

# Annual Report 2015-2016



**ACTION FOR HEALTHY  
COMMUNITIES**

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### About us

Action for Healthy Communities (AHC) is a registered not-for-profit organization with charitable status. Since 1995, the organization has worked with Edmonton residents to strengthen community capacity and build healthier and stronger communities. AHC plans to expand its reach to communities outside of Edmonton in the coming years.

#### AHC Model

AHC adopts a more broadly defined concept of community health. As described by the World Health Organization: “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. AHC further includes social economic and cultural determinants of health, such as:

- Food & nutrition
- Physical fitness
- Mental health
- Neighbourhood support
- Financial security
- Spirituality
- Heritage & culture
- Recreation
- Meaningful occupation
- Social networks
- Social integration
- Family environment
- Anti-violence
- Affordable housing
- Education opportunities
- Healthy environment

#### Mission

Action for Healthy Communities Society of Edmonton is committed to fostering individual and group participation and action to improve the comprehensive and holistic health of diverse communities.

#### Objectives

To build the capacity of individuals and groups to improve their lives and communities through a unique community building process, including support, mentoring and training.

#### OUR VISION

Active individuals and groups committed to using their skills, knowledge, culture, and values to build a stronger and healthier society.

#### OUR VALUES

As an organization, AHC will achieve its vision through steadfast adherence to its core values:

**Collaboration** – We encourage community members to work together toward common goals based on shared concerns and values.

**Participation** – We are dedicated to a process that fosters community participation in activities that improve health and wellbeing.

**Personal Development** – We believe that continuous reflection and learning is essential for self-motivation and reaching potential.

**Respect** – We recognize and honour the diverse needs of all communities.

**Excellence** – We strive for high quality programs to the communities we serve to achieve successful outcomes.

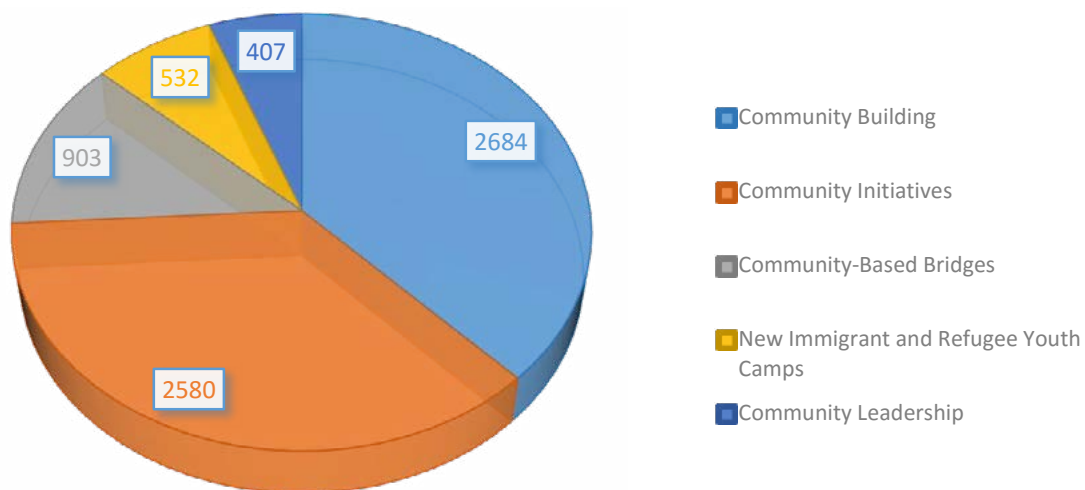
### Our Strategic Goals for 2015-2025

- Increase AHC’s unrestricted funding base to \$500,000 by 2020
- Continue to deliver quality programs that adapt to the diverse needs of our communities
- Enhance AHC’s brand and public image
- Promote sustainable growth
- Strive towards excellence in Governance



## AHC Programs at a Glance

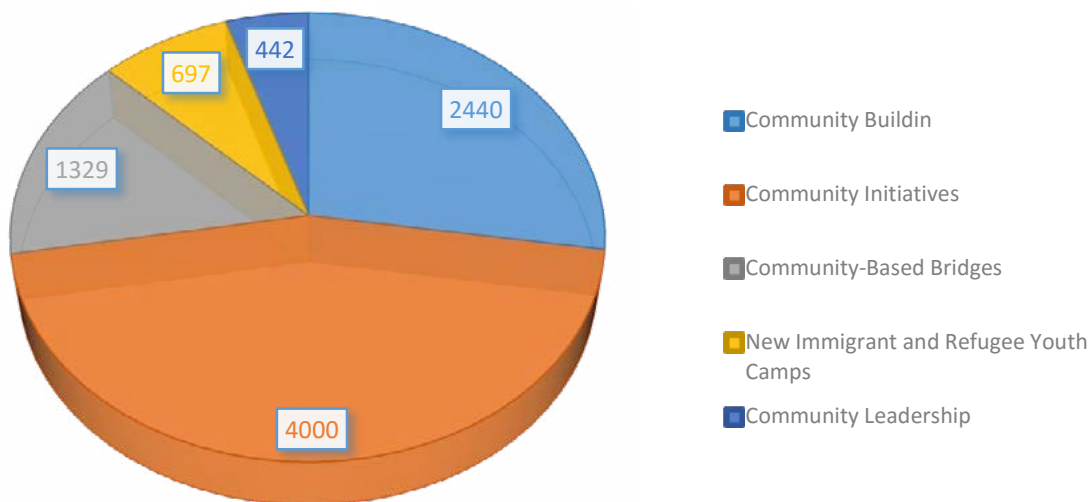
AHC PARTICIPANTS 2014-2015



Total Participants = 7106

17

AHC PARTICIPANTS 2015 - 2016



Total Participants = 8908



## **2014-2015 Annual General Meeting Minutes**

(Annexed)

### **Message from Board Chair**

Action for Healthy Communities (AHC) has been focused on providing opportunities to people and communities of Edmonton in building their capacities and shaping a healthy and vibrant community since 1995. 2015-16 was an exciting year in which we had the privilege of engaging with more people and communities, and other partners and stakeholders whose insights helped inform our priorities and strategic directions for the next several years.

Last year, Action for Healthy Communities celebrated its 20th anniversary and we shared a number of success stories with our stakeholders. This past year has been another successful and challenging period for us as we saw a significant increase in the number of people and communities looking for support.



A major challenge for all service providers and community based organizations was to respond appropriately to the needs of newly arrived Syrian refugees in Edmonton, to help them settle and integrate into a new city. We received additional resources from the Government of Canada, through Immigrant Refugees and Citizenship Canada (IRCC), the City of Edmonton and private donors to help newly arrived refugees. With the help of our volunteers and existing and newly recruited dedicated team, we are striving to smooth out their settlement process through various community building initiatives. This new opportunity also brought substantial organizational and program growth at AHC during the past year. The information presented in the annual report clearly depicts these changes in the number of people and families supported during the past year. Our team started working on implementation of the newly developed 10 years strategic plan created last year focused on organizational development, sustainability and programmatic growth. In the next few years we will strive to take the organization to the next level with your help and support to bring more resources for the community building initiatives and organizational sustainability.

If we look at our journey of the last two decades, we can see a huge difference in the AHC's growth in all aspects. We started with small resources, less volunteers and a very small staff but now we are a mid-sized non-profit organization and one of the major contributors in the community capacity building initiatives in Edmonton and area. This growth is the result of the hard work of our team at both board and staff levels, but I must recognize the unwavering leadership of our outgoing Executive Director (Ivon) who has decided on early retirement after serving 13 years at AHC. As a Board member and sometimes chair, I have worked with Ivon for the past 10 years and would like to share some observations. It never mattered what the issues or problems were, Ivon was always able to look for, find or create a way to move forward to something that had hope in it. Ivon's background in community development and capacity building came from the challenges of working with the rural population of El Salvador overwhelmed by the civil war. Although the environment in El Salvador was much different than here, because it was so dangerous there, the challenges were much the same, bringing people together, finding common goals encouraging people to use their strengths and helping them develop new skills to make their community stronger. When I remember Ivon's background I smile at how the challenges I have seen her deal here pale pretty much in comparison to coming out of a civil war much stronger than when she went into it as a very young woman. It has been a delight and privilege to spend the last 10 years being a part of the work that Ivon has directed for the benefit of the community. We congratulate and thank her for her achievements and commitment to the community and wish her best in her future endeavors.

I would also like to introduce you to our new Executive Director Aftab Khan, who joined us a few weeks ago. Aftab brings significant community building and non-profit management experience and we hope together we will be able to maintain AHC's growth and find new and innovative ways to serve our community.

Finally, our sincere thanks to all of you who so tirelessly and generously give of your time to serve on our Board and various committees, and to the staff, volunteers, donors and community partners for contributing to a great year for AHC and the communities we serve.

**Thank you all!!**

**Marlene Williams**





### Executive Director's Message

Last year, 2015, was another amazing year for Action for Healthy Communities. We reached more than 8900 people through the different programs we are implementing in Greater Edmonton. This is almost 2,000 more than in 2014 and 8500 more than 2003. For over 13 years, I have seen how staff, volunteers and community members work in collaboration to create and run activities that not only help participants to develop new talents, skills and knowledge, but also to learn to connect, get engaged and become active in creating healthier communities in Edmonton.

When I joined this organization 13 years ago, the focus was on facilitating processes where people connected, planned and worked together to address specific family or community issues, improving their lives and the community in which they lived. That was and still is the core of our approach to the work. But soon we realized that there were hundreds of people out there needing greater support to address personal issues to get ready to think about others and become involved in community work. The Community Capacities model evolved to embrace those needs.

Through the 13 years, we have offered a variety of leadership training, employment, settlement and life skills support that exponentially increased the number of community members working in collaboration with us to create new and innovative community initiatives and events. Last year we saw in this gathering room 4 multicultural gatherings and 2 multicultural fairs with over 150 participants each. In this gathering also and in our two community meeting and the computer rooms, we saw 4 leadership training workshops, 14 entrepreneurship and social enterprise training sessions, more than 1100 hours of English as an Alternative Language, computer, financial literacy, and math instruction.

But our work is not limited to receiving people in our office to be supported or trained by us. Our staff leave the comfortable zone of their office space to go out. We worked last year in partnership with Public, Catholic and Francophone school boards with over 20 schools facilitating in school and after school activities where children and youth learn life, social, and employment skills that make them stronger and able to deal with personal, family and school issues, define their career goals, succeed in school work, and create resilience and capacity to start participating in a society where people live healthier and happier lives.

Last year, we also supported over 38 Community Initiative groups for participants to provide community services such as sport, education, and art. Working in collaboration with over 25 ethno-cultural, neighborhood and aboriginal communities, we have enriched our programs as we have created and implemented a variety of settlement, life, education, employment and social support to almost 9000 individuals and families where approximately 50% of them actively get engaged in creating new activities, multiplying the effect of our work in Greater Edmonton.

The success of our work relies not so much on the number of services we have provided to a number of people. I would say our success is more qualitative than quantitative. Participants in our diverse programs and projects have made friends, become aware of their talents, skills and knowledge they already have and can use for their own and other's growth, connect with people across cultures, engage in community action, think and act proactively and have a common vision - a city where we all are using our skills, talents, and knowledge to make Edmonton a better place to live. Sooner rather than later, we all want to see a city completely lifted out of poverty aligning with our City government vision.

I joined AHC thirteen years ago, full of dreams and aspirations, and with certain fears, I must confess. But I have always drawn strength with faith in people, including myself, staff that hired me, and most of all the community members. Now it is time for me to retire. We have a new Executive Director, who Marlene has already introduced to you.

I want to take this opportunity to thank first of all, our community members that made my time easier during my life in this organization. Many times, I felt exhausted after 10 hours of work and some people came to my office to get me to an event. Soon after I joined the event, I was full of energy again. I also want to thank all staff who have worked hand in hand with me to create programs, projects and run all activities we have implemented during these 13 years. This organization would not have accomplished what we have now without your commitment and love for this organization.

My appreciation to all member of the Board of Directors with whom I have been working is immense. I was lucky to have around me board members with a vision and commitment to people and communities. Board members helped me to grow and remain happy despite the stress or challenges that Executive Directors often face. Finally but not less is my appreciation to all funders, donors and collaborators, especially to the City of Edmonton and Immigrant and Refugees Citizenship Immigration Canada. Your trust, your support, and your advice have been with me during this 13 years and with AHC during its 21 years of existence.

**Thanks to all and have a nice evening!**

**Idalia Ivon Pereira**





## OUR PROGRAMS

### Community Capacities

In 2015, the Community Capacities added Entrepreneurship Training as a new component to its program portfolio. Aiming to meet *the ever-increasing employment needs* of the people including immigrants and refugees who lost their jobs due to the significant drop in oil prices and current economic downturn, we initiated a 14-week entrepreneurship training to implement “EndPoverty Edmonton” Strategy in 2015. 24 students with 100% satisfaction completed the training. The Community Capacities also provided support to 38 Community Initiative groups. Our support covered a broad array of community needs, including community connections, life and leadership skills, cultural understanding, problem solving and access to our seed grants and other resources. Starting a systematic three-year curriculum, we held four workshops and two activities for leadership training with participation of around 200 people. Our four Multicultural Gatherings attracted over one thousand participants. In addition, we offered Adult Literacy and Skills Training, including four learning opportunities: Computer, English as Another Language, Financial Literacy and Basic Math and Numeracy. Over 300 participants attended the classes.



### Main Activities and Outcomes Reached during 2015-2016

Activities	# of Group/Times/Hours	# of Participants
Communities Initiatives Supported	38 groups	4,000
Leadership Training Workshops & Activities	6 times	200
Multicultural Gatherings	4 times	2000
Entrepreneurship Training	42 hrs	24
Basic Computer Class	400 hrs	90
English as Another Language	600 hrs	210
Financial Literacy	100 hrs	20
Basic Math and Numeracy	100 hrs	12
Volunteers	17736 hrs	679





## Summary of Program Activities

### Community Initiatives

Activities	# of Participants
Community Initiatives (CI) Leader Meeting with Staff	100
CI leader/Staff Ongoing Work	150
CI Participant Activities	3,000
CI Gathering	130
CI Team Meetings	12

### Community Building

Activities	# of Participants
Multicultural Gatherings and Related Events	2,500
Multicultural Gathering Committee	75
Multicultural Gathering Volunteers	320
Volunteer Appreciation	70
Use of AHC space	1200

Students Internship	# of Participants
MacEwan University	4
Concordia University College of Alberta	1

### Volunteer Hours

Volunteer Opportunity	# of Volunteers	Hours
Community Initiatives Team	12	180
Community Initiatives Group Representatives	114	15,048
Multi-Cultural Gatherings	320	2,560

### Community Capacity Outstanding Volunteers

Volunteers	Hours
Cindy Xitlali Vera Galvan	300 hours
Yosief Ukubalidet	255 hours
Rawle Teekah	250 hours
Jessie Liu	56hours
Jintian Ye (Kyle)	56 hours
Vanessa Cai	56 hours
Volunteers from Chinese International Students Development Society at University of Alberta	100 hours
Total of hours	1073



## Community-Based Bridges

AHC's Community-Based Bridges settlement and integration program marks its third year delivering integration supports for hard to reach newcomers including youth, stay-at-home women and parents, seniors and other adult newcomers who face multiple barriers that limits their ability to actively participate in the society. Using the AHC community building model, the following activities were implemented:

- **Information and Orientation/Life Skills Development:**

17 group sessions and workshops organized addressing participants' specific integration needs identified through ongoing needs assessments.

- **One-on-one Supportive Counselling and guided referrals:**

133 participants' received one –on –one supportive counselling and referral to various services in the community based on their needs. Counselling helps participants build confidence and knowledge, and become more empowered to navigate their integration process and access these services on their own.

- **Community Connections:**

Six family fieldtrips organized to public facilities (municipal and provincial) around the greater Edmonton area. Participants benefitted from ten community initiatives that offered engagement opportunities for newcomers in their local communities and AHC's two annual resources fairs:

- The **Diversity Health Fair** provided opportunities for participants to connect with service providers in the health and wellbeing field. Participants learned about various health services and are more aware about the Canadian health system.
- The **Bridges to Economic Success for Newcomers**, Participants learned about the Canadian workplace culture, job search skills, connect with employers, various employment services and skills development and training programs.

- **Out-of-School time Engagement for Children/Youth:**

Afterschool activities implemented at eight partner elementary/junior high schools in Edmonton, 4 summer camps and 4 spring break camps. These activities offered supports in the following areas: life skills development, English/French language practice, numeracy skills, homework support, healthy eating and physical activities, leadership/interpersonal skills and much more.

Community-Based Bridges Program	# of participants
Afterschool Programs	152
Summer Camps	81
Spring Break Camps	127
Community Initiative Participants	143
Supportive Counselling - Singles/Family Clients	133
Family Field Trips	139
Diversity Health Fair & Bridges to Economic Success Fair	268
Group Sessions and Workshops	286
Total number of Participants	1329





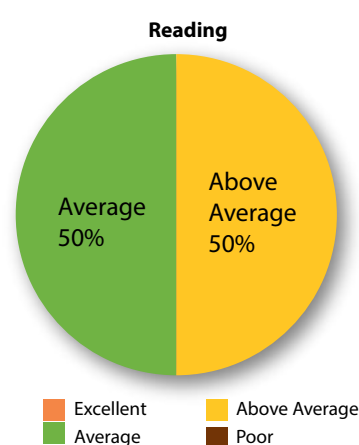
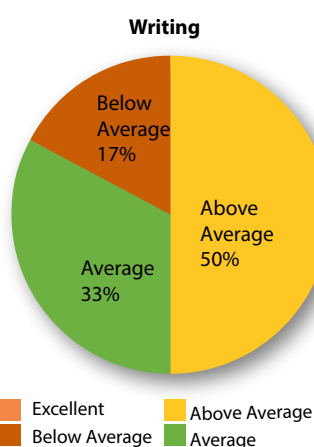
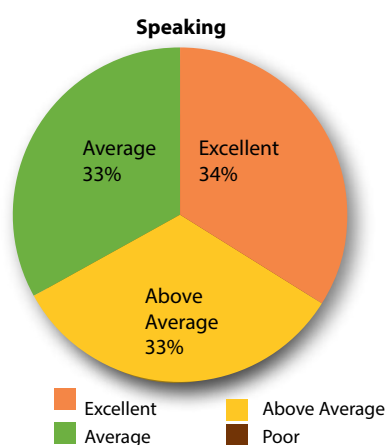
## New Immigrant and Refugee Youth Camps

For the last 9 years, the New Immigrant and Refugee Youth Camp program continued to provide holistic support to New Immigrant youth by addressing educational, social, emotional and physical needs of the youth. The table below shows partner school sites and the number of participants of the program in 2015. About 70 fieldtrips and about 80 workshops were delivered in diverse areas to increase awareness of community resources, to improve participant's social and personal skills, to provide experiences they might not have otherwise.

The number of participants and the number of partner schools has been increasing every year. This year, Youth Camp was able to offer 2 more Catholic school sites; Holy Trinity High School and Cardinal Collin School. This enables more students to benefit from these programs.

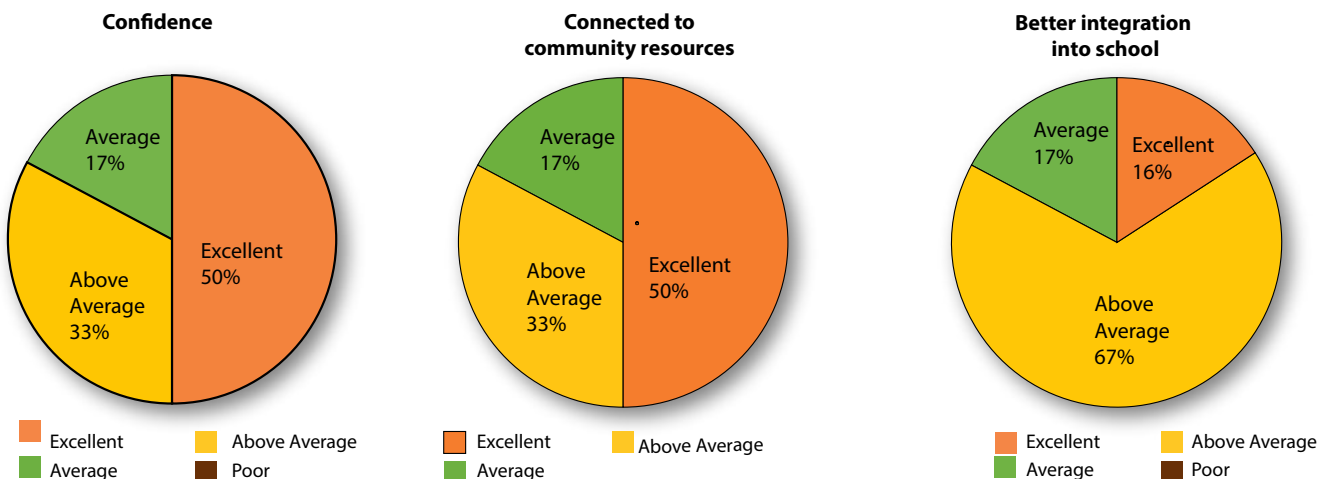
Program evaluation results from surveys, interviews and observation with students, teachers, and program staff show that students developed skills in many areas as follows:

No	Partner Schools	# of Participants for Winter camp	# of participants for Summer camp	# of participants for Spring camp
1	J. Percy Page High School	19	28	
2	Jasper Place High School	60	21	
3	Queen Elizabeth High School	71	23	
4	M.E. Lazerte High School	47	29	
5	Eastglen High School	116		
6	Holy Trinity Catholic High school	80	21	
7	St. Joseph Catholic High School	19	14	
8	Cardinal Collins Catholic High School	18	19	
9	Ecole Gabriele- Roy	20		
10	Mother Margaret Mary Catholic School	21		
11	Oscar Romero Catholic High School	36		
12	Centre high School	52		
13	Millwood Fresh Start	14		
14	Metro Continuing Education			35
	<b>Total Participants number</b>	<b>532</b>	<b>155</b>	<b>35</b>
<b>Total</b>				





## Other areas



### One of the Teachers comments about the program:

"Overall, students' became much more comfortable with group work and increased their self-confidence. AHC has done an excellent job with providing students with a variety of activities and targeted different types of vocabulary/language. Students have definitely been exposed to new vocabulary that they can use when speaking/writing!" A Teacher from Eastglen High school.

"The students greatly looked forward to the Friday's activities. Even student from other classes expressed their desire to participate with AHC." A Teacher from Holy Trinity High School.

"Students see what resources are available to them in their new country and learn skills to help them adapt to living in Edmonton." A Teacher from Jasper Place High School.

### What the Students say:

"I met lots of friends during summer camp. I learned a lot. It was so fun!"

"Playing bowling with my best friends as a group was the best on. I love everything we did!"

"We all are so happy that it turn all of us to be positive about doing our work, and this kind of group start friendship to each other."

"I like working with group. Learned about Kindness and made me happy."

"I like this class because I make many new friends."

"This is my first time going to snowshoe. Cold but fun."

Youth Camp participants- Queen Elizabeth High School 2015



Celebration of Learning- 2015 Summer Camp





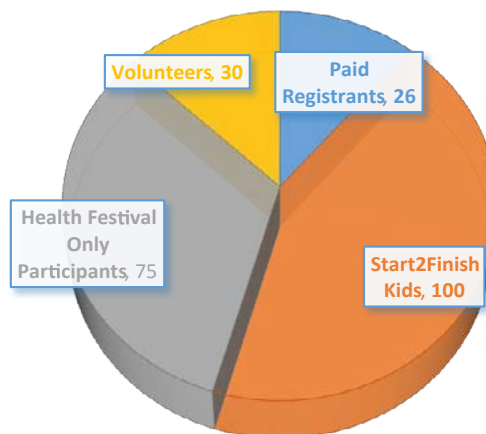
## Community Action Dash

Every year, AHC in partnership with Start2Finish Reading and Running program and the Running Room, organize the Community Action Dash. The purpose of the run is to highlight Edmonton inner-city communities and act as a graduation run for the kids in the Start2Finish program.

Funds raised from the Action Dash goes to support Community Initiatives at AHC. Community Initiatives are community-led mini projects undertaken by community leaders. These projects work towards the goal of improving holistic community health through various means which can include providing sport and recreation opportunities for youth, social activities for isolated seniors, community kitchens, self-esteem programming for youth girls, and much more.



ACTION DASH PARTICIPANTS 2015



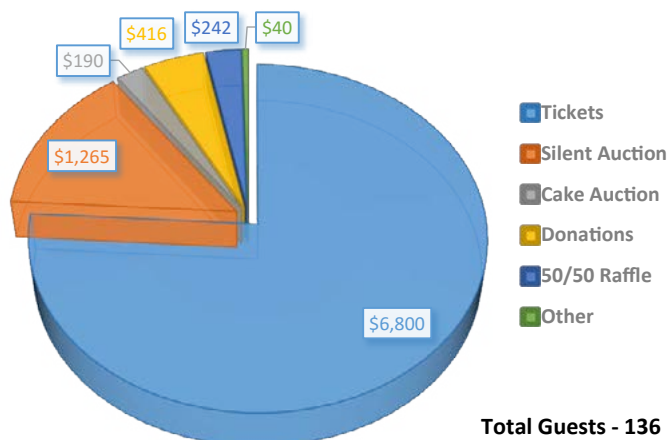
**Net Funds Raised: \$840**

## Creative Expressions

Creative Expressions is our major fundraising event held every year in the winter. This dinner gala showcases the talent of many community performers from singers, dancers, and other entertainers in Edmonton. Creative Expressions also includes a silent auction with items donated by local artists, services, and businesses, and an auction of cakes from local Edmonton bakeries and community members.



FUNDS RAISED (GROSS)



**Net Funds Raised: \$2959.95**



## VOLUNTEERS

Previous year AHC Volunteers were involved in a wide range of activities. Our Community volunteers were instrumental in running 11 community initiatives which engaged over 500 people.

Volunteer Opportunity	# of Volunteers	Hours
Community Action Dash Team	8	192
Community Action Dash Event	60	180
Board (Meetings)	10	36
Community Initiatives Team	12	180
Community Initiatives Group Representatives	114	15,048
Multi-Cultural Gatherings	320	2,560
Reception Volunteers	61	1744
Tax Clinic Volunteers	7	210
Other Events volunteers	266	66
Job Fair & Health Fair	31	124
Placement Students	16	860
Summer Camp & Spring Camp	15	150
Soccer tournament	10	40
<b>TOTAL:</b>	<b>930</b>	<b>21390</b>

## Outstanding Volunteers

Reception Volunteers	Hours		Hours
Ram Gnawali	84	Kim Nguyen	100
Phal Bohara	74.5	Danijel Coric	50.5
When Zhang	71.5	Jyoti Pradhan	48
Olga Sushynski	69	Amita Choudhary	45.5
Kirti Gaidhani	64.5	Anh Lien	42
Tax Clinic Volunteer Name			
Juliana Wafula	96	Leslie Rojas	30
Juliet Khoo	12	Yizhen Zhu	15
Kim Nguyen	24	Ahmed Sabery	51
Yuka Aida	57	Yassine	12
Total of hours Tax Clinic			297
Total of Hours Reception			649.5
<b>Big Total</b>			<b>946.5</b>







## **Our Partners and Collaborators 2015-16 Events**

### **Diversity Health Fair**

Miller Crossing Dental Clinic  
Classic Oriental Acupuncture & Massage Clinic  
Nutrition information  
Asthma and Allergy Association  
North Primary Care Network  
Canadian Breast Cancer Foundation  
Compass Centre for Sexual Wellness  
The Lung Association

Justisse Health works for women  
Chronic Disease Management program – Alberta Health Service  
Chinese wellness enhancement  
Resource desk and Workshops sign up desk  
Juice Plus  
Ayurveda  
Yoga

### **Bridges to Economic Success for Newcomers Fair List of Service Providers**

Shift Management Inc.  
Access Emploi  
Centre for Public Legal Education Alberta  
Edmonton Community Legal Centre  
Edmonton Mennonite Centre for Newcomers  
Bredin Centre for Learning

### **Community-Based Bridges School Partners**

Ecole A La Decouverte  
Ecole Pierre Lacombe  
St. Elizabeth Seton School  
Balwin School  
John D. Bracco School  
Edith Rogers School  
Bessie Nichols School  
Killarney School

### **List of Employers who participated in the job fair – Mar 17/2016**

Statistics Canada  
Pro Building Solutions  
OLS Consulting Group Inc.  
Good Buddy Restaurant  
City of Edmonton – Community Services

### **Youth Camp School Partners**

Cardinal Collins Catholic High School  
Centre high School  
Eastglen High School  
Ecole Gabrielle- Roy  
Holy Trinity Catholic High school  
J. Percy Page High School  
Jasper Place High School  
M.E. Lazerte High School  
Metro Continuing Education  
Millwood Fresh Start  
Mother Margaret Mary Catholic School  
One World One Centre of Edmonton Catholic School Board  
Oscar Romero Catholic High School  
Queen Elizabeth High School  
St. Joseph Catholic High School

### **Other Program Partners during 2015-16**

ASSIST Community Services  
Catholic Social Services  
REACH Edmonton  
Schools as Community Hubs Initiative (EPSB & ECSD)  
Gurukul Nepali Language School  
Nepalese Canadian Society of Edmonton

### **Partners in Community Capacities Program**

- Alberta Culture and Tourism
- Neighbourhoods, Community Services, City of Edmonton
- Wildman Institute
- Miller Thomson LL
- The Institute of Asia Pacific Studies of MacEwan University Business School
- St. Joseph High School
- Central McDougall Community League
- Norwood Child and Family Resource Center
- Central Lions Seniors Association
- ASSIST Community Services Center
- Edmonton Mennonite Centre for NewComers
- SAGE
- The Multicultural Women and Seniors Service Association
- Nepalese-Canadian Cultural Forum
- Latin American Women Society
- Mexican Community Association of Edmonton
- Sinkunia Community Development Organization
- Music Teacher of the H&O Music Academy
- Full House Events
- Diaspora African Youth Association
- Empowered Youth
- Ji Hong Wu Shu and Tai Chi College
- We and the World Centre
- Young Divers and Proud Youth Development Program
- Amanda Art Studio
- Bashi Community Association of Canada
- Edmonton Golden Sun Chinese Seniors Club
- Italian Appennini Dancers
- Lulu Zhengrong Music Studio
- MY Ukrainian Dance Academy
- Raíces Salvadoreñas
- Yoyo School of Dancing
- Food Bank
- TransCanada Corporation
- Santas Anonymous
- Servus Credit Union
- Microsoft Store at West Edmonton Mall
- Net-ilink Insurance
- Edmonton Region Immigrant Employment Council





## Program Staff

### Executive Director

Idalia Ivon Pereira

### Managers

Suzana Dumo, Sherry Park, Yanyu Zhou

Ada Mejia  
Adama Dieye  
Anita Sayaphet  
Annina Plummer  
Anu Thaker  
Armando Munguia  
Javeria Raheem  
Jodie Michelle Duenas  
Kalli Lirette  
Ladan Omar  
Lesley Knull  
Mackenzie Cook

Maegan Robinson Anagor  
Marco Salinas  
Maria Lucila Mejia  
Mark Frederick  
Mary Jan Llagas  
Michael Ritchot  
Mohamed Sharif Abubakar  
Mouna Esmaeel  
Mustafa Zahid  
Nayoun (Cristina) Kim  
Nebiyeleul (Nebiy) Habtu  
Nelson Pereira

Nilton Romero  
Phal Bohara  
Rabindra Rimal  
Romi Khabra  
Sadio Soman  
Seth Reyes  
Suraj Khatiwada  
Tej Prasad Adhikari  
Tigest-Helene Mulugeta  
Wehale Hassan  
Ying(Angel) Zhong

### New staff joining program team in 2015-16:

Adama Dieye  
Anu Thaker  
Ladan Omar  
Lesley Knull  
Mouna Esmaeel  
Phal Bohara  
Rabindra Rimal  
Sadio Soman  
Seth Reyes  
Tej Prasad Adhikari  
Tigest-Helene Mulugeta  
Wehale Hassan

### Departing Staff:

Anita Sayaphet  
Anu Thaker  
Devendra Karki  
Sadio Osman  
Tigest-Helene Mulugeta  
Narendra Adhikari  
Shalene San-Sok

### Only worked in July 2015 summer camp

Annina Plummer  
Javeria Raheem  
Jodie Michelle Duenas  
Marco Salinas  
Mary Jan Llagas  
Michael Ritchot  
Nayoun (Cristina) Kim  
Romi Khabra

### Staff 2015





## Board of Directors

### 2015-2016 Board of Directors

**Marlene Williams**  
**Lisette Moores**  
**Nancy Finlayson**  
**Sagun Pandey**

**Chair**  
**Vice Chair**  
**Secretary**  
**Treasurer**

## Incumbent Board Members

### Lisette Moores

Lisette Moores was first involved with AHC as part of a leadership assignment in University. Her rewarding experience encouraged her to continue volunteering with AHC for another five years, including as Board Chair. After completing a Bachelor of Commerce degree from the University of Alberta, she worked in Management Consulting for several years, developing experience in Strategic Planning and Business Case development. She currently works as the Production Manager for OEM Remanufacturing, a company that rebuilds CAT engine and powertrain components. On her spare time she enjoys making plans to travel and training for triathlons with her sister.

### Pamela Miller

Pamela Miller is a registered nurse with a BScN and Masters in Nursing from the University of Alberta. Pamela's nursing experience has allowed her to work with very diverse populations, with a particular focus on maternal child health. Pamela works for the Government of Alberta leading a team tasked with policy development for the provincial immunization program. She is interested in issues relating to the social determinants of health, and ensuring all populations in a community have access to the building blocks to create and maintain health. Pamela is excited for the opportunity to serve on the board, hoping to gain knowledge and skills, and learn more about community issues, and community building processes.

## Returning Board Members

### Robert Einarsson

Robert Einarsson has a Ph.D. in English and is an Instructor at Grant MacEwan University. Robert's passion is with helping people in need obtain the skills that will help them succeed, particularly in the area of the English language.

### Nancy Finlayson

Nancy has been involved in the volunteer sector in Alberta for several decades, as founding director for both the Northern Alberta Branch of the Sustainable Agriculture Association and The Garden Institute of Alberta. She is an agronomist, and recently retired from a career as an environmental scientist in Edmonton. She holds an MSc degree in Soil Science from the University of Alberta. As a former Chair of AHC's board, she has agreed to return to the Board for another term.





## **Sagun Pandey**

Sagun Pandey is a Brunel University, UK graduate in the discipline of Electrical Engineering. Along with his Engineering experience, he has a few years of experience working with the community in his country of birth (Nepal). He is also a member of Engineering Association of Alberta (APEGA). Sagun has been actively involved as a volunteer at A4HC since January 2014 and his passion is to get involved in the community and to meet different people. Sagun also has a great passion for sports and will play any sport at any time.

## **Marlene Williams**

Marlene has been involved in working with people in community all of her working life; people with brain injury, physical and intellectual disabilities, mental health issues, poverty issues and discrimination. She attended Grant MacEwan and obtained a Certificate in Rehabilitation in 1992. She finds that the work that AHC does with people in community, to make both the community and individuals stronger, is very compatible with the work that she has done and with what she believes in. Marlene sees strong community as benefitting everyone and is proud to be actively involved in Action for Healthy Communities.

## **Outgoing Board Members**

### **Devendra Karki**

Devendra has done his masters degree in Sociology and Anthropology, and has more than three years of teaching experience in college. He has advanced diploma in Business Administration Accounting and currently pursuing CPA Designation, and working as an Accountant in a Non Profit Organization.

### **Abdullahi Osman**

Abdullahi Osman has a Bachelor of Commerce in Finance and currently completing his MBA Finance specialisation at the University of Alberta. Having worked with the United Nations and other INGOs for over 5 years, Abdullahi brings with him considerable experience in community development, working with people from diverse background and an understanding of community issues at the International level. Abdullahi is interested at the intersection of finance, organizational strategy and community development organizations."

### **Lucy Kraus-Stevens**

Lucy obtained her Bachelor of Education with a specialization in Special Education from the University of Alberta and worked as a teacher in Canada and Japan for approximately ten years. She has volunteered with several organizations in Edmonton and has worked as an advocate and counsellor for persons with mental health issues. Lucy has travelled and lived in both Asia and Europe and has enjoyed studying languages including German, Japanese and Spanish. She has recently completed a documentary film course.



## New Board Members

### Mery Gniazdowsky

Mery Gniazdowsky has worked with the provincial government for 11 years in the Fort McMurray, Fort Chipewyan, Janvier and Conklin communities. She has worked in a variety of roles within the Human Resources and Employment department. In the year 2000 she moved to Edmonton and worked for the Worker's Compensation Board as a Senior Case Manager assisting injured workers to recover from their injuries and returning to work. Mery also was a member of the Claims Resolution Team and received the President's award for excellent performance during for the year 2013. Mery obtained her Alberta Health and Safety certificate and worked as a Health and Safety officer for a number of years. Mery was a member of the board of directors for Action for Healthy Communities for four years and is looking forward to serve again after taking 3 years off.

### Nan Yu

Nan Yu is a designated accountant of CPA Alberta with more than five years' experience in finance and accounting. He is also a professional in data analyst. Nan worked with Action for Healthy Communities for eight months as finance manager in 2014-15. Prior to joining Action for Healthy Communities he worked voluntarily as VP finance of Michener Park Residence Association, a student volunteer association. Currently, he is working with a Non-for-profit organization providing various services to municipalities in Alberta. He believes that his professional experience and willingness to lifelong learning will add value to the organization.

### Chris John Ford

Chris Ford is a teacher, researcher, trainer and a well-connected community builder in Edmonton. After graduating in Agriculture Sciences in 1982 from University of Alberta he travelled to Nigeria (Africa) to work as an Agriculture Extension Manager for International Livestock Centre for Africa (ILCA). Later, he moved to Japan (Asia) to teach English at various schools, colleges and Universities from 1987-2000. In 2001, Chris joined Garden Institute of Alberta and taught organic gardening and presented on naturalization. He stayed there till 2004. From 2004-12, he worked for Action for Healthy Communities in various capacities and developed, implemented and managed multiple community building initiatives in collaboration with community based organizations. He developed collaborative partnerships and maintained relationships with donors and supporters and successfully managed projects and programs benefitting needy populations in Edmonton and area. Chris is looking forward to join AHC board to contribute his knowledge and expertise for the benefit of the organization and communities.



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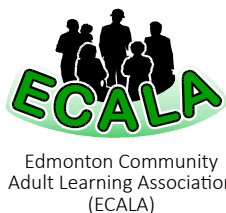
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### Hours of Operation

#### Office Hours

Mon: 9am – 5pm

Tue-Fri: 9a.m. – 8 p.m

Sat: 12pm – 8pm

Sun: closed

