

SPUR

Calgary Foundation / Fall 2016



3

harmonious initiatives
bringing Calgary's Year
of Music to life

Housing first

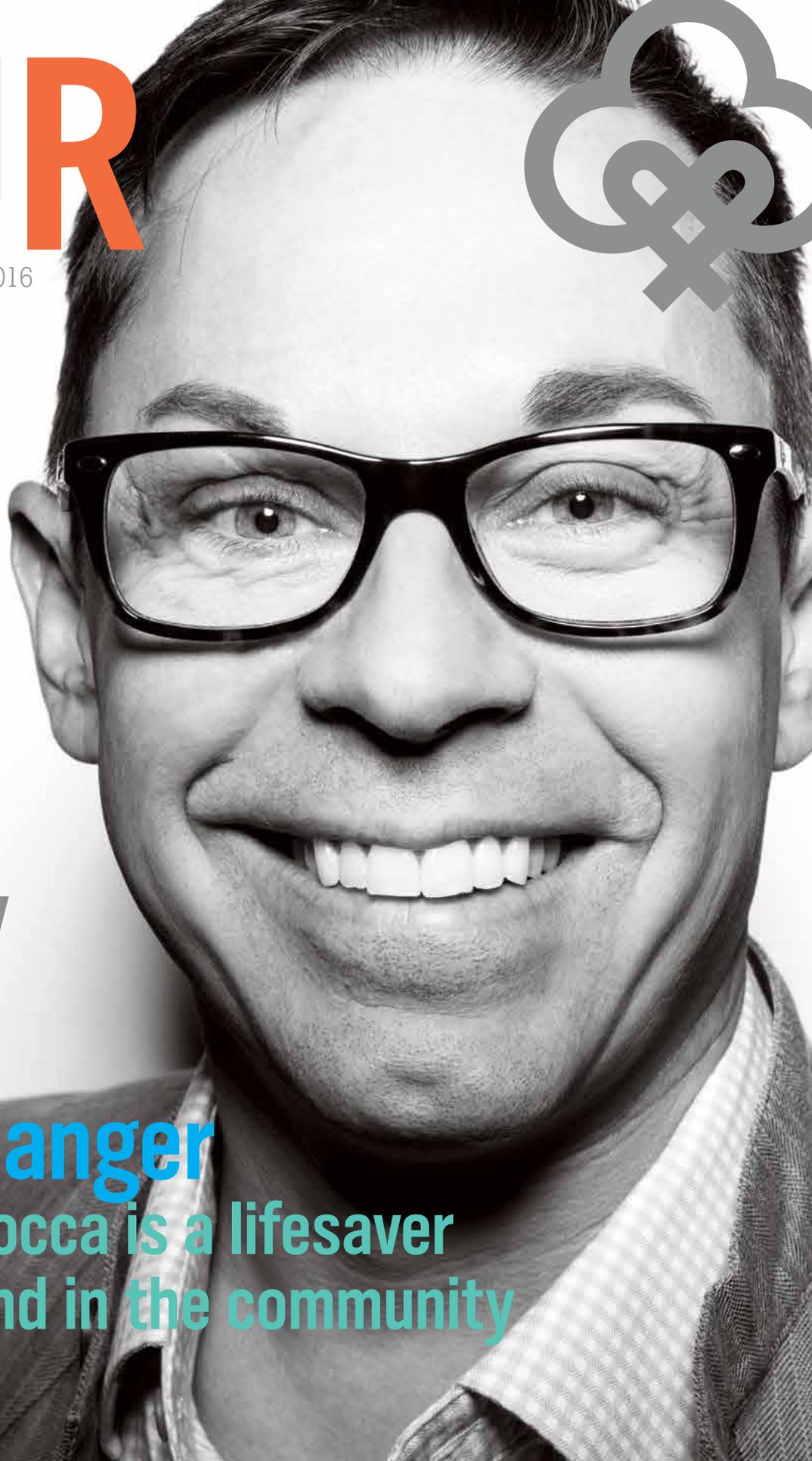
Tackling homelessness
by providing homes

Mighty neighbourly

Rev. Dr. Murray Laverty
celebrates the power of
community collaboration

Game Changer

Enzo della Rocca is a lifesaver
on the job and in the community



Together, we're creating a caring, connected community

FOSTERING A CARING and connected community is at the heart of everything we do. Through the dedicated work of the many charities addressing some of our most pressing and intertwined community needs, our community becomes stronger, more vibrant and a place where all belong.

In addition to showcasing organizations that are tackling challenging issues such as mental health and homelessness, this edition of *Spur* celebrates the Year of Music in Calgary.

We're proud to highlight the outstanding volunteer contributions of board member Murray Laverty and grants advisory committee members Nicole Dawe and Enzo della Rocca.

We're honoured to pay tribute to Dave Robson and the Aufricht family, whose gifts to community are inspiring the next generation of philanthropists and community leaders.

I invite you to flip to page 30 to read about this year's Calgary's Vital Signs report. It's an important piece of our work that expands our proactive leadership role beyond grantmaking and leverages our partnerships to build and share community knowledge for all Calgarians.

Community knowledge connects us — it propels us to identify and act on issues by developing innovative solutions. Together, we've got this! ■



This issue gives voice to our optimism that together, we can support our citizens and create better communities.

Eva Friesen
President & CEO,
Calgary Foundation



This year we've been engaged, inspired and challenged
It's time we were moved

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SPUR

Calgary Foundation / Fall 2016

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**Radio host
David Ward
brings energy
to the new
Calgary
Foundation
CKUA Studio
in the National
Music Centre.**

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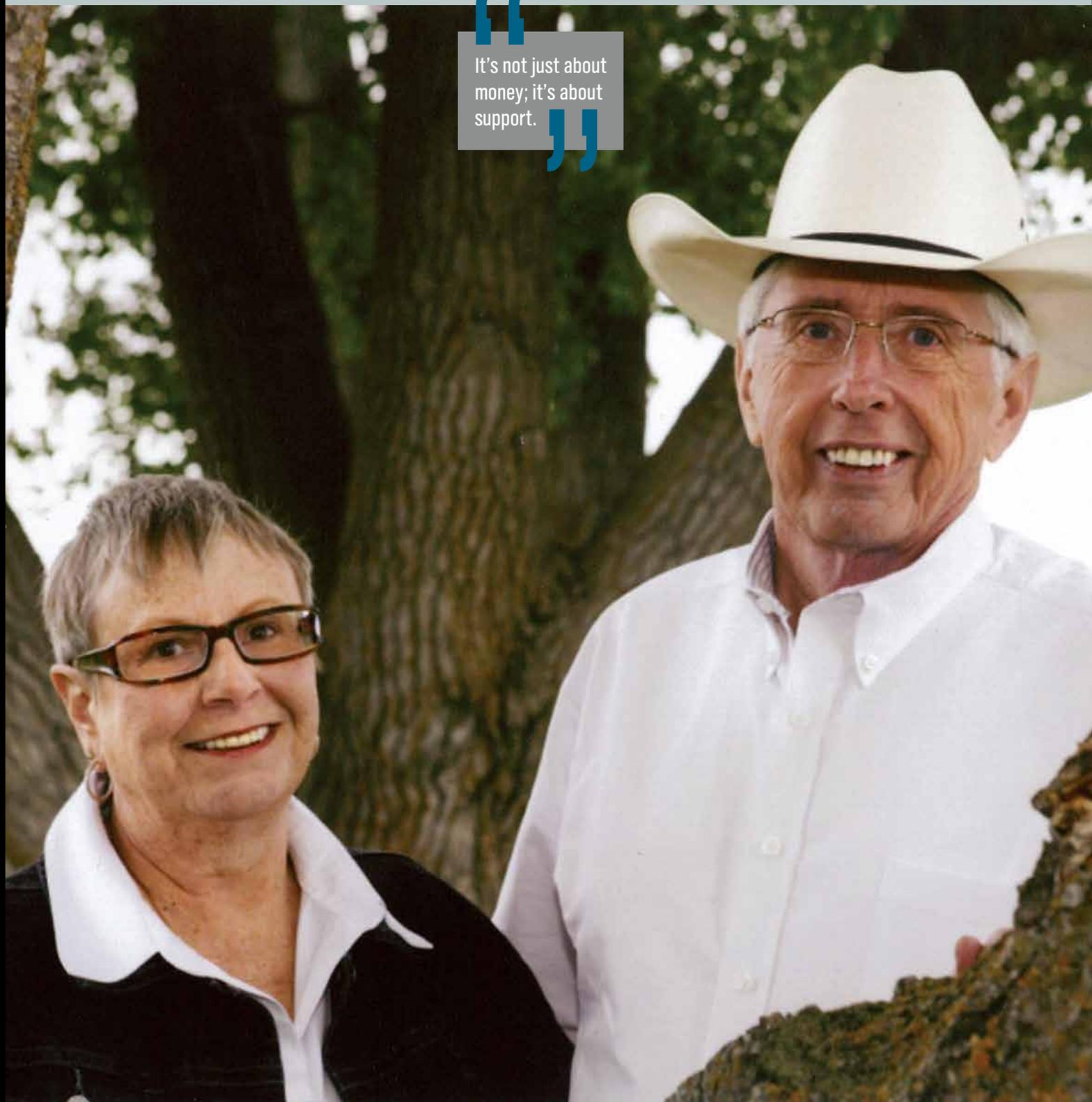
Grants by the Aufricht Family Fund support a new generation of community-minded post-secondary students.

Inspiring Leader

“

It's not just about money; it's about support.

”



DAVE ROBSON STOOD BY HIS WIFE VAL as she twice fought cancer. Now, through the generosity for which he's long been known, the Calgary businessman is standing by countless other cancer patients by helping researchers better understand the disease.

Val was diagnosed with breast cancer, for which she underwent surgery in 2001. As Dave recalls, she "breezed" through chemotherapy and radiation therapy.

Then, in 2013, she was diagnosed with a rare form of bone marrow cancer. After a year, the couple and Val's medical team realized the treatments were not going to be successful. She passed away in May 2014.

his wife of nearly 50 years. The desire to help others was second nature to the couple, who have been significant contributors to the University of Calgary's Haskayne School of Business, the Calgary Stampede and Alberta Children's Hospital, among others.

After Val died, Robson worked with the Calgary Foundation to donate \$10 million to the U of C to establish the Robson DNA Cancer Centre.

The Robson family's generous gift funds the labs of several Calgary-based researchers who are trying to piece together the complicated puzzle that is cancer — a catch-all term for what are actually more than 200 distinct diseases,

Meaningful Research

Dave Robson's generosity is fuelling the effort to understand cancer

By Paula Trotter

While Val's two cancer battles were very different from each other, they did have one thing in common — damaged DNA led to the development of disease.

"If you get cancer, your DNA has been disturbed in some way or another," Robson says. (In addition to aging, lifestyle factors like tobacco use and physical inactivity can all contribute to DNA mutations that may lead to cancer.)

When the couple realized Val's second cancer would not be treated successfully, they started to discuss how they could make a contribution to improve the outcomes for other people living with cancer — the leading cause of premature death in Canada.

"She wanted to try to help the cause," Robson says of

each of which mutates and responds to treatment differently.

Research conducted at the Robson DNA Cancer Centre will discover new ways to better prevent cancer as well as improve life-saving treatments.

"I am a great believer in research," says Robson, who also contributed to research through his geophysics businesses. "It's the only way we're going to learn what causes cancer."

Robson says his two adult sons, who now run the family business, plan to continue contributing to the Robson DNA Cancer Centre. "It's not just about money; it's about support," Robson says about his history of giving. "We need to support our world." ■

Good Neighbour

When it comes to building community, Murray Lavery leads by example

By Kaitlyn Critchley • Photography by Jared Sych

FOR REV. DR. MURRAY LAVERTY, there's no shortage of opportunities to be a good neighbour.

"Sometimes I think we get taken in by the 'big' things," says Lavery, who's served as the minister at Parkdale United Church since 2004. "We have choices around being neighbourly, being welcoming, making room for diversity, making room for building new beginnings. We should never minimize the significance of the everyday, the small, of what it takes to be neighbourly."

Whether he is collaborating with his congregation to welcome an Eritrean family to a new life in Canada or responding to the spiritual and emotional needs of Parkdale's diverse population, Lavery describes his work as encouraging all members of the community to "be their best selves."

"It's part of community development — belonging to something that is bigger than me. As a Calgarian, I'm part of creating a place."

Lavery also plays a key community-building role as chair of the Calgary Foundation's Grants Committee and has served as a board member since 2013.

"It's an incredibly proactive and constructive organiza-

tion," says Lavery, who's been involved with the Calgary Foundation in one way or another for more than a decade. "It opens all kinds of doors, and it's gratifying to see the amazing things so many people and organizations are doing, often unnoticed."

Lavery was born and raised in Edmonton, but came to Calgary with his wife in 1985. "To call a place home, you need people you can count on," he says. "We've found people who are like family here."

He believes community spirit is "in the DNA" of Calgary, recalling the way the city's population came together in the wake of the June 2013 flood.

"You and I can do a few things — but together with a bunch of others, we can do really amazing things," he says.

Through his ministry and his work with the Calgary Foundation, he relishes the opportunity to help make a difference in the city and beyond.

"There are a lot of people who choose to live in Calgary and choose to make it the kind of place we want it to be," he says. "I think there are a lot of people who are choosing good things in Calgary." ■



“
It's part of community
development—
belonging to something
that's bigger than me.
As a Calgarian, I'm part
of creating a place.”



Deep Connections



Enzo della Rocca and Nicole Dawe are helping big community dreams become realities

By Julia Williams • Photography by Jared Sych

When a grant request comes to the Calgary Foundation, it passes through an advisory committee made up of volunteers like Enzo della Rocca and Nicole Dawe. Their own passion for community led them to become volunteers, and the ideas they're discovering through their volunteer work are making them more passionate about their communities. >>

Enzo della Rocca

Not many people would consider a career shift like the one Enzo della Rocca made four years ago. Formerly the vice-president of the Alberta College of Art + Design, della Rocca shifted gears and became a paramedic working for Calgary Emergency Medical Services.

It sounds like a complete 180, but to him, the two professions aren't so different. "It's people skills and communication," della Rocca says. "Those skills are foundational to everything."

Obviously, there are differences — running a post-secondary institution is about big-picture thinking, whereas being an EMS paramedic is literally life-or-death — but in both roles listening is more important than speaking. "We have two eyes, two ears and one mouth," della Rocca says, laughing.

A caregiver for his grandmother, who raised him after his mother passed away when he was nine, della Rocca has long been an advocate for the elderly through the Calgary Seniors Resource Society. That role put him in a position of seeking funding from the Calgary Foundation. Today, as a volunteer with the Foundation's Health and Wellness Committee, he's on the other side of the table.

Assessing grant applications for the past nine years has been eye-opening, della Rocca says. "Some applications stand out, and you think 'This is catalytic. This changes the whole game.'"

In 2014, della Rocca's committee approved a program expansion grant for the Calgary Mothers' Milk Bank (renamed the NorthernStar Mothers' Milk Bank in 2015), which provides breast milk for premature babies and infants with ill mothers. "I don't have kids," della Rocca says. "I've been married to my husband for 16 years, and it's just not part of my world. It was remarkable."

While della Rocca jokes about his long tenure as a committee member, he has no plans to move on; the work is too satisfying. "I come away from every meeting feeling like I learned something and empowered somebody," he says. "That's huge."



“ I come away from every meeting feeling like I learned something — and empowered somebody. ”



Nicole Dawe

In 1992, Nicole Dawe was an eight-year-old in Conception Bay, N.L. That year, Newfoundland's cod industry was shut down. It's a time she remembers well. "There was a sense that

this was a time to pull together," Dawe says. She has retained this childhood lesson in the power of community all her life. She grew up to work in the arts and culture sector and earn an MBA from Memorial University of Newfoundland. When she moved to Calgary with her engineer fiancé in 2012, she sought more opportunities to build community.

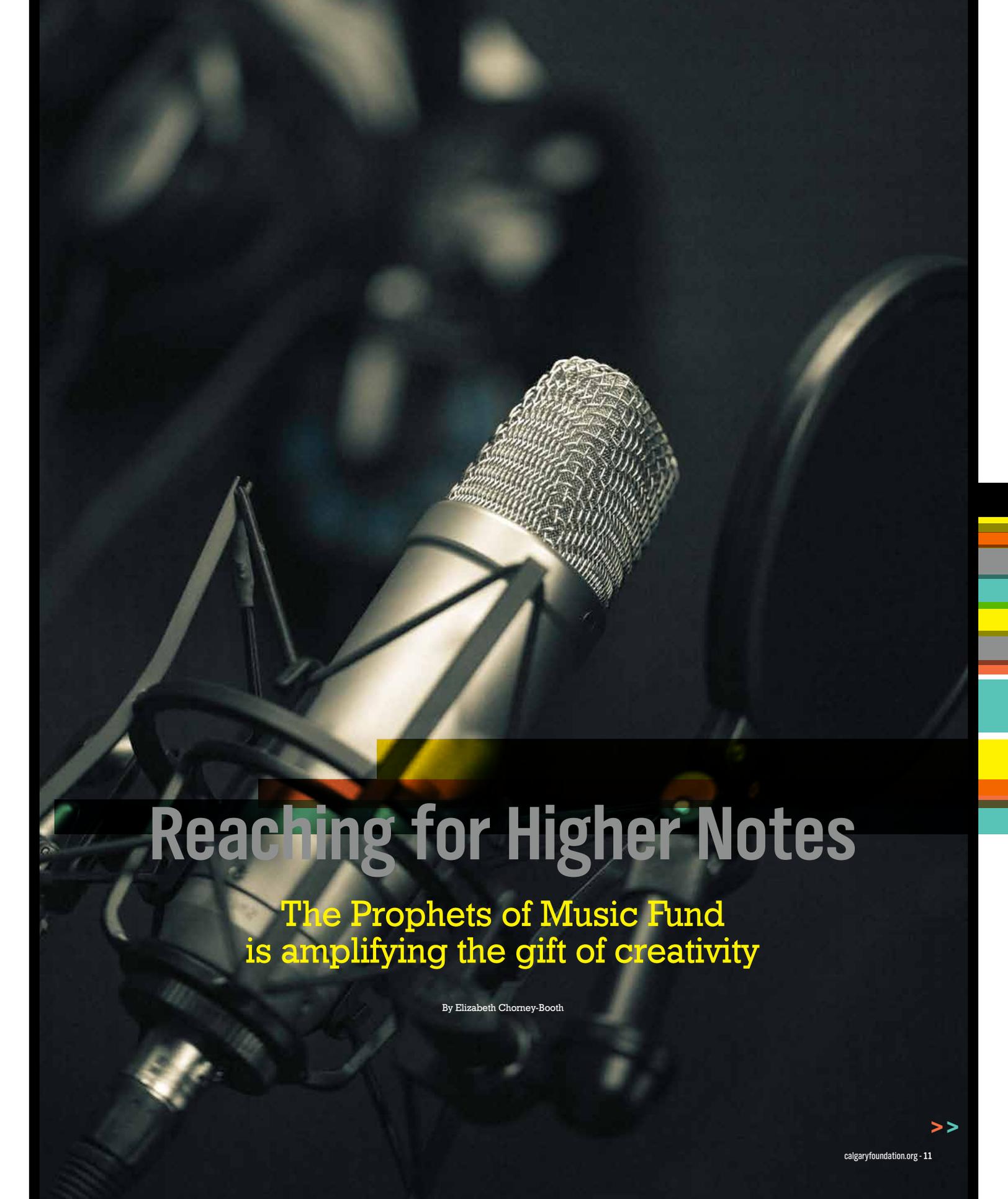
“ I'm a very lucky person. My life's mission and the work I get to do are on the same path. ”



The opportunities came quickly. Two days after arriving in Calgary, Dawe became manager of philanthropy at Vivo for Healthier Generations. Formerly Cardel Place, Vivo for Healthier Generations is a northeast recreation centre and community space that nurtures physical fitness and emotional, social and spiritual wellness. "It's all interconnected," Dawe says.

A Calgary Foundation Arts and Culture Committee member for the past two years, Dawe treasures the "deep, rich discussions" that happen within the committee. She has been affected deeply by some of the projects she's dealt with — such as *Making Treaty 7*, an ongoing theatrical presentation launched in 2012 that tells the story of the 1877 agreement between Queen Victoria and First Nations band leaders. Dawe says being involved in funding the project engaged her with Alberta history and Indigenous culture. "Learning about that has sparked my interest in understanding it. It's such a big part of where we've come from," she says.

The community Dawe has discovered in Calgary is making her feel more and more at home on the Prairies. "I'm a very lucky person," Dawe says. "My life's mission and the work I get to do are on the same path." ■



Reaching for Higher Notes

The Prophets of Music Fund
is amplifying the gift of creativity

By Elizabeth Chorney-Booth



S

ometimes even in the darkest aftermath of devastating loss, people are able to find a glimmer of light.

When Barclay Hunter lost his son Joshua, who was killed along with four other young people in a multiple stabbing in 2014, he was faced with one of the most horrific situations any parent can go through. Josh and his friend Zackariah Rathwell, who was also killed in the incident, were members of a local band called Zackariah and the Prophets, and music had brought both young men a sense of purpose and joy. In time, Hunter realized he wanted to do something to keep the spirit of his son's passion alive.

Joshua Hunter, top, and Zackariah Rathwell played together in the band Zackariah and the Prophets.

Today, their dreams for a meaningful future drive the Prophets of Music Fund.

The Hunter and Rathwell families worked together, and the result is the Prophets of Music Fund at the Calgary Foundation. The Fund supports young musicians creating original music and it has granted more than \$20,000 to organizations focused on youth and music.

"Despite the fact that this was born out of a very tragic event, it's really taken on a dynamic and very creative approach," Hunter says. "Josh was very much a person who would reach out to people and wasn't shy about offering help. This is about music, but it's also about doing good things with music."

One of the Fund's cornerstones is its Emerging Artists Program, and it has

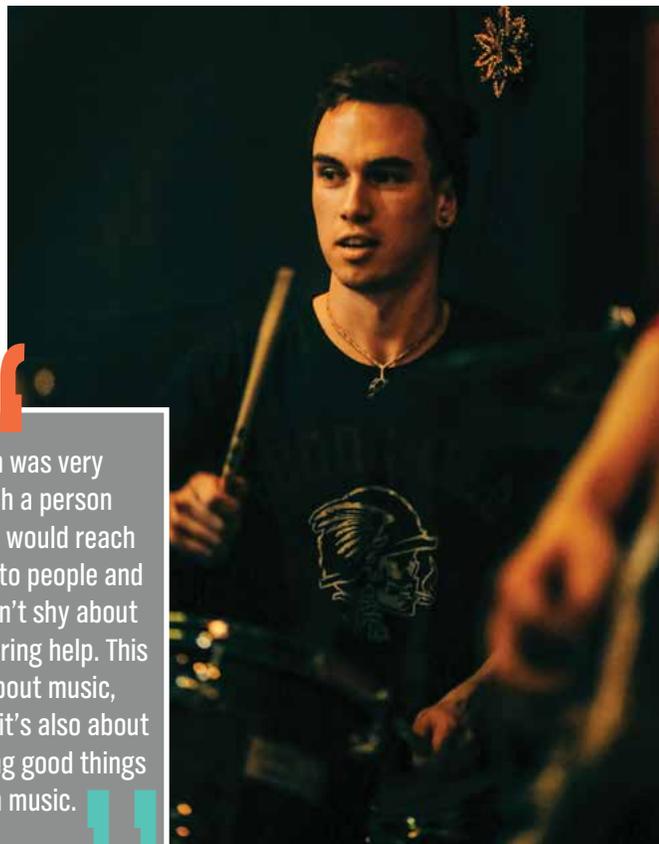
funded existing charities that encourage music development in youth. Here's a look at just two of the initiatives that the fund has supported:

THE BOYS AND GIRLS CLUB BELTLINE YOUTH CENTRE

The Boys and Girls Club of Calgary runs programs across the city, but its Beltline Youth Centre offers something special for young musicians: a free studio available to youth between the ages of 12 and 24. Young hip-hop artists in particular flock to the centre to be mentored by Calgary artist Transit, who is part of the studio's staff. Having a space where they can not only hone their craft but also form a positive community with other young artists has been life changing for musicians like 17-year-old Nick Wise.

"It wasn't until I started listening to rap lyrics and decoding them that I realized that music was a really good way to express yourself and have a voice and a say," Wise says. "That's what I mainly found in songwriting. It's really like therapy for yourself — that's why music with lyrics is so important to me."

In addition to the studio time and camaraderie, the Boys and Girls Club's Beltline studio also offers opportunities and mentorships to kids who are



Josh was very much a person who would reach out to people and wasn't shy about offering help. This is about music, but it's also about doing good things with music.

Barclay Hunter

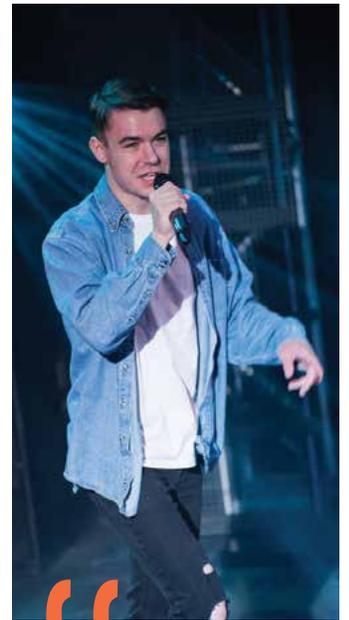




“
Songwriting is really like therapy for yourself. That’s why music with lyrics is so important to me.”



Nick Wise



“
If I write or record a song I’ll play it for the other people there and they’ll tell me what they like or don’t like. Having those people around is necessary to help you improve and progress.”

Colton Stankowski



seeking a career in music. Colton Stankowski is another young hip-hop songwriter, and was the winner of the Beltline Centre's Triple Threat contest (where musicians had to write and perform a song about community involvement) earlier this year — the prize was studio time at OCL Studios, a world-class recording facility near Langdon just east of Calgary, provided by the Prophets of Music. Stankowski, now 19, says that the Beltline program has given him the confidence to make his musical career a reality.

"The main thing that helps me is having other people around me," Stankowski says. "If I write or record a song I'll play it for the other people there and they'll tell me what they like or don't like. Having those people around is necessary to help you improve and progress."

CHILDREN'S WISH FOUNDATION

Joshua Hunter found tremendous joy in helping others, which makes the Children's Wish Foundation another natural partnership for the Prophets of Music Fund. The foundation's mission of fulfilling wishes for children age three to 17 who are suffering from life-threatening illnesses and supports many young people who dream of making music.

Through the Prophets of Music Fund and the Children's Wish Foundation, OCL Studios recently provided a space for a teenager with cystic fibrosis to fulfill her wish to record a CD of her own songs. The studio also has deep ties to other projects with the Prophets of Music Society, and owner Dan Owen says the world-class calibre of the studio gives visiting kids a real sense that they're doing something big.

"We're an absolutely legit studio," he says. "So these young people coming into it get over a little bit of the 'holy cow' aspect, and then you start to see the professionalism come out of them due to the environment that they're in."

Kyla Martin, the Alberta and Northwest Territories director for the Children's Wish Foundation, says musical wishes, from recording time to instruments, represent something beyond the chance to make music for kids undergoing medical treatment. It's a chance to raise their voices and feel like they have a place in the world, which fits perfectly with the Prophets of Music Society's philosophy.

"It allows them to tell their own story rather than having their story told for them," Martin says. "They get to focus on something other than their illness. It allows them to be not just a kid who has cancer, but a kid who is a musician." ■

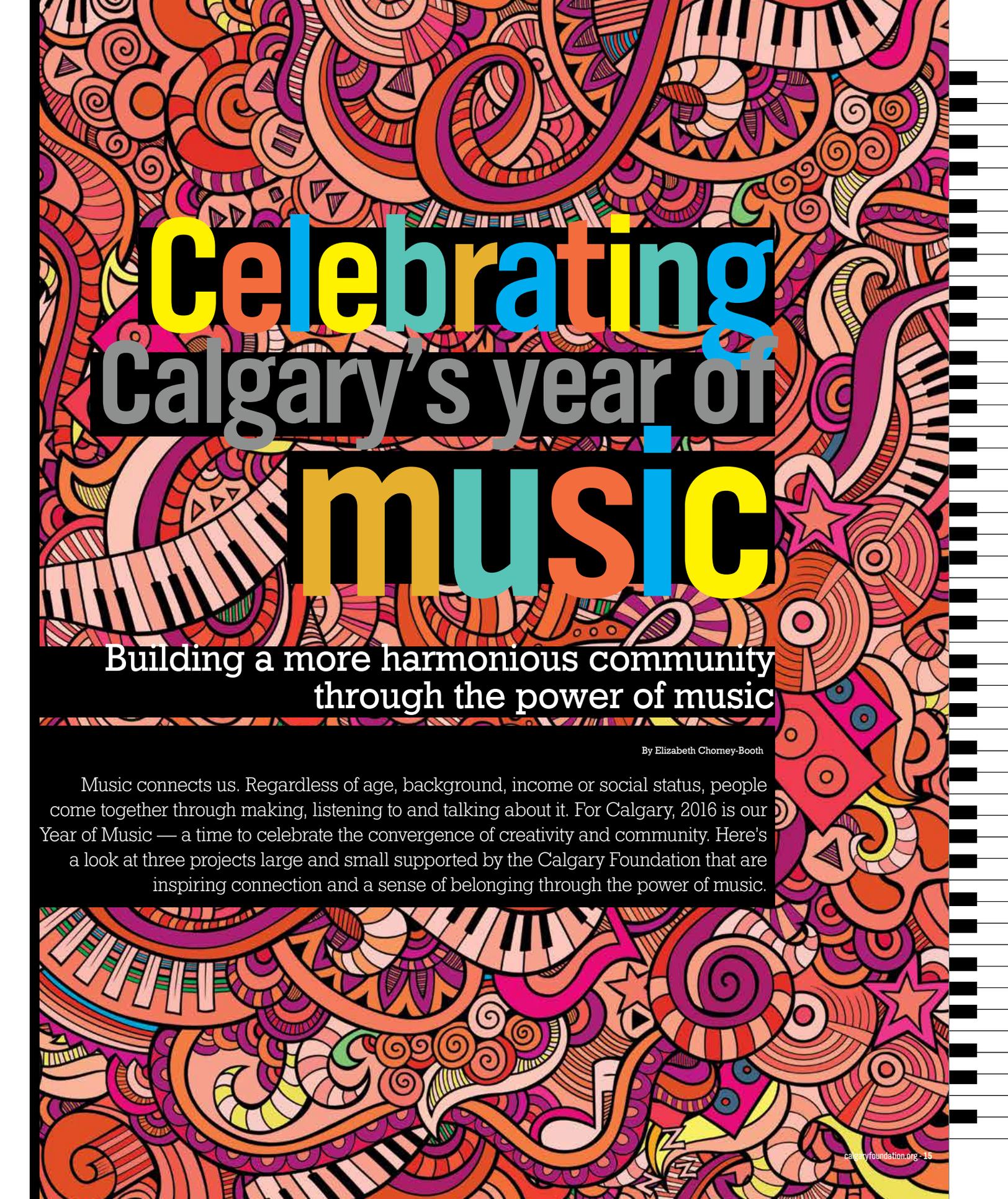
For Armando, who has a serious respiratory condition, playing the drums at OCL Studios was a dream that came true thanks to the Prophets of Music Fund and the Children's Wish Foundation. In the middle photo from left, Armando and his brothers Ricardo and Liandro.



It allows them to be not just a kid who has cancer, but a kid who is a musician.

Kyla Martin



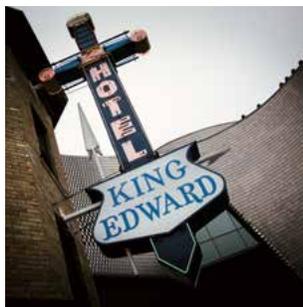


Celebrating Calgary's year of music

Building a more harmonious community
through the power of music

By Elizabeth Chorney-Booth

Music connects us. Regardless of age, background, income or social status, people come together through making, listening to and talking about it. For Calgary, 2016 is our Year of Music — a time to celebrate the convergence of creativity and community. Here's a look at three projects large and small supported by the Calgary Foundation that are inspiring connection and a sense of belonging through the power of music.



Calgary Foundation CKUA Studio at the National Music Centre

CALGARY'S EAST VILLAGE is being transformed into one of the city's most vibrant communities, and the centrepiece of the area's renaissance is the National Music Centre. The architecturally stunning, street-spanning building incorporates the historic King Edward Hotel — home of the blues in Calgary for decades.

The National Music Centre, or NMC, also contains a new street-level broadcast studio for CKUA, Alberta's public radio station and Canada's oldest public broadcaster, which has been without a permanent Calgary studio for several years.

The Calgary Foundation has granted \$2 million to the NMC, along with \$1 million to CKUA to fund the studio. Broadcasting province-wide, CKUA has 60,000 daily listeners in Calgary alone. The station celebrates eclectic

music and the cultural connections it makes, from blues, roots and indie music by Alberta artists to a wide range of global sounds.

Its new Calgary base in the NMC's Studio Bell and the partnership with the Calgary Foundation are a great fit, says NMC president and CEO Andrew Mosker.

"For NMC this is a perfect partnership," Mosker says. "Our new building's exhibitions and broadcast studio will share stories about music in Canada, including CKUA's unique, ongoing story."

The Calgary Foundation CKUA Studio will allow the station to boost its Calgary-based programming from 15 per cent to 40 per cent. It will also give listeners a chance to see the station in action, and learn more about how radio programming is created.

David Ward has been involved with CKUA since 1982 and currently works as an on-air personality as well as the station's "point person" in Calgary.

Ward broadcast from the NMC for its grand opening July 1, and says the ability to interact with visitors coming through the doors was energizing. "We were bringing all this magic and excitement — there were 5,000 people there, which was fantastic," Ward says.

It's this kind of engagement that inspired the Calgary Foundation to throw its full support behind the NMC and CKUA, says Foundation CEO Eva Friesen. "The National Music Centre is more than a hub for music lovers from across Canada and beyond. It's a virtual gathering place for the community to share and engage with one another and strengthen ties."

Mosker looks at CKUA's presence in the building as a living artifact of sorts, but also as a way to connect people and build a stronger community.

"There's an incredible symbiosis between CKUA listeners and the National Music Centre audience," he says. "We're excited about introducing them to each other."

“

There's an incredible symbiosis between CKUA listeners and the National Music Centre audience. We're excited about introducing them to each other.

”

*Andrew Mosker,
National Music Centre
president and CEO*

851
4 STREET SE

Calgary Foundation
CKUA Studio
Access through Studio Bell

MUSIC

STORY

CONNECTION

CKUA radio host David Ward, left, and National Music Centre president and CEO Andrew Mosker outside the Calgary Foundation CKUA Studio.



“
There’s so much music out there, it’s
hard to know where to begin.”
Chris Dudge



Calgary Local Music Library

MUSICIAN CHRIS DADGE knows that Calgary's vibrant and diverse local music scene is not always easy to discover. Dadge, co-leader of the alternative pop band Lab Coast, is himself immersed in the music community. But he realizes that many Calgarians, especially newcomers, aren't aware of the local music scene.

"If you don't have easy points of entry, it can be hard to penetrate," Dadge says. "And there's so much music out there, it's hard to know where to begin."

That's why staff members at the University of Calgary's community radio station CJSW wanted to find a way to connect Calgarians with local

music. They teamed up with the most powerful information hub in the city, the Calgary Public Library, and with the help of a \$30,000 grant from the Calgary Foundation the two organizations launched the Local Music Library, an interactive curated traveling music installation that can house up to 300 CDs by local artists.

The Local Music Library was an immediate smash hit — 75 per cent of the CDs are checked out at any given time. The installation will visit eight library branches throughout the year, changing location each month.

Dadge helped to curate the collection, which was distilled from more than 700 submitted CDs representing

over 30 years of local music from every imaginable genre. When the program wraps up at the Southwood branch in December, the CDs will be absorbed into the library's permanent collection.

Calgary Public Library community learning advocate Carol Schwartz says the project shows that Calgarians are eager to connect with local music.

"It's great for newcomers to Canada who are trying to integrate and want to learn more about the city," Schwartz says. "It's accessible to kids, it's accessible to adults, it's accessible to everybody because it's there and it's in their community."



“
Some of the friends I've met through CADME are coming to university with me, so those are lifelong friendships that will define my career.”

Caleb Klager

Left, aspiring jazz bassist Caleb Klager. Below, members of New York's Vanguard Jazz Orchestra work with Calgary students.

Calgary Association for the Development of Music Education (CADME) and the Vanguard Jazz Orchestra

FOR 18-YEAR-OLD CALEB KLAGER, a life in music has never felt like a pipe dream. Klager, who recently graduated from William Aberhart High School, brought his goal of a career as a jazz bassist a step closer this year through a program with the Calgary Association for the Development of Music Education (CADME).

The program, Celebration of Youth in Jazz, was backed by a \$5,000 Unique Opportunity Grant from the Calgary Foundation. It saw CADME collaborate with Arts Commons to bring New York City's Vanguard Jazz Orchestra to Calgary in April for a sold-out public concert at the Jack



Singer Concert Hall and a private performance for about 1,200 high-school band students.

The 16 members of the orchestra also provided a workshop for 100 students from five high schools, giving the kids a chance to play alongside one of North America's top big bands. Three of the musicians stayed behind to do further in-school workshops, reaching an additional 250 students from 10 different ensembles.

"I asked some of them how they managed to get their careers started,

because they're from New York and the scene down there is so competitive. Seeing how they've been able to succeed gives younger guys like me a lot of hope," says Klager, who attended the concert and workshop and is now studying music at the University of Toronto.

"Some of the friends I've met through CADME are coming to university with me, so those are lifelong friendships that will define my career. I'm looking forward to seeing where it will take me." ■

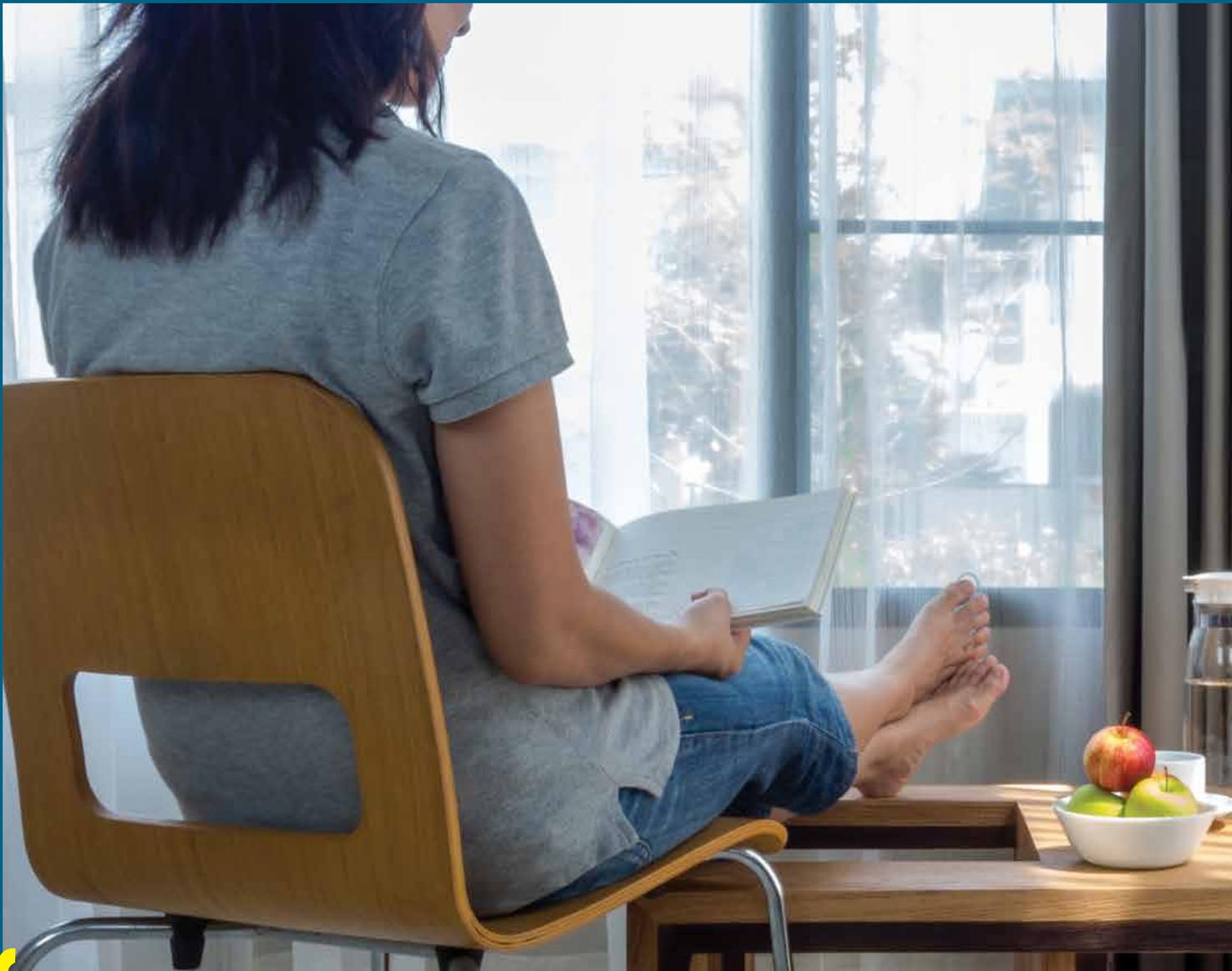


Simply Thriving

The MESH Network integrates multiple services to help clients flourish

By Paula Trotter

For people dealing with unemployment, substance abuse, homelessness and other social challenges, their struggles are often symptoms of a larger problem involving mental health. Together, they are complex — and they require an integrated suite of solutions. The MESH Network, a partnership between Prospect Human Services, Canadian Mental Health Association, Fresh Start Recovery Centre, Aventa and Horizon Housing, is providing just that, paving an unbroken path to customized services for people dealing with mental health issues. >>



“

It is a dream to have both a job and a home.

”

FIVE YEARS CLEAN, Samantha was getting the help she needed to remain sober.

But the assistance didn't address the other issues she struggled with — unemployment, anxiety and depression — nor did it provide the help she needed to move off her sister's couch, a living arrangement that grew so intolerable that Samantha opted to instead sleep on park benches.

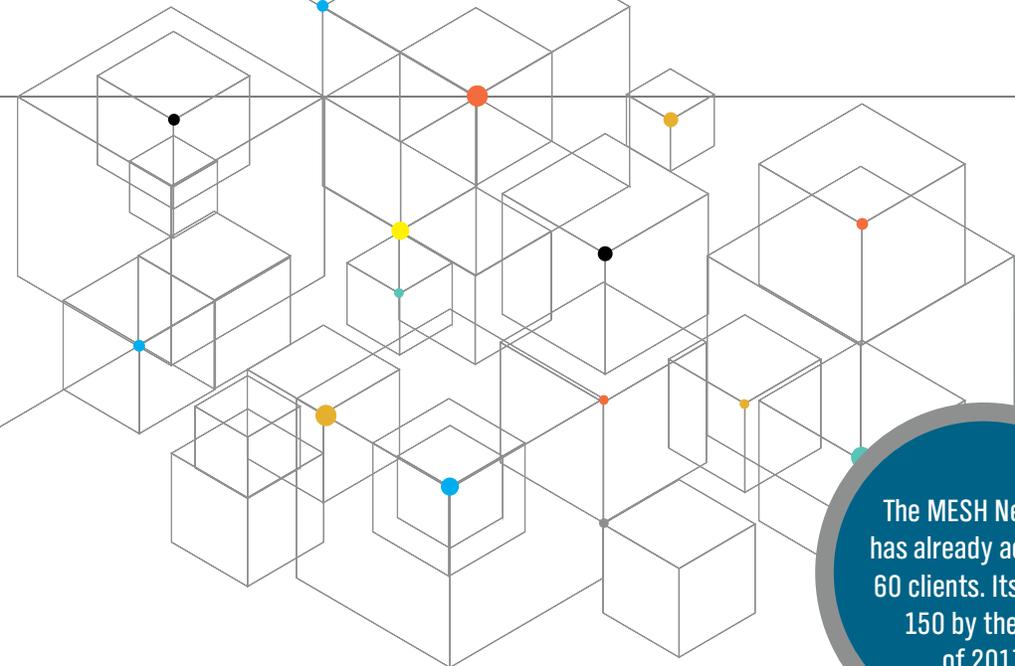
Samantha's therapist ultimately referred her to Prospect Human Services, a Calgary-based agency that helps men and women overcome barriers to employment. But just as addiction services couldn't provide a one-stop solution,

Samantha needed more in order to thrive.

The “more” finally came when she became a client of the MESH Network, a new three-year pilot program in which five unique social service agencies work as an integrated team to provide timely patient support.

Within two weeks of being accepted as a client of the MESH Network, one of the partner groups, Horizon Housing, set Samantha up with her own subsidized apartment, which provided the stability she needed to secure permanent employment.

“It is a dream to have both a job and a home,” Samantha says.



85+
per cent of clients have identified mental health care as a need

The MESH Network has already accepted 60 clients. Its goal is 150 by the end of 2017

Innovative integration

MANY SOCIAL ISSUES are interrelated, meaning vulnerable people often cope with multiple challenges—mental illness, addiction, unemployment and homelessness, for example. “Very rarely does someone show up for employment services without a whole bunch of other things going on,” says Melanie Mitra, CEO of Prospect Human Services, which spearheaded the formation of the MESH Network.

“Based on our experience delivering employment services to a broad range of individuals, we recognized that within the current service system, and within the way that funding protocols and eligibility criteria were set up, there were limits to what you could do with an individual,” Mitra says.

For example, she says, people seeking employment services must first deal with housing and addiction issues.

“We recognized there had to be a better way to provide service to the populations we serve—a way to reduce the complexity of the system they had to navigate to get to the services,” Mitra says.

So Prospect Human Services began to engage other Calgary-based agencies to overhaul how they deliver their programming. That is how the MESH (mental health, employment, substance abuse and housing) Network came to be.

“The MESH Network goes beyond collaboration; it’s true integration,” Mitra says. “It’s as if we’re one organization.”

With funding from the Calgary Foundation, the MESH team developed innovative cloud-based

software that enables the five partner organizations to share case management and service delivery, as well as track and share information about clients.

This is the in-depth, real-time knowledge that makes it possible for these agencies to truly integrate their services and work as one.

“Best practice with a client is that they have a team working for them, and a team that talks together,” says Callum Ross, advocacy and policy lead with the Canadian Mental Health Association, Calgary Region. “We know the theory, but something like MESH has really put that into practice.”

Heading in the right direction

THE MESH NETWORK is in a pilot phase until the end of 2017 and it has already accepted 60 clients of its goal of 150, given this degree of success, organizers hope to make it permanent.

“More than 85 per cent of clients have identified mental health care as a need,” Ross says. “MESH is the one collaboration that impacts our services the most, because it asks us to work together. We are meeting clients faster than we have ever done.”

Mitra hopes the MESH model goes on to serve as a blueprint for other complex social issues. “We are demonstrating that we can achieve better outcomes by working this way,” she says. ■

“ We recognized there had to be a better way to provide service to the populations we serve—a way to reduce the complexity of the system. **”**

Melanie Mitra, Prospect Human Services CEO



Coming Home

The RESOLVE Campaign is turning lives around through housing

By Paula Trotter

If you're trying to combat homelessness, provide people with homes. That's the logic behind the housing-first philosophy at the core of the RESOLVE Campaign to end homelessness in Calgary. Research shows that this approach is less expensive than traditional and short-term and emergency responses. In other words, truly ending homelessness costs less than trying to manage it.

The ongoing campaign to raise \$120 million through private philanthropy involves nine organizations providing housing units for 3,000 people. An anonymous donor at the Calgary Foundation was inspired to match the Foundation's \$2 million contribution, for a total of \$4 million for this collaborative campaign. The partner agencies include Accessible Housing, Bishop O'Byrne Housing, Alpha House Society, Calgary Homeless Foundation, John Howard Society, Horizon Housing Society, Silvera for Seniors, the Mustard Seed and Trinity Place Foundation of Alberta, and each has committed to providing housing for a specific at-risk population. Here's a look at three of these partners.



Calgary Alpha House Society client Suzy, above, takes pride in her thriving garden.

1 ALPHA HOUSE: GIVING WOMEN A PLACE TO GROW

THERE'S A SAYING that goes, "Your branches can only reach high if your roots run deep."

You can see this not only in Suzy's flourishing home garden, a place she finds comfort and peace, but also in how permanent housing helped this Calgary woman overcome trauma, addiction and homelessness.

"Suzy's garden grows every year, and I think she grows every year, too," says Kathy Christiansen, executive director of the Calgary Alpha House Society, which is working with the RESOLVE Campaign

to provide housing specifically for women. "People can reclaim their potential when they're housed."

Alpha House first opened its doors in Calgary in 1981, providing a shelter and detox program for men and women struggling with addiction. In 2008, the agency added housing to its continuum of services. That's how Suzy put down roots in her own place.

The Alpha House Society aims to build at least 25 units for women in a new building with on-site services including 24-hour caseworker support.

"People dealing with complex social issues who are not housed deteriorate more quickly," Christiansen says.

"Housing is a deal-breaker — it's really crucial in terms of healing."



“People can reclaim their potential when they are housed.”

*Kathy Christiansen,
Calgary Alpha House Society
executive director*



“Our goal at the Mustard Seed is to help people move forward from homelessness to a home.”

*Stephen Wile,
Mustard Seed CEO*



Left, the Mustard Seed's 1010 Centre contains 224 housing units. The RESOLVE Campaign's fundraising goal will allow it to continue operating and also construct a new apartment building for families.

Below, Accessible Housing clients like Bill, who has limited mobility, will gain in quality of life thanks to the proposed new 45-unit building supported by RESOLVE.

2 THE MUSTARD SEED: FOCUS ON FAMILIES

THE HOUSING-FIRST philosophy is a relatively new approach to tackling chronic homelessness; its premise is that housing is a basic human right that provides stability so people can deal with other challenges.

"Once the basic needs of survival are met, people can think about other things like getting their meds right or getting into a program that will help them remain sober or dry," says Stephen Wile, CEO of the Mustard Seed, an agency that provides shelter and services for individuals experiencing poverty and homelessness. "Those are the benefits that come when one major piece — housing — is in place."

For the Mustard Seed, which already provides housing for single men and women, the RESOLVE Campaign is an opportunity to expand its services to support homeless families.

"Our goal at the Mustard Seed is to help people move forward. Our buildings



are focused on moving people from homelessness to a home," said Wile. "But we don't do any housing that isn't supportive."

The organization's RESOLVE project will include a computer lab, a wellness centre, 24-hour security and house-keeping, as well as services such as an employment coach. In fact, all the housing units created through the RESOLVE Campaign will include support programming tailored to tenants' greatest needs.

3 ACCESSIBLE HOUSING: HOMES FOR THOSE WITH LIMITED MOBILITY

"WE'RE HOUSING PROVIDERS that serve Calgary's most vulnerable people. We make sure residents have the ability to thrive," says Jeff Dyer, executive director with Accessible Housing, a charitable orga-



“ People will get their lives back and get to dream again. ”

Jeff Dyer, Accessible Housing executive director

nization dedicated to providing housing to people with limited mobility. “We all need support to maintain our independence.”

Through the RESOLVE Campaign, Accessible Housing is building a state-of-the-art, 45-unit apartment building for those with physical challenges. Tenants will receive on-site healthcare and meal and laundry services.

Accessible Housing currently has a 40-year-old building with 11 units for people with limited mobility such as those who have suffered spinal cord injuries. But Dyer says his organization receives a minimum of three calls a day from people seeking barrier-free, affordable living arrangements.

“Only three per cent of Calgary’s housing that is affordable is also accessible,” Dyer says. “Close to 15 per cent of the population that needs affordable housing also requires housing that is modified toward accessibility.”

That leaves most disabled men and women housed in hospitals or seniors’ homes, or worse, inaccessible housing that is unsafe. Dyer stresses that he and his partners are building housing as well as a community in which some of the most marginalized members of our city can thrive.

“People will get their lives back and get to dream again.” ■



Community connections and knowledge develop when people gather at The Alex Community Food Centre.

Building community through food

Much like shelter, access to food is a basic human right that builds a strong foundation for a healthy life. But too many Calgarians struggle to put enough high-quality food on their tables—about 30 per cent of the city’s population, according to a 2015 Food Banks Canada study.

To help combat this, The Alex Community Health Centre has opened Alberta’s first community food centre in Forest Lawn. The Calgary Foundation is a leading contributor to the construction of this facility.

“We believe food is a powerful way to build community. We are building a place for food to create healthier individuals and a stronger

Calgary,” says Renee MacKillop, project manager of The Alex Community Food Centre.

A community food centre not only provides emergency access to healthy food, but is also a gathering space where people can learn how to cook and garden, and will find friends and support for issues that go beyond food insecurity.

“These things have all been associated with increased social capital. Community food centres give people the opportunity to come together around food in a warm, welcoming and relaxed setting where they can make friends and share experiences.”

To learn more about The Alex Community Food Centre, visit www.thealexcfc.ca. ■



WHEN MATT AND PEGGY AUFRICHT

got involved with philanthropy, they knew they wanted not just to give, but to invest by leveraging their donations in a way that would have lasting impact.

The Aufrichts felt that the best way to help strengthen the community would be to focus on individuals who had the potential to become community leaders but were held back by financial need. With that in mind, in 2007, they set up the Aufricht Family Scholarship at the Calgary Foundation. The scholarship is an award of \$3,000 to \$5,000 given each year to four to six students entering the University of Calgary or SAIT Polytechnic.

If the students maintain a good academic record, the

it easier for those kids to get to university, you know that later they're going to give back."

For the last three years, the Aufrichts' daughter, Lindsey Israel, has been part of the selection committee for the scholarship.

"It's an honour to participate in the process," Israel says. "To me, the ultimate goal is for these kids not to feel alone in the world, and to help make the next stage of their lives a little less stressful."

Recipient Nick Riopel is a U of C student in the final year of a degree in biological sciences who hopes to enter medical school next year. He says that the money that he's received has allowed him to go through school without having to work constantly to pay tuition.

Investing in the Future

The Aufricht Family Scholarship helps support tomorrow's community leaders

By Elizabeth Chorney-Booth • Photography by Erin Brooke Burns

scholarship is renewed for the remaining years of their undergraduate degree.

"It's an overused phrase, but we like to pay it forward," Matt says. "If we can help these students now, then 30 years from now they'll be able to help others the way that we've helped them."

Every year, the Aufrichts get together with the Calgary Foundation to select students that demonstrate the right combination of academic talent, community involvement and financial need.

"A lot of these families work really hard, and if they have the ability to access education and get a good job, their whole family benefits," Peggy says. "If you can make

"The scholarship has given me more time to work on the things that will strengthen my applications and help me get into medical school," he says.

"I've been able to become more involved in the community. I volunteer at a hospice and a homeless shelter on a regular basis. I've been able to put a lot more hours into those places and work toward my career goal."

That's exactly what the Aufrichts intended when they set up the scholarship: giving talented young people a better chance to fully explore the opportunities ahead of them. And with 49 students receiving the scholarship over the last decade, and virtually all experiencing success, there's little doubt that the program is working. ■



“

The scholarship has given me more time to work on the things that will help me get into medical school.

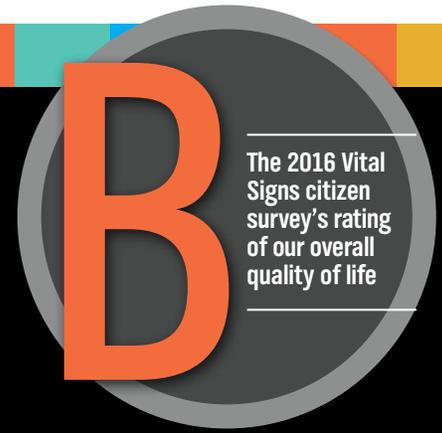
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Nick Riopel

Matt and Peggy Aufricht with their daughter Lindsey Israel, left, and scholarship recipient Nick Riopel, right, photographed in a diagnostic imaging suite at the University of Calgary Cumming School of Medicine.

Vital Signs Report 2016

CALGARY'S VITAL SIGNS is an annual check-up that measures the vitality of our community and identifies significant trends. The Vital Signs report combines research with the results of a survey in which citizens assign grades and provide comments on issues that are critical to quality of life in Calgary.



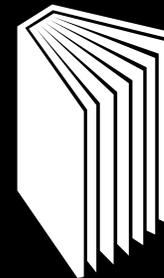
A Calgary Snapshot:



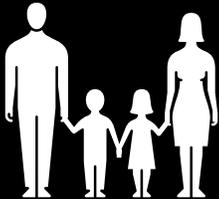
Calgary is identified as the least congested city in Canada. The survey shows the city's traffic congestion rate has dropped three per cent since 2015



Only **3%** of affordable housing is accessible



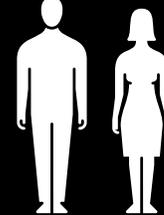
A record **6.2 million** visits to libraries took place in 2015



1,400 Syrians have settled in our city



80% of calls to the Islamophobia hotline were related to workplace discrimination



More than **12,000** Calgarians are living with dementia. The number is expected to double in 25 years

Quality of Life Stats:

23%

frequently feel uncomfortable as a result of discrimination

60%

feel they know their neighbours well enough to seek their help

68%

feel Calgarians do enough to welcome new Canadians

77%

rate their mental well-being as high

Want to take a deep dive into the 2016 Calgary's Vital Signs report? Visit calgaryfoundation.org to explore all the results

THE FOUNDATION. of my community



**CALGARY
FOUNDATION**
FOR COMMUNITY, FOREVER

starts with you and me – more than charity
it's the empathy i feel for the
people where i live.

Close to home is where the heart is,
where help goes farthest
my foundation helps me start this:

people standing **TALL**
in towns big and small,
urban, rural, one and all.

My care comes through
helping those that can't make do
or get by, or maybe
just need to fly. 

My foundation has roots across the land,
intertwining, hand-to-hand,

showing what we thousands banded
together can do, including you, making true
the endeavour
to make things better

for generations still,
their dreams fulfilled,

it all gets built ...

ON THE FOUNDATION.

Canada's community foundations help communities where they need it the most, connecting people, families and companies with the causes that inspire them. **Community makes you. You make your community.**



Lauren Frosst
Community Investment
Associate
Calgary Foundation

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