



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.



I Can Cook!

Regina Branch launches a new cooking program

As community needs inevitably evolve, SaskAbilities adapts its services to remain current, effective and aligned with the best interests of its participants and the community. With this in mind, the former Skill Development and Quality of Life programs in Regina merged to become Helping You Be, Belong and Become (HUB) as of January 1.

Through recreation-based activities, the program focuses on fostering community inclusion, promoting volunteer opportunities and developing skills through both instruction and first-hand experiences. Participants are encouraged to discover their sense of community while developing life skills, increasing their independence and improving their quality of life.

One of HUB's new initiatives is a three-month cooking program called I Can Cook. After a number of participants expressed

interest in learning culinary skills, I Can Cook was born! Each participant simply chooses a dish he or she would like to prepare and everyone learns together. Now, participants are learning transferable skills like how to prepare and cook a meal, how to pick out fresh produce, make healthy ingredient substitutions, and stay within a set budget.

"There is something special about preparing and enjoying a meal together," said Adam Holmes, HUB Coordinator. "Participants are making strong interpersonal connections by cooking together. They're also learning transferable skills, which they are already starting to apply to their independent living."

The first session was a delicious success! The group prepared a Mediterranean sausage skillet and baked chocolate chip cookies. Yum! Independence has never tasted so good. ■

Volunteer Spotlight

Andrew Sondershausen

While studying at the University of Saskatchewan, Andrew Sondershausen sought a volunteer opportunity to give him some experience working with people of diverse backgrounds. Soon after his neighbour recommended inquiring with SaskAbilities, he joined the Social Leisure Youth Program (SLYP-Out), an after-school recreational program for youth aged 13 to 22 with physical disabilities. From the start, he knew it was the perfect fit.

"Once I started I knew I couldn't just stop because it was so rewarding," he said. "It's been a great social experience getting to meet these people and forming relationships. I've made some really good friends."

Andrew started volunteering with SLYP-Out in October of 2016. The program runs from fall until spring, and come summer, he also volunteers for the Summer Fun program, a similar recreational program for individuals experiencing disability but operated in the summer months.

"While being a volunteer, I've learned everyone is unique," Andrew said. "They all have their own story, but at the end of the day we're all still people. We don't need to look at people differently based on if they have a disability or not. Just get to know them for who they are because you might be surprised; you might just make a friend."

Although he speaks highly of the whole experience and each of the activities the group has done, one of his favourite SLYP-Out memories was attending the Saskatoon Exhibition last summer. Rather than splitting into smaller groups as they commonly do for community outings, the whole group of participants and volunteers went to the Exhibition together – a group of over 45 people! "It was just the best day!" he said.

When Andrew isn't volunteering, he is busy with university and work. When he finds additional spare time, he enjoys playing his guitar too. Recently, Andrew was accepted into the Optometry and Vision Science program at the University of Waterloo and will be starting his advanced studies in the coming fall. Until then, he will continue to volunteer with the Summer Fun program.

"I'm glad that I wound up doing this," he said. "I feel comfortable with people with disabilities now. I also feel like I've gotten better at communicating and meeting new people. It's definitely been a rewarding experience."





RECORD-BREAKING SUCCESS AT ABILITY BOWL

For many in the Swift Current region, Ability Bowl is more than just a day – it's a whole season! From the Winter Kick-Off right up until the event date, it's months of community support and excitement leading up to a fun-filled day of bowling for individuals experiencing disability.

On Saturday, April 21, 40 teams supported by 1,500 pledges bowled in support of the 31st annual Ability Bowl hosted by SaskAbilities. Together with cash and in-kind sponsors, community partners, donations, pledges and a little elbow grease, the wave of Beach Bowl 2018 crested at a record-breaking \$108,987.03!

"We are humbled and amazed by the generosity of the people of the Swift Current region," said Kimi Duzan, Regional Director of SaskAbilities Swift Current Branch. "Time and again we see the giving nature of our community that blesses us all."

To wrap up the day, bowlers, sponsors and volunteers enjoyed an awards banquet featuring food, prizes and a dance. The top individual fundraisers were Dorothy Quebec raising \$4,780, Jarrod Schellenberg raising \$2,620 and Faye Rister raising \$2,000. The top fundraising teams were Signs 'n' Such raising \$5,286, Schellenberg Team raising \$2,640 and Century 21 Accord Realty raising \$2,639. The grand prize winner Dorothy Quebec took home the Summer BBQ Package worth \$750.

Dressed in their favourite beach attire, many participants embraced the Beach Bowl theme and got creative with their costumes. The best dressed teams of the day were St. Stephen's Strikers 2, Bentley Beach Bums, Gladstone Beach Boys, Kale Pedersons's team, SAR-CANNON Balls and High Tide.

A heartfelt thank you to all of our bowlers, pledgers, sponsors, volunteers and generous community members who made the 31st annual Ability Bowl such an outstanding success! Your support makes a world of differences to individuals and families impacted by disabilities in Saskatchewan. ■

Join SaskAbilities today!

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

Name _____

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PLEASE MAKE CHEQUE
PAYABLE AND MAIL TO:

SaskAbilities
2310 Louise Avenue
Saskatoon, SK S7J 2C7

Or visit our website:
saskabilities.ca

COMING UP!

Drop Zone Regina

Calling all superheroes! Looking for a new challenge this year? Wanting to make a positive impact in your community? Join us for the 12th annual Easter Seals™ Drop Zone on August 25 (rain date August 26).

The event challenges citizens of Regina and area to become superheroes by raising \$1,500 in pledges, earning the opportunity to rappel down Hill Tower II, and in turn, helping deserving children access Easter Seals™ programming.

Registration for Drop Zone 2018 is now open! Please visit thedropzone.ca to sign up today.

Motorcycle into Manitou

Join us as motorcyclists from across Saskatchewan rev their engines and ride into Camp Easter Seal for the Motorcycle into Manitou fun-ride fundraiser on September 8. A BBQ lunch will be provided as well as chances to win coveted prizes!

Camp Easter Seal, located at Manitou Beach near Watrous, Sask., is the only completely wheelchair-accessible camp of its kind in the province. All proceeds of the event will directly support Camp Easter Seal and individuals experiencing disability in Saskatchewan. Please contact funddevelopment@saskabilities.ca for more information.

Century 21 Dome Golf Tournament

June 25 – Deer Valley Golf Club

Century 21 Fusion Golf Tournament

August 9 – Greenbryre Golf & Country Club

Going for gold

Participants compete in Saskatoon Special Olympics



GENERAL INFORMATION

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On your mark, get set, go! A group of 19 participants from the Quality of Life Centre in Saskatoon competed in their first Special Olympics Track Meet on May 23. While the event has been hosted at E.D. Feehan High School for over 10 years, it's the first time the Quality of Life Centre has registered a team. And what an experience it was!

"I ran really fast," said Tonisha Beck, one of the competitors with SaskAbilities. "I put my heart into it."

The team registered in all 16 track events including long jump, sprints, shot put, bocce ball and horseshoes. Athletes proudly donned winning ribbons pinned to their shirts as a mark of their hard work and determination. Over 400 athletes from across Saskatchewan competed in the meet, an impressive turnout yet still not enough to satisfy organizers.

"The more athletes the better!" said Alicia Vassell, Community Chair of Special Olympics Saskatoon. "The more athletes we can have at these track meets means the more athletes that will have a shot at competing at Nationals. Then who knows, maybe they will get picked to go to Worlds!"

Anyone of any age or ability can register for a Special Olympic track meet or athletic program. Special Olympics Saskatoon supports over 300 athletes in Saskatoon through 18 different accessible sport programs such as floor hockey, basketball, softball, bocce ball and swimming. Some of the programs operate all year long while others run during just the winter or summer months.

"Yes, they may have an intellectual disability, but at the end of the day they're just regular kids," Vassell said. "We want to create opportunities to make sport accessible to everyone, regardless of ability." ■

SaskAbilities Programs & Services

Vocational Services

- Employment Opportunities
- Supported Employment
- Support Services
- Training

Rehabilitation Services

- Adaptive Technology
- Orthopaedics
- Accessible Parking Program
- Special Needs Equipment

Recreational Programs

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