



Report from carya's CEO

"Our youngest client is one month old and our oldest is 98 years old. carya's opportunity for impact across the entire lifespan is clear!"

This year, we are focusing on **carya's** impact - impact on a personal, organizational, community and societal or collective level. How does **carya** contribute to the positive impact in our social culture? What ripple effect does our work have in changing the course of lives?

At this moment, our youngest client is one month old and our oldest is 98 years old. **carya's** opportunity for impact across the entire lifespan is clear!

In 2016, **carya** created thousands of opportunities and touchpoints for creating impact. We helped older adults give back to the community, age gracefully, connect to others and participate in society to their level of interest and capacity. We supported families to become all they need to be to thrive and raise healthy, happy children. We encouraged and fostered early literacy, a skill that makes success in school more likely and increases the capacity for everyone to truly be a part of their community. We engaged youth in programs that enhanced their self esteem, life skills and problem solving capacity. We shared our knowledge, best practices and ideas among professionals, interested citizens, parents and others in our community.

Our impact can be attributed to our staff and volunteers, all of whom create environments in which citizens who choose to come to us can grow and flourish. These staff bravely walk beside many who face tremendous challenge in their lives and encourage, foster hope, teach and model and celebrating successes when one youth, family or older adult moves forward with confidence and creates their own cascading impact. We are proud to be on the front lines witnessing the change that can happen.

We continue to make an impact in the big picture, too. Members of our teams work on city and province-wide initiatives that tackle elder friendly matters, poverty reduction, children's rights and much more. We know that we can do more as a collective than we can do alone, and we will continue to work with community players to find the best and most effective way of realizing the well being of all.

We promise to continue this work in 2017, in our 107th year as part of the social fabric of our great city of Calgary.

Sue Mallon
CEO, **carya**



Report from *carya's* Board Chair

"carya has been walking hand in hand with Calgarians since 1910, always uncovering strengths together."

carya, in one form or another, and with several name changes, has been quietly changing the world for Calgarians since 1910. We reach to the boundaries of the city with our programs and services. **carya** walks hand in hand with immigrants, refugees, our indigenous brothers and sisters, dads, kids, teens, moms, victims of natural disasters, older adults and those struggling with poverty and abuse, always uncovering strengths together.

There have been many highlights this year for the **carya** Board. We participated in training that is helping us to take on our new role of philanthropy and fund development. Other accomplishments include improving our Board assessment strategies, ensuring reasonable compensation for staff and providing oversight for Board policies that needed revision. At each Board meeting this year, we have enjoyed a learning session about a current major piece of work taking place at **carya**, giving us deeper insight into the incredible impacts our agency continues to make.

As **carya's** Board chair, it has been my pleasure to work with such exceptional colleagues. The Board takes its fiduciary, governance and problem-solving responsibilities seriously. Each member displays enormous talent and skill, while still making time for a laugh and a smile along the way.

All that we do is in support of **carya's** amazing staff. Our CEO, Sue Mallon, continues to think ahead, insist on ongoing training for all staff, mentor **carya's** leadership team, use the Board's wisdom and maintain outstanding relationships across the sector and with government. The Board continues to learn from the agency's senior staff, the hearts and minds of the organization who are always engaging in new thinking and sit at every collective and collaboration table in the sector. They keep this organization committed to community impact that is timely, responsive, and grounded in best practice. If anything could be criticized it is that they work too hard, always coming up with another imaginative idea.

It has been an honour and a privilege to work with such dedicated colleagues, both staff and directors. We do indeed uncover strengths together.

Dariel Bateman
Board Chair, **carya**

Our Impact

carya

Engaging
individuals,
families and
communities
to realize
their
potential

#caryaishere



In **2016**
carya was here for over
40,000 Calgarians

8,229

older adults
served

3,616

hours invested
in early literacy

5,010

Calgarians provided with
education and outreach

7,567

children and
youth served

40

programs in 8
languages

5,000

vulnerable families
supported



We believe in the power of collective impact. Working together with our neighbours and agency partners, we accomplish so much more than we ever could on our own. When each of us brings our abilities to the table, we uncover solutions that bring strength to the communities we work in.

Our collaborative initiatives include:

Starburst
 Calgary Board of Education
 Calgary Sexual Health Centre
 Alberta Health Services
 Calgary Communities Against Sexual Abuse
 HIV Communities Link
 John Howard Society
 McMann (PSECA)

Sirius
 Calgary Board of Education
 Calgary Sexual Health Centre
 Famous 5 Foundation

Francophone School Team
 Conseil Scolaire FrancoSud

Seniors Collaborative Community Outreach Team
 The Alex
 Trinity Place Foundation
 Alberta Health Services

Functional Family Therapy
 Catholic Family Service

Elder Abuse Response Team
 Calgary Police Service
 The Kerby Centre

The Way In
 Calgary Seniors Resource Society
 Jewish Family Service
 Calgary Chinese Elderly Citizens Association

BOOST
 Restorative Actions for Transformation
 John Howard Society
 City of Calgary Probation
 Mennonite Central Committee

Starbright & Odyssey
 Calgary Board of Education
 Calgary AfterSchool Initiative

Brief Intervention and Caregiver Support
 Calgary & Area Child & Family Services
 Catholic Family Service
 Calgary Counselling Centre

Supermen of Bowness
 Boys and Girls Club of Calgary

In May 2016, a wildfire swept through Fort McMurray, forcing the **largest wildfire evacuation in Alberta's history**. As residents of the northern community fled their homes, **carya was here** to help.

42 carya staff spent **300** hours  in **4** evacuation centres

We served **500** people  from **179** families 

We helped them access...



- basic needs
- health supports
- psychosocial resources
- financial aid
- community connections
- housing
- location of friends and family

Being **responsive** means reacting **quickly** and **positively** to **unexpected situations**



Taylor is in grade six. Margaret is 69 years old. Through carya's Starbright Grandmas initiative, **Taylor and Margaret form an unlikely connection.**

Margaret teaches Taylor how to knit - Taylor copies Margaret's expert hand motions perfected over years of practice. Taylor shares her technique for making slime, which is popular in her world. On their final day together, the two work together to create mementos of their bond - decorating picture frames and making bracelets for each other.

In Margaret, Taylor has found a **positive and supportive role model**. Margaret loves the opportunity to **share her knowledge and skills** with Taylor. Starbright Grandmas is an important part of Margaret's social calendar, which has become emptier now that she is no longer working.

The two are only together for a few short days, but the impact they have on each other will last much longer.

"I never realized that grandmas are just like us. They've experienced a lot of things, and it was helpful when they shared what they did when they went through hard times" - Taylor, 11

Ana was struggling. Postpartum depression had stolen her joy and left her resentful towards her two older daughters. Her marriage was on the rocks. Far away from her support network back in her home country, Ana felt helpless and alone.

With carya's help, Ana established healthy routines for each of her three girls and learned to create appropriate expectations for her children's behaviour. **carya** staff connected Ana to the resources she needed to get help with her depression, and she began taking medication. With her mental health on track, Ana went back to school, putting her on the path towards the career she'd enjoyed in her home country.

Ana's confidence grew, and she was able to tell her husband, Alan, what the family needed from him as a father figure. With time and patience, and a little help from **carya**, Alan began to take part in family activities. He had become an engaged father before Ana's eyes.

Today, Ana is happier than ever. She loves spending time with each of her girls. Her relationship with Alan is thriving. She gives credit to **carya**, but her happiness truly comes from her own hard work and her courage to create a better life for her family.



"With no support network in Calgary, I didn't know where to turn. Thanks to carya's guidance and support, my family and I are happier than ever." - Ana

In
2017,
we
promise
to

- 1 respond to the needs of the communities we work in
- 2 create the conditions that allow for change to happen
- 3 actively work to see an increase in natural supports & relationships for those we serve

Thank you to our Donors and Supporters

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