

Did you know? As a SaskAbilities member, you provide stable financial support for a wide range of programs and services—including Quality of Life Day Programs, where adults experiencing disability have opportunities to be, belong and become.

Why we need people like you...



ALYSSA

Greetings

In the fall, we introduced you to Brett, Alyssa and Courtney, a trio of young adults who've been coming to the Quality of Life (QoL) Day Program in Saskatoon for several years. There's Brett, an outgoing individual, who looks forward to hanging with friends; Alyssa, who's more introverted but blossoms with a little encouragement; and Courtney, who's very social and loves to be in the middle of things.

For Brett, Alyssa, Courtney and other adults who experience disability, the QoL Day Program isn't just a place to hang out – it's a place to be, belong and become.

Let me share what makes our QoL Day Program so special. Using a remarkable planning tool called MyCompass, each and every QoL participant works with family and QoL staff mentors to chart a course towards all the things that make life great. It's a completely individualized plan. It starts with a personal profile in which participants tell their own story and discover what makes them unique. Using this as a guide, staff mentors encourage participants to make their own day-to-day decisions, to develop skills and competencies so they can pursue their dreams, and to take part in the social life at the day program and in the community. An interactive timeline keeps everyone connected to share meaningful moments and track progress.



BRETT

In normal times, QoL Day Program participants spend half their time at the centre and half their time in the community. Community outings include fun activities like bowling, picnics and swimming, as well as socially engaging in activities like volunteering and going on educational tours. Of course, with the pandemic, participants are spending all their time in the centre.

Coming up with new and interesting activities to do is an ongoing exercise in creative thinking. In addition to life skills activities, such as baking and cooking, staff mentors encourage

And that's why we need people like you. When you purchase or renew a membership in SaskAbilities, you help provide stable financial support to a wide range of programs and services – from quality of life programs like the QoL Day Program and Camp Easter Seal, to daily living, rehabilitation, and employment services.

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

Name: _____
 Address: _____
 City: _____ Postal Code: _____
 Phone Number: _____
 Email address: _____

Here is my gift of: \$25 \$50 \$75 \$100

Or I prefer to give \$ _____ (See reverse for monthly giving options)

I'm paying by: Cheque

Card #: _____

Expiry Date: _____

Name on Card: _____

Signature: _____

Prefer to make your donation online? Go to saskabilities.ca

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

It's because of the generosity of people like you that adults experiencing disability have an opportunity to attend Quality of Life Day Programs at each SaskAbilities branch.



social engagement and nurture creativity through crafts, music and dancing. And to keep participants safe, they use stories, reminders, conversations and demonstrations on how to wash hands, wear masks properly and practice social distancing.

"It's a continual effort but we've had good results," says David Reynoldson, a Saskatoon QoL Day Program mentor. He believes the program is playing a vital role in keeping participants engaged during COVID. "If it weren't for the day program, our participants wouldn't have any other option but to stay home, day in and day out," he says. "This program is very important to them."

Despite the limitations imposed by COVID, Reynoldson and his fellow mentors strongly believe in the importance and value of the day program. "We see the happy smiles when participants arrive at the centre and their joy in being here, even while wearing masks and practicing social distancing."

For 70 years, SaskAbilities has counted on members and donors – people like you – to make a difference in the lives of children, youth and adults experiencing disability. Please purchase or renew your 2021 membership and help ensure we can continue working together to build inclusive communities for people of all abilities.

Sincerely,

Ian Wilkinson
Executive Director

Purchase or renew your SaskAbilities 2021 membership with a gift of \$25, \$50, \$75 or more. As a member, you will help ensure Brett, Alyssa, Courtney and many others attending Quality of Life Day Programs have opportunities to be, belong and become. With a gift of \$150

or more you can be a Member Leader. Member Leaders receive recognition in a special category in our Annual Report. Plus, as a member, your opinion and your vote at our Annual General Meeting will keep us accountable to our vision, mission and values.

2310 LOUISE AVENUE, SASKATOON, SASKATCHEWAN S7J 2C7 • TELEPHONE: 306.374.4448 FAX: 306.373.2665 VISIT OUR WEBSITE: saskabilities.ca

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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Saskatoon, SK S7J 2C7
saskabilities.ca

Charitable Registration #: 107955221 RR0001
Saskatchewan Abilities Council Inc.

YES! I'd like to join the Companion Club Monthly Giving Program.

I would like to make a monthly gift of:

\$30 \$20 \$15 \$10 or \$ _____ per month (minimum \$10)

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.

Card # _____ Expiry Date _____

Signature _____ Date _____

Email Address _____ Phone # _____

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.