

# ALIX MIRROR WELLNESS SUPPORTS SOCIETY

Annual Report 2021



[WWW.ALIXCRC.COM](http://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, 2021.

## 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.

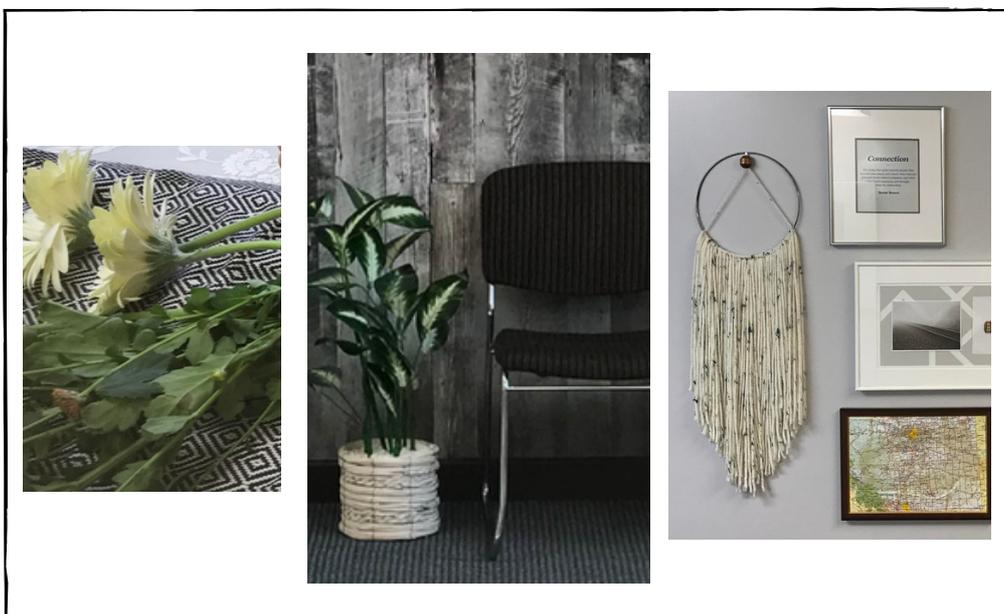
## EMPLOYEES

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.



This has been a year of development, growth and adaptation for the Alix Mirror Wellness Supports Society. In recognizing the previous gap in essential services and valuable programming the Alix Mirror Wellness Supports Society saw the community need for access to individual supports and assistance to connect with those resources. The Alix and Area Community Resource Centre was a very busy hub during 2021, offering programs, providing support and 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. Essential programming and services are constantly being researched and developed and those that are established are being assessed and adapted to best meet the needs of the community.

With the renovations at the Alix and Area Community Resource Centre complete, the Alix Mirror Wellness Supports Society has been active in a governing role of the facility. Together the board, facility staff and volunteers collaboratively work to provide the services and programming that are essential to the vision of the Alix Mirror Wellness Supports Society.

Building partnerships and collaborating with external organizations is proving to be a huge part of the day to day operations. We have continued our partnerships with the Bashaw Regional Wellness Initiative, which includes Bashaw and District Support Services (B.D.S.S.), Bashaw Adult Learning, Bashaw RCMP and other wellness representatives. This has provided us with mentorship, programming and guidance in the development of our services and programs. As well, our important partnerships with the Village of Alix and Lacombe County enable us to best serve the needs of citizens in our area. Through our partnership with Alix-MAC School, the Family Wellness Program continues to provide support to students and their families. Partnerships with the Family Resource Network, Primary Care Network, Alix Family and Community Services Society, Lacombe F.C.S.S. and many other 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.

Some new resources were added throughout the past year, one being the introduction of a Youth Mental Health Therapist, who visits the centre bi-monthly. In the fall, the opening of the Community Connections Activity Centre helped fill a gap in programming by providing popular programs such as the after-school program, cooking classes, family events, child and youth events and community events.

In a short amount of time, 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. As a community we are collaborating and collecting statistics, helping to prove that working together will help us build a stronger community for everyone to thrive.

The board members and our facility staff 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 ensure supports and programming are sustainable. We rely on and appreciate our community and its citizens for giving what they can and volunteering when available.

I am proud of how our vision has become a reality. I appreciate the dedication and commitment of the directors, staff, volunteers, partners and community support we have received thus far. Thank you to all of you!

Melody McBride,  
Alix Mirror Wellness Supports Society Board Chair

# MESSAGE FROM THE CHAIR 2021

2021 was a remarkable year for Alix Mirror Wellness Supports Society and the Alix and Area Community Resource Centre. The Pandemic allowed us to showcase our readiness to respond to our community's needs and to provide trusted leadership through such uncertain times. We were able to offer quality, unique services in ways that respected restrictions and also met the needs of those receiving service.

Partnerships grew and services blossomed. We were so pleased to add valuable services and programs, including Extended Learning Program, Seniors Outreach & programming, Community Connections Activity Centre programming and COVID outreach supports. There was a silver lining within the COVID-19 Pandemic: unique service delivery, stronger and more trusted partnerships, efficiencies, prioritized communication to collectively support Alix and Area and so much more.

The work we do would not be possible without the financial contributions and donations we receive. There are so many valuable funders and donors, which are recognized in this annual report. Thank you very much to them for believing in the work we do and trusting in AMWSS to lead that.

I'd like to thank our valuable staff for their tireless contributions this year. They are a remarkable group of people! They never wavered in their passion and commitment – and for that I am grateful.

Alix Mirror Wellness Supports Society Board was once again stellar in supporting the community and our staff within our organization. The wisdom, guidance and trusted leadership fostered perseverance for all of us!

I'm looking forward to 2022, as we watch the evolution of the Alix and Area Community Resource Centre. Autonomy will be pursued while maintaining and establishing flourishing partnerships. It is always a great adventure when a person can work in the community, for the community!

Christine Buelow,  
Acting Executive Director

# MESSAGE FROM THE ACTING EXECUTIVE DIRECTOR 2021

# ALIX MIRROR WELLNESS SUPPORTS SOCIETY

Annual General Meeting 2022

May 26, 2022 – 7:30 PM @ Alix and Area Community Resource Centre

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## AGENDA

Welcome and Call to Order

1. Adoption of Agenda
2. Approval of 2021 Annual General Meeting Minutes
3. Message from the Chair
4. Program Report
  - a. Alix CRC Programs
5. Financial Report
  - a. Adoption of 2021 Audited Financial Statements
  - b. Appointment of Auditors for 2022
6. Special Resolution of Revised Bylaws
7. Election of Directors
8. Introduction of 2022 Alix Mirror Wellness Supports Society Board

Adjournment



ALIX MIRROR WELLNESS SUPPORTS SOCIETY  
Annual General Meeting 2021  
May 27, 2021 @ 7:30 PM via Zoom

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## MEETING MINUTES

**Present:** Melody McBride, Trish Verveda, Jill Hillman, Mandi Peterson, Vanessa Massey, Christine Buelow, Latisha Niehaus, Clarence Verveda, Rob Fehr, Vicki Soltermann, John Ireland

**Welcome and Call to Order** - Melody McBride called the meeting to order at 7:32PM.

**1. Adoption of Agenda**

**Motion** to adopt the agenda made by Vanessa Massey .

**CARRIED**

**2. Adoption of 2020 Annual General Meeting Minutes**

*None to present.*

**3. Message from the Chair** - Melody McBride reported on the year, very pleased and happy with the first year and proud of success. Thanks to all of the passion and hard work behind it all!

**4. Alix CRC Programs -**

Board members reflected on their experience being a part of founding the society, developing the Centre, early programs and personal impacts. Gratitude for the mentorship and experience from Bashaw's team was key to the success. Christine Beulow discussed the positive support from the Village of Alix Council and the residents' openness and uptake. Rob Fehr expressed Council's pleasure with the project and confidence in the Centre's future success.

**5. Financial Report**

**a. Adoption of 2020 Audited Financial Statements** - Christine Buelow presented the audited financial statements, providing detail to each document. She noted that the \$9,019 in wage subsidy, due to COVID, made a difference in the balance. This surplus will be decided as a board where best to be spent, along with community input. Trish Verveda provided the AMWSS account balance of \$637.82, as of December 31, 2020. The remainder of funding was held in the BDSS account.

**Motion** to adopt the 2020 Audited Financial Statements as presented made by Trish Verveda, seconded by Jill Hillman.

**CARRIED**

**b. Appointment of Auditors for 2021**

**Motion** to appoint Thorogood and Pinches as the Auditors for 2021 made by Christine Buelow, seconded by Trish Verveda.

**CARRIED**

**6. Special Resolution of Revised Bylaws**

**Motion** to accept the special resolution of revised bylaws made by Mandi Peterson, seconded by Vanessa Massey.

**CARRIED**

**7. Election of Directors** – Election was chaired by Christine Buelow. Following the formal election process the following was determined.

**Motion** to nominate Melody McBride, Jill Hillman, Trish Verveda, Mandi Peterson and Vanessa Massey for another two year term made by Rob Fehr, seconded by Clarence Verveda.

**CARRIED**

**Motion** to cease nominations made by John Ireland, seconded by Mandi Peterson.

**CARRIED**

**8. Introduction of 2021 AMWSS Board**

Christine Buelow presented the 2021 Board of Directors, Melody McBride, Jill Hillman, Trish Verveda, Mandi Peterson and Vanessa Massey.

**9. Adjournment** - Melody McBride adjourned the meeting at 8:17PM.

**Motion** to adjourn the meeting made by Christine Buelow.

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Recorded by Latisha Niehaus

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Approved by Melody McBride, Board Chair

# Alix Mirror Wellness Supports Society

## Our Story

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. 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 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 includes: 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 and welcomed 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. More painting, the construction of three additional private offices, storage, a meeting room and a recreation area were completed by March 2021.

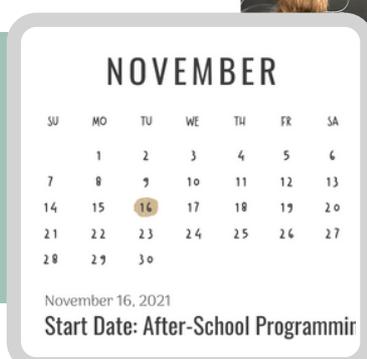
In June 2021, the leased space at Bay 1 expanded to include Bay 2 of Railway House. This addition provides many opportunities to offer a wider array of community programs to all ages. The vision of this space is to provide a common area for the community to connect, events to be held and a space that 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.



Launch of the NEW Community Connections Activity Centre.

First program to be offered in the new space: After-School Programming.



# Program Descriptions

## Wellness Navigation

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 2021.

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 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.

Participant statistics from 2021 are as follows:

During 2021, 149 individuals accessed this program.

Of these, 50% referrals were from the community or partners and 50% were from self-referral/ walk-in.

\*From January - November 2021.\*

Mental Health: 12%

Addictions: 5%

Food Bank: 6%

Form Support: 40%

Housing: 4%

RCMP: 2%

Emergency,  
Medical & Other: 30%

149  
INDIVIDUALS



Participant Comments:

"We look up to them, we admire their fierce determination and unstoppable approach to life and helping others." - Anonymous

"They're the champions of life and this community" - Anonymous

"We are extremely lucky to have this service in Alix." - Anonymous

"I am so grateful for the help, info and knowledge I have received from the Navigation Team and they are always a pleasure to talk to." - Anonymous

### 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.

# Program Descriptions

## Information & Referral

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.

Participant statistics from 2021 are as follows:

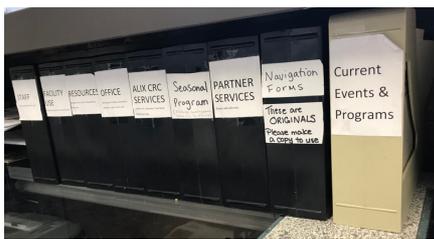
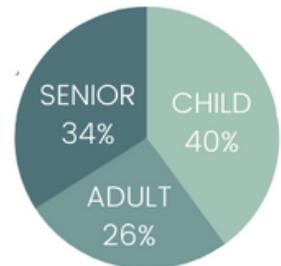
During 2021, 3731 individuals utilized this service. Of these, 60% were from the Village of Alix. 34% from Lacombe County and 6% other.

**3731**  
PARTICIPANTS

Village of Alix: 60%  
Lacombe County: 34%  
Other: 6%

Forms & Technology Support: 9%  
Program Assistance: 52%  
Health & Wellness: 3%  
Client Care: 12%  
Other: 14%  
Food Bank: 10%

**3958**  
# of Needs Served



# Program Descriptions

## 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.

### Individuals Supported in 2021:

Throughout 2021, 3731 participants were assisted (see Information & Referral for statistic details).

### How We Connect-

The website (www.alixcrc.com), Facebook page (@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 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.



## WHAT WE DO

Alix and Area Community Resource Centre

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### Highlights

**NEW Look & NEW Name!-**  
Facility upgrades in Bay 2 are complete, we are proud to introduce the new Community Connections Activity Centre. This space will host events, be available to rent and run programming for Children, Youth, Families, Seniors & Adults.

**After-School Programming Starts November 16-**  
This free program will provide a safe and nurturing place for children, ages 8+, to relax, play games and craft after school. Help for homework will be available, as needed. Hosted in the new Community Connections Activity Centre, every Tuesday/Wednesday/Thursday, from 3:30PM-6:30PM.

**Baby Clinic-**  
The next Baby Clinic is on December 16. Call the Lacombe Community Health Centre directly to book (403-782-3218).

**New Program: Wise Owls Senior Services-**  
Programs are designed to support seniors within their home. Services include friendly visiting, menu planning & meal preparation, pet care, errand & social assistance, support liaison and home support. Assessment interviews are FREE. Contact us to learn more and for package pricing.

**Visions Country Gospel Performance-**  
On Friday, November 26, at 7PM enjoy an evening of entertainment, socializing and light refreshments! Stop by the Centre, Alix Drugs I.D.A. OR Alix Home Hardware to purchase your ticket, cost is \$5.00 per ticket. \*Proof of Vaccination is required\*.

**Senior Fun-**  
A free program for seniors. Join us for drop-in afternoons full of socializing, activities and more on Thursdays from 1PM-3PM.

**Now Hiring a Temporary Program Assistant and a Home Support Worker.**  
Contact us for more information.

### Services Available

- Information & Referral
- Resource Navigation
- Volunteer Services
- Family Wellness
- Meals on Wheels
- Home Support
- Community Services
- Adult Learning
- Alix Food Bank

alixmirrorwellness@gmail.com  
Follow us on Facebook @AlixandAreaCommunityResourceCentre  
www.alixcrc.com

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Monday to Thursday 10:00 AM - 4:00 PM  
\*Closed all statutory holidays\*  
Bay 1, 5008 50 Ave, Alix, AB  
**403-396-3369**

## ALIX AND AREA COMMUNITY RESOURCE CENTRE

**CONTACT US**

403-396-3369

## Alix and Area Community Resource Centre

@AlixandAreaCommunityResourceCentre

## Program Descriptions

# 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 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. Opportunities such as work experience within the community, participation in the school nutrition program and the school leadership program provide further interactions with the Family Wellness worker.

Students, staff, parents or community members can reach out to the Family Wellness program to access support, referrals to the Navigation Program or external resources depending on the request. Moving forward we are developing a tracking program that will better expose the gaps in the needs of the participants and areas most utilized. We will use this information to evolve the program to better meet the needs and ensure success. This program has been well received within the community and has helped assist individuals and families with the valuable connections needed.



LET'S  
CONNECT!

CONTACT US

## 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.



# Program Descriptions

## 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 also 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 allowing 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. This service is a vital component in enabling the seniors in our community the ability to age in place.

Available in Alix, Mirror, Tees and the surrounding area.

## Home Support



LAWN CARE  
SNOW REMOVAL  
ERRANDS AND DELIVERY  
GROCERY SHOPPING  
LIGHT CLEANING  
LAUNDRY

This service is for anyone experiencing limiting their ability to live independently.

Contact us to book a service. Client pays an additional mileage charge.

Home Support

9

CLIENTS

## 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 the 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 was established to offer the meals that are now delivered. A monthly menu for the clients to choose from is provided by print and digitally. This gives the flexibility for clients to choose and order meals weekly or monthly, whichever suits their needs best.

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

Meals on Wheels

510

MEALS DELIVERED

18 Clients  
8 Volunteers

December 2021				
Wednesday	Thursday	Friday	Saturday	Sunday
Liver and Onions		Turkey Dinner		
Toasted Delmon		Ham and Scalloped Potatoes		
Single Club House		Roast Beef		
Shepherd's Pie		Liver and Onions		
BLT with Fries		Baked Spaghetti		
		Prepared Mushroom Pizza		

Serving Alix, Mirror, Tees and the surrounding area.



## Meals On Wheels

Available to everyone.

Take a break from mealtime stress. For any reason, if you cannot prepare a meal, Meals On Wheels brings home-style meals to you. Gift certificates are available.

Contact us to place your order, \$8 per meal. Meals can be provided daily with hot and cold options. Up to three lunchtime deliveries per week.

# Program Descriptions

## Contracted/ Partner Services

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. 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. This has been a long process, which we continue to pursue, as we feel it would be a vital service that we could bring to our community. 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 tutoring 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.

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 and Sole Image Rejuvenation. 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.

### External Community Programs & Events

#### Program Partnerships

#OF Programs

23



Daily

Recurring

Monthly

9

6

3



Alix LIONS Club presents

The Mitten



ABOUT ME!

Fill A Fridge

Application Accepted: Nov 8th, 2021  
Application Deadline: Dec 9th, 2021  
Fill A Fridge Certificates can be picked:  
December 14-15 (business hours)



Santas Anonymous

Application Accepted: N  
Application Deadline: D  
Delivery Date: Dec



**FOOD BANK**  
Children: 121  
Adults: 184  
Seniors: 146  
**189**  
HOUSEHOLDS



# Program Descriptions

## Volunteer Services

### 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, 24/7 Call Line coverage, board member involvement and individual support of various projects including renovations, event set up and updates/ upkeep of the facility. We are truly grateful to our volunteers!

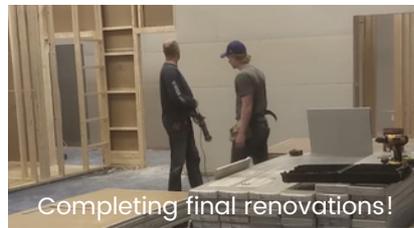
### Hours Volunteered in 2021:

Volunteers donated 1,908 hours of service during 2021.

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 renovated the facility and transformed it into a welcoming place.



Final upgrades commence for more offices and storage spaces.



Completing final renovations!



Finishing wall decor projects.



DOW volunteers helped with finishing touch-ups.

Board members helped create marketing material to recognize the National Day for Truth and Reconciliation.

**WHO:**  
The Truth and Reconciliation Commission of Canada was created through a legal agreement between Residential Schools Survivors, the Assembly of First Nations, Inuit representatives and the parties responsible for the creation and operation of Residential Schools.

**WHAT:**  
It is a day to recognize and reflect on the legacy of residential schools in Canada and has been declared a statutory holiday for all federal employees and federally

**National Day for Truth and Reconciliation**  
September 30<sup>th</sup>

#### MENTAL HEALTH SUPPORTS

Former Residential School students can call 1-866-925-4419 for services from the Government of Canada.

Indigenous peoples can contact The Scope for Wellness Help Line 24 hours a day, 7 days a week for counseling and crisis intervention.

Contact the toll-free help line at 1-855-242-3310.



Remember fully conscious come to learn the day was requested by this time passed.



Please contact us if you need help accessing supports or information.

403-396-3369



Many volunteers helped make our 1st Birthday gathering possible.



**Touch a Truck & Community Bar BQ**

Thank you everyone



Preparing for Bay 2 opening.

# Alix Mirror Wellness Supports Society

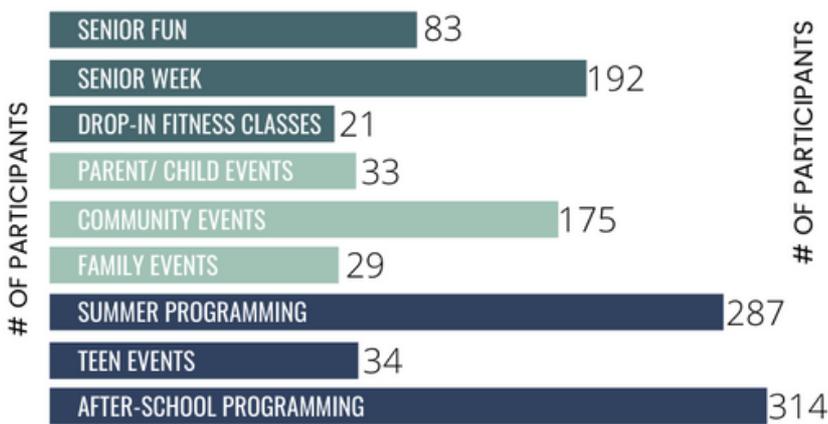
## Community Development

The Alix Mirror Wellness Supports Society 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 partnerships.

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 with collaboration and communication, they 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, which were developed and launched in the community during 2020, 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. 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.

### Alix CRC Events



### Seasonal Programs & Events



### Aging In Your Community Senior Services

#### SENIOR SERVICES WISE OWLS

Connecting & Touching Lives



Hear from you!  
Senior programs  
are?  
your ideas with us.  
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unity.  
f can help you  
will give greater  
vidence

Do you need  
help to learn  
about  
health and  
social  
supports  
for yourse  
or a loved o

#### Sign Up Now! Tutoring Services

The Extended Learning Program is now offered and includes tutoring services for students. Space and availability is limited. Contact your local Community Resource Centre in Alix or Bashaw, for more information and to sign-up.

- FREE
- ONLINE OR IN-PERSON
- STUDY SPACE
- TECHNOLOGY SUPPORT

Do you need  
help with a  
school subject  
or space to  
study in?



### Joy of Giving

### INCOME TAX ASSISTANCE PROGRAM

CRA trained volunteers can help file FREE basic income tax returns.

For seniors and individuals with low to modest incomes and simple tax situations.

# Alix Mirror Wellness Supports Society

## 2021 Events



Mother/ Child Nights



Child & Youth  
Summer Programming



1st Birthday Celebration



Senior Week 2021

Father/ Child  
Nights



Visions Country Gospel  
Performance

Family  
Nights

Teen  
Events



Joy of Giving

After-School  
Program

Community  
Nights

Senior Fun

Senior Cooking



Community  
Cooking

Kids Cooking



Adult Drop-in Fitness



Senior Outings

# Alix Mirror Wellness Supports Society

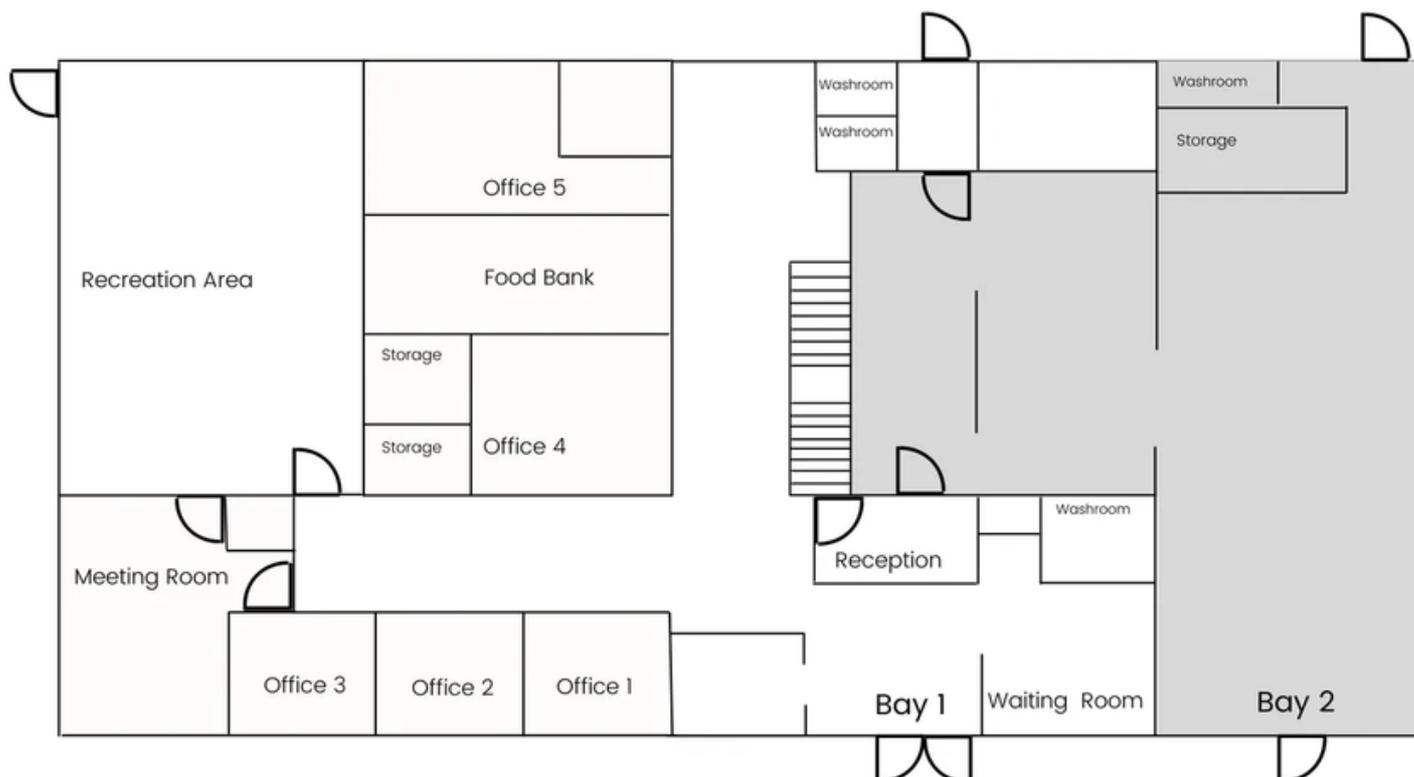
## Our Facility

### BAY 1- Final Upgrades

In March 2021 the constructing of three more offices (Office 2, 3 & 4), a meeting room, Food Bank, recreation area and three storage spaces were completed.

### BAY 2- Expansion

In June 2021 the leased space at Bay 1 expanded to include Bay 2, at Railway House. In the fall, this space was updated and renamed, the Community Connections Activity Centre.



Meeting Room



Recreation Area

Have you been in search of a space large enough to host a meeting, course/ training or group activities?

Do you need an office to meet with clients or offer services?

Are you planning a birthday party or private event?

## Our Supporters

**Monster Controls Inc.**  
3h · 🌐

Our 2021 Golf Tournament raised \$700 which we matched and made a donation of \$1,400 to the Alix Community Resource Center. The center promotes health & well-being in or community and surrounding area by providing senior support, a food bank, mental health & addiction support, counseling, meals on wheels, family support programs, adult learning, and many other programs. Thanks to everyone who came out to our Golf Tournament and helped raise these funds! #community #charity #fundraiser #mentalhealth



Our communities' generosity continues to humble us.



And our lucky winner is the winner of \$2235.00

🎄 Natasha Usher from Alix 🎄

Thank you everyone for your support and we wish you all a Merry Christmas 🍀

*Congratulations!*



### WE ARE SO GRATEFUL!

Alix Mirror Wellness Supports Society appreciates all of our generous supporters.

Your 2021 donations and efforts have assisted us to complete final renovations in Bay 1, expand our space to include Bay 2- the NEW Community Connections Activity Centre, to sustain existing programs, as well to launch new programs like Wise Owls and the Joy of Giving.

Thank you to all of our supporters, funders, organization/ business donors and individual donors.

## 2021 ORGANIZATION/ BUSINESS DONORS:

Kles-Air Mechanical, Ember Resources, Western Financial, Rahr Malting, DOW Canada, Citizens on Patrol, Gadsby Lake Community Club, Chain Lakes Gas Co-Op, Alix Home Hardware, Henna Rose Massage, Sole Revival, Haynes Creek Design, Ye Old Nook, Security Watch and The Pantry.

## 2021 INDIVIDUAL DONORS:

Verveda Family, Cathy & Brant Perry, Ron Wasylenko, Val Humphrey, Gail & Paul Estell, CJ Volk, Mandi Peterson, Barb Stevens, Four C Simmentals & Bison Ltd. Howard & Helen Copland, Fred Ball, Dane Nelson, Margaret Litke, Ron & Irene McIntosh, Darren Rouse, Wilson & Mary Lovell, Tom Foley & Pat Rayner, Holly & Wayne Buelow, Roberta Sissons, Jim Green, Chris & Edith Shultz, Marion Doran, John Frew, Vicki & Max Soltermann and Bob Boush.

## 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
- ~Lacombe County

## 2021 FUNDERS

- ~FCSS- Lacombe County
- ~FCSS- Village of Alix
- ~United Way of Central Alberta
- ~Government of Canada
  - ~DOW Canada Community Grant
- ~East Parkland Community Futures- Community COVID Relief Fund
- ~Telus

# THANK YOU SUPPORTERS

*Community Builder*  
HOW CONVENIENT  
DELI & STORE