

## YMCA Collective Kitchens: Creating Community

We all know that a kitchen is about more than food. The Collective Kitchen at the YMCA Welcome Village is no exception.

When Meg Stafford took the position of Program Instructor with the Collective Kitchen in 2013 she saw what most of us see: a great way for people to access healthy and affordable meals. Five years later, Meg is the first to tell you that the Kitchen is just a starting point to helping people build positive social relationships and gain new skills including independent living, building resilience and, of course, cooking meals and filling their fridges with healthy options.



 **306**  
participants each year

 **40,000**  
meals are prepared and taken home for participants and/or their families each year

"I get really excited dreaming about where participants can go with these new skills," says Meg. "I thought the program was about the food for the first while, and it is, but you also have to pay attention to the other things that participants are experiencing and be prepared to meet them where they're at in life."

For many participants, social isolation is a huge issue. Some leave their homes only once a week to attend Collective Kitchen. Meg feels responsible for checking in on how they're doing; seeing what else is happening in their life and how she might be able to offer some guidance and support.

For example, a pair of broken eye glasses led Meg to help a participant find an optometrist and connect to the Opportunity Fund to receive a subsidized YMCA membership to continue to improve her health through physical activity. In another instance, Meg connected a participant to a YMCA Housing Support Worker. That person and her family are now living (and thriving) in the Melcor YMCA Welcome Village.



 **292** individual kitchen classes each year



Collective Kitchen is another program partially supported through The Edmonton YMCA Foundation endowment funds. Thanks to our generous donors, the legacy of the Kitchen impacts our community in very real and practical ways.

"Thank You!" to our 226 Heritage Club members. With your support, the YMCA continues to meet the changing needs of all the regions we serve, developing stronger, healthier, and more inclusive communities.

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Every effort has been made to ensure the names listed are correct. If any mistakes have been made, please accept our sincere apologies and let us know at [giving@northernalberta.ymca.ca](mailto:giving@northernalberta.ymca.ca) so we can correct for future recognition.

<sup>o</sup> DECEASED | \* CHARTER MEMBERS

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 The Edmonton YMCA  
FOUNDATION

**2018**  
IMPACT REPORT

## YMCA Alternative Suspension: Building Resiliency One Youth at a Time

Stephanie is a grade seven student who attended the YMCA's Alternative Suspension program last fall. She had been struggling with impulsive and disruptive behavior at school. During her initial one-to-one discussion with Chelsea, her Youth Advisor, Stephanie understood her actions and expressed remorse.

Stephanie shared openly with Chelsea and others in the group. She engaged in workshops that addressed personal challenges such as anger management, conflict resolution, relationships with authority, and substance abuse. Together, Stephanie and Chelsea developed a plan for her return to school.

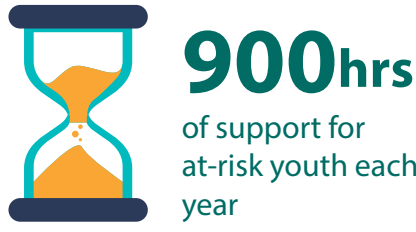
Chelsea completed a follow up five weeks after Stephanie had returned to school. She was told by Stephanie's parents that Stephanie was more communicative at home and the school administration reported she surpassed the objectives set out in her plan. Stephanie completed the school year without further incidents.

Stephanie's mother sent the following about their experience:

*"...Stephanie came through that experience with a very positive attitude...She [has] shared with me ... 'I know I never tell you, but I really do love my life.' The work the YMCA does is invaluable. I am very grateful for such a program and the contribution you make."*

Stephanie's life was changed after just three days in the YMCA Alternative Suspension program. We hear the same story again and again — when youth have encouragement and someone to listen, they can reach their full potential.

YMCA Alternative Suspension: Building Resiliency One Youth at a Time (continued)



85% youth improve their behavior at school following their participation

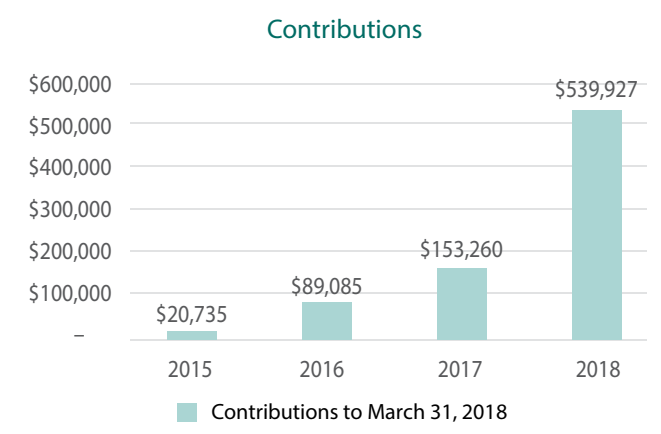
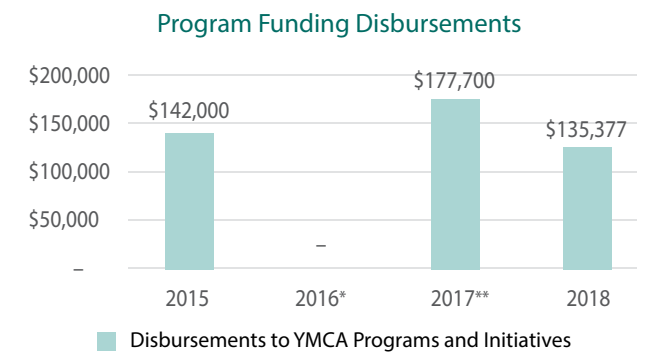
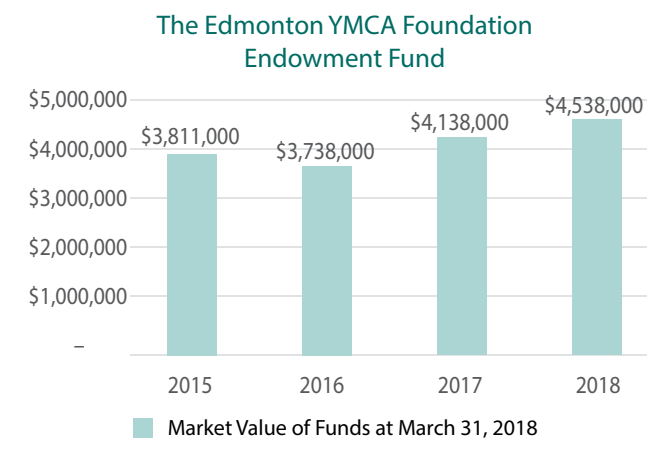
YMCA Alternative Suspension is just one of many programs supported through The Edmonton YMCA Foundation endowment fund that have an impact on families.

Each year we celebrate the legacy created through The Edmonton YMCA Foundation; one that continues to grow through the generosity of over 200 individuals and families who make up the members of the YMCA Heritage Club.

Thanks to their support, YMCA of Northern Alberta can serve the needs of our communities, empowering those we serve to flourish in an inclusive, supportive environment.

## The Edmonton YMCA Foundation Endowment Funds

The Edmonton YMCA Foundation endowment funds are stewarded by the Foundation Board, with support from an experienced volunteer Investment Advisory Committee. An investment management team at CWB Wealth Management ensures the investments fall within the Board-approved policy and maximize return on investment.



\*Disbursements were not made in 2016 in order to preserve capital as a result of low rates of return  
\*\*Disbursements made at March 31, 2017 includes \$47,000 allocated to 2017 programs and initiatives

## Heritage Club

### Recognizing Heritage Club Members

The Edmonton YMCA Foundation Heritage Club recognizes individuals who have contributed to the Y's endowment funds and/or made provisions for a gift to the Foundation through a bequest, life insurance or other future gift.

All contributions to the Foundation are endowed, meaning the principal of the gift is invested and a portion of the annual investment income supports YMCA of Northern Alberta programs and initiatives. Any remaining income is invested to help the fund continue to grow.

The Edmonton YMCA Foundation  
Registered Charity # 89061 5974 RR0001

### How do I make a legacy gift?

A legacy gift enables you to dream big! During your lifetime, you make charitable gifts from the assets you have at your disposal. Legacy giving allows you to share your wealth not only with your family, but also with your community. There are several options available, the most common being a gift made through your will. Or, you can start today with a gift of cash or publicly traded securities.

We would be pleased to provide additional information to assist in your planning. For more information please contact:

Leona Yez, Manager, Planned Giving  
200, 10211 - 105 ST NW, Edmonton, AB T5J 1E3  
780.499.3627 | leona.yez@northernalberta.ymca.ca

## The Power of Endowment

Endowment giving can inspire and transform; it can make an impact for generations to come. In just 10 years, a fund that started with a gift of \$21,500 has now disbursed \$12,000 to support YMCA of Northern Alberta programs and has a current balance of close to \$30,000. Think about it – this fund will continue to grow and support the community for the next 10 years, and the next 10 after that, and again after that...

The Edmonton YMCA Foundation Awards and Scholarships, funded through donations and donor-directed endowment funds, were presented during the YMCA of Northern Alberta's *Thanks for Giving* event on October 25, 2017.

- Bennett Clarke Memorial Scholarship: *Faith Fajardo*
- Franco & Barbara Savoia Star-Builder Scholarship Fund: *Mannuela Habtemariam*
- Del Dilkie Leadership Award: *Melodie Baker*
- N. Allen "Al" Maydonik Leadership Award: *YMCA Child Care staff sent to Bogota, Colombia YMCA*
- Ivor and Mieke Lammerink YMCA Leadership Award: *Alec Johnston*
- Ron Coulombe "Joy of Asking" Legacy Award: *Karen Neff*
- Edwin S. Cook Leadership Award: *Kaelie Bittorf*

*"I am sincerely thankful for the recognition and chance to continue learning to better support the YMCA and the community. My focus on psychology has helped me better understand and build lasting relationships with the community members who access our programs at the YMCA Welcome Village."*  
– Alec Johnson, 2017 recipient, Ivor and Mieke Lammerink Leadership Award

Endowment Funds provide stable, sustainable support for life-enriching YMCA programs and initiatives that support strong kids, healthy families, and thriving communities.

### Foundation Directed Funds

Annual disbursements are determined at the discretion of the YMCA management and Board of Directors through the annual budget process.

Bill Rees Memorial Fund	Robert J. Turnbull Trust Fund
Healthy Communities Fund	Tim Melton Family Fund
International Development Fund	Wilfred Oliver (Mac) McLean Trust Fund
Matthew Peddle Memorial Fund for Children with Disabilities	William Lutsky Trust Fund
Michael Zolf Trust Fund	

### Donor Directed Funds

Annual disbursements are designated by donors to support YMCA programs.

1907 - 2007 Centennial Trust	Patricia Ellen (Pattey) Ready Memorial Fund
Archie M. Langille Trust Fund	Phyllis Amerongen Memorial Fund
Eldon and Phyllis Fowler Fund	Rebecca Suen Fund for the Homeless
Jill Zimmerman Memorial Fund	Sam Gabriel Trust Fund
Lammerink Family Fund	The Larry Pollock Youth Recreation Fund
Len Dolgoy and Catherine Miller Trust Fund	William Weir Memorial Fund
Literacy Endowment Fund	Youth and Community Endowment Fund-Jean Louis Cloutier

### Awards and Scholarships

Al Maydonik Trust Fund	Edwin S. Cook Leadership Fund
Bennett Clarke Memorial Scholarship Fund	Grant and Irene Duncan Family Fund
Del Dilkie Leadership Award Fund	The Franco and Barbara Savoia Star-Builder Scholarship Fund

### Emerging Funds

Funds are established with a cash gift and a commitment to grow the fund to achieve the intent and purpose as set out by the donor (minimum \$10,000).

J.J. Trembley Fund	Cecil and Helen Paull Scholarship Fund
David Nathan Kushner Memorial Fund	Herbert Family Fund
Bull Family Fund	

## The Edmonton YMCA Foundation Board of Directors

John Lilley, Board Chair	Peter Kool	Kirby O'Connor	J.J. Tremblay
Estelle Asselin	Bob McColl	Esther Ondrack	Robert J. Turner
Brent Buchanan	Scot McLeod	Nick Parkinson	
Doug Cronk	Tim Melton	Cecil Paull	

YMCA Investment Committee: Chair, Brent Buchanan, Ron Liteplo, and Kent Winterfield