



Saskatchewan Abilities Council Bulletin

Walking for Wellness in Swift Current



Marilyn is one of 3,000 walkers who benefit from the Walking for Wellness program administered by the City of Swift Current. She enjoys volunteering with the program, staying physically active, and socializing with the other walkers in her community.

The Walking for Wellness morning sessions run Monday to Friday from 8:30–10:30am at the Stockade facility. There's a \$1 drop-in fee per day or \$4 for the week. All evening sessions are at the Swift Current Comprehensive High School and are free for the public to enjoy.

Photography provided by Life in Action Videography.

Walking for Wellness is a physical activity program administered by the City of Swift Current designed to support and encourage people to remain active in the community both physically and socially during the winter months. Once the ice and snow comes, people can migrate indoors where it's safe and warm to continue their physical activity. With over 3,000 walkers participating in the program in just this past year, it's safe to say it's popular!

Volunteers are at the heart of this walking program, and the City has partnered with the

Saskatchewan Abilities Council Volunteers in Community program for help with recruitment.

"It can be difficult to get enough volunteers, so our partnership with the Saskatchewan Abilities Council has been wonderful," says Val Choo-Foo, the In Motion Community Facilitator with the City of Swift Current. "Not only is it a good opportunity for Council clients to be involved in the community, but also it's an opportunity for community members to get to know the Council clients as well."

Marilyn Janzen is a participant in the Volunteers in Community program and a regular volunteer at Walking for Wellness. She acts as a host during walking sessions and is responsible for setting out the materials, ensuring everyone signs in, and welcoming people to the program. "We truly appreciate Marilyn's time, enthusiasm and eagerness to volunteer at our walking program," says Choo-Foo. "Marilyn is a very pleasant and

kind volunteer who takes her responsibilities seriously. She always gathers the supplies and sets everything out where it belongs and then welcomes walkers with a smile! I also love how dedicated she is to her own physical activity, either walking on her own or helping push other clients in their wheelchairs."

Marilyn volunteers with the Walking for Wellness program three days a week and enjoys staying active in her community. She typically walks over three miles each time she walks—it's helped encourage her health, wellness and fitness goals while making friends in the community.

The program runs from the middle of October until the end of March, with opportunities to walk every day of the week. For more information on how to get involved in the program, visit www.swiftcurrent.ca or contact the Saskatchewan Abilities Council Swift Current branch.

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Regina uses art to help participants find their inner light



The Light in Me Art Project provides the space, supplies and support to help facilitate self-exploration in a safe environment. "It opens me up!" says Kim, one of the program's participants.

Art has the ability to move us, to inspire us, and even to change us. What may seem like simple brush strokes to some, are pathways to self-exploration, self-expression, personal growth, and just plain fun for others.

After a focus group revealed a desire for more art-based programming, the Saskatchewan Abilities Council responded with the implementation of a new program at the Regina Branch.

The Light in Me Art Project encourages participants to reflect on what lights them up, how they can connect to their inner light and what that looks like. Participants in this inclusive, art-based program have the opportunity to be positive, develop skills and express themselves creatively. The program

supports individuals to increase their understanding of self and enhance their sense of belonging.

"Art gives us the opportunity to have fun and focus on emotions, our experiences and ourselves in the present moment," says Amanda Scandrett, artist facilitator with the program. "It gives us the opportunity to express ourselves and honour who we are in a safe and fun environment."

For participants, this art project is just as much about learning about themselves as it is about flexing their creative muscles and engaging with their peers in a safe and supported environment. While participants work on their own individual canvases, the program is very much a team project. Collaborating

and sharing creative ideas in the same space is part of what makes this project so special.

Kim Burns is one of the program participants who enjoys expressing herself creatively. "Once I came [to the Art Project] grumpy, and when I started painting, it left. I was painting [a portrait of] one of the volunteers; it was fun!" says Kim.

When asked what her inner light looks like, Kim says "It looks like pink and purple paint colouring my heart."

Art gives us the time and space to connect with ourselves in a deeper way. Workshop projects have included heart maps, artist trading cards, mandalas, chance art, masks, affirmations and sculptures.

OUR MISSION

The Saskatchewan Abilities Council works with people of varying abilities to enhance their independence and participation in the community through vocational, rehabilitation and recreational services.

OUR VALUES

At the Council we treat people with:

• Respect • Honesty • Compassion

Our programs and services are:

• Client-centred • Goal-oriented • Accountable

We value:

• Teamwork • Excellence • Innovation



**Thank you for
helping children
and youth with
disabilities succeed!**

AROUND THE COUNCIL

When you step into the Tillman Quality of Life Centre at the Saskatchewan Abilities Council in Yorkton, you may see individuals working on a puzzle or watching television. Some may be visiting or playing cards, and almost every day you will see and hear the chatter of a game of Wii Bowling. This is where you are likely to see friends Dustin Sobkow and Mike Schmuck.

Both 19 year olds started attending Day Program full-time in June 2016 after they graduated high school. The jump from attending part-time to full-time was easy they said, thanks to knowing many of the people in the program as well as the staff.

Along with spending time together at Day Program, Mike and Dustin also volunteer in the community. For many participants in the Day Program, being active in their community is an important milestone. Day Program encourages and supports participants to get involved in the community and gain hands-on experience to hone the skills they're learning at program. The list of places where participants volunteer is extensive. You may see them delivering lunches for the Soup Haven Lunch Program Inc. or Meals on Wheels, preparing snacks for the students at Dr. Brass Elementary School, playing Uno at the Bentley Residence, or at annual events such as the Harvest Showdown, the Santa Claus Parade or the Yorkton Exhibition.

Dustin has career ambitions of being a cook. On top of flexing his culinary muscles at home, he also volunteers to help prepare meals for the students at Dr. Brass Elementary School. He's staying active in his community, interacting with friends and peers, getting practical work experience and further developing his culinary skills—all in one experience. Dustin and Mike also volunteer to help clean at the Dream Centre.

Volunteerism is just one of a long list of life skills that participants in the Day Program like Mike and Dustin learn. Other areas for growth include personal care, healthy relationships, literary skills, job skills and interpersonal communication. All the programs and activities have one goal in mind: supporting the individual as a whole.



In addition to attending Day Program, Mike (above) and Dustin (below) also have jobs and volunteer regularly. They're gaining essential skills that will help them reach their career and personal goals.



DROP ZONE 2017

Whether you're a seasoned adrenaline junkie or just the thought of heights makes you weak in the knees, past rappellers all agree: Drop Zone Saskatchewan is an opportunity of a lifetime!

To celebrate over a decade of Drop Zone in Saskatchewan, we're switching things up! For the first time in Drop Zone history, two cities are facing off in a duel! It's Saskatoon versus Regina on August 19, 2017—the two cities will race down the rappel lines to see which city can show off their love for their community the fastest by raising the most funds for Easter Seals™ Saskatchewan. Are you ready for it? Drop Zone Saskatoon versus Regina: The Challenge is on!

Drop Zone is also returning to Prince Albert after a fun pilot event last September. So if you can't make the heart-pumping action in Regina or you want to start your SUPERHERO career on a shorter building, make your way to Prince Albert on August 16 to witness all the action.

Registration for all Drop Zone Saskatchewan 2017 locations are now open. For more information, please contact events@abilitiescouncil.sk.ca or visit www.thedropzone.ca.



The 5th annual Boston Pizza Day for Camp Easter Seal is right around the corner. On July 12, 20 per cent of all pizza sales will go to supporting Camp Easter Seal and Easter Seals™ Saskatchewan programming and services. Customers will also have the opportunity to purchase Camp Cards for \$2, starting on June 12. Last year Boston Pizza locations across Saskatchewan joined forces to help raise almost \$29,000! Show your love for Camp Easter Seal and for pizza! Join us for the official Boston Pizza Day on July 12!



Join the Saskatchewan Abilities Council today!

Yes!

I know my membership will help improve the quality of life for thousands of people living with disabilities in Saskatchewan.

Enclosed is my membership contribution of:

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

☐ I am already a member, but I am purchasing a membership for _____

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Address _____

City/Town _____ Postal Code _____

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Saskatoon, SK S7J 2C7

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www.abilitiescouncil.sk.ca

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SASKATCHEWAN
Abilities
COUNCIL

Volunteer Spotlight

Pat and Bill Lauinger

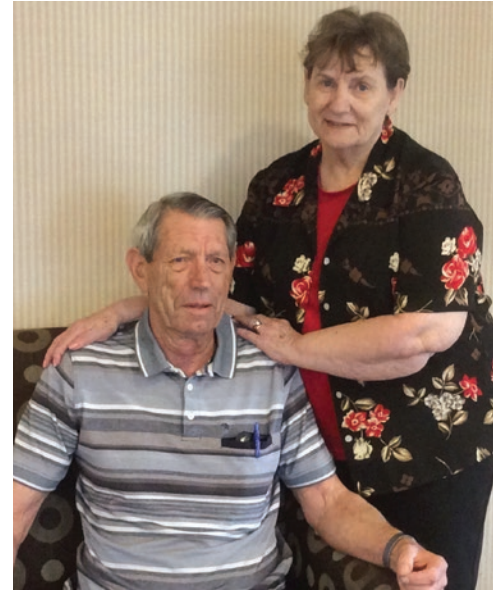
Bill and Pat Lauinger, with their combined 32 hours of volunteerism a month, are a tremendous asset to the Life Enrichment program at the Saskatchewan Abilities Council in Saskatoon. Volunteers are imperative to the continuity of Life Enrichment, a program that brings together adults with disabilities for community connection, personal growth and recreational activities.

Pat has been a reliable volunteer for over 42 years—it's just in her nature to help others. As a stay-at-home mom, volunteering became part of her routine. Schools, rinks, bingo halls, you name it, Pat was involved in the community. When her son began participating in Saskatchewan Abilities Council programming, she started dedicating her time to the Life Enrichment program, at that time called the Parent Relief Program.

When Bill retired, he looked for a new activity to share with his wife and began volunteering at the Life Enrichment program too. Three years later, he still enjoys every minute of it.

"It's the most rewarding thing we've done," Pat says of volunteering at Life Enrichment. "The participants are our friends, our very good friends. We just love them all and we love going."

Bill and Pat have proved retirement doesn't need to be boring. "I don't know where people get time to be bored," laughs Bill. He volunteers three to four times a week, between the Life Enrichment program



and other community organizations. Pat volunteers at least once a week but often fills in more when needed.

In 2010, Pat received the Al McGuire Volunteer of the Year Award, an award acknowledging the most volunteer hours completed in the province and the dedication the recipient shows for her community.

In the spare time they can find, Bill enjoys working in his garage and tending to his garden. Pat stays busy keeping in touch with family and visiting relatives when she can. They have four children and a handful of grandchildren, but with family spread across western Canada, the Life Enrichment participants have become like an extended family to Bill and Pat.

Saskatchewan Abilities Council Programs & Services

VOCATIONAL SERVICES

- Employment Opportunities
- Supported Employment
- Support Services
- Training

REHABILITATION SERVICES

- Adaptive Technology
- Orthopaedics
- Parking Program for People with Disabilities
- Special Needs Equipment

RECREATIONAL PROGRAMS

- Quality of Life Centres
- Camp Easter Seal
- Life Enrichment
- SLYP-Out
- Summer Fun
- Access Transit

