



COURTNEY



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At our Quality of Life Day Programs, adults experiencing disability dance, sing, play games, build puzzles, watch movies, go for walks and hang with friends. Members and donors like you make these happy moments possible.

A Day in the Life...

Greetings

Don't you just love it when someone makes your day with a kind word, a smile or a helping hand? I'd like to make your day by introducing you to three young people at the Quality of Life Day Program in Saskatoon — Brett, Alyssa and Courtney.

They're a cheerful (and sometimes cheeky) trio who have been coming to the day program for a number of years. While they are as different as can be in personality, they share a common desire to have a place to be, a place to belong. That place is the Quality of Life Day Program.

Quality of Life (QOL) Day Programs are offered in all SaskAbilities branches. They provide adults experiencing disability with opportunities to enhance their being, belonging and becoming.

Remember how you felt when our communities shut down in March due to COVID-19? Imagine how difficult it was for Brett, Alyssa, Courtney and other day program clients when we had to close our Quality of Life centres—no notice, no preparation.

Now, imagine how happy they were to come back this summer after we re-opened with strict new health and safety protocols.

Our members and donors helped make it possible to re-open and continue providing essential services to people experience disabilities.

Brett, the most outgoing of the trio, had no trouble settling back into his routine, and his routine is to be busy. David Reynoldson, a day program mentor, says "Brett loves to be active. Sports, music, games—he likes to participate in everything, and even take a leadership role getting others to participate."

For Brett, the day program is a place to connect or, in his own words, "hang with friends—that's the big thing." But the day program is also a place he feels supported, especially when he's dealing with anxiety or uncertainty.

For Alyssa (who likes people to know her name is pronounced Alee-cia), the day program is a place where she can just be herself. "Alyssa is more introverted than Brett," David says. "She enjoys individual activities, like watching movies on her iPad, but with a little encouragement and coaching, she'll also participate in dancing and singing. Actually, almost all our clients love to dance and sing. Many have an intrinsic connection with music."

Every year, 60,000 people across Saskatchewan are supported by SaskAbilities programs and services. Without you, our members and donors, many of these programs simply would not be possible.

Yes! I want to help enrich lives by becoming a member or renew today!

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Thank you for your Membership! Your support will enrich lives!

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Courtney is an upbeat, outgoing personality who loves to be in the middle of things. "She's part of a core group that's always involved in activities," David says. "Sometimes, she watches from the sidelines, but if there's music, she's dancing. Courtney just loves to dance and spin and move."

She also enjoys quieter activities, like watching movies, colouring and ripping paper. Ripping paper is a big deal at the day program. It's a relaxing activity, but it also has a purpose because the paper is recycled. So, while Courtney enjoys the task itself, she also feels pride in doing a job that is helping the environment.

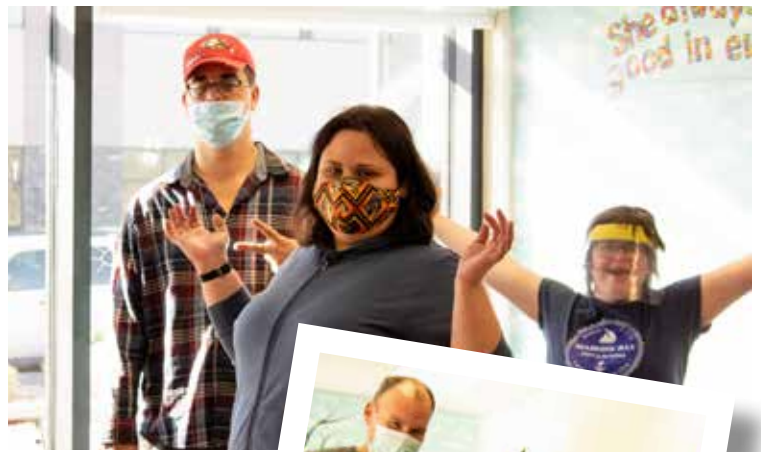
For Brett, Alyssa and Courtney, the Quality of Life Day Program is "their" place. They come to socialize and try new things, but they also benefit from the support of mentors and the comfort of familiar routines.

Adapting to COVID-19 has been a challenge for all of us at SaskAbilities, none more so than the clients we serve. Their safety and wellbeing is our number one priority. That is why we have taken precautionary steps to help reduce risk and why our pandemic response team closely monitors the situation in all facilities.

Our mentors work diligently with day program clients on hand washing, wearing face masks and physical distancing. "The physical distancing is the hardest part," David says. "This is a loving, friendly group. Alyssa likes to hug, and Brett likes high-five, so it's hard for them when they can't do that. But, with prompting and encouragement, they've adapted well."

In fact, David says, "they've been doing awesome—I give them all an 'A' for adapting."

For Brett, Alyssa, Courtney and other adults experiencing disability, the Quality of Life Day Program is a connection to community, a safe



place for personal development, a fun place for recreational activities.

Please help us continue creating opportunities for children, youth and adults who experience disability in Saskatchewan – become a Member for 2021.

Sincerely,

Ian Wilkinson
Executive Director

Member and donor support has always been vital to carrying out our mission. As our province continues to deal with the realities of the pandemic, your support is more important than ever.

Help us to continue to create opportunities for Saskatchewan children, youth and adults who experience disability. Renew your SaskAbilities Membership for 2021 today with a gift of \$25, \$50, \$75, or a leadership gift of \$150. If it's easier or more convenient, join our COMPANION CLUB and spread out your leadership gift with monthly donations of as little as \$12.50/month.

Your membership includes voting rights at our

Annual General Meeting, our quarterly newsletter, our annual report and the comfort of knowing you are changing the lives of families impacted by disabilities.

Please see the reply card below for gift giving options. If you're able to give \$150 or more, we will recognize your leadership in a special category in our Annual Report, a provincial publication that illustrates our progress and achievements.

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The Companion Club Monthly Giving Program is a simple way to make pre-authorized contributions in support of SaskAbilities' work to enhance the independence and community participation of children, youth and adults experiencing disability.

As a Companion, you can give as little as \$10 a month and by the end of the year you will have effortlessly contributed \$120. When you join the Companion Club, you also help us reduce administration and postage costs.

Please consider joining the Companion Club... because in the walk of life everyone needs a companion.

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2310 Louise Avenue
Saskatoon, SK S7J 2C7
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YES! I'd like to join the Companion Club Monthly Giving Program.

I would like to make a monthly gift of:

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I will donate from my bank account. Henceforth, SaskAbilities and its agent bank may automatically debit my account on the first day of each month for the amount above. I authorize my bank to pay this amount from my chequing account. I have enclosed a voided cheque for this purpose.

This donation is made on behalf of: an individual a business

I authorize SaskAbilities to automatically deduct the amount indicated above each month until I state otherwise. I understand that I can cancel at any time.

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I have certain recourse rights if any debit does not comply with this agreement. For example, I have the right to receive reimbursement for any debit that is not authorized or is not consistent with this PAD Agreement. To obtain more information on my recourse right, I may contact my financial institution or visit www.cdnppay.ca.