

ANNUAL REPORT



Tales of Triumph
Winner



MPC Foundation
Where Aging Is Celebrated



Watch their story at
canadapost.ca/triumph

We care for seniors' physical, mental and social well-being



MPC Foundation
Where Aging Is Celebrated

TABLE OF CONTENTS



01

Message from the Chair

02

Message from the CEO

03

Tackling senior social isolation

04

What difference have we made

09

Key Program Highlights

12

Volunteers

16

Acknowledgement of funders,
volunteers and partners

 Tales of
Triumph
Employees' Choice

MPC Foundation

Message from Chair - Jim Wong



Finally, our community is getting over the past several years of COVID-19 lockdown. It was nasty!

We are excited in returning to a sense of normalcy and that means that we can start to have personal interaction with each other.

With the lockdown fading into the distance, confidence is building. MPC is experiencing this clearly by our average attendance for seniors participating in programs steadily increasing. This is great news but it does put a lot of stress on our volunteers which we will need to address.

Technology and social media remain the backbone of our organization. Lately, mental health has become a crisis in our community and MPC has stepped up to address this. One of the tools that MPC used was the “Night to Light” mental health project.

This is a continuation of a project started last year that was well received and this year, phase 2 was filled to overcapacity.

We have reviewed our bylaws with the help of various government agencies and identified some change. One recommendation was to expand our membership, although this will entail a lot of work and continuous support. This is one of the reasons why MPC as a young organization originally wanted to remain small. However, we recognized that expanding the membership has an advantage of providing greater diversity to MPC, therefore we will regard this as a priority.

We are pleased to know that several agencies have recognized MPC and approached us with potential support for our work with the seniors. It is gratifying to gain recognition from our peers and together we are able to do more. We need to ensure that the funding meets with MPC’s mission and that we have the capacities to meet the challenges.

Message from CEO - Mae Chun



As we look back at all that has transpired in 2022, we can't help but be deeply grateful for the community of supports that has contributed to MPC's efforts to address senior's social isolation. To begin with, we extend a heartfelt thank you to Lily Kwok who has played a pivotal role in the founding of MPC and continues to contribute in an Advisory & Governance capacity to guide our growth, strategies and innovation.

The pandemic has fundamentally changed how we deliver programs and services. In 2022, we grappled with changing needs where some seniors began to clamor for face-to-face interaction while others feared that online programming will be removed. We also witnessed emerging needs such as rapidly escalating food prices and how seniors' access to basic needs were severely impacted. Something is terribly wrong when seniors are reduced to 2 meals a day or substituting with inferior can foods because fresh produce is no longer within the reach of their fixed incomes.

The year 2022 was a year of milestones for us. Our dedicated work with seniors caught the attention of CBC and I was honored with their 2022 Changemaker award. This was followed by a national award from Canada Post, whose employees from coast to coast voted MPC Foundation as the Winner of the Tales of Triumph contest. With that recognition, MPC gained national and local exposure at a level that was beyond anyone's expectations. The recognition that came with these awards drew more participants, volunteers and partnerships, all of which continue to produce benefits in terms of strengthening our ability to address seniors' social isolation.

Our daily interactions with seniors give us precious front row access to their perspectives on aging. They desire to be independent, to live engaged and meaningful lives. They desire to contribute. At MPC, our singular mission is to empower seniors with skills, resources and opportunities to attain that. As one senior puts it most aptly, "We still have a lot of life left in us and we don't want to be a burden to anyone. So, don't feed us but teach us to fish. That's all we ask" To which we replied, "Amen! Our thoughts exactly!"

Tackling Senior Social Isolation - our Strategy

In recent years, we witnessed a silent pandemic that received scant attention, that is, a pandemic of isolation and loneliness among the elderly. Several studies confirm what we already witness on the front lines, that is, as a result of the pandemic 40% to 57% of older adults experienced a lack of social connection and companionship especially during the pandemic.

At MPC, we are focused on empowering seniors with skills, resources and opportunities to take charge of their aging experience.

Skills – We ensure that our programs are available both online and in person. Programs are also available in several languages to ensure inclusion of seniors from all backgrounds.

Resources – We ensure that seniors have the devices to participate in online activities and materials to take part in other programs

Opportunities – We empower seniors with opportunities to care for other seniors in need



What difference have we made?

Our efforts to empower seniors to avoid social isolation continue to deliver long-lasting impact for seniors and their families, from improved physical and mental health to being active contributors to society. Most importantly, our seniors have become passionate ambassadors who actively seek out other seniors in need and help them transform their lives. Here are some examples:

Our seniors produce heartfelt cards for those who are going through difficult life transitions



When faced with rapidly rising food costs, they organized community cooking to help themselves and each other.



Meal Preparation –
finding solutions to
rising food costs



They actively contribute to community living by volunteering at events, sharing talents and wisdom with new generations.



**COMMUNITY CRAFTS –
HOSTING
INTERGENERATIONAL
PROGRAMS**



Through facilitated Art programs, seniors discover hidden talents and passion for new learning.



From line dancing,



to singing,



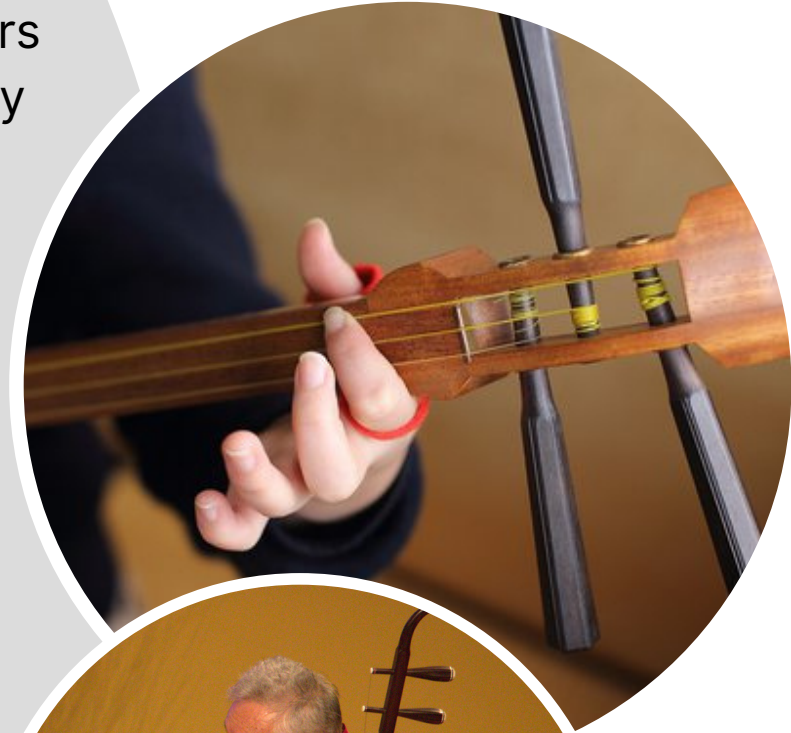
or Tai Chi,



seniors found a place of belonging and significantly improved their physical and mental health.

From 55 to 95 years old, seniors
have taught us that age is truly
just a number!

Music Group
serenading
others with their
musical talent



Key Program Highlights

Seniors Connect Club (Calgary Foundation)

We continue to provide meaningful, accessible and first language opportunities for seniors to learn, stay healthy, connect and build socially supportive networks. Along with a robust volunteer force, we provide programming from Mondays to Saturdays, averaging 4 classes a day. Our mission to empower seniors to take charge of their aging experience is beginning to bear fruit. In 2022, we witnessed seniors independently organizing interest-specific activities such as meal preparation, singing and additional TaiChi practices.



Thank you to  CALGARY
FOUNDATION
FOR COMMUNITY, FOREVER



Heart to Heart Care (New Horizons)

Heart to Heart Care was started by seniors and they continue to seek out and serve other seniors in need. In this fiscal year, they prepared and delivered 425 care bags to seniors all over the City, along with regular visitations, phone calls and staying connected via regular messaging. Feedback from seniors who receive the care bags include the common themes of “feeling loved”, “someone remembers me”, “lifted my spirits when I was in the hospital” and “made me feel good again.”



Funded by the Government of
Canada's New Horizons for
Seniors Program

Thank you to
Canada

Night to Light (City of Calgary)

Thanks to the City of Calgary Connect The Dots program, our seniors are able to gain regular access to mental health resources, knowledge and skills through a 6-week program. Led by an experienced clinical counsellor, this program continues to draw positive feedback from those who have completed the course. This program has produced significant benefits for those who struggled with anxiety, depression, loss of a loved one, loneliness, isolation and other health issues.



And thank you to the City of Calgary
for sponsoring the program.



Volunteers

In line with our mission of empowering seniors with opportunities

Paramjit Bedi

Paramjit has been a long-standing friend of MPC since its inception. As an active senior, she remains gainfully employed and prioritizes helping MPC in her spare time. We can always count on her to be our ambassador at community events where she passionately promotes our programs & services. Her multilingual skills in Punjabi and Hindi has served us well as we rely on her for our translation & interpretation needs. Her connections to her own community has given her opportunities to serve those in need along with our support and resources. With Paramjit, her heart of gold and generous spirit has been a blessing to everyone around her.



Sou Wah

Sou came to us on the recommendation of a friend who have enjoyed our programs and services. At that time, Sou was struggling with health and mobility issues and her mental health took a dive for the worse. Encouraged by her friend, she began attending exercise classes regularly and before long, her mental and physical health improved. Sou credits MPC with turning her life around. Today, she actively participates in many programs and has become a key volunteer in areas of administration, translation, events and caring for other seniors.



Joshua Tsang

Joshua has the honor of being one of our very first volunteers when MPC began some 3 years ago. Joshua is a professionally qualified and very experienced folk dance practitioner and instructor. Our seniors enjoy his classes as he is methodical and patient in approach and his keen sense of humor lights up the class with laughter! Joshua has been selflessly generous with his time and talent, often spending hours curating the right type of dances to teach and tweaking the music a little slower to help beginners achieve a sense of accomplishment. We are eternally grateful for the important role Joshua has played in uplifting the wellbeing of seniors!



Meet Tareef Mahmud, youth volunteer, TechBuddy program!

Tareef is a grade 10 student from John G. Diefenbaker High School. Tareef has always enjoyed helping others, but through volunteering, he was able to reaffirm what he wanted to do later in life. Even though he is still young, he has big dreams, as he aspires to study in the United Kingdom and become a medical doctor in dermatology. In terms of volunteering, Tareef admires the community fostered by MPC and Northern Hills through the TechBuddy programs, in which he can freely express himself and meet new people in a safe, positive environment. He also enjoys the mutualistic relationship that comes with working with seniors. In return for teaching his partners new digital skills, he gains invaluable knowledge and insights about life that will support him throughout his academic career. Over the past year, Tareef has developed a close bond with one of the seniors that he interacts with. He grew to appreciate her passion for learning and understand some of the struggles when growing older, such as loneliness. Therefore, he ensures that after each week, his senior is able to master a new digital skill and makes sure that she always has someone to talk to.



Acknowledgement

The support of funders, partners and volunteers makes our work possible. THANK YOU for being part of our mission to effect a paradigm shift of attitudes and behaviors towards active & meaningful aging.

Funders



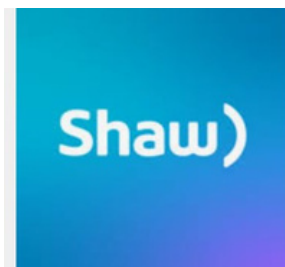
New Horizons Program



Employment and
Social Development Canada



Partners



Thank you to everyone who helped make this a year to remember!



And to donors like you! Be it \$10 or \$1,000, we are grateful to receive donations from so many individuals who support our cause of addressing social isolation for seniors. Many of them are dedicated volunteers too.

From all the seniors whose lives were made better because of your contributions, we send you a heartfelt

THANK YOU!



Stay Connected

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