



# **Family Inter-Generation Link**

## **Annual Report 2015**



Family Inter-Generation Link

# Message from Chair of the Board

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I am pleased to share with you that in the year of 2015, we have operated four programs successfully. Exciting news is that we received funding from provincial government besides from federal government level.

I was invited to join the programs' celebration event and I was impressed by clients' passions, involvements and commitments to our organization and the programs. I believe that is beneficial to our clients and communities.

In 2015, we served in total 791 clients with the assistance of 15 volunteers contributed 124 hours.

I would like to take this opportunity to appreciate all the staff and valuable volunteers for their hard work and commitment to run these programs successfully.

I wish FIG Link will keep its good performance and success in another year.

A handwritten signature in black ink, appearing to read 'Vignaraj Manickam', with a stylized flourish at the end.

Vignaraj Manickam

Chair of the Board



# The Seniors' Community Outreach to Vulnerable Seniors



*The Seniors' Community Outreach to Vulnerable Seniors Funding Initiative* supports community-based projects located within the Toronto Central LHIN boundaries that target outreach services to frail seniors population groups. This program provides seed funding for projects that improve the health results of frail, isolated and vulnerable seniors showing results in reducing hospital emergency room visits and better chronic disease management for the seniors served. The projects need to increase the access to supports and information for seniors through culturally appropriate outreach and support in the community.

Our services focus on mental health and home visit. We appreciate our partners include Don Mills Family Health Team, Newcomer Women Services Toronto, Toronto Public Health, WoodGreen Community Services. In total 102 seniors participating in the project.

# Fan Across the Neighbourhood (F.A.N)

- ✓ This is a bridging project links different generations
- ✓ The goal of this project is to minimize the gaps among generations
- ✓ Mentoring younger generation on fan structure meanings
- ✓ Through the fan designing, shaping including painting and/or drawing with stories or poems, making and showing to reveal their life experience, wisdom and knowledge
- ✓ Fan acts as a vehicle to link different generations and cultures together and benefit all the participants and their families in local community in the ways of focus group discussion, story sharing, fan making and a pamphlet as a publication
- ✓ Improve their multi-culture socialization and reduce their social isolation



# Senior Access to Food Education (SAFE)



The project focuses on food education including chronic condition vs. nutrition, budgeting, food processing that seniors can manage their diet and eat properly guided by professional consultation further to maintain good health as well as their family members. The goal of the project is to engage seniors and to connect with other generations in order to promote education and learning related to senior chronic condition and daily eating.

We organized focus group discussions and working groups with other generations to raise the questions by seniors in order that we could work on purpose with outcomes; hosted and invited professional nutrition counsellor to deliver workshops on food, nutrition and health cooking & eating.

The workshops include but not limited to the topics, which are Facts on cholesterol; Choose more than 50 ways to prevent diabetes; About high blood pressure; The power of super food; Food chain; Planning on budget and nutrition; Food safety and storage; Local food recognition and smart shopping, and Food preparation and cooking.







Qipao Association was established in 2015. The purpose is to create a platform for our senior clients to show customized Qipao, their love and their beauty.



# Other Events



FAMILY INTER-GENERATION LINK (FIG LINK)  
STATEMENT OF OPERATIONS AND CHANGES IN FUND BALANCES  
FOR THE YEAR ENDED DECEMBER 31, 2015

	General Fund		Celebrate Canada Fund		New Horizon Fund		SCGP Fund		WoodGreen Fund		Federal Fund			
	2015	2014	2015	2014	2015	2014	2015	2014	2015	2014	2015	2014	2015	2014
	\$	\$			\$	\$	\$	\$	\$	\$	\$	\$		
REVENUE														
Grant	0	0	500		20,865	0	6,214	0	9,200	10,500	0	0	36,779	10,500
Service revenue	3,725	3,740			0	0	0	0	0	0	0	0	3,725	3,740
Total income	3,725	3,740	500	0	20,865	0	6,214	0	9,200	10,500	0	0	40,504	14,240
OPERATING EXPENSE														
Salaries and benefits	2,368	598	129	0	4,508	0	1,170	0	7,321	5,429	0	2,273	15,496	8,300
Staff development and training	0	0	0	0	0	0	0	0	0	528	0	0	0	528
Office expenses	578	133	0	0	873	0	0	0	1,080	0	0	0	2,531	133
Accounting fees	565	565	0	0	0	0	0	0	0	0	0	0	565	565
Consultant fees	0	0	0	0	0	0	2,000	0	0	0	0	0	2,000	0
Program expenses	544	(713)	380	0	4,896	0	1,330	0	2,636	3,942	0	4,316	9,786	7,545
Computer, equipment and furniture	0	0	0	0	0	0	0	0	0	300	0	0	0	300
Space Rental	0	0	0	0	0	0	0	0	0	530	0	0	0	530
Insurance	257	86	0	0	0	0	0	0	531	0	0	216	788	302
Membership fees	0	120	0	0	0	0	0	0	0	0	0	0	0	120
Prior tax	100	0	0	0	0	0	0	0	0	0	0	0	100	0
Bank charges	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Total operating expense	4,412	789	509	0	10,277	0	4,500	0	11,568	10,729	0	6,805	31,266	18,323
Excess of revenue over expense	(687)	2,951	(9)	0	10,588	0	1,714	0	(2,368)	(229)	0	(6,805)	9,238	(4,083)
Fund transfer	(9)		9	0	0	0	0	0	0	0	0	0	0	0
FUND BALANCES, BEGINNING OF YEAR	8,058	5,107	0	0	0	0	0	0	2,104	2,333	0	6,805	10,162	14,245
FUND BALANCES, END OF YEAR	7,362	8,058	0	0	10,588	0	1,714	0	(264)	2,104	0	0	19,400	10,162