ALIX MIRROR WELLNESS SUPPORTS SOCIETY

Annual Report

SEPTEMBER - DECEMBER 2020



WWW.ALIXCRC.COM

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



MISSION STATEMENT

The Board of Directors present the Annual Report of the Society together with the Audited Statements of Accounts for the Financial Year ending December 31, 2020.

BOARD OF DIRECTORS

Melody McBride Chair
Jill Hillman Vice Chair
Trish Verveda Treasurer
Mandi Peterson Director
Vanessa Massey Director

AUDITOR

The Auditor, Ms. Rebecca Pinches, Thorogood and Pinches, Stettler, Alberta retires at the ensuing Annual General Meeting and is eligible for re-appointment.

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.



Alix Mirror Wellness Supports Society saw the need in the community for access to essential services and support to individuals in finding and connecting with resources. By recognizing and acknowledging the needs and the belief that the citizens in our rural area deserve the same access to services offered in the urban areas, the Alix and Area Community Resource Centre was developed. This gave us the ability to offer programs, provide support and offer essential services to all ages and stages. Our programs and services range from early childhood, connecting parents and childcare providers, to assisting seniors to stay in their homes longer and age in place. Additional programming and services are currently being developed and those that are running are being assessed and adapted to best meet the needs of the community.

With the development of the Alix and Area Community Resource Centre, the Alix Mirror Wellness Supports Society has been active in the renovation process of the facility, partnerships, programming, setting up services and the hiring of dedicated, qualified staff. Together the board, facility staff and volunteers collaboratively work to provide the services and programming that are essential to our organization and its vision.

One of the most important and driving forces of our organization is building partnerships and collaborating with external organizations. Working together makes for a more successful community for all. Our partnership with the Regional Wellness Initiative, which includes Bashaw and District Support Services (B.D.S.S.), Bashaw Adult Learning, Bashaw RCMP and other wellness representatives, has provided us with mentorship, programming and guidance in the development of our services and programs. An important partnership has been established with the Village of Alix and Lacombe County to best serve the needs of citizens in our area. Through our partnership with Alix-MAC School, the Community Wellness Program provides support to students and their families. Additional partnerships with the Family Resource Network, Primary Care Network, Alix Family and Community Services Society and many other local organizations are an integral component to meeting the needs of the community. Without the partnerships and collaboration, programs would not run as effectively as they do. We continue to seek out and build more partnerships to further enhance what we offer based on community need.

The COVID-19 pandemic has added extra obstacles to overcome for residents including greater financial need, increased mental health support and an increase in overall social need. Alix Mirror Wellness Supports Society has adapted to these changes doing their best to continue to offer assistance and supports to the community. The impact of the pandemic is apparent throughout the community and we will continue to adapt and provide the community with the support services and programs to fit their needs.

Without the support we have received financially and through important partnerships with external agencies, we would not be able to provide our rural community with the access and support to the same level of services as those in the urban areas have access to. We are dedicated and committed to continually find ways to secure resources through grant and funding applications, giving campaigns, managing expenses and adjusting to any given situation to provide support and programming. We rely on our community and its citizens to give what they can and volunteer when available. Working together will help us build a stronger community for everyone to thrive.

As the Alix Mirror Wellness Supports Society Board Chair, I appreciate the dedication and commitment of the Directors, staff, volunteers, partners and community support we have received thus far. Our organization's success and future endeavors are heavily dependent on what everyone brings to the table. Together we will be able to provide the services and programs our community deserves. Thank you to all of you!

Melody McBride Alix Mirror Wellness Supports Society Board Chair

MESSAGE FROM THE CHAIR 2020

I was once asked by a child, "What does Alix Community Resource Centre do?". After pondering for a moment, it was simple. We help people to help themselves AND we offer hope. These things are not always tangible or assigned any monetary value. The value is the reward of watching Grandparents stay in their homes longer, witness children graduate that were on a much different path before, hear new community members tell us they moved here because of the type of community it is and be humble in hearing others speak of the community's ability to work together.

2020 was a year of new beginnings for the communities of Alix and Mirror. A dedicated, caring and very motivated group of ladies came together to bring a new vision to light. They worked tirelessly – quickly evolving into a registered Alberta Society, becoming an anchor member of the Bashaw Regional Wellness Initiative and breathing new life into the former "Moonwalkers" building.

The Alix Mirror Wellness Supports Society, partnered with Bashaw & District Support Services (B.D.S.S.) in leasing Bay 1 of the Railway House. Countless volunteer hours went into renovations, planning, development, community engagement, training and more. On September 8, 2020 they launched the opening of the Alix and Area Community Resource Centre.

The Centre and its programs would not be what it is today without the commitment of those founding board members, the trusted investments made by partners and community members and the up-take of those in need. The Alix and Area Community Resource Centre is intended to serve the area by complementing existing services, leveraging resources to develop needed resources and advocating for regional services to locally serve community needs.

If someone were to ask me to give an example of determination, I would tell them to look at what Alix Mirror Wellness Supports Society has accomplished! Aside from bringing the community together to respectfully develop this resource, they also challenged the many hurdles that came in part with the COVID-19 Pandemic. Truly amazing!

I am grateful for the powerful team of staff members we have and thankful for our invested and caring volunteer board members. Fantastic work everyone!

No task is too large if it is for the betterment of the community, or the work we do within it. We collectively tackle any project – the word "can't" simply doesn't exist. I look forward to all that 2021 brings!

Christine Buelow Acting Executive Director

MESSAGE FROM THE EXECUTIVE DIRECTOR 2020

ALIX MIRROR WELLNESS SUPPORTS SOCIETY

Annual General Meeting 2021 May 27, 2021 - 7:30 PM via Zoom

AGENDA

Welcome and Call to Order

- 1. Adoption of Agenda
- 2. Approval of 2020 Annual General Meeting Minutes (none to present)
- 3. Message from the Chair
- 4. Program Report
 - a. Alix CRC Programs
- 5. Financial Report
 - a. Adoption of 2020 Audited Financial Statements
 - b. Appointment of Auditors for 2021
- 6. Special Resolution of Revised Bylaws
- 7. Election of Directors
- 8. Introduction of 2021 Alix Mirror Wellness Supports Society Board

Adjournment





Alix Mirror Wellness Supports Society

Our Story

On a cool November morning in 2019, dedicated community members had heard about and attended a Regional Wellness Initiative meeting at the office of B.D.S.S. in Bashaw. This sparked a fire in them that they could collaborate and partner with the Bashaw Regional Wellness Team and provide their rural community with the same level of support and services that the urban centers offer. Their vision and dream quickly evolved and the Alix Mirror Wellness Support 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 the dream closer to reality. A location was selected and with countless volunteers hours, the Alix and Area Community Resource Centre came to life.

In September 2020 the doors opened and welcomed the community. Coordination of volunteers, staffing and programs were in place and put into motion. Quickly we realized that we needed more office space and room for programming and the decision to move ahead with the second phase of renovations was made.

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 are being developed to enable us to constantly evolve our services and programs to meet the needs of the community and promote their well-being.











Community Resource Centre

The Alix and Area Community Resource Centre has been opened. Community members have been welcomed to come by, see the new space and learn what it has to offer. They are located in Bay 1 at Railway House, on 50 Ave, in Alix, AB. Communities

on 50 Ave, in Alix, AB. Communities from the surrounding area, including Mirror and Tees, are being served.

The Centre is open Monday to Thursday, from 10:0 A.M. - 4:00 P.M., A list of growing resources have already been offered, even prior to the opening, on September 8. They can be reached by calling 403-396-3369, by email alixmirrorwellness@gmail.com, found on Facebook @AlixandAreaCommunityResourceCentre or by visiting their website, www.alixbriefs.com.

This development has extended from the Bashawin Regional Wellness Initiative, they have been working closely with a local group, the Alix Mirror Wellness Supports Society. As a rural model for serving locally whenever possible, or navigating any further steps needed to access outside resources, barriers have been metu.

Community members have been learning more, by contacting the Information and Referral workers or by coming in, to the Centre. Through self referral or a community referral, the Wellness Navigator, has been

connecting clients to support. Working alongside community stakeholders, referrats can be initiated by the RCMF, childcare providers, educators or health professionals. After being interviewed, clients are guided in navigating the next steps in reaching their personal goals. A new role, the Family Wellness Worker is reaching out to assist students, operating within the Alix-MAC School.

Clients are able to access Home Support, Meals on Wheels, Healthy Families programming, Family Resource Network services, food hampers and bus transportation along with referral to addictions, mental health support and family counseling. A nurse practitioner, Primary Care Network services and other health professionals are pending. The planning of more community based programming and activities are currently being organized. They look forward to working with your

Alix Mirror Wellness Supports Society

Community Development

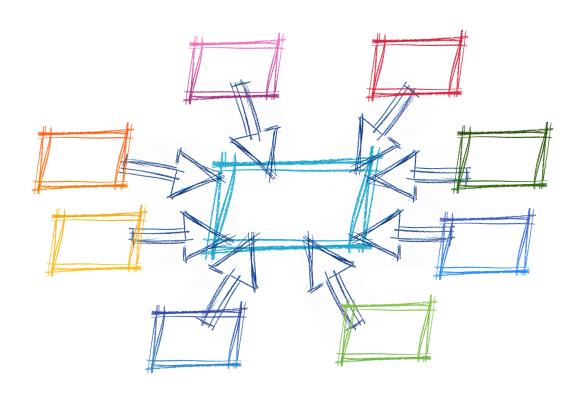
Prior to opening our doors in September 2020, there were months of connecting and engaging with the Bashaw Regional Wellness Team, B.D.S.S., the Village of Alix, Lacombe County, Alix–MAC School and other valuable external agencies to form relationships and partnerships.

In late spring 2020, members of the Alix Mirror Wellness Supports Society, Bashaw Regional Wellness Team, Alix-MAC School and key stakeholders in the community took part in training and discovery with Unstoppable Conversations. Partnership meetings and presentations were held locally, regionally and provincially sharing our vision of providing our rural community with the services available to those in urban areas. A round table discussion was held to share information, identify needs and communicate the operations and benefits the Alix and Area Community Resource Centre would offer.

After assessing needs and collaborating with B.D.S.S., program planning began. Programs were developed and launched in the community, evolving as the needs changed. Community engagement, partnerships and programs were initiated and in place, ready to serve the community.







Wellness Navigation

With the opening of Alix and Area Community Resource Centre, B.D.S.S. and their team have been working alongside the Alix Navigation program mentoring, training, providing navigation support and community resources to Alix and the surrounding areas. During 2020, the Navigation program had 1.2 FTE, 6.6 FTE in Alix, and was shared by two (2) staff members. The team is formed by individuals who are training to provide support that is kind, empathetic, consistent and is a revolving door for anyone accessing the center. The Navigators work together to brain storm, resource and collaborate programs that will work towards a goal and a success story for the individual or family whether that be through a self-referral or an external partner. They work to promote bridging gaps and not duplicating services, such as but not limited to Mental Health, Addictions, Family Resource Network, Healthy Families and counselling services. The impact of the program has been profound and easy to recognize the positive outcomes for the families supported, as well as the community as a whole. It has provided anecdotal information that supports the growing need for this program and has been identified and supported through the ongoing success stories. The growing files, community members in need and our external partnerships have become stronger through mutual referrals, case conferencing and collaboration of the team. These partners include the RCMP, Camrose Mental Health Clinic, Healthy Families Program and Family Wellness Program. The Navigation program extends gratitude to the ongoing training, support and partnerships with the internal and external partners who have made, and continue to make, the program successful.

Participant statistics from 2020 are as follows:

From September to December 2020, 97 referrals were recorded (see note*). Of these, 78% referrals were from the community/ partners and 12% were from self-referral/ walk-in.

Of those accessing referrals, the following resources were accessed:

Mental Health- 75%
Addictions- 18%
Food Bank- 18%
Meals on Wheels- 16%
Form Support (EI, Seniors Benefits, CERB, AISH, etc.) - 58%
Healthy Families- 11%
Child Care- 5%
Housing Support- 5%
RCMP- 18%
Adult Learning- 14%
Open Door Program- 2%
Women's Outreach Society- 2%
Other Services (Tools for School, partner programs, etc)- 25%



*Statistics do not reflect the full year of work for 2020 or relevant statistics that demonstrated all areas of the Navigation program. A review of the statistics reveals that we did not capture:

The actual # of services provided (January – December)
The actual # of persons seen (January – August)

Detailed Demography (January - December)

Our goal in 2021 is to collect and collate more accurate statistics that will better reflect the work that the Navigation program encompasses, as well as the needs identified within our demographic population. The Navigators are always growing and learning of new resources and finding ways to support the program in its success.



Family Wellness

The Family Wellness Worker position exists to compliment traditional social support systems for school age children and their families. This position works with School Staff, Wolf Creek Public School Family Wellness program, Alix and Area Community Resource Centre and community partners. Children and their families are better served through this collaboration and the ability of the Worker to meet individual needs based on shared outcomes for children's overall success.

The Family Wellness Worker is an important team member of the Alix and Area Community Resource Centre programs. The position works efficiently to proactively serve any child and their family within Alix and surrounding area.

Since opening, the Family Wellness Worker has been continuously evolving at the Alix-MAC School to ensure supports are in place where needed. This has involved assisting students academically, socially, nutritionally, within the community and also connecting in the home setting. Programs have been running to support students in various areas such as social skills, confidence building, life skills, etc. In collaboration with our resource team, school staff, families, community and the students, we are ensuring the students have the tools needed to do the best they can.



Work experience within the community has been coordinated for students, helping them gain knowledge, independence, life skills, confidence and community awareness. A nutrition program is continually being offered and adapted to allow access to proper nutrition for students with greatest need. Support is given to students who might otherwise not continue to attend school without it.

Students, teachers, parents or community members can reach out to the Family Wellness Worker to access support, be referred to our Navigation program or an external resource depending on the request. This position has been welcomed within the community and has helped to assist individuals or families with the connections needed.

Information & Referral

Any individual or family who walks through the doors of the Alix and Area Community Resource Centre is greeted by staff at the front desk 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 a high need for support services in the areas of mental health, social supports, transportation and family supports. Information and Referral is able to provide services or referrals to the individuals and families in need in our community. 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 walks through the doors or connects via phone during hours or after hours, by email or through social media.



Administration Services

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. People Supported in 2020:

171 participants were assisted from September to December 2020.

Community Connections-

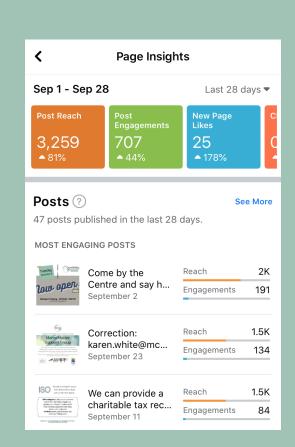
The website (www.alixcrc.com, formerly www.alixbriefs.com), Facebook page (@AlixandAreaCommunityResourceCentre) and quarterly newsletter (Alix Briefs) all serve the community as a go to sources for locals to stay connected. These communication tools promote all of the services available, link to external supports, other partner organizations and share current information for important resources in our region and online.

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.



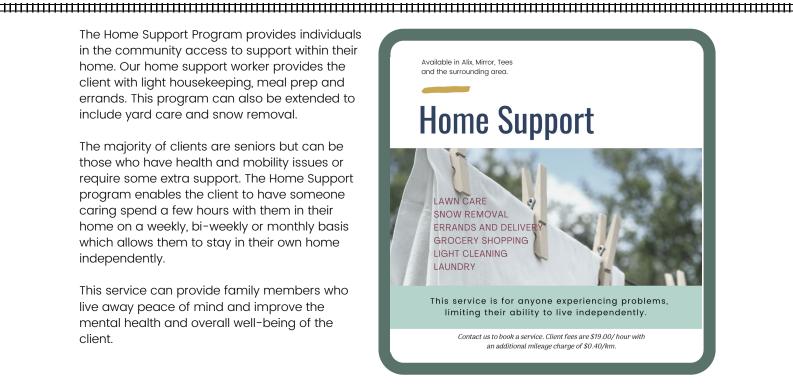


Home Support

The Home Support Program provides individuals in the community access to support within their home. Our home support worker provides the client with light housekeeping, meal prep and errands. This program can also be extended to include yard care and snow removal.

The majority of clients are seniors but can be those who have health and mobility issues or require some extra support. The Home Support 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 which allows them to stay in their own home independently.

This service can provide family members who live away peace of mind and improve the mental health and overall well-being of the client.



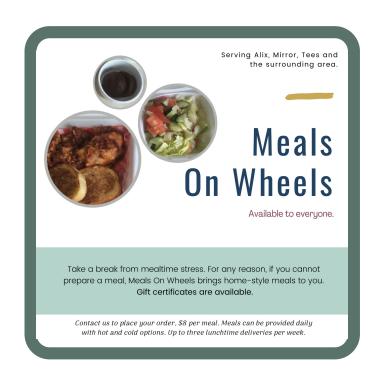
Meals on Wheels

Meals on Wheels serves community members by offering a service that assists those who have difficulty preparing their own meals. Clients are most often seniors but also include those that have suffered an accident or 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 the meals and our group of dedicated volunteers are the driving force of this service. As an important component to the program we always welcome new volunteers.

Services began with meals prepared by Mae's Kitchen in Mirror. As the program has evolved local partnership with Sally's Kitchen was created to offer the meals that are now delivered and to provide a monthly menu for the clients to choose from.

Clients are appreciative of this service and have expressed positive feedback on the portion size, variety and quality of the meals received.



Contracted/ Partner Services

In addition to the programs and services the Alix and Area Community Resource Centre provides, we have collaborated with external agencies to offer additional services to the community. We look forward to our partnership with the Alix Family and Community Services Society and the opportunity to collaborate with them in the New Year, to house and provide the future day to day operations of the Alix Food Bank to assist clients with essential, emergency food needs. We also plan to work with them in providing the Volunteer Income Tax Assistance Program, that is offered to seniors and low income individuals to complete their income tax returns. We have been collaborating with the Primary Care Network and Delburne Medical Clinic working towards bringing medical services to our community by sharing a Nurse Practitioner and with the eventual hope of a doctor coming to our community. Our partnership with Bashaw Adult Learning enables us to provide individuals with support in education and employment. Collaboration with Lacombe & Area Family Resource Network allows us to access programming and support services for families, parents, teens and children that promote and foster parenting skills, family connections and child development. Partnership and collaboration with the Bashaw Regional Wellness Initiative team that consists of Bashaw RCMP, Mental Health and Addictions, Healthy Families, AHS and B.D.S.S., provides us with valuable extensions of services, supports and programming. Utilizing these extensions, our community can easily access, support and improve well-being.











Volunteer Services

Community Participation-

To promote and encourage ways to give back, an inventory of community services and volunteers is being developed. Volunteerism is essential to provide many of the services offered, such as Meals on Wheels delivery, 24/7 Call Line coverage, board member involvement and individual support of various projects including readying the facility for operations.

We are truly grateful to our volunteers!

Hours Volunteered in 2020:

Volunteers donated 2549 hours of service during 2020.

This not only includes all of the efforts by board members and mentors in partnership development, community engagement and training along with our program volunteers; but also the labor of many skilled individuals who have been renovating the facility and transforming it into a welcoming space.







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.



Alix and Area Community Resource Centre

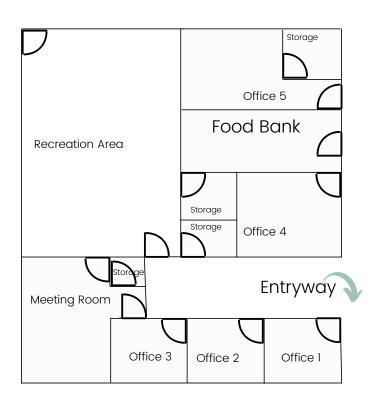
Our Facility

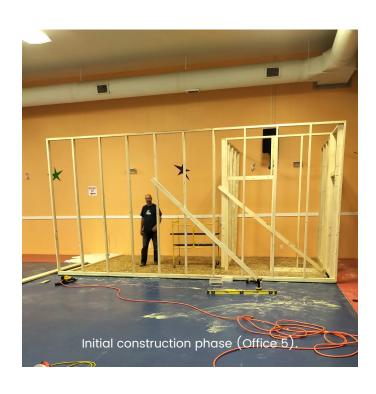
INITIAL UPGRADES-

Prior to opening on September 8, 2020 painting began and two new private offices were constructed (Office 1 & 5).

FINAL UPGRADES-

In December 2020, the constructing of three more offices (Office 2, 3 & 4), a large meeting room, future Food Bank, recreation area and three storage spaces began.









Alix and Area Community Resource Centre

Our Supporters



"People working together in a strong community with a shared goal and a common purpose can make the impossible possible."

- Tom Vilsack

Our communities' generosity continues to humble us.

WE ARE SO GRATEFUL!

Our supporters have made this journey possible.

You have helped guide our new organization in building partnerships, community engagement, training and mentoring.

You have aided our capacity to develop programs and establish operations.

You have enabled us to renovate a space to welcome our community into.

Thank you to our founding partners, funders, organization/ business donors and individual donors.

ORGANIZATION/ BUSINESS DONORS:

Alix Drugs I.D.A., Airforced Daylighting,
Ember Resources, Western Financial, Alix
Family and Community Services Society,
Rahr Malting, Alix Lions Club, Alix Auto
Wreckers, Alix Servus Credit Union, Alix
Foods, Bill Russell Sand & Gravel, Chain
Lakes Gas Co-Op, Alix Home Hardware,
Kles-Air Mechanical, Eagle Canada
Seismic Services, CJ Energy, Alix Village
Shoppe, Black-Out Construction, Alix Fire &
Medical Association, Mirror Library, Baker
Lane & Co., Ember Graphics and How
Convenient Corner Store & Deli.

INDIVIDUAL DONORS:

Mike & Margaret Wasylenko, McBride
Family, Bob Boush, John & Sandy Ubels,
Kyla & Chad Nidd, Cathy & Brant Perry, Rob
Fehr, Latisha & Cody Niehaus, Lori & Kris
Giles, Jill Hillman, Kerry Docherty, Verveda
Family, Ron Wasylenko, Wendy & Darryl
McDermand, Allister Allan, Cindy & Robert
DeVries, Val Humphrey, Susanne & John
Schweer, Sandy VanDijk, Phillip Laurin, Gary
& Christine Buelow, Mike Verveda, Lee Ann
& Tyler Copland, Ken Henry, Maurice &
Judy Rottenfusser, Sandra & Wally
Cameron and Colleen Vincent.

THANK YOU SUPPORTERS

2549 Hours

In 2020, volunteers donated 2549 hours of service in developing the Centre!

\$48,578.31

During the 2020 Donor Campaign, our community generously donated \$48,578.31, along with numerous in-kind items/ building supplies to help renovate and ready the Centre for operations.

FOUNDING PARTNERS

Alix Mirror Wellness
Supports Society,
Bashaw & District
Support Services,
Bashaw Adult
Learning, Bashaw
RCMP, Alix Drugs
I.D.A., Alix-MAC
School, Village of Alix,
Bibs to Bookbags
Child Care Centre and
Lacombe County.

FUNDERS

Family and Community Support Services, United Way of Central Alberta and Government of Canada.