



The 2015 Swift Current Summer Fun participants and staff members take a swing at summer.



## Thank You for making Summer FUN!

**S**ummer is a time for kicking back and having **fun** and nothing says fun like the *Summer Fun* program at the Saskatchewan Abilities Council!

This year's *Summer Fun* program was offered from June through August at our branches in Regina, Saskatoon, Swift Current and Yorkton to children and youth, ages 6 through 18, living with varying disabilities.

The program lets participants get out and explore their community, turning cities into urban day camps with recreational activities tailored

to meet their interests and abilities. They toured museums, went to movies, had baking parties, and trips to the beach, the mall, parks, and even the local police station and fire hall!

As a result they experienced a sense of belonging, while having fun and just being kids! And, although it's all about having fun, many *Summer Fun* participants also experienced personal growth, more independence and social skills.

Energetic and fun-loving volunteers and staff members

brought children and youth together to create fun, friendships and memories to last a lifetime.

This year, 99 children and youth participated in a summer full of fun! ▲





# CAMP EASTER SEAL



## This year at camp....

**694** campers attended Camp Easter Seal

**27,300** meals were prepared at camp

**3,500** bedtime snacks were served to campers

**100** trips to Manitou Beach for ice cream and tours were made by campers on the wagon and tractor

**68** rides campers took on the wheelchair accessible pontoon boat

**54** times campers and staff joined hands and sang the camp song "Friends"

**40** nights that campers spent sleeping in tents or under the stars

**COUNTLESS** laughs and memories made, thanks to you!



*Creating a masterpiece at Arts & Crafts*



*Proudly displaying the keychain craft sponsored by Safeway Canada's new Camp cookout program*

## Making Memories That Last A Lifetime - Camp Easter Seal 2015

Summer is synonymous with spending time enjoying the great outdoors and roasting marshmallows around the campfire. For many living in Saskatchewan, summer camp is something to look forward to throughout the year and, for Camp Easter Seal campers, the countdown begins the day that camp ends.

Located near Watrous on the shores of Manitou Lake, Camp Easter Seal is the only fully wheelchair accessible camp in Saskatchewan. Here, campers enjoy an authentic camp experience, participating in activities that are adapted to fit individual needs and interests. Counsellors play an important role, helping campers increase their confidence, try new

things, stay safe, and most of all, have fun!

This year Camp Easter Seal again created memorable experiences for campers with a week full of fun-filled activities and events. They went water skiing, made arts and crafts, rode horses, watched performers, danced, swam in the heated pool, had camp cookouts, went on wagon rides, slept under the stars, and created many lasting memories. Old friendships were revived and new ones formed.

Camp Easter Seal is a magical place in the hearts of many! ▲



*All smiles in the Aquatics Centre*



*Having fun at the Camp Easter Seal carnival*



Musical Painting at the Regina Quality of Life Centre



Raelynn from Yorkton Branch Quality of Life realizing her dream of horseback riding



Saskatoon Quality of Life participants sit down to enjoy a cup of tea

## Enriching Lives and Making Dreams Come True: Quality of Life Programming

**Q**uality of Life is an exciting, year-round program focused on empowering individuals living with varying abilities, encouraging them to become part of their communities.

Expanding each person's community is a very important part of enhancing quality of life. At our Saskatoon Branch, the Quality of Life group decided to host monthly tea parties, giving them the opportunity to expand their community networks and make new friendships. The group decided to host the tea parties on Friday mornings, following their Thursday baking activities, so they could serve their freshly-made baking to their guests. Guests have

included a local author who read some of her books, a friend of one of the participants who played his guitar and had a sing song, family members, and a variety of Abilities Council staff members.

One of the highlights of Swift Current's Quality of Life program this summer was a trip to Treasure Valley. There, participants picked their own strawberries, apples and raspberries and learned how fruit grows, and how organic fruit differs from other fruit. Following the outing, they got to make their own strawberry jam and apple butter.

In Regina, Quality of Life participants had the opportunity to explore their creative side and

participate in a skill-building workshop with musical chairs painting! Participants each began working on a painting and when the music stopped, the group moved around the circle and began working on someone else's painting. This activity encouraged participants to consider change and increase their ability to deal with change, all the while exploring their creative side.

At the Yorkton Branch, Quality of Life staff members developed a one-page profile for each individual, highlighting their dreams, desires, strengths and needs. This person-centred approach allowed Raelynn, a Quality of Life participant, to make her dream of experiencing horseback riding come true! Thanks to a grant secured through Parkland Valley Sport, Culture & Recreation District and with the support of a dedicated recreation coordinator and Misty Morning Stables, Raelynn was able to pursue her goal of horseback riding in a safe and friendly environment, increasing her confidence and independence.

The Saskatchewan Abilities Council's Quality of Life programs provide individuals with opportunities to engage in their community and for dreams to become reality! ▲

# QUALITY OF LIFE

**Easter Seals**

Saskatchewan

## Donation Form

Yes, I would like to support Easter Seals™ Saskatchewan with a gift of:

☐ \$25 ☐ \$50 ☐ \$100 ☐ I prefer to give \$ \_\_\_\_\_

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☐ I have enclosed a cheque payable to: Easter Seals™ Saskatchewan

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Saskatoon, SK S7J 2C7

We do not sell or trade our names. Your information is kept confidential.  
Tax receipts will be issued for donations of \$10 or more.

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### Additional Gift Giving Options

Online – Please visit [www.abilitiescouncil.sk.ca](http://www.abilitiescouncil.sk.ca) and click on Make a Donation

Telephone – Please call us at 306-374-4448



# SUMMER AROUND THE COUNCIL



## Easter Seals™ Drop Zone

**T**his year marked the 10th Annual Easter Seals™ Drop Zone event in Saskatoon and the 9th Annual Easter Seals™ Drop Zone event in Regina! Superheroes travelled from across the province to rappel 22 storeys and become heroes to children and youth living with disabilities in Saskatchewan. This year we are pleased to announce that over \$250,000 was raised at Saskatchewan Drop Zone events! Thank you to our sponsors, volunteers and participants for another successful year of conquering fears and changing lives! ▲

*Barry Chilliak (Century21 Fusion – Bottom Left) and Francis Bast (Century 21 Dome Realty Inc. – Bottom Right) celebrate their success in the SADA Touchdown Zone; Francine Tillman gives a wave as she descends Hill Tower II at the Regina Drop Zone Event (Left)*



## Next Up!

### 2016 EASTER SEALS SNOWARAMA

**D**on't forget to mark your calendars for the Yorkton Easter Seals™ Snowarama event coming up on February 6th, 2016! Snowarama is a family-oriented fundraising event combining winter fun and community spirit all in support of Easter Seals™ Saskatchewan! With a minimum of \$150 in pledges, riders receive a free breakfast and lunch, free fuel at the midway point, and a complimentary invitation to the evening Awards Banquet. To find out how you can participate this year please call (306) 782-2463. ▲

**T**his year's Ability Bowl is scheduled for April 23rd, 2016. Grab a team and get ready to strike out! Last year \$60,000 was raised in support of the Saskatchewan Abilities Council—Swift Current Branch. With your help we can beat that total this year! For more information please call (306) 773-2076. ▲



### CONTACT US:



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*Working together to enrich futures through abilities.*