

Are you looking for a way to support Health and Wellness in our Community?

Join our Team!

Who we are, and why are we here?

The Vulcan County Health and Wellness Foundation was formed in response to local concerns about the scope of health services at the Community Health Centre. The volunteer board is comprised of residents from within Vulcan County and is supported by one full-time employee. As a Canada Revenue registered charity, the Foundation is registered under the Health Regulatory Act of the Province of Alberta, Canada. We produce public financials vetted by the Alberta Health Services Board under the Minister of Health.

We are project-based and goal-oriented so that we can respond strategically and efficiently to the community's needs. This ensures that donated funds attain maximum benefit for their contribution to the Vulcan County Health and Wellness Foundation. In our Community Conversations sessions, our donors tell us that the most critical aspect of Rural Health is to have certainty and security of knowing, their Health Care Providers are there for them when they need help. Health is the one equalizer, the topic that affects and aligns us all.

As our community grapples with the effects of COVID-19 and the unknown potential long-term impact on health, we must invest in education and services that prevent chronic disease and empower our community members with mental health support. We do not know what the future holds, but good practices strengthen us now and for the future.

The idea that we can keep people healthy and living out their lives in their community is paramount to the Vulcan County Health and Wellness Foundation's vision.

Everyone's time is at a premium, and most especially for those with young families. It's an excellent opportunity to grow into a more significant role as Trustees at a later date when the time is right for you. By giving some of your time to the VCHW Foundation in Ambassador or in Advisory Committee capacities, you make meaningful contributions within your schedule. The Board will equip you with a wealth of knowledge, and you can fulfill your future role as a Trustee with confidence.

To submit your application, go to:

<https://www.vchwfoundation.com/join-our-team/>



County Wide Fitness Challenge 2020

That's a wrap on "County Wide Fitness Challenge 2020"

COVID-19 swept through the Country and left a trail of cancelled events and disappointed people in its wake. We stood up and said, "I don't think so."

We will give you the healthy respect you deserve (for you are a beast), but you will not derail our mission to be a Healthier Community.

When sponsors were backing away from events, left and right. Our sponsors stepped up to the plate and asked, "what do you need?" How can we support this event? And support they did give.

And you. The event participants came out en-mass and raised the registration numbers, much higher than in previous years.

And when the regulations relaxed enough, there came the opportunity to come together in a socially distanced way. Our Communities Fitness providers stepped up and worked hard to bring the exercise programs online so that you could participate in the safety of your own home. And the programs were delivered in the park so that you could enjoy the fresh air and sunshine together.

The sidewalk chalk messages of hope and inspiration did their job in lifting everyone's spirits. And they were enjoyed by everyone, in all of the towns and villages.

You shared your bounty of healthy meals and encouraged others to make healthier eating choices.

You took the time to focus on your Mental/Emotional Health, and you cared for and about your neighbours and friends.

The 2020 Fitness Challenge brought out the best in all of us. As individuals, as teams, as a group. And, most importantly, as a community.

I think we can all be proud of these accomplishments.



March 31, 2021

Annual Report to the Community



From left to right in this photo: Hugh Campbell, Lorna Armstrong, Peggy Hovde, Kathy Perley, Scott Mitchell, Norma Mclean, John Graham, Donna Anderson, Andre Lacoursiere, Gord Nelson. Missing from Photo: Glen Hutton, Jim McNiven, Brenda Findlay, Shane Cockwill.

The construction on the interior of the expansion to the Vulcan Community Health Centre continued, even with the case numbers of Covid 19 on the rise. All workers at the site adhered to strict Provincial protocols and worked to get the facility's doors open by the Fall of 2020.

Plans were underway for a Grand Opening Celebration. Those plans also needed to be put aside as our community's health and safety were paramount.

Once the numbers trended downward, we could make plans to try to tour as many of our Donors through the new expansion as time allowed before the Clinic opened for business on October 6, 2020.

The Trustees led small Donor groups on private tours. They shared the impact of the donations made through the VCHW Foundation towards this state-of-the-art facility that we are so fortunate to have in our rural community. Unfortunately, due to the tight timeline before the Clinic opening on October 6, 2020, we could not tour all of our donors for a first look.

Once the Donor tours were complete, the Board of Trustees gathered to do a walkthrough. They took a few moments to pause and reflect on the journey so far. They held a symbolic moment with a ribbon-cutting. They paid homage to Donna Graham and Murray Mclean by having Norma and John officially cut the ribbon.



For more information contact:
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The Power of Community, we're better together

Financial Highlights

Year ending March 31, 2021

REVENUES	
Donations	143,773.00
Provincial and Municipal	18,000.00
Fundraising Income	7,044.00
GENERAL	
Matched funding grant	2,100,000.00
Casino income	3,492.00
Interest income	12,614.00
<i>Total Income</i>	<i>\$2,284,923.00</i>
EXPENSES	
Expenses	38,368.00
Operating Expense	19,015.00
Wages 1 FT/3 PT	62,374.00
Capital Project AHS	2,100,000.00
<i>Total Expenses</i>	<i>\$2,218,757.00</i>
Total Revenue	\$ 65,166.00

Thank you to all the donors for your support!

The Heritage Wall



Prominently displayed in the main foyer of the expansion to the VCHC is the Heritage Wall. Featured in this photo is Elfie Hall. It is Elfie's photograph that provides the background image for this Donor recognition piece. Through a Countywide photo contest that brought in 69 submissions, we sought selection assistance from the Vulcan Historical Society and the Vulcan Arts Studio. We thank both organizations for their support in bringing this initiative to reality. We thank Elfie Hall for this incredible backdrop to the Heritage Wall.

The Heritage wall was a significant fundraising initiative brought forward by one of the VCHW Foundation's founding members, the late Donna Graham. A tribute to Donna is proudly incorporated into the Heritage Wall.

Many of our dedicated philanthropic partners and donors are proudly featured on this display, and today as always, we are grateful for their generous and continued support of the VCHW Foundation.

Commemorative gifts made from March 2019-March 2020 - "Gifts made in memory of lives so beautifully lived, and hearts so deeply loved"

Phillip & Kaye Fath, Myrtle (Maxine) Walker, Mickey Middleton, Leonard Kiemle, Eleanor Bucholtz, Dora Schmeelke, Don Fox, Audrey Lucas.

Note from the Chair

It is always an honour and a pleasure to speak to the community on behalf of the Vulcan County Health and Wellness Foundation. This past year as you know, has come with unique challenges and opportunities. As we celebrate the opening of our New Capital Health Addition to the community, we see a new vision for health as a shift from illness to wellness.

The beautiful spaces that the Health Project has provided will be a welcome addition to the Future of Healthy Living in Vulcan County. The opportunities to offer platforms to stay healthy are going to be plentiful and exciting. The Foundation sees this as a beginning of a Community Health Hub where great conversations

start and actions follow. It will provide live programming as well as a digital format that everyone can have access to increasing Healthy living for your family and yourself.

I would like to take a moment to sincerely thank all our precious Donors who, without their tireless support, projects like these do not happen. You, our donors, made this healthy living community project possible, and we thank you!!

To the VCHWF Board, I want to extend my sincere thanks for a tough year of transition and say thank you to your tireless efforts to support this long-term Health vision for Vulcan County. You have spent thousands of hours of volunteer

energy to see this project through to completion. Thank you!! This will be a moment in time we will all remember.

I also want to thank the Staff of the Vulcan County HealthCare Center for their patience and understanding as we went through the construction phase of this project. Your support was fantastic, and we appreciate all your efforts.

Thank You and Best Wishes

Scott Mitchell, Chair
VCHWF

Have you considered leaving a legacy through planned giving?



The act of giving, in life or in death, says something about us. It is a reflection of who we are and what we believe in. Planned giving is a way to ensure your beliefs live on and your hopes for the future are realized in your absence.

Planned gifts provide an opportunity to leave a lasting legacy.

Planned gifts are specific kinds of donations. The donor benefits immediately, and the charity benefits either at the time of the contribution or in the future.

For those who wish to take comfort in knowing that their gifts are being put to use right away, there are planned giving options that will benefit the cause without delay.

How you leave your legacy is entirely up to you. Financial advisors can help you develop a plan suited to your needs. A plan that ensures you and your family's well-being. One that maximizes your tax benefits makes a difference to your community's health and stays in Vulcan County. For more information go to vchwfoundation.com



Fundraising Report

As Fall 2020 loomed on the horizon, there was much unknown. Will we be able to host an event? Will it be safe? Will anyone attend? As many non-profits struggled and again cancelled planned annual events or attempted to try something new. We had new decisions to make as well. Our yearly event is the time when our community flexes its philanthropic muscle.

So, the decision was made to hold a Pledge Drive. We set the goal of 100,000 dollars to reach from November 1, 2020, to December 31, 2020. Every donor who contributed to the Pledge Drive would have their name enter into a draw to win the 2020 Stashology Quilt. The Quilt was made and donated by the late Lynne Markert and Wendy Denbigh.

On January 1, 2021, we were pleased to announce that the Quilt winner was Suzy Love. Suzy was so pleased, and we know she will give it a ton of "Love" love.

The 2020 Pledge Drive was an incredible success. The event raised 104,715.00 dollars. We send our sincere gratitude to all of the Donors that support this fundraising initiative. The money raised goes directly to the capital project, the expansion of the VCHC.

Donations to the Foundation can be made in several ways at www.vchwfoundation.com

BUILDING FOR THE FUTURE

CRA registration number 831907886RR0001

NAME		
ADDRESS		
TOWN	PROVINCE	POSTAL CODE
EMAIL		
TELEPHONE	CELL	
AMOUNT \$		

Please return to: Vulcan County Health & Wellness Foundation,
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403.485.4001 • vchw.foundation@gmail.com