

2022

THE UNISON CENTRE OF IT ALL



unison
For generations **50+**



Who we are

Our Vision

A community of engaged older adults.

Our Mission

To support older adults to live well in their community.

Our Values

Empowerment:

We create opportunities for older adults to enhance their quality of life

Inclusivity:

We embrace the diversity of all people.

Compassion:

We act with care and empathy, mindful of the unique nature of each person.

Aging:

We champion aging as a journey of discovery

Respect:

We treat everyone with honesty and integrity.

Collaboration:

We build connections and partnerships, working together with common purpose.

WHAT WE DO

01 CONNECTION

02 FOOD SECURITY

03 ELDER ABUSE SHELTER

CONNECTIONS

Humans, at our core, are social beings.

If the recent COVID-19 crisis has taught us anything, it's the value of being around others. And on the other hand, it's taught us about the danger of isolation.

Older adults in particular are at-risk for being isolated. Chronic illness or disabilities, the loss of a spouse or other family, or even something as simple as difficulty finding transportation to and from where someone wants to be: these all contribute to isolation. A total of 30 per cent of Canadian seniors are at-risk of being socially isolated, and factors such as education, ethnicity or gender can contribute to the risk as well.

The danger of social isolation for seniors isn't just feelings of loneliness or worse outcomes for mental health. Social isolation puts seniors at greater physical risk of death compared to obesity and physical inactivity. The effect of isolation on a person's health is equal to smoking 15 cigarettes a day.

"These classes gave me consistency in uncertain COVID times. It was also an opportunity to stay connected to the Unison community which has been so important for me." - Ann

CONNECTIONS

Isolation can also increase the burden on health care and social services. Seniors who are isolated make more visits to the doctor or the emergency room, they use more medication, they are at greater risk for falls and often enter residential care earlier.

Unison knows that isolation is a massive problem for older adults, which is why we have a range of programs to help connect seniors within our community.

Our Information Department assists seniors with everything from housing applications to tax returns, serving thousands of older adults every year.



CONNECTIONS

Our Education and Recreation department gives seniors opportunities for fun and friendship. Whether it's a pick-up game of pickleball, learning Spanish or the ukulele with friends, or going on a day-trip to somewhere interesting, older adults get the chance to make new connections and break the cycle of isolation.

Not only does our Volunteer Department assist Unison in our day-to-day operations, but we give seniors the ability to give back in meaningful ways to their community. Many of our volunteers are themselves seniors and let's them know their contributions are valued.

In this way, Unison is not just our buildings or an organization. We're a community constantly looking to connect on a human level with our older adults.



CONNECTIONS

Active Aging

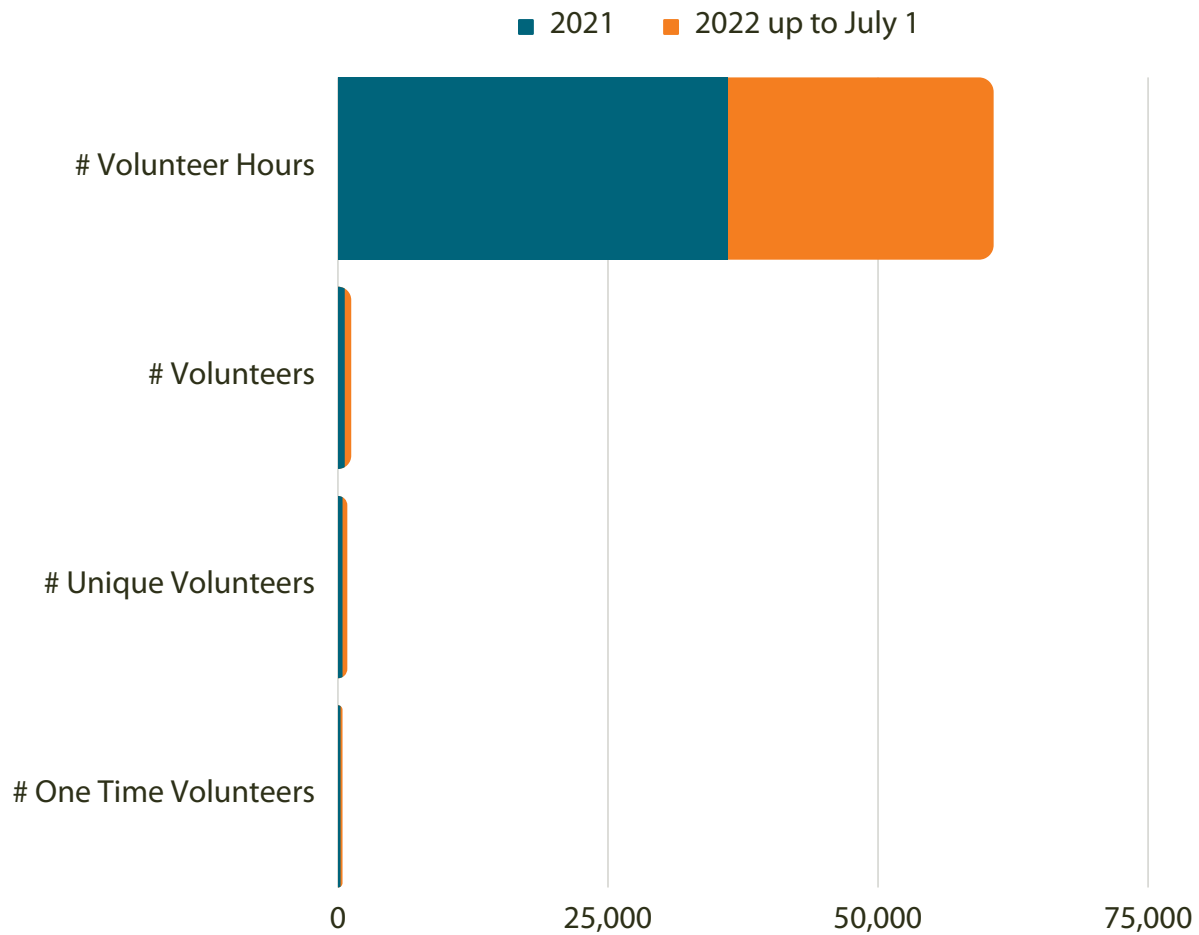


Education & Recreation Stats for 2022 up to July 1

# of In-person classes	135
# of In-person registrants	1490
# of online classes	280
# of online registrants	782
# of day trips	9
# of day trip registrants	150

CONNECTIONS

Volunteering



of Volunteer Hours

2021	36,042
2022 up to July 1	24,600

of Unique Volunteers

2021	394
2022 up to July 1	413

of Volunteers

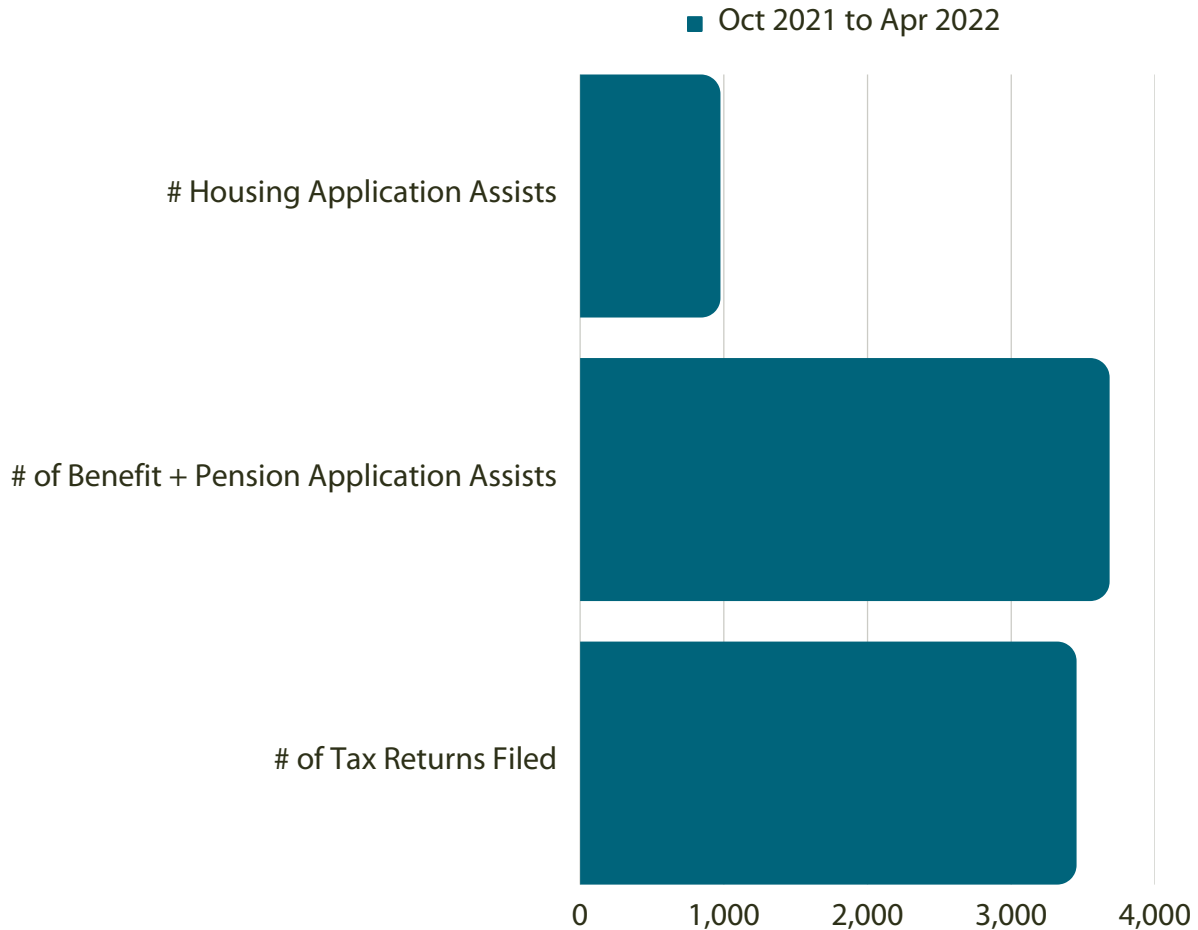
2021	598
2022 up to July 1	571

of One-Time Volunteers

2021	204
2022 up to July 1	158

CONNECTIONS

Senior Supports



Seniors Supports October 2021 to April 2022

# of Housing Application Assists	972
# of Benefit + Pension Application Assists	3,680
# of Tax Returns Filed	3,450

FOOD SECURITY

Everyone needs food and no one should go hungry. Unison aims to make sure seniors in our community never have to worry about where their next meal is coming from.

We know that 12.7 per cent of households experience food insecurity in Canada. Seniors can be at a higher risk for many reasons. Mobility issues might make it difficult to get to the store. Seniors on a fixed income are facing inflation and the increased cost of living. Chronic illness can even make it hard some days to cook a proper meal for yourself. Seniors with two or more chronic conditions are two to three times more likely to be food insecure.

"It has made a difference as have a very low income, so have not had to buy bread very often. Also it is nice to get out of the house and be able to talk to others in the line up. COVID has isolated me and am lonely at home!" - Rick

FOOD SECURITY

Having nutritious and plentiful food is critical for health and well-being at any age, but even more important for older adults.

Without proper nutrition, seniors become more at-risk for their chronic conditions to get worse, for depression and for limitations in their day-to-day lives.

Unison believes that no person should have their aging journey affected by being food insecure. Our food security program hosts drop-in bread markets for seniors twice a week. We take delicious, fresh and nutritious food, including bread, frozen soups and fresh produce, as donations from a variety of partners and distributes it — free of charge — to those in need.



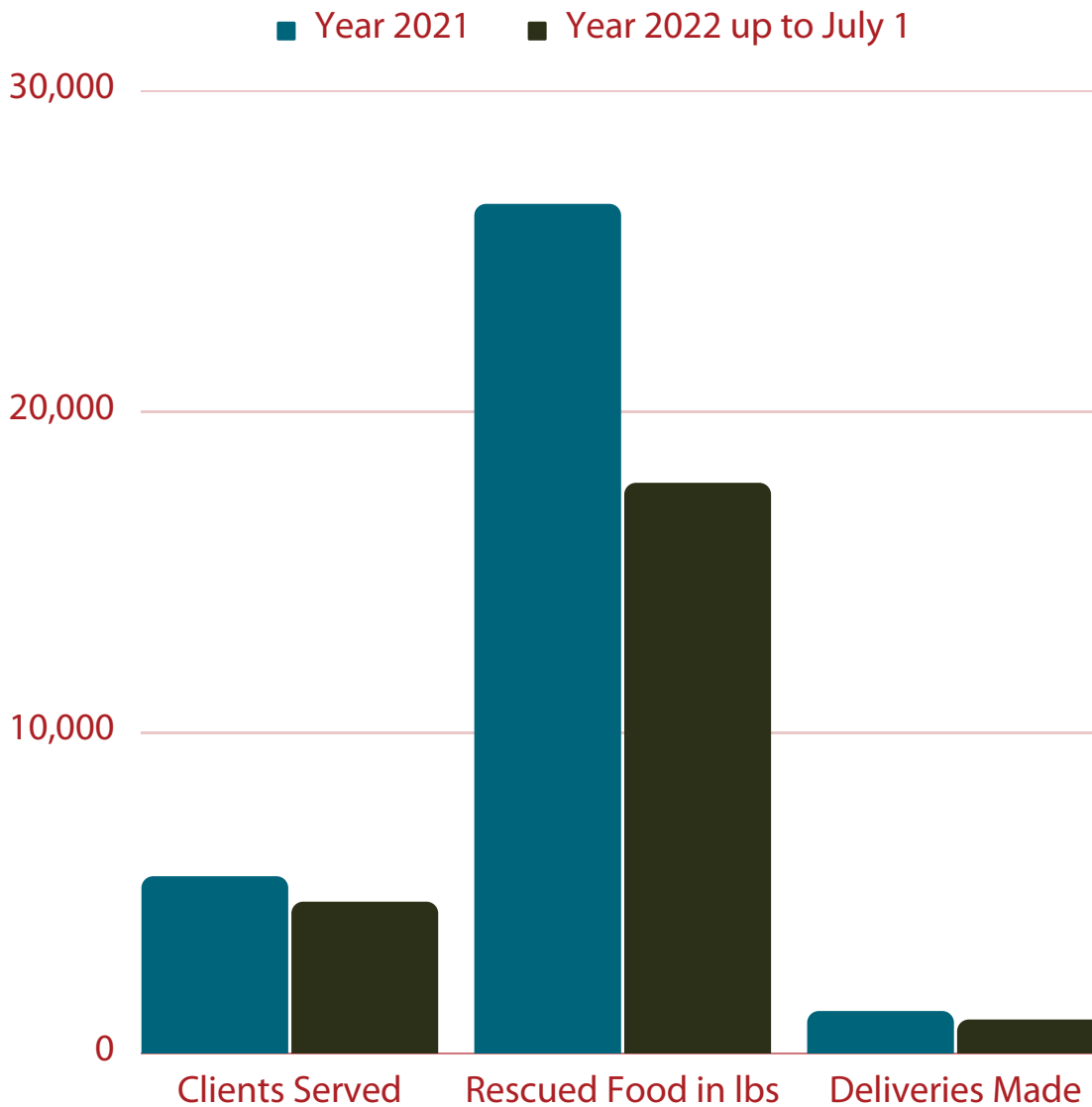
FOOD SECURITY

In 2021, we managed to share over 26,000 pounds of food with vulnerable seniors. We made over 1,300 food deliveries to seniors in their own homes. And we're only getting started: new programs include a community kitchen, a community pantry and the expansion of our bread markets across the city.



"First of all, for our old folk it warms our heart, a place to see others. The whole experience is a life changing experience, I feel happier and just cannot wait for these two days of the week. I wish this program will go on. Thank you for helping us." - Sandeep

FOOD SECURITY



Clients Served

2021	5,500
2022 up to July 1	4,711

Deliveries Made

2021	1,300
2022 up to July 1	1,040

Food Rescued in pounds

2021	26,455 lbs
2022 up to July 1	17,770 lbs

UNISON ELDER ABUSE SHELTER

Familial abuse is a traumatic reality. No one should ever have to live in fear of physical violence, neglect, or sexual, financial or emotional abuse. Seniors experiencing elder abuse need a safe haven.

The government of Canada believes roughly 280,000 adults over the age of 65 experience some form of abuse every single year. Financial abuse or exploitation is the most common form, with emotional abuse and neglect falling not far behind. Seniors are less likely to report spousal abuse than non-seniors, and when it is reported, it's more often told to health professionals or community groups rather than the police.

The consequences of elder abuse are staggering: from serious physical or mental harm, to depression and mental decline, to the loss of one's finances or home.

"I know it's been said a million times, but they truly are my shelter from the storm." - Janice

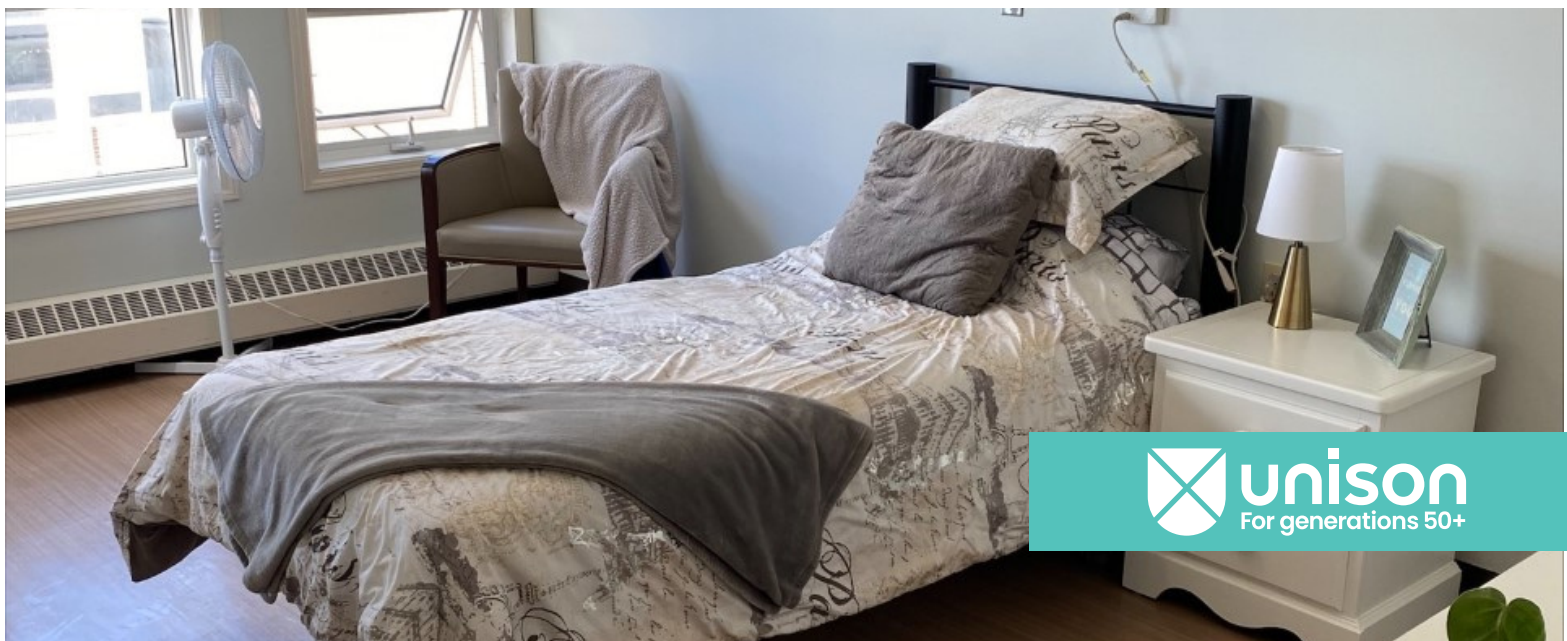
UNISON ELDER ABUSE SHELTER

In addition, the physical and mental consequences of elder abuse may mean many additional years of recovery compared to other forms of abuse.

The Unison Shelter is a safe haven for men and women, ages 55 or older, who are experiencing elder abuse.

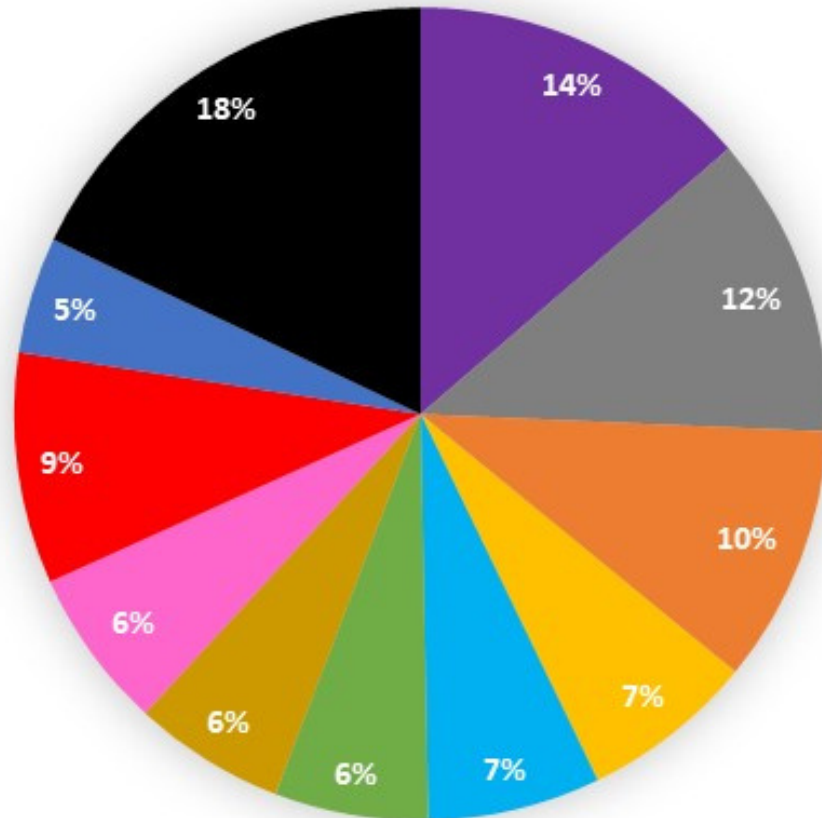
We provide transitional housing, case management by licensed social workers, referrals to counselling and homecare, assistance with housing applications and outreach support for up to a year after leaving the shelter.

No one should have to live in fear. Unison aims to make sure everyone has a safe haven from the trauma of abuse.



UNISON OVERVIEW

Spending



- Kerby Elder Abuse Shelter
 - Kerby News
 - Veiner Centre
 - Adult Day Program
 - Information Dept.
 - Education + Recreation Dept.
 - Volunteer Dept.
 - Events
 - Food Security
 - Wellness Connection Centre
 - Administration + Fundraising
- Total expenditures 2021: \$4,180,5**

UNISON OVERVIEW



<p>INFORMATION RESOURCES</p> <ul style="list-style-type: none"> - all information for seniors; referrals for supports and services. - Seniors Directory - Tax Clinic - Expo <p>FUNDING</p> <p>FCSS Tax Clinic donations + sponsors + grants Advertising</p>	<p>EDUCATION + RECREATION</p> <ul style="list-style-type: none"> - All ed + rec classes (see attached list) - Membership - Fit Room - BeneFIT program - Marathon <p>FUNDING</p> <p>Pay for use FCSS Membership Marathon</p>	<p>VOLUNTEERS</p> <ul style="list-style-type: none"> - Wise Owl - Next to New - ALL volunteers - Corporate group volunteers - Volunteer Week (April) + volunteer luncheon <p>FUNDING</p> <p>FCSS Social Enterprises Sponsors +</p>	<p>FOOD SECURITY (Thrive)</p> <ul style="list-style-type: none"> - Food markets (Tuesdays + Fridays) [formally "bread markets"] - Community pantry - Food Rescue deliveries (Wednesdays) - Emergency Hamper deliveries (as needed) - Community Kitchen - Sunday Seniors Baking - Grocery Delivery - Meals on Wheels (MH) <p>FUNDING</p> <p>FCSS Pay for use Sponsorship, Donations + Grants</p>	<p>KERBY ELDER ABUSE SHELTER</p> <ul style="list-style-type: none"> - EARL - EART (in partnership with carya and CPS) - All elder abuse information and initiatives. - Community outreach - WEAAD (June 15) - Victims of Crime Week - Elder Abuse Awareness coalition <p>FUNDING</p> <p>Government of AB Seniors + Housing Sponsorship, Donations + Grants</p>	<p>ADP</p> <ul style="list-style-type: none"> - Referrals from AHS - Clients come 1 - 2 times/ week (30 clients per day) <p>FUNDING</p> <p>AHS</p>	<p>WELLNESS CONNECTION CENTRE</p> <ul style="list-style-type: none"> - Group and individual counselling supports - Peer-to-peer groups - Social Calling - Sidewalk Seniors - Mental Health Presentations - Mental Health Awareness Week <p>FUNDING</p> <p>FCSS Sponsorship, Donations + Grants</p>	<p>EVENTS</p> <ul style="list-style-type: none"> - Financial presentations - Health + Wellness Presentations - In-person events (monthly) - Seniors Week - FD Events (Golf) <p>FUNDING</p> <p>Fundraising + Sponsorship Expo Events</p>	<p>MEDICINE HAT</p> <ul style="list-style-type: none"> - Game Groups - Wellness Wednesdays - Strathcona Centre (Recreation) - Meals on Wheels - Elder Abuse supports <p>FUNDING</p> <p>City (for 3 years) Sponsorship, Donations + Grants</p>
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CONTACT

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