early co-founder and still an active member of the Heart to Heart volunteer group of seniors who create care bags for other seniors in need throughout the year. At community events, you will see Elaine at our booth, speaking to community members about MPC. In addition, her husband Kai can always be counted on to capture sweet memories for all occasions. And those are just the highlights for Elaine has given her talents and time to MPC in more ways than we can count. We APPRECIATE you , Elaine!

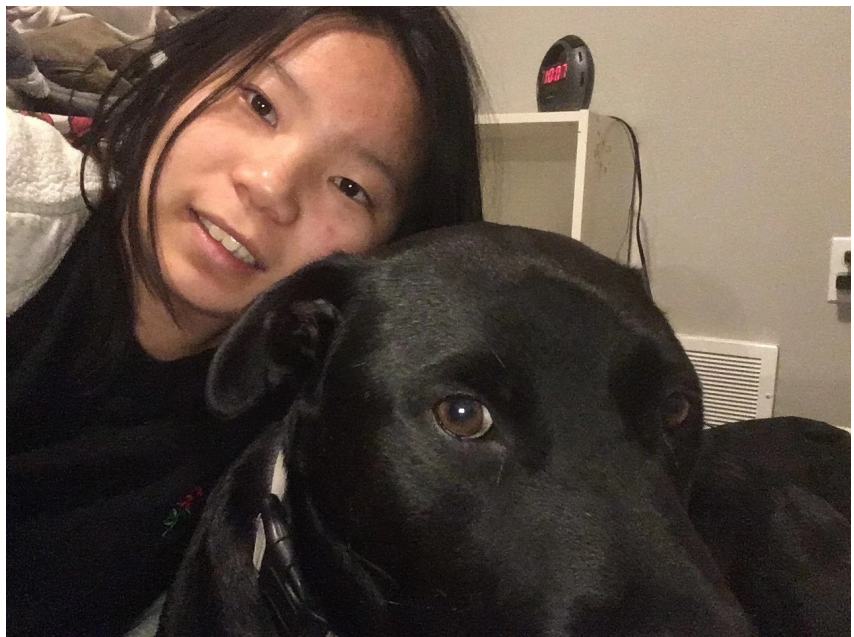


Ryan Sowtis

"I've been volunteering with MPC Foundation for a bit over a year and a half as one of their Tech Buddy's facilitators. I love being able to connect with the students and see them grow and develop. In my role, I get to teach typically elderly people how to use technology (e.g. phones, apps, online services, etc.) The classes are a mix of formal learning and collaborative question and answer sessions. It's so much fun to be able to spend my Saturdays with the students. Being able to hear about how they've used what they've learned in the real world brings me joy. Tech Buddy's is a great program that helps so many people!"

Yan Zheng

"Volunteering at Tech Buddy every Saturday morning is not only a time to help the seniors, but also a moment for me to relax from my school work and learn from them. Time and time again, I became more responsible and learned how to organize my language so they could easily understand. I feel a sense of accomplishment when they successfully learn and use what I have taught them. I really enjoy talking to and teaching seniors because I always get life tips from their years of experience. Their eagerness and positive attitude to learning new things touch me and help me to improve my own learning attitude."



Acknowledgement

We would like to express our sincere gratitude to the following organizations and individuals for their generosity in providing funding, donations, sponsorships, partnerships and voluntary services.

Government Funder

Government of Canada

Health Canada

Government of Alberta

Alberta Health Services

City of Calgary

Corporate

Federated Cooperatives Ltd.

Servus Credit Union

Loblaws

Fairchild Radio FM947

Clover Living

Inglewood Art Supplies

Shaw Communications

Foundation

Calgary Foundation

Non Profit Organizations

Northern Hills Community Association

Northstar Residents Association

Kincora Community Association

Symon Valley United Church

Vivo for Healthier Generations

Pakistani Canadian Cultural Assoc.

Kerby Centre

Youth Central

Alberta Network of Immigrant Women

Immigrant Services Calgary

Cards for A Cause

Individuals





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