



VISION

Working together to build inclusive communities for people of all abilities.

MISSION

SaskAbilities supports people experiencing disability with programs and services to enhance their lives.

VALUES

We treat people with respect, honesty and compassion.

Our programs and services are client-centred, goal-oriented and accountable.

We value teamwork, excellence and innovation.



20 Years and Still Going Strong!

Carrie Funk is a wonderful, vibrant young woman who really knows how to enjoy life. What is her secret? She has an incredibly strong connection to her community! Carrie, a participant at Swift Current's Quality of Life Day Program, has been attending SaskAbilities programs for 20 years, and in this time has taken advantage of many opportunities.

Carrie loves to socialize. She continues to expand her horizons and jumps at the chance to be active in her community. Through volunteering she has developed more independence. A big milestone was learning to use city transit! Carrie is an avid swimmer and bowler competing with Special Olympics. Her best-loved activities, however, all involve volunteerism and community support.

Carrie volunteers at many community venues including Living Sky Casino, Rib

Fest, and Windscape Kite Festival, but her favourite place to volunteer is at The Meadows, Swift Current's new long term care facility. She spends two afternoons a week volunteering as a porter, with duties that include helping residents to and from their activities in the facility. She enjoys the opportunity to have such a meaningful role where she can get to know many of her fellow community members.

Saskatchewan Health Authority Volunteer Coordinator Arlene Deg is so pleased with the contribution that Carrie has made to the community at The Meadows. She says, "Carrie helps improve the quality of life for our residents by volunteering her time to porter them to and from the hair salon. Carrie's smile and willingness helps create a positive environment for the residents."

Keep up the good work, Carrie! ■

Swift Current SaskAbilities has built many strong relationships within the community, which provides programming tailored to the needs of clients. For Carrie, this means that she has many opportunities to volunteer and help others in need. Carrie loves to tell stories about her adventures using photographs. Pictured here: Carrie is showing Ian Wilkinson, Executive Director of SaskAbilities the many things she fits into her busy life.



Volunteer Spotlight

Regina HUB program finds Austin's dream placement

Austin is a young man who loves his community and often spends time helping where he can. When he first started attending Regina's Helping You Belong (HUB) program last summer, he met with Daniela, one of his community coordinators, who worked with him and his family to create a person-centred plan. This helped him focus on his strengths so he could work towards his final goal of employment in a field that he is passionate about.

Austin has an interest in technology and is also an avid sports fan. With this in mind, Austin and his community coordinators were able to find him a volunteer placement with Access Communications working on "Talk of the Town", a local event show. When Austin arrived on site, he immediately noticed a sports show called "In the Huddle", which features the Saskatchewan Roughriders. He was so enthusiastic that they immediately assigned him to work with that program.

While he had help getting his placement, it was Austin who kept the door open with his hard work and great attitude. Everything that happened after that was all because of him! Everyone at Access Communications got to know him and appreciate his contributions and he quickly became a valued team member.

Austin's duties range from operating the sound system in the studio's sound booth to working the camera to helping the staff wherever he can. "I was nervous coming here," said Austin, "it was a new beginning and a new experience for me. There were a couple of times I walked in and walked out because I was nervous, but my grandma said, 'give it a try!' and I did!"

Austin's community coordinator Tracy said, "He has really benefitted from being both at the HUB program and at Access Communications. He has improved his social and communications skills and has become much more articulate. Access Communications is part of *becoming* in the HUB program for Austin, being in a real-life situation where he can use his technology and communications skills. He is on a vocational path and we are hopeful that this will blossom into career opportunities."



When "In the Huddle" ended for the season, Access Communications asked him to stay on and help with "Talk of the Town", a community-oriented local content program. When asking Austin what his volunteer experience was like he said, "I love it here! Even though I was nervous at first, now I get there, do my job and go home all on my own."

Tracy said, "Access Communications is a real-life situation where he gets to use his technology skills and communication skills. His ultimate goal is to work in this field, maybe even Mosaic Stadium. Access staff members have been very supportive in helping Austin to follow his passion and build the skills required for his pursuits." Tracy expressed how wonderful it is to watch him blossom. She says that Access Communications has been a dream placement for him, and a stellar example of what is possible for the individuals we support at SaskAbilities. ■



BILLY Footwear incorporates universal design in their products, making them easier to use by everyone, including children experiencing disability. The zipper in the shoe allows them to be completely opened up, making them an option for some children who wear braces.

MAINSTREAM SHOES WITH ORTHOPAEDIC BENEFITS!

Families with children who wear AFOs (ankle foot orthoses) sometimes have a challenge finding shoes that accommodate a brace, and are easy to put on and take off. Orthopaedic staff became aware of a potential option for these children called BILLY Footwear, a brand that uses zippers along the side of the shoe and around the toe. This means the user can put their foot in unobstructed making it much easier. These shoes look like every other pair of shoes you would find in a regular shoe store and are affordable, something important during the childhood years when feet are growing.

Once staff members at SaskAbilities found this brand, they were disappointed to learn it was not available in Canada. However, SaskAbilities has an excellent relationship with Brainsport, a local Saskatoon company that focuses on footwear to support healthy lifestyles for all people.

Brian Michasiw from Brainsport has always been willing to assist children who may have unique footwear requirements. He quickly sourced the product and Brainsport became the first Canadian store to carry BILLY Footwear. This product now offers one more option for families that is comfortable, accessible and good looking – an important consideration for kids who just want to have shoes like everybody else! ■

SaskAbilities Programs & Services

Employment Services

- Employment Opportunities
- Supported Employment
- Employment Preparation
- Training
- Partners in Employment

Daily Living and Rehabilitation Services

- Adaptive Technology
- Orthopaedics
- Accessible Parking Program
- Special Needs Equipment
- Home and Daytime Supports
- Access Transit
- Assessment Services

Quality of Life Services

- Quality of Life Centres
- Acquired Brain Injury Programs
- Camp Easter Seal
- Life Enrichment
- SLYP-Out (Social Leisure Youth Program)
- Summer Fun
- Respite Services
- Crisis Response

Upcoming Events!



The Swift Current Ability Bowl happens on April 27th this year. Our goal is to raise \$100,000 with proceeds going to programs and services offered by the Swift Current Branch of SaskAbilities.

There is still time to purchase an Ability Bowl 50/50 ticket for a chance to win up to \$12,500! Tickets can be purchased at the Swift Current Branch office, the Saskatoon Provincial office or by calling Michelle Poirier at 1-833-526-5299.



Have you ever dreamed of rappelling from a high rise like Tom Cruise in Mission Impossible? Want to swing from a building like Spiderwoman? Registration for this year's Drop Zone in Regina is now open!

Join us for an over-the-top experience and cap it off with some great food, prizes, and music this August.

If you are faint of heart and prefer a more grounded experience, you can always help to fundraise and gift someone else the experience of a lifetime. Visit www.thedropzone.ca for more information!



NOTICE OF 69th ANNUAL GENERAL MEETING

SASKATCHEWAN ABILITIES COUNCIL INC. (SaskAbilities)

GENERAL INFORMATION

Board of Directors

| | |
|-----------------|---------------|
| Brenda Bancescu | Regina |
| Paul Blackstock | Saskatoon |
| Elaine Caswell | Regina |
| Kyle Chriest | Saskatoon |
| Michelle Hunter | Regina |
| Bruno Konecsni | Saskatoon |
| Stan Lautsch | Swift Current |
| Andy Livingston | Saskatoon |
| Brad Mitchell | Saskatoon |
| Michael Ryan | Regina |
| Tom Spence | Saskatoon |
| Shona Switzer | Yorkton |

President: Andy Livingston

Executive Director: Ian Wilkinson

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| | |
|---------------------|----------------|
| Regina | (306) 569-9048 |
| Swift Current | (833) 526-5299 |
| Yorkton | (833) 444-4126 |
| Prince Albert | (306) 922-0225 |
| Moose Jaw | (306) 693-3020 |
| Saskatoon: | |
| Kilburn | (306) 653-1694 |
| Provincial Services | (306) 374-4448 |

We welcome your comments.

SaskAbilities

2310 Louise Avenue
Saskatoon SK S7J 2C7



@SCAbilities



@SaskAbilities



communications@saskabilities.ca



www.saskabilities.ca

Publication Mail Agreement No.
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Canadian Addresses to:
SaskAbilities
2310 Louise Avenue
Saskatoon, SK S7J 2C7

NOTICE IS HEREBY GIVEN, pursuant to *The Non-profit Corporations Act, 1995* and the bylaws of SaskAbilities, that the 2019 Annual General Meeting of SaskAbilities will be held on Friday, April 12, 2019, at 10:00 a.m. at 2310 Louise Avenue, Saskatoon, Saskatchewan, for the following purposes:

- receiving the minutes of the 69th Annual General Meeting held in April 2018
- electing directors
- receiving the President's report
- receiving the Executive Director's report
- presentation of audited financial statements for the year ended December 31, 2018
- appointment of auditors
- to transact such other business as may come before the meeting.

If you plan to attend, please register before April 4, 2019 by contacting Joan Nelson by telephone at (306) 374-4448 or by email at jnelson@saskabilities.ca

To be eligible to vote at the Annual General Meeting, individuals must have purchased a 2019 membership in SaskAbilities on or prior to March 12, 2019.

Copies of the audited financial statements will be available at www.saskabilities.ca on or about March 13, 2019. Charitable Business Number: 10795 5221 RR0001.

Join SaskAbilities today!

I know my membership will help improve the quality of life for thousands of people experiencing disability in Saskatchewan.

Name _____

Address _____

City/Town _____ Postal Code _____

Email _____

Phone _____

Enclosed is my membership contribution of:

☐ \$25.00 ☐ \$75.00 ☐ \$150.00 ☐ Surprise us! \$ _____

About SaskAbilities: For generations, SaskAbilities has been investing in communities, empowering individuals experiencing disability, and enriching the places we call home. With a focus on inclusion, SaskAbilities works directly with individuals to increase their independence and improve their quality of life. We are committed to enhancing lives, today and for the future generations.



☐ From My Chequing Account:

Please Make Cheque Payable To:

SaskAbilities
2310 Louise Avenue
Saskatoon, SK S7J 2C7

☐ From My Credit Card:



Card #:

Name on Card: _____

Expiry Date: _____ / _____

Signature: _____

Or to join online visit our website: saskabilities.ca

If you are already a member, please consider purchasing a membership for someone else.