RURAL HEALTH MATTERS...

The Vulcan County Health & Wellness Foundation 2025 Pledge Drive

Vulcan COUNTY
Health & Wellness Foundation

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As the holiday season approaches, we take this opportunity to thank our community for another remarkable year of partnership and support. Every milestone we achieve together is rooted in your generosity and your belief in the importance of rural health.

This past year, we fulfilled a promise made during the expansion of the Vulcan Community Health Centre—to use that space to promote health education, information sharing, and community wellness through meaningful programming. The result has been a year filled with purpose, growth, and impact.

Wellness Programming Comes to Life

Through your support, the Foundation has been able to bring programming directly into the Wellness Space at the Vulcan Community Health Centre.

- **Wellness Wednesdays, Mom & Baby Wellness**, and **Resiliency Circles** have provided trusted, accessible opportunities for learning, connection, and support.
- Together with partners such as **Market Street Pharmacy, Vulcan FCSS**, and **New Heights Wellness**, we have delivered sessions focused on nutrition, mental health, physical activity, and aging well.
- Our **Love Letter to Men** conference and **First Responders Workshop** encouraged open dialogue around mental health and built a culture of care and resilience.

These initiatives are the very essence of what our community envisioned when we built the expansion—to make wellness education and prevention part of everyday life in Vulcan County.

Palliative Care Suite Renewal

The major focus of our 2025 fundraising efforts has been supporting the **Vulcan Community Health Centre's Palliative Care Committee** and **their vision** to modernize and humanize our Palliative Care Suite.

Thanks to your compassion and commitment, they are already **one-third of the way to their fundraising goal**.

Through community events like the **24-Hour Golf Challenge** and the **VCHWF Charity Golf Classic**, along with generous contributions from local businesses, service clubs, and families, we have raised over **$108,000** toward this transformation.

The updated suite will feature a cuddle bed, roll-in shower, ceiling lift, and direct access to the garden—creating a peaceful, home-like environment for patients and families to share meaningful moments together.

A Year of Community Collaboration

Your support has allowed us to continue vital partnerships:

- With the **University of Alberta Rehabilitation Robotics Lab** and **Recovery Alberta**, expanding access to specialized rural programming.
- Through **Act4Health**, supporting the **Social Prescribing Link Worker Program**—a community-based model connecting residents to local supports that impact overall well-being.
- With **County Central High School, Vulcan Elks**, and **Vulcan 4-H**, we are empowering youth and service groups to invest in the health of future generations.

New Community Members Join the Board of Trustees

We are thrilled to welcome new faces to the board, folks who deeply care about the health and well-being of the citizens of Vulcan County.

Please join us in welcoming.

- Sylvia Hunter grew up in this community, and it remains very dear to her.
- Dennell Gillespie will represent the Village of Lomond's voice at the table.

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- Leslie Warren has returned to the organization in her new role as trustee representing the Village of Champion.
- Wyatt McMorris will be a strong voice at the table representing the Village of Milo.

We express our gratitude to Barbara Moore Coffey, who represented one of our two Municipal Partners, the Town of Vulcan. And we now welcome to that seat, Mr. Dwayne Hill.

We are well represented across all corners of our great County, and the only seat still needing to be filled is the Village of Carmangay. If you or someone you know has a passion for health and would be a great Carmangay representative, please come and talk to us.

Looking Ahead

As we look at 2026, our focus remains clear:

- Continue expanding access to community-based health and wellness education.
- Continue supporting our healthcare teams with technology investments.
- Strengthening partnerships that make quality rural healthcare accessible to everyone in Vulcan County.

Your Support Matters

Your donations are the heart of this work. Every dollar you give stays here - supporting programs, people, and care that improve life for every resident of Vulcan County. Together, we are ensuring that rural health not only survives but thrives.

From all of us at the Vulcan County Health & Wellness Foundation, we wish you a joyful holiday season and a healthy, hope-filled 2026.

With gratitude, Your Vulcan County Health and Wellness Foundation Family

Executive Committee
Scott Mitchell, Chair • Hugh Campbell, Vice Chair
Louise Markert, Treasurer
Darian Ashbacher, Secretary
Glen Hutton, Executive Member at Large
Sylvia Hunter, Member at Large
Dennell Gillespie, Member at Large

Trustees
Shilo Andrews-Brauer • Lorelei Bexte • Toni Garlock
Leslie Warren • Wyatt McMorris

AHS Representative
Paulette Wagenvoort RN, Manager Acute and Long-term Care, Vulcan Community Health Centre

Vulcan County Health and Wellness Foundation's Executive Director
Gail Wark

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