

WINTER 2018

LEGACY *in* ACTION

EDMONTON
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FOUNDATION

CENTRE OF ATTENTION

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Can Alberta Avenue complete its renewal with a \$43M arts site?

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PUMPED-UP KIDS

Teens build robots, science & tech skills via Young Edmonton Grants

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A PLACE TO STAY

Pilgrims Hospice adds residential care rooms





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Cover illustration by Glenn Harvey

A MESSAGE FROM THE CEO



Martin Garber-Conrad
Martin Garber-Conrad
CEO

This holiday season issue reports on the wide range of Edmontonians' philanthropy: from a new hospice care centre to Indigenous cultural learning, from a memorial for a lost daughter to indoor gardening for children, from remembering parents to scholarships for young people.

You'll read about Pilgrims Hospice and an ECF donor-advised grant earmarked for key therapeutic space there. And we expect you'll find answers to questions like, "What is a hospice anyway?" and "What do they do there?"

We think the story of Cara's Friendship Fund will touch your heart. And that you'll be pleased to see how the Little Green Thumbs program helps schoolchildren learn about gardening and respect for the environment.

We'll tell you about challenges overcome to ensure that young people who grew up with child welfare status are continuing to get scholarships and bursaries. And then there's the renowned astronomer who had an observatory in the Cayman Islands yet was nevertheless connected to palliative patient care in Edmonton.

There's also a story on Terra Centre's journey to understand the importance of ceremony and culture in raising healthy children. And that's not all in this issue of *Legacy in Action!*

At Edmonton Community Foundation we have spent nearly 30 years understanding the challenges facing individuals and families in our community, and the exciting opportunities in the arts and education. Over the years, more than 1,000 generous donors have responded — bringing us their passions, dreams and solutions. We are honoured to be a part of this community philanthropy.

It has also been an honour to have known and worked with Orville Chubb, publisher of *Avenue* magazine, who died at the end of August. Orville helped us on the pilot project in 2009 that grew into this magazine, and worked faithfully on all 23 issues after that. He had a passion for making a difference and a genuine interest in our work. Orville provided expert guidance above and beyond what was required, and our team very much appreciated his skill and generosity. This is our first issue without him. We miss him already.

If you want more information about anything in this issue, please visit our website: ecfoundation.org or phone us at 780-426-0015. Very best wishes for the holiday season!

– Martin Garber-Conrad

Honouring *love.*

The 26BG1234 Family Fund was set up at Edmonton Community Foundation in memory of my parents.

26BG1234 was a secret code my parents used to mean "I Love You" in cards and letters to each other for almost 50 years. Involving my children made this legacy something old and something new.

The Fund supports charities my parents cared about and that my children feel are important.

Kerri DeLuca



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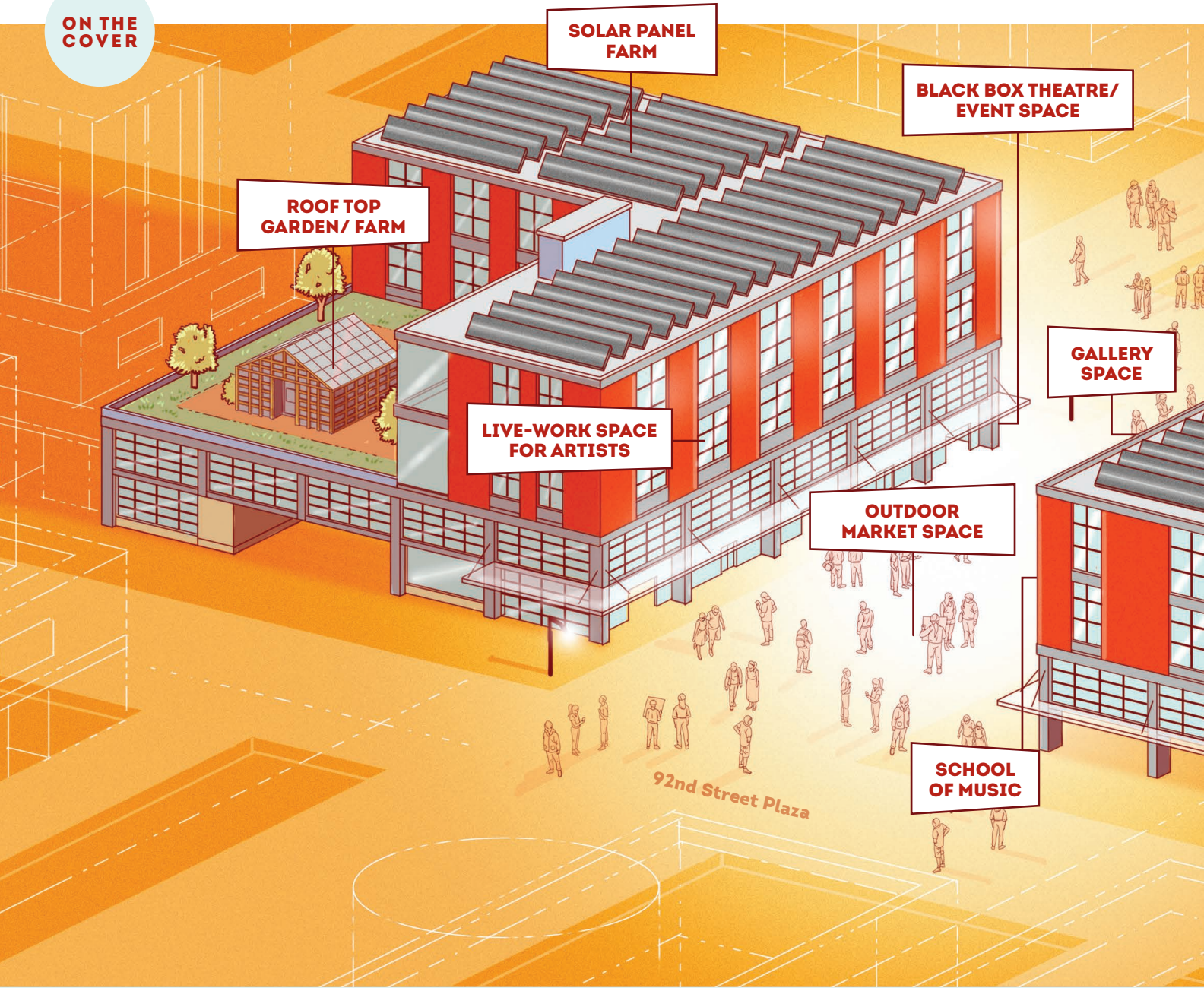
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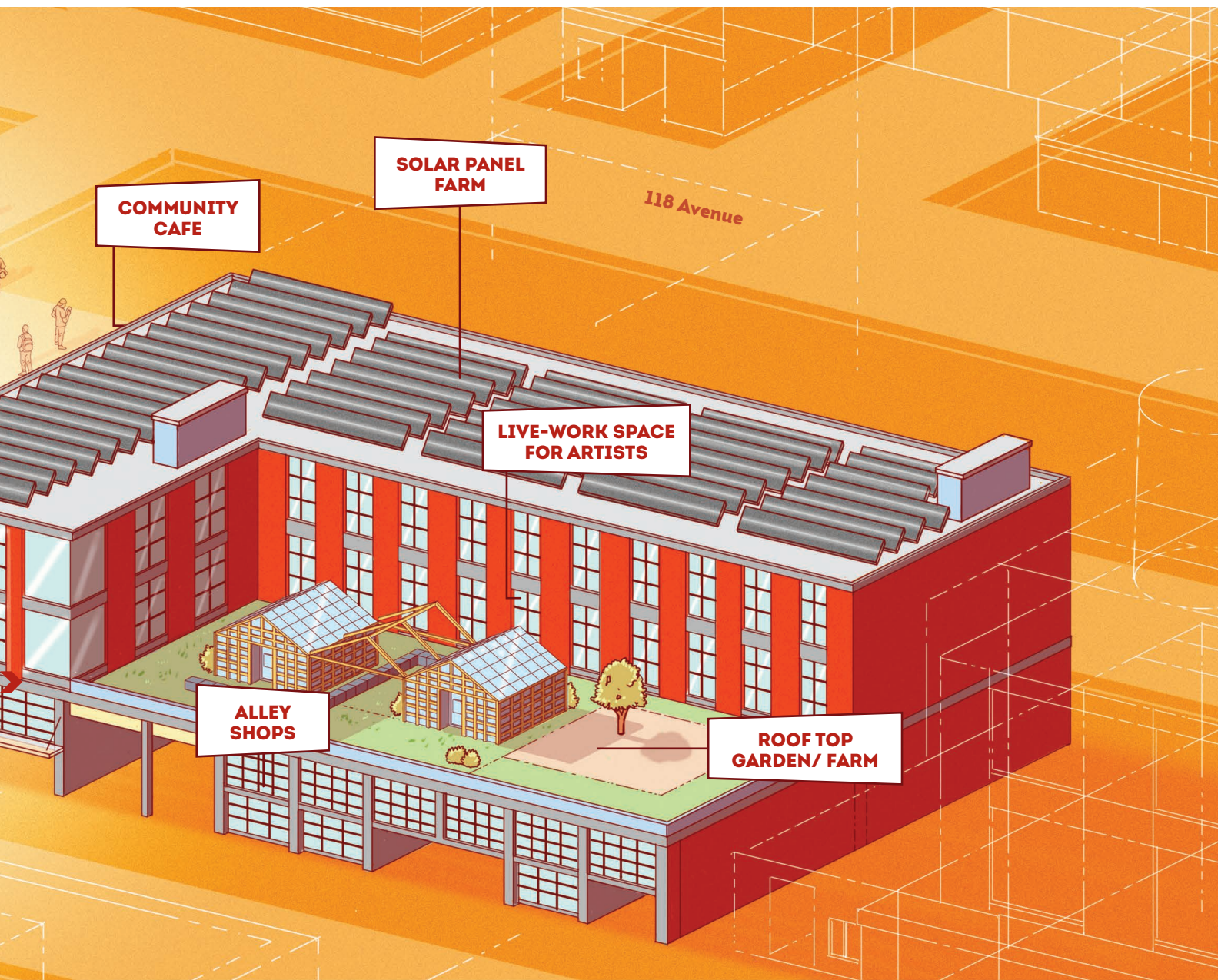
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ON THE COVER



BY: ANDREW PAUL ILLUSTRATION: GLENN HARVEY

THE TRAN



SFORMER

A \$43-million mixed-use complex could finally renew Alberta Avenue entirely >

When Christy Morin and her husband moved into the Alberta Avenue neighbourhood in 1994, she soon thought she had bitten off more than she could chew.

Drug dealers moved in next door and the years that followed were terrifying for her family.

“There would be fights, stabbings, people jumping off roofs, stealing our vehicles,” Morin says. While most people would have packed up and moved, the Morins stood their ground and started taking back their neighbourhood.

Nearly 25 years later, there has been drastic change in this heritage district that surrounds 118th Avenue, north of the city core.

Artists and musicians have settled there by the score. New cafes and small businesses, such as Edmonton’s legendary Green Onion Cake Man, are active. And in August, Morin joined her partners at the Edmonton Community Development Company to welcome hundreds of fellow residents to a lively public information session.

The focus was ArtsCommon 118, an ambitious mixed-use development that, if it moves from strongly supported proposal to final phase, could complete this community’s revival.

ArtsCommon 118 is envisioned as two four-storey buildings built on land parcels facing each other on 92nd Street, just south of 118th Avenue.

As currently proposed, the \$43-million project is a multifaceted gem. Currently in its design-concept phase, it will include 78 affordable live-work studios for artists; a 200-seat black box theatre; gallery and exhibition spaces; a rooftop urban farm on one building and a community garden on the other; a 2,000-square-foot industrial kitchen; a school of music and office space for non-profits. Flowing between the two buildings across 92nd Street, a plaza will host farmers markets and night markets. The buildings will be topped with solar panels to help create a net-zero operation.

ArtsCommon 118 is the flagship project of the Edmonton Community Development Company. Edmonton CDC was established in 2017 by Edmonton Community Foundation and the City of Edmonton in

response to the Mayor’s Task Force to End Poverty.

At its core, it is a neighbourhood economic development agency. Its mandate is to help low-income areas across the city transition into stable, prosperous communities.

This can take myriad forms. For Alberta Avenue, it means shepherding ArtsCommon 118.

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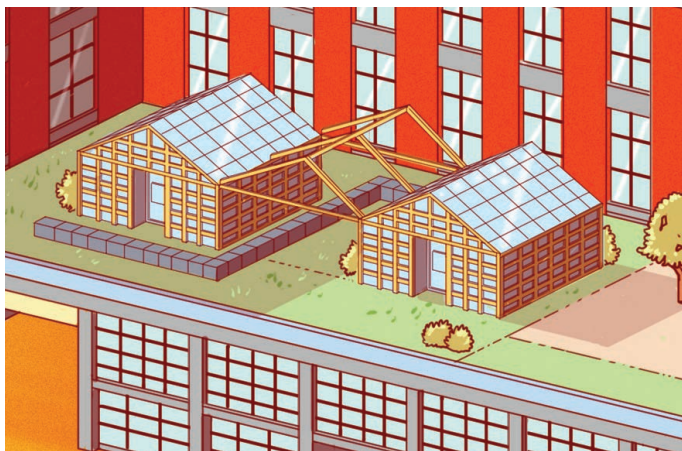
THIS IS A GAME-CHANGER DEVELOPMENT FOR THE ALBERTA AVENUE DISTRICT

“This is a game-changer development for the Alberta Avenue district,” says Mark Holmgren, executive director of Edmonton CDC. “It will provide affordable rents, create jobs, bring needed programming to the area, bring people together at events and markets, and ultimately be a catalyst for other development.” To pull off the project, he partnered with Arts on the Ave.

Arts on the Ave started in 2005, as a small coalition of artists with Morin at the helm. Today, it is a community convener that works with more than 200 multidisciplinary artists, businesses and local residents. Twice a year they turn 118th Avenue into a visitor attraction, with the Kaleido Festival in September and the Deep Freeze Festival in January.

Morin sees ArtsCommon 118 as a renewal project that fits Arts on the Ave’s mandate to create change through the arts. It is also the latest chapter in the community’s 10-year struggle to develop the proposed sites.

In 2007, the city purchased the old Alberta Cycle building, which sat on one of the 92nd Street lots. Then-Mayor Stephen Mandel approached arts organizations about moving into the space. Many declined, citing the area as “unsafe,” Morin says. But Arts on the Ave jumped at it.



“We said, ‘Yeah, absolutely, we would love to take this building on and recreate it as artist galleries and performance spaces.”

Unfortunately, the building was structurally unsound. It was demolished in 2012 and the site sat empty until Edmonton Community Foundation and Edmonton CDC stepped in.

Now, planning is well underway and unlike previous attempts to develop the site this one has traction.

The city has donated six lots of land. Edmonton CDC has purchased five additional lots to complete the site. Manasc Isaac Architects has drafted initial design concepts. Northlands has expressed an interest in collaborating on the rooftop farm. Vancouver’s Sarah McLachlan School of Music has inquired about locating its Edmonton School at ArtsCommon 118.

Funding is the project’s biggest hurdle.

Edmonton CDC has secured \$4 million from the city and is filing funding requests to the federal, provincial and municipal governments to help with the rest. Holmgren expects to know by March 2019 whether funding is in place. After the fundraising phase, he will apply for development permits. Securing those can take up to six months. After they’re in hand, Edmonton CDC will have two years to complete construction, as per city requirements.

For now, Holmgren and Morin are focusing on gathering plenty of community input on the project.

“I’d love folks to know that we would love to hear their voice,” Morin says. “Take advantage of this, and reach out to us because we’d love to hear how you want to make things grow in Edmonton.” ■

WHERE IS IT?

The Alberta Avenue Revitalization district spans 27 blocks, from 97th Street to Wayne Gretzky Drive, along 118th Avenue.

A BRIEF HISTORY OF ALBERTA AVENUE

1910-1970s: The Avenue was the city’s main east-west corridor and a shopping district with deep ties to working-class and immigrant communities.

1973: A major oil-sector bust occurs. Homeowners begin leaving the neighbourhood. The trend continues into the 1980s.

1984: The Yellowhead Trail is finished. It diverts traffic from 118th Avenue. Local businesses begin closing.

1990s: Real estate prices in Alberta Avenue plummet. Opportunistic landlords and gangs buy houses for as low as \$30,000. Gang culture arrives. But low house prices draw an influx of artists.

1992: Alberta cuts social services including addictions and mental health supports. Local residents and business owners form the Avenue Revitalization Project to begin tackling disrepair and crime.

2005: City appoints a full-time staff member to help co-ordinate volunteer community initiatives. Arts on the Ave is formed.

2007: City purchases the old Alberta Cycle building and asks the arts community to make it a community hub.

2008: Old Alberta Cycle building is demolished. The area receives funding from the city’s Streetscape Project.

2017: Edmonton Community Foundation and City of Edmonton establish the Edmonton Community Development Company. Planning begins for ArtsCommon 118.

June 2018: City administration recommends city council end annual revitalization funding for Alberta Avenue. Christy Morin mobilizes community and saves the funding.

August 29, 2018: Initial design concepts for ArtsCommon 118 unveiled.

Robot 2017-2018
Indiana Gary



ROCKIN' THE ROBOTS

The Young Edmonton Grants fund is helping one group of teenagers build science and technology skills

BY: TRACEY L. ANDERSON PHOTOGRAPHY: SUPPLIED

The second robot that 14-year-old Darien Piva and his friends created for a youth competition was able to build a wall with foam cubes and then lift a plastic statue over that wall and place it upright.

Built with several 3D-printed components, the robot advanced to the finals, a much better result than their first attempt, which placed sixth out of 25 teams. Much of their success was due to a grant from Edmonton Community Foundation's Young Edmonton Grants (YEG) program.

"We had hit a dead spot," says Piva, now 15. "We were basically out of money. [Afterwards] we just took off. Thanks to YEG for giving us this money. We really couldn't have done it without you."

Since 2011, YEG has encouraged youth activities and leadership through grants of \$500 to \$3,000 for projects initiated, led and organized by young Edmonton-area residents.

"Through this program, we get to see all the creative and engaged young residents putting their ideas into action," says Cassandra Lundell, ECF's community grants associate.

Youth aged 13 to 24 are eligible to apply with a partner school or registered charity. Grants are awarded by a youth committee, currently comprising members aged 17 to 24, but sometimes as young as 13.

The application by Piva's team was accepted because, "it was a cool idea that we had not seen before," says Emilia Housch, a youth committee member. "We see the benefits of teaching youth skills as well as it being something that they would enjoy."

Piva understood the benefits by age 13. Keenly interested in robots — and in the disciplines of science, technology, engineering, and math (STEM) that power them — he became captain of a team of like-minded teenagers to compete in FIRST Tech Challenge Alberta, a local branch of an international youth robot-building competition.

FIRST Tech offers startup funding of US\$300 and online access to resources and forums to aid students in designing and building robots. With their families covering costs for materials (about \$3,000), team Real Virtuality first competed in the 2016-17 challenge. But that exhausted their funds.

By receiving an ECF grant of \$3,000 in 2017, the team was able to build its robot, travel to community events to demonstrate it, and prepare its engineering book to record how the robot was designed, built and tested.

To receive another YEG grant in 2018, the team pledged to educate and support a younger demographic to build robots. In addition to constructing a robot for the 2018-19 FIRST Tech Challenge and building a portable “field” made of black mats and plexiglass for practising with the robot, they are helping 20 kids on three separate teams, some of whom compete in a junior league.

Those youngsters are “just so excited and so astonished when they see this basically, hunk of metal and plastic, moving all on its own,” says Piva. “They’re always like, ‘I wanna do that.’”

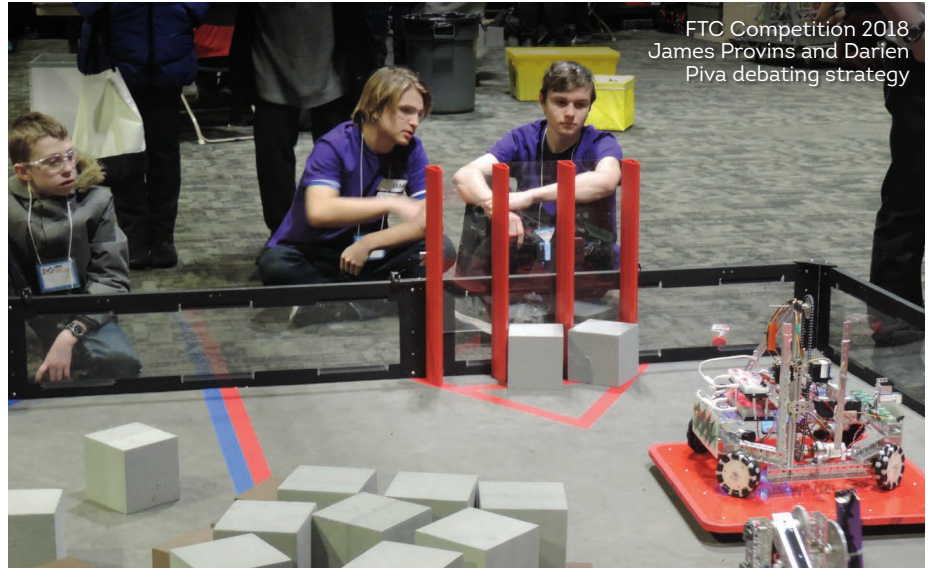
Piva is eager to help because he knows STEM is vital to many fields, from medicine to manufacturing. Encouraging interest in it when people are young, impressionable and full of imagination and energy “allows them to grasp things easier, and it gives them a bit of a head start.”

Supported by two adult mentors, Real Virtuality’s current team members are aged 14 to 17.

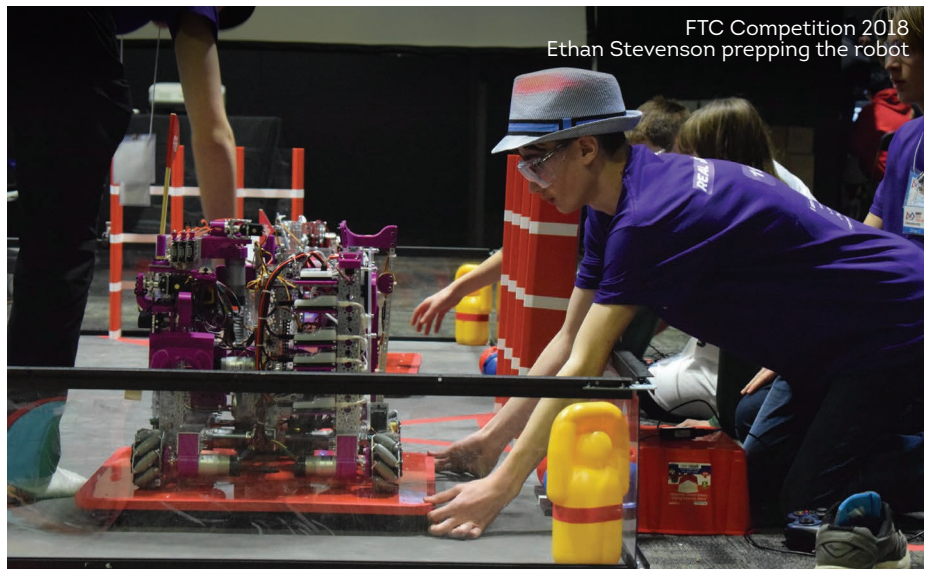
Building robots is enjoyable, says Piva, because robots are “just really fun to be around. It’s like a friend that never argues with you.”

FAST FACTS

- As of September 2018, YEG has granted more than \$400,000 to about 200 groups
- Projects included an Indigenous storytelling event, an empowerment conference for young women and a juvenile diabetes fundraiser ■



FTC Competition 2018
James Provins and Darien Piva debating strategy



FTC Competition 2018
Ethan Stevenson prepping the robot



FTC Competition January 2018, posing with Robot Indiana Gary
First Row: James Provins, Alecia Piva, Ethan Stevenson
Second Row: Marissa Piva, Josh Michel, Gideon Paramonov
Third Row: Michael Piva, Darien Piva, Artem Paramonov

CARING about every Cara



Kathy King is an ordinary mom doing extraordinary work in honour of her daughter

BY: WAYNE ARTHURSON
PHOTOGRAPHY: LIAM MACKENZIE

Even though Kathy King has been through life's blackest moments, she still manages to find light within all that darkness.

King is the founder of Cara's Friendship Fund, an endowment she set up with Edmonton Community Foundation in honour of her daughter, who was murdered in 1997. The fund is designed to help people vulnerable to sexual exploitation and living with mental illness.

"I've always wanted to be a philanthropist, but I'm a very 'small p' philanthropist

because I'm not independently wealthy," says the 70-year-old retired social worker. "I've got the spirit, but I don't have the money."

One of the groups that benefits from Cara's Friendship Fund is the Centre to End All Sexual Exploitation, an Edmonton organization that works on awareness, prevention and healing. Through public education, bursaries, counselling and other means, CEASE provides a pathway for people to escape sexual exploitation and poverty.

King's connection to these issues is derived from the struggles of her late daughter. Cara

suffered from developmental delays, mental illness and addiction issues, which led to her disappearing from the streets of Edmonton when she was 22 years old.

“I felt very helpless as a parent when my daughter was struggling with all her challenges,” King says. “It is extremely sad to be unable to provide shelter for your own child. I was trying to get agencies to take some responsibility for her, but people like Cara can really fall through the cracks.”

Despite Cara’s body being found in a farmer’s field more than 20 years ago, no one has been charged with her murder. King has been telling Cara’s story since then, pushing for changes in policing and government policy. Recently, at a silent auction, she bought the use of a digital billboard within the city of Edmonton, and for a month in August and early September she used that billboard to create awareness about a website she created as a result of Cara’s disappearance and death.

Sadly, Cara’s case isn’t atypical. Hundreds of sexually exploited people go missing every year in Canada, many of them Indigenous women. The Canadian government launched the National Inquiry Into Missing and Murdered Indigenous Women and Girls on September 1, 2016, the 19th anniversary of the day Cara’s body was found. The inquiry has heard from more than 750 witnesses, including King, at hearings in more than 11 communities. Although the inquiry has been fraught with controversy and criticism, King draws comfort and hope from the fact that families had this forum to tell stories of their missing and murdered relatives.

“There’s so much stigma around sexual exploitation and mental illness. People tend to blame the exploited as having made their own choice,” she says. “One of the things, reflecting on the events of my life, that came out very strongly, was that consumers of sexual exploitation need to be held accountable for their actions.”

While her endowment can provide funding to groups helping people in poverty and who are homeless, King’s strong feelings about helping the sexually exploited play a key role in her decision on what to support.

Working with people like King, who set up funds to help vulnerable people, is part of Edmonton Community Foundation’s mandate, says Noel Xavier, a donor advisor

at ECF. “Issues around vulnerable people are a part of our society, unfortunately, and I think it’s something that needs to be addressed,” he says. “There is a certain stigma around this, which I think is wrong. I don’t think society needs to be fearful of having those conversations and

similar to Cara’s Friendship Fund — endowments developed by private citizens of modest means. “Most people think endowment funds are things that only millionaires can start, but the vast majority of our donors are ordinary Edmontonians



ISSUES AROUND VULNERABLE PEOPLE ARE A PART OF OUR SOCIETY, UNFORTUNATELY, AND I THINK IT’S SOMETHING THAT NEEDS TO BE ADDRESSED



one of the ways ECF can start combatting that is to work with families like Kathy’s to say, ‘This is something we need to address in our community.’”

Of the more than 1,000 funds that ECF helps develop and administer, most are

doing extraordinary things,” says Xavier. “They are people like Kathy, who come to us and say, ‘I want to make this difference, I think I can do it in this way and these are the resources I have,’ and that’s enough to start.” ■



Rooms for Compassion

*Pilgrims Hospice planning city's first
stand-alone residential hospice >*





BY: CAITLIN CRAWSHAW

ILLUSTRATION: EMILY CHU

Most people say they want to die at home, but such a simple request can be hard to fulfil.

“Unfortunately, that can become unrealistic in the last months, weeks and days of life because the burden on caregivers becomes so high,” says Monica Robson, executive director of the city’s Pilgrims Hospice Society.

While the non-profit organization eases the burden by offering a multitude of at-home and day-program services for people living with life-limiting illness, as well as for their families and friends, never in its 24-year history has it offered residential care.

That gap strains not only families, but also the health-care system, says Robson. “Often people end up in the ER and then, although they do not require the intensity of resources or services provided, they remain waiting in hospitals because they can’t be cared for properly at home.”

Pilgrims Hospice plans to change that, very soon.

Fundraising is underway to build the city’s first free-standing hospice (that is, not attached to a hospital or long-term care facility) that’s designed to include 12 residential hospice suites. The new facility will go up on the current site of Pilgrims Hospice (a former convent in the west-Edmonton neighbourhood of Crestwood), with construction starting as early as mid-2019.

Edmonton Community Foundation is supporting the \$15-million project through several of its donor-advised funds (funds in which the donors specify how the money should be used to assist the community).

One, a \$100,000 grant created by an anonymous donor, will underwrite the construction and installation of a spa room and therapeutic tub. Two smaller ECF donor-advised grants of \$20,000 and \$10,000 are supporting the capital campaign, while a third, for \$10,000, is earmarked for the campaign in 2019.

“We’re very fortunate, ECF is an exceptional community foundation,” says Robson, noting the organization’s extensive community connections and expertise in matching philanthropic goals with organizations in need.

The new building will allow Pilgrims Hospice to seamlessly integrate its services. Robson imagines a centre where newly diagnosed individuals (and their loved ones) can attend Pilgrims’ community programs, use the non-profit’s services and connect with the hospice community, before coming to the centre as residential clients. After a patient has died, their loved ones can return to the centre for bereavement support.

Since 1994, Pilgrims Hospice has developed a thoughtful slate of helpful programs and services. Through the Adult Respite Day Program, clients can visit the centre three days a week for recreational programming, interaction with peers, a meal and an opportunity to meet with a counsellor.

“

**It’s an opportunity
for them to talk with
someone who isn’t
fixated on their illness**

”

“It provides socialization and time spent in a warm, caring environment where people feel that they are understood,” says Robson. “And their caregivers can get some respite as well, as many feel they cannot leave [their loved ones] alone.”

The Compassionate Companions program offered by Pilgrims Hospice dispatches caring volunteers into the community to visit clients. Typically, volunteers spend the time just talking with sick people in their homes: “It’s an opportunity for them to talk with someone who isn’t fixated on their illness,” says Robson. It’s not unusual for volunteers to help with specific projects, as well — like documenting clients’ life stories or scribing letters for clients to leave for loved ones.

As a local family doctor focused on palliative care, who refers his patients to Pilgrims, Dr. Dinesh Witharana says that managing the pain and discomfort associated with a patient’s medical condition covers only part

of their needs. Palliative care is also about helping patients stay connected with their communities and avoiding social isolation.

Recently, Witharana’s own brother was diagnosed with a life-limiting illness and is now a client of Pilgrims who uses the Compassionate Companions program. His brother is happier and not as isolated in his home. “Before his illness, he had a very social life,” says Witharana. “Pilgrims Hospice has helped him reconnect with people, and for him that’s better than medicine.”

Through another program, called No One Dies Alone, volunteers are sent to the bedsides of people who are in the final stages of dying. There, they simply hold the patients’ hands and speak to them to offer comfort during their final days, hours or minutes. Sometimes, these patients have family and friends who cannot be at their bedside 24-7; other times, patients aren’t receiving visitors at all.

Pilgrims Hospice also offers bereavement counselling for adults — and for children, teens and families — who have lost loved ones. Programming includes both drop-in and closed group sessions, and one-on-one counselling. Robson says the counselling programs aren’t restricted to families of those who’ve died from a terminal illness. Clients of the non-profit have had loved ones die from many different causes, including suicide, overdose and accidents.

The new Pilgrims Hospice facility will continue to offer all of these programs, while its new residential program will allow caregivers to return to their primary roles as wives or husbands or children.

“In their last weeks of life, we want people to have those relationships back,” says Robson.

As Witharana points out, in palliative care the focus isn’t on “fixing” patients but on maximizing their quality of life. “If they’re happy and comfortable, you’re doing your job well.” ■





SAVING A SCHOLARSHIP FUND

Solution helps former youth in care attend post-secondary school

BY: CAITLIN CRAWSHAW

For many families, it takes a big chunk of their budget to pay for a child's post-secondary education. But what happens if you were raised in care, and don't have a family?

In 2000, a non-profit agency called Acadia House set up a scholarship fund with Edmonton Community Foundation to assist such students. Several years after the fund was created, Acadia House lost its charitable status and ECF had to find a new way to administer the funding.

"Because of income tax law, we can only grant to other charities," says Craig Stumpf-Allen, ECF's director of grants and community engagement.

In 2014, ECF found an organization with similar goals: McMan Youth, Family and Community Services Association.

Active throughout Alberta since 1975, McMan works with the province to help children, youth and families with such services as group care and Supported Independent Living, says Marnie McMullen, program manager for Supported Independent Living in Edmonton. The non-profit also offers supportive community living that helps young adults learn the skills they need to live independently after they leave care provided by Alberta's Ministry of Children's Services. It's those youth that are eligible to receive the Acadia House Scholarship.

"We look for youth doing a post-secondary education program that's going to help them in gaining a career they're interested in, and (select) youth with the most financial need," says McMullen.

Rather than create a new scholarship fund for McMan, ECF added an additional \$600 per year to the organization's existing bursary program. It was a way to efficiently but effectively use the Acadia House fund so it can continue doing what it was established for, says Stumpf-Allen.

“**WE LOOK FOR YOUTH DOING A POST-SECONDARY EDUCATION PROGRAM THAT'S GOING TO HELP THEM IN GAINING A CAREER THEY'RE INTERESTED IN**”

Since 2014, McMan has awarded the scholarship to three youth, including a young woman who is raising three young children with her partner and has legal guardianship of her younger sister.

After upgrading a number of high school courses, the woman was accepted to a nursing program and intends to become a lactation consultant for new mothers. This past fall, she began her program and has used the scholarship to help pay for supplies and books.

"For a young person, she's taken on a lot but has done very well," says McMullen. "We just think the world of her." ■

Star POWER

*Astronomer Bill Hrudehy doubled the size
of a legacy fund with his gift*

BY: THERESE KEHLER

Bill Hrudehy constructed a life that was out of the ordinary — and a little bit out of this world — when he retired to the Cayman Islands in 1997.

After working as a medical doctor in Alberta and B.C. for almost 30 years, in retirement Bill returned to his boyhood love of astronomy.

He built elaborate telescopes and spearheaded the construction of an observatory at the University College of the Cayman Islands, to house them, involved in its fundraising, design and construction. He was key to the Islands' annual student science fairs and STEM (science, technology, engineering and math) conferences. He became a Member of

the British Empire and built an international reputation as a solar astronomer, renowned for his breathtakingly detailed photos of the sun.

Before his death in February 2018 at age 76, he made one more thing — a gift in his will of US\$30,000 to an Edmonton Community Foundation legacy fund established almost 20 years earlier, in honour of his parents. His donation almost doubled the fund's value.

There's pride in Terry Hrudehy's voice as he talks about the remarkable life of his older brother. But, he says, much credit belongs with their parents Steve Sr. and Kay Hrudehy, who inspired their three boys to learn, to dream, to build and to give back. ►

“One of the things that makes me admire my dad so much is what he achieved, starting with so little,” Terry says.

Steve Hrudey owned a construction company that got its start building houses, including the family home in Windsor Park. Both he and Kay were first-generation children of Ukrainian immigrants, who loved Edmonton. They volunteered with service organizations, enjoyed the colourful Heritage Festival and gently steered Bill, Terry and youngest brother Steve Jr. toward attending the University of Alberta.

“

HE WAS ALWAYS
ANXIOUS TO TEACH
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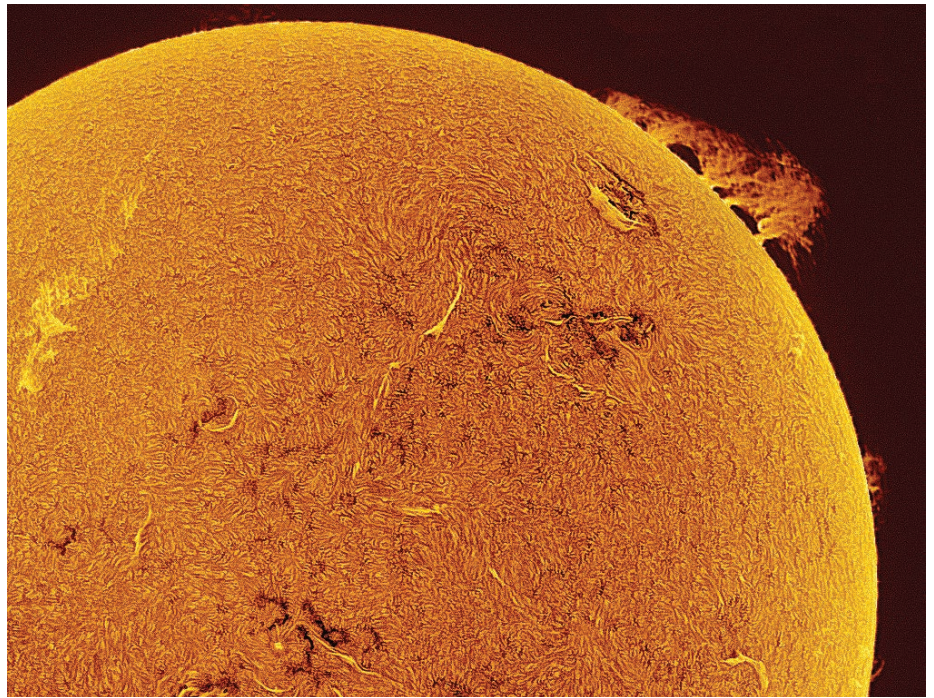
Terry recalls his dad had a garage full of tools and encouraged his sons to figure out how things work. “It wasn’t him standing there showing us how to do things,” Terry says. “It was more just, ‘Here’s the tools, guys, let your imagination go.’”

Bill’s imagination was fired by his twin passions of photography and astronomy. In the 1950s, a small wooden observatory run by the Royal Astronomical Society stood near what is now the Jubilee Auditorium. Teenage Bill spent a lot of time there.

“He was building telescopes then, too,” Terry says. “His darkroom all of a sudden became a place where telescope mirrors were being ground.”

Photography kickstarted Bill’s career in medicine, inspired by his job as a medical photographer at University Hospital. After practising family medicine in Sherwood Park, he moved to Vancouver, worked for the Workmen’s Compensation Board, and with a few colleagues later co-founded a health practice focused on chronic back problems.

When Bill was diagnosed with cancer in late 2017, his brothers travelled to Grand Cayman to see him. During that visit, they toured the National Gallery of the Cayman Islands where *Solaris*, an exhibition of Bill’s photographic images of the sun created with his Newtonian telescope, was on display.



Dr. Bill Hrudey’s photos of the sun, such as the one above, are on display at the National Gallery of the Cayman Islands



The three Hrudey brothers in Grand Cayman (left to right: Terry, Bill, Steve)

They also talked about the gift that Bill would make to the Kay & Steve Hrudey Memorial Fund, which the brothers started after Kay’s death in 1998.

They used some money from her estate and agreed they would eventually add to it from their own. “[Bill] was pretty keen on the idea,” Terry says. “He felt — well, all three of us do — very connected to our parents and very proud of what they accomplished.”

The fund offers an annual scholarship to a student volunteering at the Heritage Festival and assists Edmonton palliative care facilities.

ECF donor advisor Noel Xavier says

the Hrudeys’ plan to build up the existing fund, rather than create a new one, is deeply meaningful. “It allows you to tie your legacy to your parents. It’s creating a family legacy.”

In Bill’s obituary, the brothers noted that his many skills included woodworking, model boat building and computing, in addition to astronomy and photography. “He was always anxious to teach others many of these skills and took particular joy in encouraging young students to take an interest in science,” they wrote.

With Bill’s gift, Terry and Steve hope to support an organization that shares his passions for science education — and for the stars. ■

TAKING ROOT

Children thrive while growing food with Little Green Thumbs

BY: JENELLE JENSEN

When grade school children are given a few seeds, a couple of planting boxes filled with earth and a grow light, all for free, amazing things can happen.

Not only do children learn how to grow food, other lessons seem to sprout organically, too. “It builds common understanding, sharing and nurturing,” says Claudia Bolli, co-ordinator of Little Green Thumbs, a popular indoor gardening program in Edmonton’s schools.

One teacher reported that students who were struggling to get along were able to co-operate and find common ground while working together in their class garden.

Another teacher saw a child new to Canada seek out holy basil seeds, a common herb in Indian cuisine. A second student chose cinnamon basil, an herb used in Mexico. Growing the plants let the children connect to a culture they had recently left behind.

Little Green Thumbs currently operates in 56 schools, in pre-kindergarten to junior high. The program is run by Sustainable Food Edmonton, a non-profit organization that encourages the building of community through urban agriculture. For the past 10 years, the program has educated thousands of students on food sustainability, environmental awareness and healthy nutrition.

In a survey conducted by the program, teachers reported that 96 per cent of



children had a positive or very positive attitude toward healthy eating after participating, compared to only 42 per cent before the program.

“Kids often become more interested in what is being brought home from the store, they want to go to the farmers market, or they become willing to try new foods,” Bolli says.

In 2017, during a downturn in the economy, Edmonton Community Foundation provided Sustainable Food Edmonton with a grant of \$30,000, enabling it to continue to run Little Green Thumbs for free. Shannon

Clarke, committee member with ECF, says the decision to fund it was unanimous.

“This kind of program reaches a large number of young Edmontonian and leaves a lasting impact on our communities around food security.”

To apply, teachers explain how the garden fits within their curriculum. Once accepted, they receive four plastic boxes of earth, a 600-watt light, seeds and other supplies, and training on how to grow food indoors. “The indoor garden is easy, convenient, and tangible for teachers to use,” says Bolli. ■

TRADITIONAL WISDOM

Indigenous teens gain parenting skills from Terra Centre's cultural services programs

BY: DANIELLE PARADIS PHOTOGRAPHY: NANCY CRITCHLEY

Every week, a group of Indigenous teenage women meet at the Terra Centre for a program called Beading and Birthing for Expecting Moms.

“It’s the Kookums (grandmothers) and the old aunties sitting around the table beading and addressing some of the questions that the expecting moms might have,” says Nicole Van Kuppeveld, who co-ordinates the centre’s Indigenous cultural and support services.

Terra Centre is a non-profit organization that since 1971 has helped pregnant and parenting teens develop the skills and self-reliance to be successful parents. It helps them finish high school and find affordable housing, and offers childcare, counselling and relevant programs.

“
WE FELT THAT IT WAS
IMPORTANT FOR
PARTICIPANTS TO
CONNECT WITH CULTURE
AND CEREMONY

The Indigenous cultural and support services are important because nearly half of the 1,000 moms and dads the centre assists annually are Indigenous.

The cultural teachings, ceremonies, events and activities, which have been running for almost two years, are meant to nurture staff, parents and children through traditional Indigenous teachings.



Beaded moccasins are displayed at one of the weekly Beading and Birthing sessions held by Elsie Paul

“We felt that it was important for participants to connect with culture and ceremony,” says Van Kuppeveld. “We know that when that happens it is one of the strategies to create resilient and confident children.”

Through the program, youth have the opportunity to speak with Elsie Paul, the elder-in-residence. She provides customized training for the different program teams and has led healing circles and a program called Aboriginal Ages and Stages. A few times a year, Paul reads Indigenous stories and holds drum-making workshops for parents and babies.

Other elders, such as Pauline Paulson and Francis Whiskeyjack, conduct seasonal ceremonies and sweats (ceremonies that take place in a sweat lodge and focus on purification, healing and cultural teachings).

With funding from Edmonton Community Foundation, the centre was also able to start Knowledge Keepers, a group of allies and self-identified Indigenous people from the Terra Centre who act as cultural liaisons and bring in information about the Indigenous community. Currently, there are six knowledge keepers.

As further commitment to incorporate Indigenous knowledge, Terra Centre encourages its staff to participate in ceremonies, such as seasonal sweats and weekly smudges (purification and teaching ceremonies using sweetgrass or sage) and requires all new hires to attend an Indigenous cultural teaching session.

“Overall, our goal is to help empower our teenage parents to succeed and that culture and ceremony are a means to that end,” says Van Kuppeveld. ■

SENIOR WOMEN IN EDMONTON

Unless otherwise stated, "Edmonton" refers to Census Metropolitan Area and not solely the City of Edmonton.



VitalSigns



DEFINITIONS

SENIOR OR "SENIOR CITIZEN" In Canada there is no set age at which a person is considered a senior. Many government benefits begin at 60 or 65 years of age. However, senior discounts often start at 55.

For the purposes of this report, 65+ will denote a **senior**, and an **older adult** will refer to those aged 55 to 64, **octogenarian** will refer to those 80+.

AGEISM is the stereotyping, prejudice, and discrimination against people on the basis of their age.

ELDER ABUSE is any action or inaction by self or others that jeopardizes the health and wellbeing of an older adult.

did you know?

- 55.6% of seniors in Edmonton are women.
- There are more women aged 65+ than there are girls aged 0 to 14 in Canada, but in Edmonton the reverse is true because it has a younger overall demographic.

DEMOGRAPHICS OF SENIORS IN EDMONTON

AS OF 2016 THERE WERE **160 FEMALE AND 30 MALE SENIORS 100 YEARS OR OLDER IN EDMONTON**

	MALE	FEMALE
TOTAL, ALL AGES	465,890	466,655
55 - 64 YEARS	54,325	59,615
65 - 74 YEARS	29,475	32,375
75 - 84 YEARS	14,785	19,470
85 - 94 YEARS	5,315	9,615
95+ YEARS	305	1095

WHY SENIOR WOMEN?

- They live longer than men and may become isolated, especially if their health deteriorates and they lack support networks.
- They have lower levels of income (experience more poverty).
- They are at greater risk of depression and dementia.
- They are more likely to experience elder abuse.



INCOME

PART-TIME WORK IS MORE COMMON AMONG SENIOR WOMEN.

More seniors are working past the age of 65. In 2015, 53.2% of employed women aged 65 and over were working part-time.

ALBERTANS ARE MORE LIKELY TO WORK FULL-TIME IN LATER LIFE THAN THE REST OF CANADIANS.

MEDIAN INCOME OF SENIOR WOMEN HAS INCREASED, BUT REMAINS LOWER THAN THAT OF SENIOR MEN.

Although the median total income from all sources of women aged 65 and over has followed an upward trend since the mid- 1970s, the median income of senior men is approximately 1.5 times higher than that of senior women.

WHERE SENIORS RESIDE

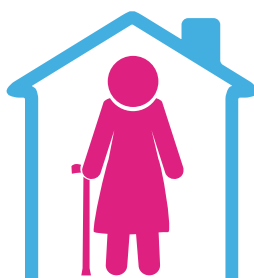
NEIGHBOURHOODS IN EDMONTON WITH THE MOST:

SENIORS (65-79):

1. Oliver
2. Ottewell
3. Twin Brooks

OCTOGENARIANS (80+):

1. Kensington
2. Oliver
3. Downtown



LIVING ARRANGEMENTS

In 2011, 89.9% of women aged 65 and over lived in private households, as did 94.7% of senior men, while the remaining shares (10.1% and 5.3%, respectively) lived in collective households or dwellings.

PHILANTHROPY

Fewer seniors volunteer than do people in any other age category, but for those who do, they contribute more hours per person than any other age group

CHARITABLE DONORS

In 2013, more than half of the top 10% of donors were **55 YEARS OF AGE AND OLDER.**

IN EDMONTON, **50%** OF SENIORS VOLUNTEER.

AGING IN PLACE

Research shows older people who stay independent and age in place live longer. It's also a more cost-effective choice. In 2004, costs for community-based care per person averaged \$8,900/year while residential care costs averaged \$30,000/year.

HEALTH & WELLNESS

THE **LIFE EXPECTANCY** OF AN ALBERTAN AT AGE 65 IS **21.3 YEARS** (MALES) AND **24.5 (FEMALES)**.

The leading causes of **DEATH** for Edmonton seniors:

CIRCULATORY DISEASES

35%

- Heart disease (26%)
- Stroke (6%)
- Other circulatory diseases (3%)

CANCER

26%

RESPIRATORY DISEASES

12%



The leading causes of **HOSPITAL VISITS** for Edmonton seniors:

- Injuries from falls are the number-one reason seniors visited the emergency room or were admitted to hospital
- Motor vehicle accidents

STIs IN SENIORS

ACCORDING TO HEALTH CANADA, NATIONAL RATES OF **SEXUALLY TRANSMITTED INFECTIONS FOR PEOPLE 60+ HAVE INCREASED SIGNIFICANTLY SINCE THE EARLY 2000s.**



Between 2001 and 2011, chlamydia cases in people over 60 increased more than 3 times.

Chlamydia and gonorrhea increased more than 2.5 times in women over the age of 60.

IN A RECENT LEGER POLL:
34.9% of Edmontonians feel that seniors in Edmonton often face discrimination.

ENGAGEMENT & SOCIAL ISOLATION

Social isolation happens when a senior's social participation or social contact decreases.

AN ESTIMATED 30 PERCENT OF CANADIAN SENIORS ARE AT RISK OF BECOMING SOCIALLY ISOLATED.

According to a needs assessment of older adults in the City of Edmonton, 32% indicated there were things that make it difficult to pursue social interactions.

18% mentioned poor health or general poor health reasons

17% mentioned disability

11% cited financial reasons

16% cited feelings of isolation as the reason they felt unsafe in their community

3% indicated they do not socialize with anyone over an average week

29% indicated that they would like more acquaintances – given the opportunity



ECF VITAL Work

ASHBOURNE, an inclusive community that assists seniors and adults with mental health concerns to age in-place, received \$40,000 to purchase a minibus with a lift for wheelchairs. This purchase has significantly increased the quality of life for residents. Residents are able to join regular outings, shopping trips, and drives.

IMMIGRANT SENIORS have varying levels of fluency in English, and this will affect their ability to participate in programs. Edmonton's immigrant seniors population is changing.

BEFORE 2001

50% of immigrant seniors came from Europe.

2001-2006 73% of immigrant seniors came from Asia and the Middle East.

DIVERSITY

LGBTQ2 SENIORS often face homophobia and discrimination when trying to access programs and services. Certain spaces may not be especially welcoming or inclusive to them.

ABORIGINAL SENIORS made up 5.1% of Edmonton's Aboriginal population in 2016, and 2.5% of Edmonton's Senior population.

Due to a history of discrimination, the aging experiences of Aboriginal seniors may be quite different from other seniors, and they may require specific programs and services to meet their needs.

ELDER ABUSE

In 2015:

ELDER ABUSE UNIT WITH EPS CONCLUDED 48 FILES AND LAID 9 CHARGES.

225 FEMALE SENIOR FAMILY VIOLENCE CASES WERE REPORTED TO THE POLICE.

7%
OF SENIORS SUFFER SOME FORM OF ABUSE

WHAT TO DO IF YOU SUSPECT ABUSE

ACKNOWLEDGE – Document evidence of suspected abuse.

BARRIERS – Address concerns of fear of retaliation, withdrawal of caregiver, and family support confidentiality.

URGENCY – Assess immediate risk of physical harm or if basic necessities of life are provided.

EMPOWER – Inform person of the right to live free of abuses and the resources available to support this. Seek help to establish a safety plan.

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