



2023

ALIX MIRROR WELLNESS SUPPORTS SOCIETY

Annual Report

WWW.ALIXCRC.COM

MISSION STATEMENT



Our goal is to help
to improve the health,
quality of life and
well-being for all by
making connections
to people, support
and resources.

-Alix Mirror Wellness
Supports Society

**The Board of Directors present the
Annual Report of the Society
together with the Statements of Accounts
for the Financial Year ending December 31, 2023.**

BOARD OF DIRECTORS

Melody McBride	Chair
Mandi Peterson	Vice Chair
Trish Verveda	Treasurer
Vanessa Massey	Director
Rozanna Steenbergen	Director

EMPLOYEES

The Board of Directors appreciates and acknowledges the unstinting efforts put in by all employees of the Alix and Area Community Resource Centre. They continually achieve by increasing productivity levels, responding to programming needs and maintaining a cordial work atmosphere. Thank you!

VOLUNTEERS

The Board of Directors acknowledges and appreciates the unending commitment and contributions made by the Society volunteers.



MESSAGE FROM THE CHAIR 2023



Over the years, it has been established that there is a need in our community for the programs which Alix Mirror Wellness Supports Society operates and administers. This need for programs continues to grow! Whether it be Meals on Wheels, Home Support, Wise Owls, Navigation, or Info and Referral, everything has seen a large uptake by the community residents. To see the needs identified and met in our community makes me proud to be part of this organization.

As the Chair of Alix Mirror Wellness Supports Society, I rely heavily on so many of the staff, volunteers and the Board of Directors to help run and administer the programs efficiently. We truly have an awesome group of people that continually show their dedication to the community, the Resource Centre and all of the programs and I truly do appreciate them all.


Continuing collaboration with external organizations and fostering partnerships is proving to be a huge part of the day to day operations. The partnerships and collaborations with regional and local organizations are still an integral component to meeting the needs of the community. Without maintaining existing partnerships, and seeking out new partnerships through exploration and collaboration, the Alix and Area Community Resource Centre would not see the success that it has so far.

With hard work, dedicated people and a love for our community, we have been able to provide our rural community with the access and support to the same level of services as those in urban areas. We are testament that working together helps build a stronger community for everyone to thrive.

Thank you to all of you!

Melody McBride,
Alix Mirror Wellness Supports Society Board Chair

MESSAGE FROM EXECUTIVE DIRECTOR 2023



Partnerships grew, services expanded and programs continued in 2023. It was a busy year with programs evolving to better meet the needs of the community and surrounding area, creation of new programs to fill the gaps in service and maintain existing partnerships and fostering new ones regionally and locally. Formal and informal evaluations of everything the Resource Centre has to offer is an important piece of hearing the needs of the community and working towards providing what is needed. It is truly an ongoing adventure that every day is a new day with a new idea.

The Community Connections Activity Centre was bustling with after school programming which saw Milkshake Mondays being added to the fall and a new monthly calendar laying out the activities for the month. Seniors cooking was once again popular as well as BINGO and our Thursday Senior Fun. The Summer Program was again well utilized by the families in the community with lots of exciting things for the children and youth to do during the summer. Special events, outside rentals and weekly Moms and Tots and Cub Crew kept the space well utilized throughout the year.

The food bank saw an increase in clients in later part of the year but also welcomed a generous donation of weekly fresh vegetables from the Pik n Pak that relies heavily on the coordination of volunteers to get them here. The partnership with the Alberta Food Bank Association has had a huge impact on the ever growing needs when it comes to food security.

I'd like to thank our valuable staff for their tireless contributions this year. They are a remarkable group of people! Their dedication, passion and commitment to our community and vision does not go unnoticed and for that I am truly grateful.

Alix Mirror Wellness Supports Society Board of Directors once again were remarkable with their support of the staff and the day to day operations of the Resource Centre. The commitment, wisdom, guidance, and trusted leadership they had to offer fostered growth and integrity in our work.

Our volunteers are integral to what we accomplish in programs and fundraising and we are forever grateful for their time that they give us. They truly are the unsung heroes. 2024 will be another wonderful adventure I'm sure. I look forward to embarking on that journey with the community. It is always a great adventure when a person can work in the community, for the community.

Jill Hillman,
Executive Director

AGENDA

Welcome and Call to Order

1. Adoption of Agenda
2. Approval of 2023 Annual General Meeting Minutes
3. Message from the Chair
4. Election of Directors
5. Introduction of 2024 Alix Mirror Wellness Supports Society Board
6. Program Report
 - a. 2023 Year in Review
7. Financial Report
 - a. Adoption of 2023 Financial Statements

Adjournment



Annual General Meeting 2023

May 25, 2023 @ 7:30PM at Alix and Area Community Resource Centre

MEETING MINUTES

Present: Melody McBride, Mandi Peterson, Vanessa Massey, Trish Verveda, Latisha Niehaus, John Ireland and Rob Fehr

Regrets: *Jill Hillman and Rozanna Steenbergen*

Welcome and Call to Order - Melody McBride called the meeting to order at 7:34PM.

1) Adoption of Agenda

Motion to adopt the agenda made by Vanessa Massey.

CARRIED

2) Approval of 2022 Annual General Meeting Minutes

Motion to adopt the 2022 Annual General Minutes made by Mandi Peterson.

CARRIED

3) Message from the Chair

Melody McBride reported on highlights from 2022. This is the first year on our own as a sole entity; BDSS remains helpful and continues to mentor. Programs had an overall positive feedback; a focus on how to continue supporting Mirror and greater presence in the community

4) Program Report

a) 2022 Year in Review

This year the Family Wellness and Food Bank (Alix vs County) sections were added along with attendance for many new programs. This is significant considering COVID regulations were just beginning to lift. The attendance for the newest programs like Internet Café and Grief Support is lower as it was first introduced in the Fall. More focus on promoting in other communities and the surrounding area may help as they are both in demand. Moving forward showing the youth mental health statistics would be useful, as this is also in very utilized with a waitlist for appointments. Family Wellness has gained more recognition and positive feedback. Wise Owls is another new service that is greatly in demand. Promotions directed more towards family as a piece of mind service, would be beneficial. With an aging population there is absolutely a need for this.

New RCMP commander and presence has been noticed within the community as a supporter of programs serving the community. A strong relationship has been grown with McMan and their programs have gained popularity. Overall most offerings are well attended. Moving forward showing the engagement for Mirror vs Lacombe County and Alix would be beneficial. It is fortunate to have the Centre in community, it will be important to keep showing the work being done to stakeholders and funders. Relief funds from COVID has ended, gaining other areas of funding is key.

5) Financial Report

a) Adoption of 2022 Financial Statements

Trish Verveda presented the financial statements, providing detail. In the future once charitable status is acquired, more funding opportunities will be available.

Motion to adopt the 2022 Financial Statements as presented made by Trish Verveda and seconded by Mandi Peterson.

CARRIED

6) **Election of Directors**

Melody McBride presented the slate of directors. Executive stands for another 1-year term.

Motion to approve the Slate of Directors as presented made by Vanessa Massey and seconded by Mandi Peterson.

CARRIED

7) **Introduction of 2023 AMWSS Board**

Melody McBride, Mandi Peterson, Trish Verveda, Rozanna Steenbergen and Vanessa Massey.

8) **Adjournment**

Melody McBride adjourned the meeting at 8:11PM.

Motion to adjourn the meeting made by Mandi Peterson.

CARRIED



Recorded by Latisha Niehaus



Approved by Melody McBride, Board Chair



connections  supports
well-being



how it all
BEGAN

It's hard to believe just 4 years ago...

On a cool November morning in 2019, dedicated community members had heard about and attended a Bashaw Regional Wellness Initiative Team meeting at the B.D.S.S. office, in Bashaw. There sparked a fire in them and the collaboration and partnership with the Bashaw Regional Wellness Team was ignited. This included the desire to provide their rural community with the same level of support and services offered in urban centers. Their vision and dream quickly evolved and the Alix Mirror Wellness Supports Society was formed. The members committed their time and dedication to collaborate with local, regional and provincial agencies to form valuable partnerships that would bring their dream closer to reality. At a local level the Alix Community Wellness Team was established and included: Alix Mirror Wellness Supports Society, Bashaw & District Support Services, Bashaw RCMP, Alix MAC School, Alix Drugs I.D.A. and Bashaw Adult Learning. Soon following, a location was selected and with countless volunteers hours, the Alix and Area Community Resource Centre came to life.

In September 2020, the doors to the centre opened, welcoming the community. Coordination of volunteers, staffing and programs were in place and put into motion. Quickly, it was realized that more office space and room for programming was needed and the decision to move ahead with the second phase of renovations was made. The construction of three additional private offices, storage, a meeting room and a recreation area were completed by March 2021...



our vision

CONCERNS SUCH AS ENABLING SENIORS TO AGE IN PLACE; IMPROVING MENTAL HEALTH AND ALLEVIATING STRESS; ADOPTING HEALTHY HABITS AND REACHING PERSONAL GOALS; BUILDING PARENTING SKILLS SO FAMILIES CAN THRIVE; ELIMINATING BARRIERS TO ACCESS SUPPORTS AND REDUCING CRIME ARE ALL WITHIN SCOPE.

...In June 2021, the leased space at Bay 1 expanded to include Bay 2 of Railway House. This addition provided

many opportunities to offer a wider array of community programs to all ages. The vision of this space is to provide a common area for the community to connect, events to be held and a space that can be utilized by outside users. The space has since been updated and renamed, the Community Connections Activity Centre. Since opening, it has hosted numerous community events and programming for children & youth, families, seniors and adults, as well it has been rented for private use.

The Alix and Area Community Resource Centre has been widely acknowledged and accepted by the community and its services, supports and programs are being accessed and utilized on a daily basis. Through tracking, statistics have been developed to enable us to constantly review, adjust and evolve our services and programs to meet the needs of the community and promote well-being. Our story continues to evolve and grow to meet the needs of our community and surrounding area. As always striving to fill the gaps and shifting as needed.

ALIX AND AREA COMMUNITY RESOURCE CENTRE 2023

YEAR END REVIEW

by Alix Mirror Wellness Supports Society

Information & Referral

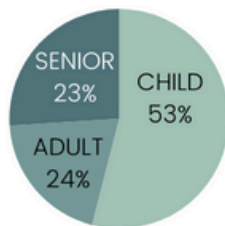
Village of Alix: 70%
Mirror: 8%
Lacombe County: 18%
Other: 4%

11,131

ENGAGEMENTS

Forms & Technology Support: 2%
Program Assistance: 51%
Health & Wellness: 5%
Client Care: 27%
Other: 7%
Food Bank: 8%

12,484
of Needs Served



Wise Owls

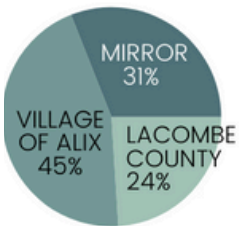
5
CLIENTS

Home Support

8
CLIENTS

Meals on Wheels

731
MEALS DELIVERED
13 Clients
7 Volunteers



FOOD BANK

Children: 91
Adults: 142
Seniors: 138

190

FOOD HAMPERS

External Partnerships

Private

17

Partner

9

Long-Term

8

FACILITY USE

27

PROGRAM PARTNERS

Partner Highlights

Lacombe FRN- Family Facilitation: 58 families
Youth Counselling: 26 clients

Seasonal

OF PARTICIPANTS

JOY OF GIVING (58 RECEIVED/37 GAVE) 95

INCOME TAX ASS. 40

FILL A FRIDGE 49

ANGEL TREE 52

SANTA'S AN. 15



Programs & Events

OF PARTICIPANTS

ADULT/ SENIOR

Internet Café- 10, Senior Fun- 272,
Standard 1st Aid- 9, Cooking Connections- 26,
Paint Night Fundraiser- 11, Suspension Program- 3,
Alix Chamber of Commerce Meeting- 34, Seniors Week- 26,
Online Auction: Bidding- 138, Online Auction: Donation- 160,
Giving Campaign- 10, 50/50 Raffle- 67

FAMILY/ COMMUNITY

Grief Support- 5, Indoor Centerpieces- 8, Who Tree- 6,
Connecting Clans- 103, Pop-up Art in the Park- 3, Wellness Fair- 83,
Electric Sliders Performance- 29, Community Public Skate- 78,
Community Bingo- 31, Pop-up Market- 143,
Winter Wishes: Gift- 34, Winter Wishes: Top-up- 18,
Community Gardens- 4, Volunteer Come & Go- 46,
Touch a Truck- 283, Rock Ninja- 65, Veggie Pick-up- 732

CHILD & YOUTH

Alix After-School- 1,157, Zumbini- 58,
ASQ- 3, Youth Mental Health Course- 24,
Child & Youth Safety Week- 28,
Cub Crew- 147, Summer Day Camp- 399,
Ignite- 4, Art Attack- 60,
Adventure Daze- 76, March Madness- 13,
Rainbows- 36, Swimming Lessons- 32,
Youth Outings- 20, Extended Learning- 1,804

Volunteers



1,106 HOURS
DONATED

Resource Navigation

Mental Health & Addiction: 2%

Food Bank: 2%

Form Support: 92%

Housing: 1%

Emergency, Medical & Other: 3%



117

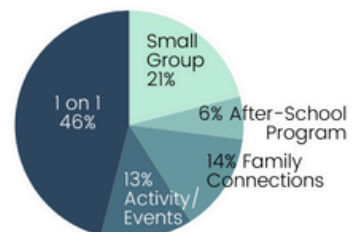
PARTICIPANTS

Village of Alix: 73%
Mirror: 21%
Lacombe County: 1%
Other: 5%

Family Wellness

315
PARTICIPANTS

Elementary: 38%
Junior: 20%
Senior: 19%
Family: 23%



4,183 ENGAGEMENTS

As a rural model for serving locally, wrap-around services help to reduce barriers and promote personal health and community well-being. Collaborative partnerships with individuals, agencies and organizations both inside and outside the community form the pillars of this work.

Services are offered in a region comprising of Alix, Bashaw, Buffalo Lake Estates, Donalds, Dorenlee, Edberg, Ferintosh, Meeting Creek, Mirror, Pelican Point and Tees. Bashaw is a natural hub in the geographic area and the Village of Alix is the second largest center. These communities are a part of a broad vision to bring responsive and accessible programs and services to a rural population.

Information, Supports & Referral:
16,771 Needs Addressed

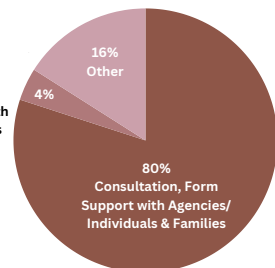
Food Bank:
529 Hampers
545 Adults
287 Children
271 Seniors

Christmas Hampers/ Fill a Fridge
94 Households

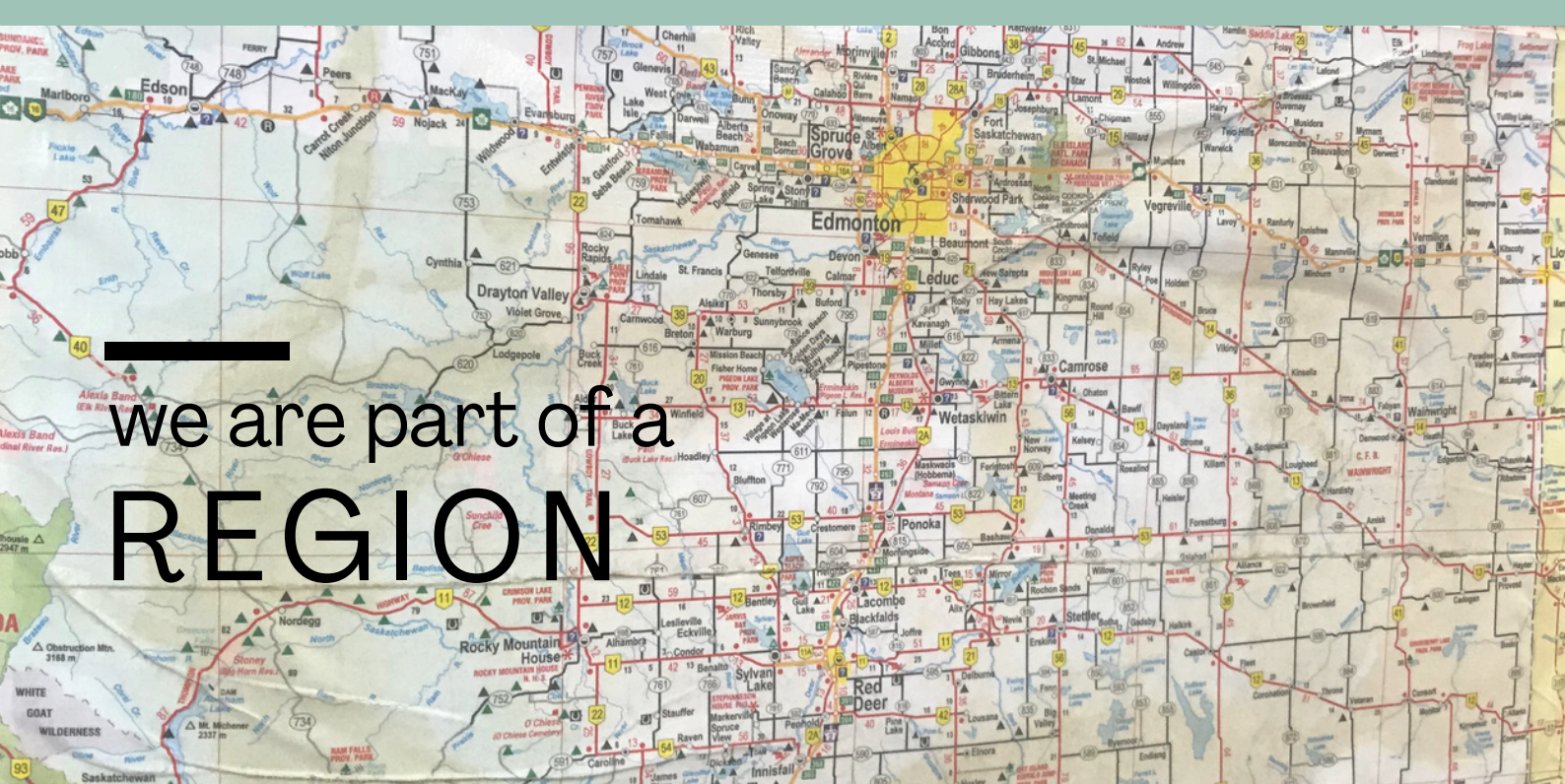
Resource Navigation:
193 Participants

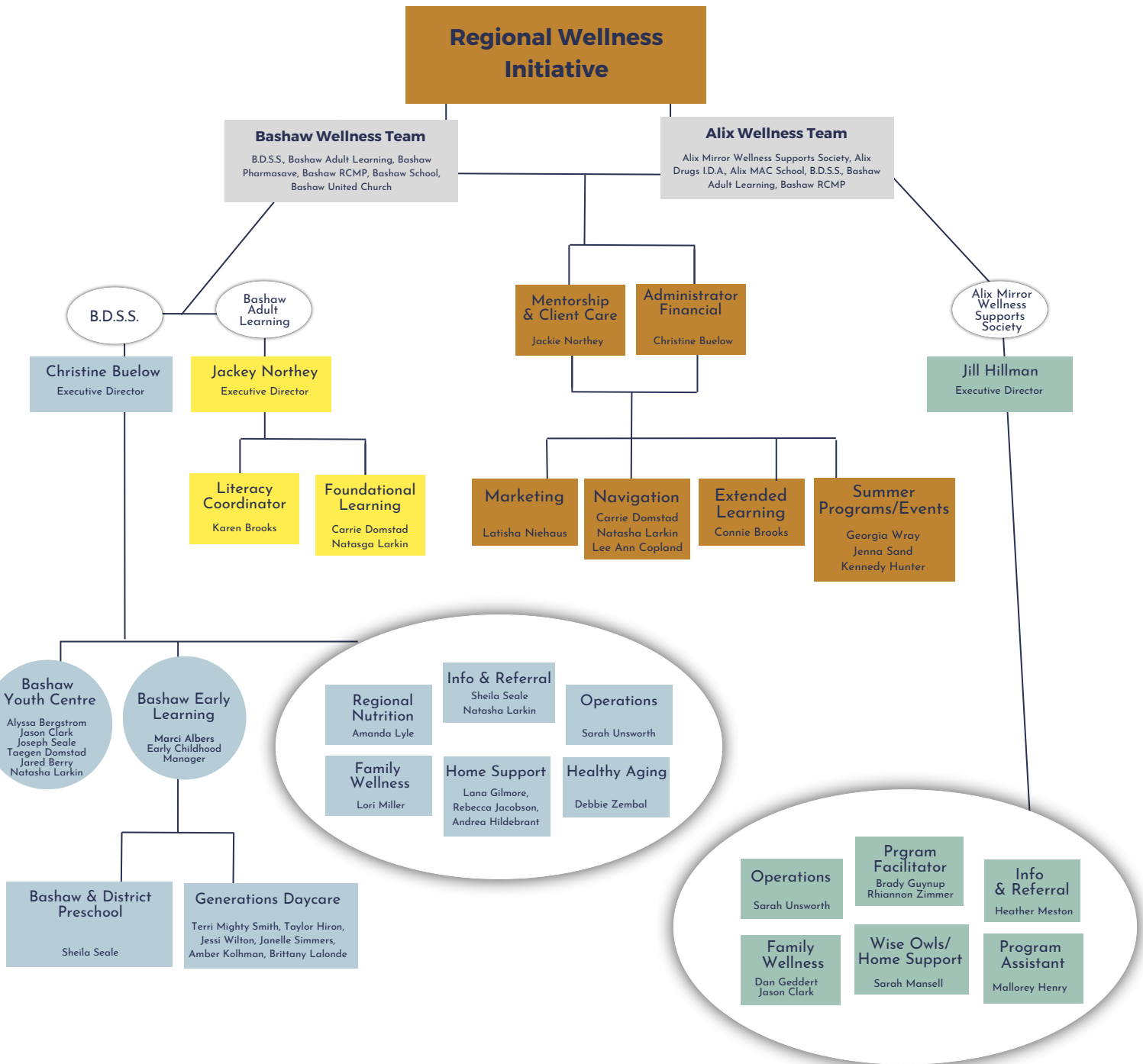


Mental Health & Addictions



we are part of a
REGION





The Wellness Navigation program provides support that is kind, empathetic, consistent and is a revolving door for anyone accessing the centre. Navigation services are available two days a week. We work towards bridging gaps in various areas throughout the community and not duplicating services. The primary responsibility of the Wellness Navigator is to manage the intake process for individuals seeking the support services offered. The program is ever expanding, as the demand continues to grow, through ongoing training as well as getting to know our partners, community members and the needs of the surrounding area.

The impact of the program has compounded and been easy to recognize the positive outcomes for individuals and families supported, as well throughout the community as a whole. It has provided statistics which supports the growing needs for this program and has been proven and supported through ongoing success stories. The growing number of community members accessing support has steadily increased throughout 2023.

Our external partners have become stronger through mutual referrals, case conferencing and collaboration of the Alix Community Wellness Team. Key partnerships include Bashaw RCMP, Camrose Mental Health, Healthy Families, Alix MAC School, Alix Drugs I.D.A. and the Family Wellness Program.

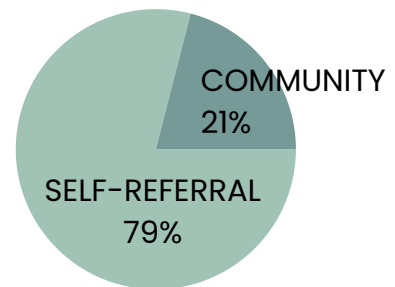
This program is well established and committed to continuing to provide services, referrals and supports as needed. Much gratitude is extended to the ongoing training, support and relationships with the internal and external partners who have made and will continue to make the program successful. The Navigators are always growing and learning of new resources and finding ways to support the program.

117

PARTICIPANTS

Village of Alix: 73%
Lacombe County: 1%
Mirror: 21% Other: 5%

Wellness Navigation



Food Bank: 2%	Mental Health & Addiction: 2%
Housing: 1%	Emergency, Medical & Other: 3%
Form Support: 92%	

Participant Comments:

Fantastic, would be lost without Navigation.
-J.K.

Very helpful in form support. -A.S.

My experience has been awesome, the people here are always welcoming.
- Anonymous

Referrals have been easy to submit, quickly responded to and the centre is working hand in hand with the parents to support both them and their children... Thank you so much I really appreciate the community partnership.
- Community Partner

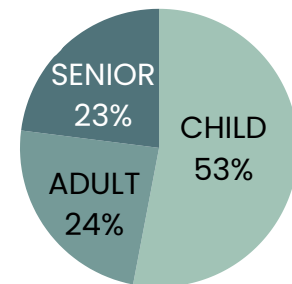
Information and referral provides the opportunity for any individual or family who walks through the doors of the Alix and Area Community Resource Centre to be greeted by front desk staff with a welcoming and friendly smile. They are offered information for any need or concern they may encounter. This service is available to everyone and provides a channel to connect the community to local resources or external agencies to help meet their needs.

Statistics have indicated and proved a high need for support services in the areas of mental health, social supports, transportation, program supports and family supports. Much of this service is accessed on a walk-in basis. Assistance in finding and assessing resources or general information is available to every community member who visits us or connects via phone, by email or through social media.

Information and referral is where the first impression is made and the onset of trust, security and a relationship is established. These engagements are the cornerstone of building a long lasting relationship with clients and establishing a safe place for them to return with any future needs.

11,131

ENGAGEMENTS



Information & Referral

Village of Alix: 70% Mirror: 8%
Other: 4% Lacombe County: 18%

12,484

of Needs Served

Forms & Technology Support: 2%
Program Assistance: 51%
Health & Wellness: 5%
Client Care: 27%
Other: 7% Food Bank: 8%

Participant Comments:

- Very welcoming environment, great programs. -Senior Participant
- I enjoy the variety of fun activities as well as the way the staff interact with me and make me feel welcome. -Youth Participant
- Great place for family support and activities for the kids. -D.B.
- Everything about community support and assistance. Fabulous staff. -C.T.



How We Connect-

The website (www.alixcrc.com), Facebook (@AlixandAreaCommunityResourceCentre), monthly program calendars, quarterly newsletter (Alix Briefs), highlight columns found in newspapers and posters all serve the community as a go to sources for locals to stay connected. These communication tools promote all of the services available at the centre, feature external supports, other partner organizations and share current information for important resources available in our region and remotely.

Community Resources-

This service includes all steps involved to provide client care such as assistance with booking appointments, referral to partner organizations, filling out forms, photocopying, printing, faxing, access to technology services and providing information for any supports or local information as needed.

Community Capacity Building-

The board and staff are committed to community building, actively participating in meetings/conversations to build resources, programs and gain feedback from citizens.

Board Support-

The staff assist the Alix Mirror Wellness Supports Society by providing marketing and administrative activities for all board meetings, training opportunities and any events.

2023 Engagements:

Throughout 2023, our services were engaged 11,131 times (see Information & Referral for statistic details).



FAMILY WELLNESS

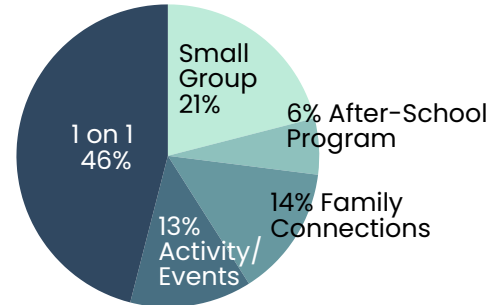
The Family Wellness position exists to compliment traditional social support systems for students and their families. The Alix and Area Community Resource Centre provides this program and collaborates with staff at the Alix MAC School and Wolf Creek Public to better serve the students and families and meet individual needs based on shared outcomes for overall success.

The position of Family Wellness Worker proactively serves those in need at the Alix MAC School and within the community and surrounding. This role is constantly evolving and adapting to ensure that supports are in place where needed. This involves assisting students academically and socially within the community and also connecting in the home setting. Programs are in place and being utilized to support students in various areas such as social skills, confidence building, life skills and coping skills. In collaboration with the Alix Community Wellness Team, we are ensuring the students in our community have the tools they need to achieve success. Input from staff, students, parents and partners are utilized to adapt and conform the Family Wellness Program to best meet needs.

The Family Wellness program offers support through one on one interactions, small group activities, school wide activities and community engagements. Support is also given to those students who might otherwise not continue to attend school without it.

Students, staff, parents or community members can reach out to the Family Wellness program to access support, referrals to the Resource Navigation Program or external resources depending on the request. This program has been well received within the community and has helped assist individuals and families with the valuable connections needed.

315 PARTICIPANTS



4,183 Engagements

Elementary: 38% Junior: 20%
Senior: 19% Family: 23%

Participant Comments:

My kids have been apart of the Family Wellness Program for several months. There is nothing better than knowing they have a safe place that encourages the children to be their authentic selves and meeting them where they are at. This program has been such a wonderful addition to my kids’ lives and the highlight of their week is sharing the time they spend with Jason. I wish more people knew about this program, because every child in the world could use it. It takes a village and I am happy to say this program is part of ours. -K.N.

Jason has filled the role as another trusted adult in our building. He makes connections with kids by spending valuable time with them to make them feel welcome. He is always there to listen and has been a wonderful addition to Alix MAC School. We are thankful for the support that he provides for our students. -A. P.

Jason’s presence at our school has been a blessing for students who need extra attention and support. His genuine care and willingness to listen have fostered a sense of trust and comfort among our students. I appreciate Jason’s dedication and the warmth he brings to our school. -L.W.

EXTENDED LEARNING

The Extended Learning Program was again offered to the students of Alix, Bashaw and the surrounding areas. This position works tirelessly in the schools of Alix and Bashaw to support students with connecting material and learning strategies.

Help includes speech therapy, assignment completion, literacy, study skills, one-on-one assistance and small group work. Teachers utilized regular assistance in classrooms, primarily in Grades K-6. This year, participation in the Alix After-school drop-in program, gave additional opportunity to connect with students outside of the school setting.

1,804
ENGAGEMENTS



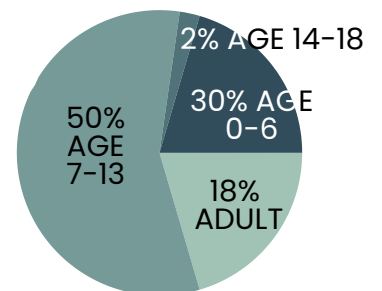
Participant Comments:

Connie has been a very helpful tutor for our elementary students as she has not only helped students who are building skills she helps students refine their skills. Connie is kind and compassionate and makes connections with staff and students. We are very happy that the support is there for us and we are very grateful for her contributions. -A.P.

Connie’s weekly visits to my classroom to provide support with their schoolwork have been invaluable. Her dedication and personalized attention ensure each student gets the help they need to succeed. I am grateful for Connie’s commitment and the positive impact she’s made. -L.W.

FAMILY RESOURCE NETWORK

Collaboration with the Lacombe and Area Family Resource Network is an integral service for local families. Programs include Connecting Clans, Cub Crew, Rainbows, Alix After-school, and connection to supports, referrals and home visitation.



Family Facilitation:
58 families

Participant Comments:

...We have been given somewhere the girls can learn new things and make friends. I’ve learned how to thrive through my struggles. I love having access to Rainbows, Cub Crew, as well the in-home support. I love seeing the parent support, as well as for our kids through all ages/stages of life. -Anonymous

WISE OWLS (AND HOME SUPPORT)

The Wise Owls (and Home Support) programs provide individuals in the community access to support within their home. Home Support is phasing out to our newly developed Wise Owls program; Home Support is limited to light housekeeping, lawn care and snow removal. Wise Owls services include friendly visiting, menu planning & preparation, pet care, transportation, errand & social assistance, support liaison and home support. The majority of clients are seniors but can also be those who have health and mobility issues or require some extra support. This program enables the client to have someone caring spend a few hours with them in their home on a weekly, bi-weekly or monthly basis allowing them to stay in their own home independently. All services are available within any package, custom to suit each individual client's needs. This service is a vital component in enabling the seniors in our community the ability to age in place.

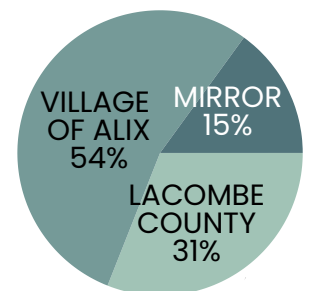
MEALS ON WHEELS

The Meals on Wheels program provides clients with a warm meal delivered to their door three times a week. Clients are most often seniors but also include those that have suffered an accident, illness or are unable to care for themselves for a period of time. It is an essential service that requires the coordination of volunteers to deliver meals. Our group of dedicated volunteers are the driving force of this service. As an important component to the program we always welcome new volunteers.

A local partnership with Sally's Kitchen provides a monthly menu for the clients to choose from, provided by print and digitally. This gives the flexibility to choose and order meals weekly or monthly. Clients are appreciative of this service and have expressed positive feedback on the portion, variety and quality of the meals received.



13 Clients
7 Volunteers



Participant Comments:

Our family is grateful for the exceptional services provided to our father, the centre went above and beyond to ensure he had personal care and support. The team was kind and compassionate...
-MOW Client Family

ALIX FOOD BANK

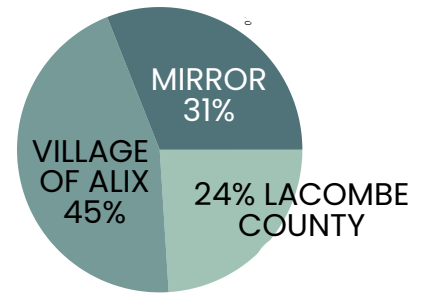
The Alix Food Bank is located at the Alix and Area Community Resource Centre and provides one hamper per month, per household, for anyone who needs to utilize this primary service. The Alix Food Bank benefits as a member of the Alberta Food Banks Association and has established connections with Bashaw Meats and Alix Foods. Much gratitude to continuous support from community food drives and donations.

VEGGIE PICK-UP

During April, 2023, a new partnership began—a weekly veggie delivery, courtesy of **Pik-N-Pak Produce Ltd.**. This gift to our community is delivered by volunteers, generally available on Tuesday mornings. One bag per household, is limited so that as many individuals can benefit from this program, and we have been grateful to offer it. From April to December, this service was accessed 732 times (13% food bank clients).



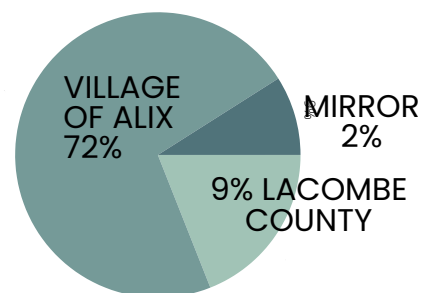
190 FOOD HAMPERS



Children: 91 Adults: 142
Seniors: 138



VEGGIE PICK-UP



EMERGENCY ASSISTANCE PROGRAM

The Emergency Assistance Program was developed through the generous donations from members of the community. The donations entrusted to us are to be utilized to offer assistance and cover individual needs, when all other options have been exhausted. Upon approval of need, at the Program Manager's discretion, the funds from the Emergency Assistance Program can help offer assistance to individuals when an unexpected need may arise. The intended purpose is to be a one-time use fund per client. It is reassuring to know these funds are available and accessible to the community.

Community Participation-

To promote and encourage ways to give back, an inventory of community services and volunteers has been developed and continuously being added to and utilized.

Volunteerism is essential to provide many of the services offered, such as Meals on Wheels delivery, Wise Owls, board member involvement and individual support of various projects including fundraising activities, program delivery, outings, event preparation/ set up and updates/ upkeep of the facility. We are truly grateful to our volunteers!

Number of Volunteer Positions in 2023:

Volunteers generously gave their time and skills in 93 roles and varying capacities.

- 36- Ponoka Stampede
- 3- Admin
- 6- Meat Draw
- 7- Meals on Wheels
- 2-Wise Owls
- 34- BVJ
- 5- Board

Hours Volunteered in 2023:

Volunteers donated 1,106 hours of service.



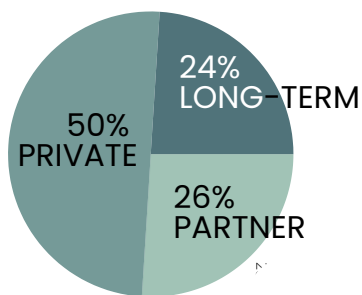
volunteerism strengthens
COMMUNITIES

27 PROGRAM PARTNERS

Collaboration with external agencies, to offer additional services to the community, is another way that we can provide diversity in what we offer at the Alix and Area Community Resource Centre. These various partnerships help us provide the community with opportunities to utilize services and programs that previously were not as easily accessible.

Partnership with the Alix Family and Community Services Society has given us the opportunity to collaborate with them to house and provide the day to day operations of the Alix Food Bank. This enables us to assist locals with essential and emergency food needs. We also work with them in providing the Volunteer Income Tax Assistance Program, which is offered to seniors and low income individuals to complete their income tax returns. A partnership with Bashaw Adult Learning enables us to provide individuals with support in education and employment. The Extended Learning Program, managed by B.D.S.S., allows us to offer support for K-12 students who need additional help. Collaboration with Lacombe & Area Family Resource Network gives us access to programming and support services for families, parents, teens and children that promote and foster parenting skills, family connections and child development. Through the Bashaw Regional Wellness Initiative collaboration with the Bashaw RCMP, Mental Health and Addictions, Healthy Families, AHS and B.D.S.S., provides us with valuable extensions of services, supports and programming. Other valuable partnerships like Alberta Health Services, Lacombe F.C.S.S., Alberta Food Bank Association and Alberta Sexual Assault Center give clients the opportunity to participate in a variety of additional programs and services. The Alix Village Shoppe has also been an important partner in the community by giving the centre access to items such as clothing and household items for clients in need. Utilizing these extensions, our community can easily access support and improve well-being. We have been fortunate to have partnered with Registered Psychiatric Nurse, BA Child & Youth Studies - Malorey Henderson. "Creating healthy connections is essential to Mental Wellness and I strongly believe in accessible, community-based services." Generalized counselling for ages 13-17 were offered for free throughout the past year. This subsidized service has been highly received by families, and utilized by 26 local youth.

FACILITY USE



EXTERNAL PARTNERSHIPS

The Alix and Area Community Resource Centre also provides space to host wellness services. The community now benefits from these services without a transportation barrier. These partnerships include Henna Rose Massage Therapy, Sole Image Rejuvenation, Foot Care by Kaitlin, Feet Terrific and On the Way Mobile Dental Hygiene. We look forward to expanding wellness services, by partnering in the future with more providers that will serve a variety of needs. Community input plays an important role in the services we will attempt to bring to the community.



The Alix and Area Community Resource Centre has become a welcomed facility and now plays an important role in the community. This is greatly due to the many partnerships that Alix Mirror Wellness Supports Society has developed along with continuous community feedback. The governing board is dedicated to, and continues, to connect and engage with the Alix Community Wellness Team, Bashaw Regional Wellness Team, B.D.S.S., the Village of Alix, Lacombe County, Alix MAC School and other valuable external agencies to maintain relationships and collaboration. Partnership meetings and presentations have been held locally, regionally and provincially sharing our vision of providing our rural community with the services available to those in urban areas. Over the past few years partnerships were fostered and have played an important role in the evolution of the services and programs we were able to provide to the community and surrounding area. Past programs have been evolving as the needs have changed too. Community engagement is ongoing, as partnerships and programs respond and adjust, to continuously serve the community.

Programs & Events

OF PARTICIPANTS

ADULT/ SENIOR

Internet Café- 10, Senior Fun- 272,
Standard 1st Aid- 9, Cooking Connections- 26,
Paint Night Fundraiser- 11, Suspension Program- 3,
Alix Chamber of Commerce Meeting- 34, Seniors Week- 26,
Online Auction: Bidding- 138, Online Auction: Donation- 160,
Giving Campaign- 10, 50/50 Raffle- 67

FAMILY/ COMMUNITY

Grief Support- 5, Indoor Centerpieces- 8, Who Tree- 6,
Connecting Clans- 103, Pop-up Art in the Park- 3, Wellness Fair- 83,
Electric Sliders Performance- 29, Community Public Skate- 78,
Community Bingo- 31, Pop-up Market- 143,
Winter Wishes: Gift- 34, Winter Wishes: Top-up-18,
Community Gardens- 4, Volunteer Come & Go- 46,
Touch a Truck- 283, Rock Ninja- 65, Veggie Pick-up- 732

CHILD & YOUTH

Alix After-School- 1,157, Zumbini- 58,
ASQ- 3, Youth Mental Health Course- 24,
Child & Youth Safety Week- 28,
Cub Crew- 147, Summer Day Camp- 399,
Ignite- 4, Art Attack- 60,
Adventure Daze- 76, March Madness- 13,
Rainbows- 36, Swimming Lessons- 32,
Youth Outings- 20, Extended Learning- 1,804

Seasonal

OF PARTICIPANTS

JOY OF GIVING (58 RECEIVED/37 GAVE) 95

INCOME TAX ASS. 40

FILL A FRIDGE 49

ANGEL TREE 52

SANTA'S AN. 15

LET'S
CONNECT!

CONTACT US

PROGRAMS & EVENTS

It was a busy year of growth and opportunities to connect.

2023



2023





Alix Mirror Wellness Supports Society appreciates all of our generous supporters; your 2023 donations and efforts help to sustain existing programs. Thank you to all of our auction, raffle, fundraiser, giving campaign supporters, funders, organization/ business donors and individual donors.

Proceeds

EVENTS \$80

MEAT DRAW \$2,605

ANGEL TREE \$260

GIVING CAMPAIGN \$19,550

50/50 RAFFLE \$2,000

BVJ VOLUNTEER \$4,984.99

PONOKA STAMPEDE VOLUNTEER \$5,990.84

WINTER WISHES \$10,125

WINTER ESCAPES \$5,000

FUNDRAISING

DONOR SPOTLIGHTS

Alix Drugs IDA, has been a part of Alix and area for 30 years. In addition to providing products and services to the community, we believe in community involvement.

When the idea for a local resource center was first proposed, we felt that this would provide services that were missing and greatly needed in our community and so we supported the initiative from the beginning. It has been great to watch this project come to life and become a vital community resource that is helping many who benefit from the many different services provided. We know that initiatives like this need continued support and we hope to be a part of the ongoing success of the Alix Community Resource Center.

Enhance Energy operates low carbon carbon capture and storage projects that remove CO2 from our atmosphere and store it safely and permanently right here in Central AB.

One of the goals of our community investment strategy is to have a positive impact in the places we live, work, and play. We operate in and around the community of Alix, and we have a strong connection to the people in this area. Supporting the Alix CRC is an opportunity to improve the lives of the people in Alix by providing important resources to help families and individuals thrive.

We hope this gift will help to improve access to important services for the people who need it most, ultimately improve lives in the community.

Rahr Corporation, based out of Shakopee, MN is one of the world's largest suppliers and distributors of malted barley and craft brewing supplies, a lot with the growing and distribution of fresh produce in the midwestern U.S. Rahr Corporation is celebrating its 177th anniversary in 2024 and Rahr Malting Canada celebrated its 30th anniversary in 2023. Rahr Corporation is led by a 5th generation family member, William Rahr.

Rahr is passionate about supporting the local communities in which they operate, and supporting non-profit organizations within those communities. Rahr's philanthropic committee focuses on areas of arts, environment, human services, education and health and medical fields. Alix CRC reaches all of those areas.

We hope that our gift will spread to the community in many ways, help individuals/groups in hard times, help individuals find the resources needed, and also show the community that Rahr is here to support everyone within the Village of Alix and surrounding communities.



Adventure Ice Fishing, Agnes Scoggins, Airforced Daylighting, Alisha Vaos, Alix Ag Society, Alix Fire & Medical Dep't, Alix Foods, Alix Home Hardware, Alix Hotel & Bib Bubba's Bar & Grill, Alix MAC Senior Volleyball Boys Team, Servus Credit Union, Amanda Williams, Amy Nicoll, Angels Gate Holistic Healing, Angie Wipf, Apryl Cassidy, ARC Client Services for Healing & Wellness, Aurora Golf, Bashaw Ezzo, Bashaw Meats, Beth Richardson, Better Gnomes & Gardens, Bev Nielsen, Bill Russell Sand & Gravel, Blindman Brewing, Body Talk Health & Wellness, Bonnie Scheller, Brady Guynup, Branded by BH, Brandy Horvey, Brenda Lakeman Brayford, Cake Ly's, Cando Rail, Carla Logan, Carrie Domstad, Carrie Gregson, Carrie Pearson, Catherine Hallbauer, Cathy Sim, Chantelle Gillies, Cheryl Saunders, Christina Kromm, Cindy's Crafts & Canning, Claudia Lipski, Clive ATB & Blackfalds ATB, Clive Village Foods, Cody Marshall, Cornucopia, Cow Patti Theatre Company, Creations by Crazy Country Chicks, Crystal LaRose, CTRL V Red Deer, Cyberus Protection Services, Danica Sutton, Danny Scheller, Dawn Shine, Deb Boswell, Destiny Logan, Diane Morrical, Dianne Krochak, Discovery Wildlife Park, Dixie Love, Doug's Woodworking, Dual Dragons, Elli & Evyn's Bows, Enhance Energy, Erin Walker, Fire & Fibre Handicrafts, Flying Squirrel & Wright Estimating, Glenna Carlson, Haunted Lakes Golf Course, Heather Meston, Heather Saunders, Henna Rose Massage & Wellness, Heritage Lanes, Heritage Ranch, HLR Creations, Home Escape Rooms, I.D.A. Alix Drugs, Jackie Stauffer, Jaime Flewelling, Jan Miller, Jan Richardson, Janny Libeton, Jason & Marcy Henry, Jason Clark, Jayme Lillico, Jeanne & Peter Lougheed, PerformingArts Centre, Jeannie's Pizza Pantry, Jen Andrew, Jen Meyn, Jill Hillman, Jodi Marshall, Jolane Kennedy, Jolene Guynup, Just In Time Cleaning, Karen Stoupe-Trigg, Kathy Knapp, Kathy Pivert, Katira Fillinger, Kerry's Mechanical, Kettle Ridge Organics, Kri-Tech Products, Kromm Oilfield Hauling, Kyla Nidd, Lacombe Generals, Lara VanLanduyt, Lawrie Saunders, Leah Simeniuk, Lee Ann Copland, Linda Allan, Lori Giles, Louise Peterson, Lovell Farms, LV Energy Services, Lynn Wilson, Mae's Kitchen, Mandi Peterson, Margaret Anne Paulson, Marilyn Sutley, Mary Flexhaug, Megan Croft, Mel Torvik, Melissa Huraj, Melissa Perez, Melody Hopkins, Meston Family, MJ Walgenbach, Mom n Pops Liquor, Monique Dubois- 31 Consultant, Monster Control & electric Services, Moon Child Wellness and Energy Healing, Must Halves, Naomi Bennett, Nick Allan, Nicole Duffin, Nicole Thibeau, Nikki Pivert, Norine Gaudet, Options Inc, Painted Earth, Pam Hiron, Patio Gardens Ltd., RACC Spin Bar, Rahr Malting Co., Ralph Kamlah, Ramona Barritt Gartner, Ramona Gartner, Red Deer Rebels, Rena Moulton, Rhonda Fair, Rob Fehr, Rock Jungle Climbing, Ron Greenlee, Ronny Rae Bissett, Roosters Roadhouse, Rose Aspden, Rose City Professional Organizing, Rosebud Theatre, Rosemary Johnson, Royal Lepage Central, Ryan Hayward, Sandra Sargent, Sara Nowosad, Sarah Mansell, SASSART, Saving Grace, Senior & Junior Girls Basketball Team, Shannon Lukens-CIBC Mobile Mortgage Advisor, Shelby Keeping, Sheri Krossa, Shoe Closet, Shona McGonigal, Skybox Breakers, Sole Image Rejuvenation, Stephanie Mast, Stettler Brewing, Stettler Imperials, Stettler Medi-Aesthetics, Streamline Heavy Duty, Sunset Molasses, Susan Russell, Susanne Schweer, Suzanne Brain, Sweet Crumbs- The Pantry, Sylvan Lake Gulls, Tabatha Obrien, Talayna Gartner, Tammy Morrill, Tammy Schulmeister, Tanya Henderson, Tara LaRocque, Tees Ag Society, The Gutter, The Hatchet, Jean McDermand, The Range, Tobi Vos, Toni Wiggins, Tracy Moker, Trista Beamish, Troubled Monk, Twisted Scissors, Valerie Vert, Val's Wicked Works, Vintage Thistle, Vonda Martens, Wayne Rider, Wellness Concepts, Wells Furniture, Wendy Akitt, Wendy Beaudoin, Wendy Kopeck and Wood Shed Axe Throwing.

THANK YOU SUPPORTERS

2023 Organization/ Business Donors:

I.D.A. Alix Drugs, Alix Home Hardware, Alix Village Shoppe, DOW Canada, Sweet Crumbs - The Pantry, Servus Credit Union, Rahr Malting, Patio Gardens, How Convenient Corner Store and Deli, Ember Resources, Enhance Energy, Alix Autowreckers and proceeds from 2023 Rafflebox 50/50.

2023 Individual Donors:

Bob Boush, Cathy & Brant Perry, Della Mae Thull, Harold Harensburger & Marilyn Honish, John & Allison Ireland, Judy Rottenfusser, Verna Hyland and Dawn & Derek Obertan and Violet Leitch-Andrews.



Honorable Mention
0-\$999



Community Builder
\$1,000-\$4,999



Bronze
\$5,000-\$9,999



Silver
\$10,000-\$19,999



Gold
\$20,000-\$24,500



Platinum
\$25,000+

2023 Funders

FCSS- Lacombe County
FCSS- Village of Alix
Canada Summer Jobs
AB Jobs Now