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The final destination on our tour of QUALITY OF LIFE CENTRES is the SASKABILITIES REGINA BRANCH!

While this might be where our tour ends, let us assure you, the fun and excitement doesn't end here! The Quality of Life Centre in Regina is where staff members and participants co-create a space full of joy, learning and growth. There is certainly no shortage of laughter either as we join QoL Coordinator, Daniela Wagman, and the Regina Branch's most well-known participant, Laverne for some trips down memory lane.

Attending since 1967, Laverne has seen many evolutions to SaskAbilities including major renovations, name changes, and new programs and services like the Quality of Life Day Program. Having worked in the cafeteria for many years and exploring other opportunities at the Regina Branch, Laverne, now 73 years old, is enjoying a different pace of life with the support of QoL staff, including Daniela Wagman. "Laverne still likes to make the coffee in the cafeteria," says Daniela, smiling. "I sure do," responds Laverne, explaining her process for mess-free coffee making.

Quality of Life Day Programs aim to provide adults who are experiencing disability, like Laverne, with the opportunity to make empowering choices for their day-to-day activities, and for their long-term goals and personal development. The program takes a collaborative approach involving participants, their loved ones, as well as community partners when possible and appropriate.

Paving her career path at SaskAbilities in 1998, former psychiatric nurse Daniela was inspired to work at the organization after writing an essay about the non-profit organization for a class. "I came in and right then I just knew I wanted to work here," explains Daniela. Now working with participants including Laverne at the QoL Centre, Daniela admits each day is very different since activities are dependent on the interest and goals of each individual. Most days are dynamic and interactive but look a little different since COVID-19. While volunteer opportunities and community connections have been put on hold, there are still fitness activities,






crafts, baking, helping at the Branch and lots of opportunities for learning and personal development.

"We do a lot of listening," says Daniela, "and that includes person-centred planning, working as a collaborative team. It's not just Laverne and me sitting down together, it also includes her support team." Drawing inspiration from progressive organizations and programs around the world, Daniela is proud of how in depth their team goes to ensure a dynamic and immersive experience for participants that include themes like creative development. "For example, if Laverne wants to learn water colouring, we don't just give her some paint and brushes. We'll develop a program with steps. We'll bring in an artist to

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

The creation and evolution of the Quality of Life Day Program would not be possible of course without clients, their loved ones and staff members. Just as important though, are those who support such programs through their generous donations by becoming a SaskAbilities member. With demand increasing across the province for such programs, sustainability would not be possible if we did not have the continued financial support of members across the province. Join or renew your membership today to ensure that Laverne and the many adults who experience disability across Saskatchewan can continue to access essential programs and services. They too deserve a life filled with joy, meaning, and purpose.



help evolve her skills and show her techniques. Our goal is to really find out what folks are interested in learning and developing within themselves and then provide opportunities for them to expand and grow in those areas.”

“When we began offering quality of life programming, we really wanted to meet people where they were at in their lives. We wanted to do things that were meaningful for folks, and listen to the wants and the needs that allow clients to be, belong and become. I really have to credit the organization and team at all levels who have allowed this to unfold into what it is today.”

Daniela Wagman, QoL Coordinator

Exploring her own interest in organization, books, and quiet spaces, Laverne took advantage of a volunteer opportunity at the Sunrise Library pre-pandemic thanks to community partnerships. Laverne took great pride in completing her duties and connecting with fellow staff members – boosting her confidence and providing much-enjoyed social interaction. “Laverne had things nice and neat and tidy – everything was put away properly. With COVID-19, Laverne isn’t there right now, but the staff had such a special relationship with her and the other volunteers. If she wasn’t there one day, we know she was missed and that’s really the goal – placing individuals in environments where their presence adds value and where they feel a sense of belonging,” explains Daniela.

“I think we are all just doing the best we can right now. We’re all learning to be a bit more patient – with technology and each other. One of the things I can say about Laverne is that she’s so kind and she sees the best in everyone and all situations. If something doesn’t work out, she just moves forward. That’s something I certainly take away from my time with her.” COVID-19 has certainly thrown a few curve balls when it comes to QoL day programming across the province. What the pandemic has shown Daniela is that staff and participants are able to adapt to an ever-changing situation, and do so with infinite care, patience, and respect for each other.



Sincerely,

Ian Wilkinson,
Executive Director

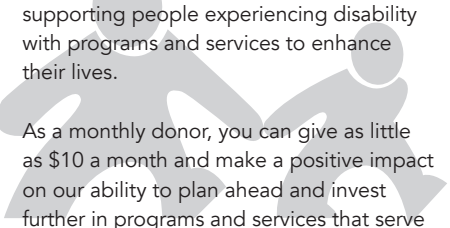
We greatly appreciate you joining us on this tour of Quality of Life Centres in Saskatoon, Swift Current and now Regina. We hope you have been inspired to make a difference in the lives of individuals experiencing disability – like Laverne, Harvey, and Andrew – by joining or renewing your SaskAbilities membership. Your membership includes voting privileges at our annual general meeting, access to our newsletters, and the comfort of knowing you are improving the lives of thousands of families affected 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, just like Laverne!

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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.



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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.

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☐ 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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