

The tour continues on our homegrown movement for inclusion! Next stop...

# QUALITY OF LIFE CENTRE AT THE SASKABILITIES SWIFT CURRENT BRANCH!

Dear \_\_\_\_\_

In our last correspondence we promised a peek into the Quality of Life (QoL) Centres in Saskatoon, Swift Current and Regina. Moving from Saskatoon down south, today we travel to SaskAbilities Swift Current Branch and introduce you to client Harvey Wiens, his family, and staff member Rhonda Cruthers.

**"The Quality of Life Day Program is exactly as it sounds. It's about the right everyone has to live a full life regardless of their differences in ability. Everyone deserves that. And I'm just one of the lucky ones who gets to help make that happen for clients like Harvey here at SaskAbilities."**

**Rhonda Cruthers,  
Support Worker, Swift Current Branch**

Harvey Wiens is still fairly new to the QoL Centre in Swift Current, but it hasn't taken him long to find his 'crew' as he lists all the names of his coffee buddies, "they're really great guys," he announces. Harvey and his family, brother Walter and sister-in-law Rhonda moved to Swift Current a year and a half ago from Alberta. Walter and Rhonda weren't sure how Harvey would handle that transition. "Access to programming was one of the reasons we moved here. In our community, there wasn't anything for Harvey. When we came here and interviewed with SaskAbilities, we thought it would be perfect...then COVID-19 hit. Things obviously had to change given what was going on and we got Harvey into the virtual programming, but it was still a difficult beginning. We know he's enjoying it a lot more now that he has the in-person interaction. That part is so important for him because he's a really social guy," explains Walter and Rhonda.



Harvey has Fragile X syndrome (FXS) which is a genetic condition that can cause learning difficulties, behavioural challenges, and speech impediments. "He really likes to be kept busy; it helps him focus on something and get any excess energy out of his system," says his sister-in-law Rhonda.

**"He wants to contribute to society like everyone else."**

**Rhonda Wiens, Harvey's sister-in-law**

Harvey has always been a hard worker and takes great pride in helping others. He thrives in places where he feels he belongs and is needed. According to Support Worker Rhonda Cruthers, Harvey has certainly made a big impact on fellow participants and staff. "Harvey is just so enthusiastic. He fits right in. He's ready to try anything at the drop of a hat and he's so helpful. When we




**Quality of Life Day Programs are never a "one size fits all" format. The client-centred approach is designed to address the individual needs of each person through community connection, personal development, and recreational activities.**

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Choosing to renew or become a member of SaskAbilities mobilizes your support and helps us continue to create a more inclusive community and society for individuals like Harvey. It is because of your generosity that SaskAbilities has been able to provide essential programs and services throughout the COVID-19 pandemic as demand has increased across the province.



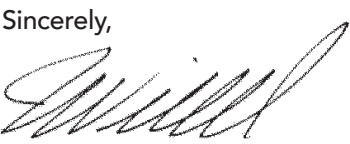
think about staff teaching clients, it's often the other way around. Harvey is great with technology and he's always so willing to help me figure out tech stuff. When he first arrived, he taught me how to play horseshoes. Come summer, he'll be the one to show me how to ride a bike AND how to fix certain things on a bike," laughs Rhonda, who is so grateful to have Harvey at the QoL Centre.

Creating spaces where individuals like Harvey can thrive, contribute, and feel like they belong is essential to inclusion in our community. "I've seen a lot of changes in my lifetime. The idea of inclusion has grown. Before it was just 'allowing' people into certain spaces. Now it's recognizing that everyone belongs in all spaces. Everyone has something they can give or contribute to each other," explains Rhonda. Her own journey of working with individuals experiencing disability has spanned over 40 years and she wouldn't change a thing. "This doesn't feel like work for me. Some people don't choose their careers, it just falls into place. Things happen for a reason; I really believe that."

Finding a fulfilling career doing the work she loves as a Support Worker in Swift Current, Rhonda attributes the success of the many programs and services offered at SaskAbilities to the community and clients like Harvey. "SaskAbilities responds to the feedback we get from clients, their loved ones and the community. With Harvey, we've tried some volunteer opportunities. He likes to be active and

get involved. Like with every client, if he doesn't like something, we move on to something different. And our community is so open because everyone knows, we have lots of amazing people with varying abilities who can do great things. It's about listening to individual needs and having an open mind."

For Harvey, he has his eye on one particular goal, "I want to get back working," he exclaims, "I want to work with my buddies!" That's no surprise to his brother Walter, "Harvey was a valued member of the team at his last job, recognized with employee of the month." Armed with that goal in mind, Harvey continues to build his skills at the QoL Day Program, volunteering in the community. With the support of Rhonda Cruthers and Harvey's family, there's no doubt he'll get there!

Sincerely,  
  
Ian Wilkinson,  
Executive Director

We are so grateful for your support. Since 1950, SaskAbilities has been enhancing the lives of many individuals in our community experiencing disability and we couldn't do it without you!

Join or renew your membership and help us continue creating opportunities for children, youth and adults experiencing disability in Saskatchewan. Your membership includes voting privileges at our annual general meeting, access to our newsletters, and the comfort of knowing that you are improving the lives of thousands of families impacted by disability.

With a gift of \$25, \$50, \$75, or a leadership gift of \$150, you will make a meaningful difference today. In recognition of your generosity, Member Leaders, those who give \$150 or more, will be highlighted in our Annual Report, a provincial publication illustrating our progress and achievements. You can also choose to support SaskAbilities through automated monthly donations which is easy and convenient when you join our Monthly Giving Program. You can become a leader in your community for as little as \$12.50 per month, about the same as a weekly coffee! Please donate. Your support brings positive change for individuals experiencing disability in our community—people just like Harvey!

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The Monthly Giving Program is a simple way to make pre-authorized contributions to help SaskAbilities fulfill its mission of supporting people experiencing disability with programs and services to enhance their lives.

As a monthly donor, you can give as little as \$10 a month and make a positive impact on our ability to plan ahead and invest further in programs and services that serve thousands of individuals experiencing disability in Saskatchewan every year.

SaskAbilities  
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YES! I'd like to join the 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

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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.cdnpay.ca](http://www.cdnpay.ca).