



2018 IMPACT REPORT



United Way
South Eastern Alberta

utdway.ca

IN 2018 WE SENT OUT A MESSAGE TO OUR COMMUNITY

"The United Way of South Eastern Alberta is celebrating their 60th year with 60 stories and 60 ways to give. As the oldest non-government funded charity of its type in Medicine Hat, they've been there to help many individuals and organizations and they're looking to share your story. If they've ever assisted you or an organization you're involved with, or if you have ideas for how people can donate their time, talent or treasure in the coming year – let them know! The United Way of South Eastern Alberta. Celebrating 60 years of offering those who need it a hand up."

Medicine Hat Family Service (MHFS) has a rich history of wonderful projects that were realized through the funding capacity of the United Way. Projects such as the first ever summer Wellness camps in Medicine Hat, Cypress County and Redcliff. \$30,000.00 over 3 years were granted to provide unique wellness programming for children and youth at risk.

MHFS received start up grant funding in 1977 to set up the first Big brothers office in the region. This gave an opportunity to this group to branch on their own in the later years and see what has become of this great agency in Medicine Hat.

The United Way has given MHFS 37 consecutive annual grants to support a variety of client services. Very few organizations (government/philanthropic or not for profit) in the giving business can claim to that. The United Way has enriched our community and the lives of the many families we have met. We thank you.

"Best wishes and congratulations on your 60th anniversary in the business of giving hope to our community."

Medicine Hat Family Service - February 2018

Here is Darlene's story: A number of years ago I was in need of protection because of a domestic situation. Even though I was working at the time I was taken in supported and encouraged by the Medicine Hat Women's Shelter.

While staying at the shelter my children went to Treehouse daycare a Women's Shelter program. I could get myself together and not worry about my kids for a brief time during the day.

Treehouse daycare was being funded by the United Way South Eastern Alberta.

Through the support of the United Way South Eastern Alberta I and many others have been able to get the support necessary to get through a difficult time. I am also grateful that I was allowed to designate my payroll deductions for some time to be able in a small way repay the kindness extended to me.



ETHEL CURRIE 1913-2018



Ethel who had enough life in her to fill 105 years, passed away July 2018.

She founded the United Way of Southeastern Alberta 60 years ago, and volunteered with us up until a few years ago. Ethel was a mentor to all of the volunteers and staff of the United Way of Southeastern Alberta.

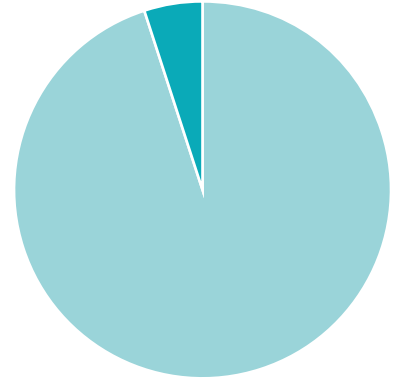
Ethel was awarded The Queen Elizabeth II Diamond Jubilee Medal, which honours significant contributions and achievements by Canadians. This prestigious award was given to Ethel for her amazing work serving her community including her volunteer efforts with the Canadian Red Cross for more than 60 years. Ethel's work dates back to the Second World War where she sewed for soldiers, crocheted quilts for newborns and knitted mittens with the nuns.

Thank you Ethel for all that you have done!

MOVING PEOPLE FROM POVERTY TO POSSIBILITY

\$42,065

Food Security 
Poverty 



IMPACT

FOOD SECURITY

Medicine Hat and District Food Bank

The Healthy Bundles program continues to reach more families and children. Although the number of families accessing has decreased the community awareness and creation of partnerships to reach more families than those seen at the foodbank has increased. In this calendar year 1080 visits were made to the United Way Healthy Bundles program. Each participant was able to access weekly and we provided over 300 referrals to other agencies in our community.

"I was very grateful for the extra dairy and meat, I could not afford to buy the amount of milk and protein that was recommended for breastfeeding, so I was eating less than I should and not keeping up with my nutritional needs. I am able to be a better parent to my daughter because of the United Way Healthy Bundles Program."

Salvation Army

The "Hot Meal Program" which serves a supper meal with an average of 75 people per day Monday-Friday. The Salvation Army Community Resource Centre continues to advance in the development of various programs to meet community needs, we will continue to initiate the following programs:

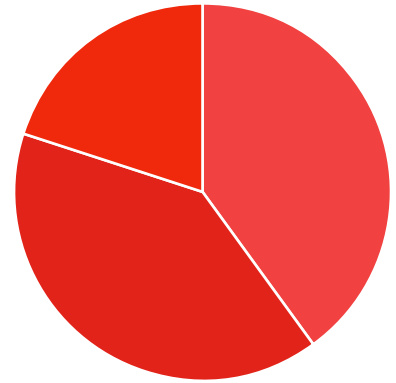
The computers have been an initiative that was developed over 2017 and is a highly utilized resource for people seeking to reconnect with family, search out employment, education and housing.



ALL THAT KIDS CAN BE

\$102,340

Success in School
Emotional Wellbeing
Community/Leadership
Engagement



IMPACT

EMOTIONAL WELLBEING

Medicine Hat Family Services

United Way provided full funding for 29 children 8 to 12 yrs old in our Kids in The Middle Program. This 7-week psycho-educational course gives children and youth strategies and tools to reduce their distress associated with separation/divorce.

SUCCESS IN SCHOOL

Redcliff Action Society

The funds provided by The United Way of South Eastern Alberta has helped make our After School Programming for youth extremely successful. With educated and qualified staff, our registered youth are able to attend our centre five days a week, with the benefit of having access to free programming and healthy snacks, while learning quality life enhancing skills, such as communication and community involvement, while gaining a sense of connection and belonging.

COMMUNITY/LEADERSHIP ENGAGEMENT

Medicine Hat Youth

The United Way grant allowed the Be Youth Centre to expand our programming and offer new opportunities and activities to our youth that simply were not possible previously. We were able to purchase items such as wood burning kits, Lego Mindstorm Robotics kits, Muvi brand Go Pro cameras, Sculpey Clay, Perler beading supplies, Metal art kits, engrave art kits and so many more various art supplies or kits.

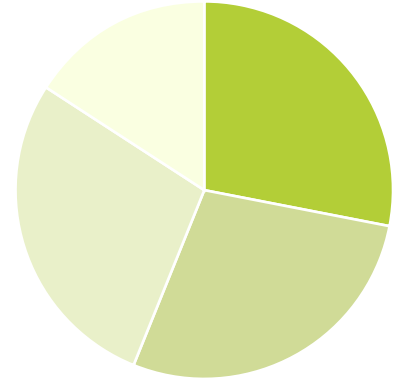


HEALTHY PEOPLE STRONG COMMUNITIES

\$67,500

IMPACT

Community Mental Health
Domestic Violence
Seniors/Disabilities
Community Wide Strategies



COMMUNITY MENTAL HEALTH

Medicine Hat Family Services

United Way of South Eastern Alberta provided the financial capacity to subsidize 628 sessions of face to face counseling to 129 families in the region. Outcome measures for counselling include improved conflict solving skills (55%); improved emotional self-regulation at work and at home (51%); improved personal accountability for own actions (45%).

DOMESTIC VIOLENCE

Brooks and District Women's Safe Shelter Society Cantara House

DVIT (Domestic Violence Intervention Team): This program is an award-winning voluntary outreach program, in partnership with the Brooks RCMP detachment. In 2018, Cantara saw an increase of 3% in the number of people utilizing the outreach services, for a total of 218 individuals. This is a positive for Cantara, as education and awareness regarding domestic violence becomes more common, and people utilize the outreach team to intervene and provide assistance, the greater the possibility for fewer instances of domestic violence occurring.

SENIORS/DISABILITIES

MS Society

The funding received was utilized in measurable ways towards supporting and enabling people affected by MS to enhance their quality of life. Specifically, the funding was utilized to support the delivery of key programs and services within five key areas: Wellness; Education; Quality of Life - Grants, Information and Support, and Advocacy.

"The Programs and Services Coordinator is so well versed and knowledgeable, when I cannot put a proper thought together, she understands and knows where I should go for help."



2018 INVESTMENTS

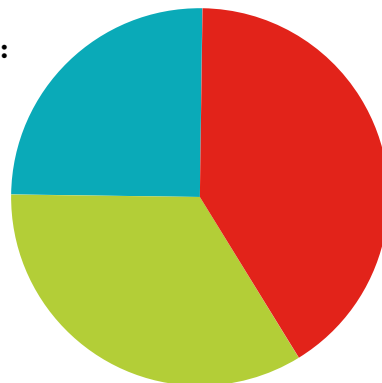
United Way of South Eastern Alberta's mission is to create pathways out of poverty for children, families and individuals who are struggling. Each donation is strategically invested to have the greatest impact. United Way works with local agencies to deliver local programs and services.

United Way investments support community members in three ways:

POVERTY TO POSSIBILITY

ALL THAT KIDS CAN BE

HEALTHY PEOPLE STRONG COMMUNITIES



FUNDED PROGRAMS

United Way supports a network of services and programs delivered by agency partners within the community.

- Big Brother Big Sister **Traditional and In School Mentor Training**
- Brain Injury Re-Learning Services **Community Education & Brain Injury Prevention**
- CNIB **Peer Support and Vision Mates Program**
- Girl Guides of Canada **Leader Training Assistance**
- Life Talk Counseling Brooks Alberta **Counseling Subsidies**
- Medicine Hat Family Services **Kids in the Middle**
- Medicine Hat Family Services **Counseling Subsidies**
- Medicine Hat Youth Action Society **Maker Space Program**
- Medicine Hat Food Bank **Healthy Bundles Program**
- MS Society **Programs and Services**
- Parkinson's Alberta **Support Groups**
- Redcliff Action Society for Youth **After School Program**
- South Eastern Albert Safety Alliance **Trick or Treat, No Regrets, Cyber Safe, & Country Caution**
- Salvation Army **Hot Meal Program, Computer Program, Art/Music Therapy**
- Women's Shelter Brooks Alberta **Domestic Violence Intervention Team**
- YMCA **Youth Camp Program**

UNITED WAY PROGRAMS

- **Tools for School**
- **Coats for Kids**
- **Project Christmas**
- **Spirit of Christmas Feast**



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