

# connection



Spring 2016

**Client Focus: Meet Bryan and Kieran**

**More Than Just Theory**

**Square Butte Ladies Group: Why Do You Give?**

**...and much more!**

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*The DDRC Connection is published by the DDRC Communications Department. © 2016.*

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The DDRC is a non-profit, registered, charitable organization that began in 1952. We offer programs and resources for children and adults with disabilities, their friends and family, and other people in the community. We believe that communities are stronger when people of all abilities are involved in activities that are meaningful to them. The DDRC is funded by the government and donations. The Developmental Disabilities Resource Foundation (DDRF) is an official fundraising partner of the DDRC.

**On the covers:** Front - South Team client Shirley signs the letter “E,” and CRW Bonny signs the letter “B” for *everyone belongs™*.

Back - Join Team DDRC on May 29!



# A Message from Our CEO

Our sector is one in a state of constant flux. The Government of Alberta has recently announced the introduction of a Pre-Qualified Resource (PQR) list for service providers in the province to streamline the process of contracting with PDD, and to comply with the New West Partnership Trade Agreement. While we do not foresee any impact to our services, we are pleased to say that we are part of a committee dedicated to representing the best interests of our clients and their families, and our employees, contractors, and subcontractors as the government works towards implementing this new process over the coming months.

We are thrilled to announce that the DDRC has been awarded a grant through the Government of Alberta's Community Facility Enhancement Program! This one-time grant, worth \$120,873, will allow us to upgrade and improve our building to create a safer environment for all. We are excited to share more details about changes to our building in the near future.

This is now our fourth year participating in the Scotiabank Calgary Marathon Charity Challenge. In addition to promoting a healthy lifestyle, this is a wonderful opportunity to raise awareness about the work our Agency does to build inclusive communities. Our goal is to recruit more members for Team DDRC than ever before, and we're confident we can succeed.

After a successful 2015-2016 Winter Fundraising Campaign, I am happy to announce the creation of the DDRC's Ability Fund — a brand new resource for our clients that will help remove the financial barriers that many face on the road to greater community inclusion.

As always, we cannot thank our community supporters enough. We are grateful for the opportunity to share the story of the Square Butte Ladies Group and their long-time support of the DDRC in this issue. The generosity of our donors enables us to advocate for equality and inclusion for people with developmental disabilities, and create a more inclusive Calgary.

If you have any story suggestions, comments or questions, please email us at [connection@ddrc.ca](mailto:connection@ddrc.ca).

Sincerely,

Helen Cowie, LLB; MBA



## Ability Fund

The DDRC's 2015 Winter Fundraising Campaign tackled a new initiative to help eliminate financial roadblocks for our clients. The Ability Fund was created by 124 individual donors who raised \$22,858 to support DDRC clients to participate more fully in their communities. The fund will support individuals to get involved and join a new club, attend a conference, take a course, or participate in a community activity without financial restrictions. We believe that inclusion is an important factor in improving the quality of life for people with developmental disabilities, and that it strengthens our community as a whole.

To learn more about the Ability Fund, other fundraising initiatives, and how you can support the DDRC, visit [www.ddrc.ca](http://www.ddrc.ca) or e-mail [donations@ddrc.ca](mailto:donations@ddrc.ca).

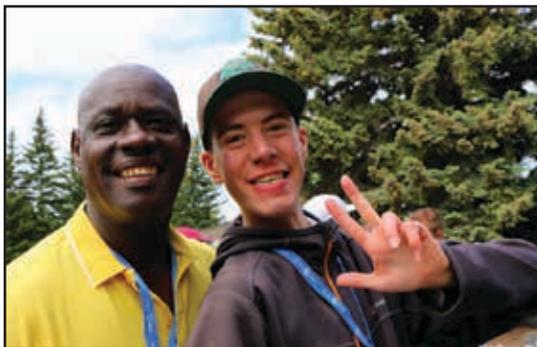
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## Vipond Charity Golf Classic

On June 20, 2016, the Earl Grey Golf Club will host the 36th annual Vipond Earl Grey Charity Golf Classic. Since 1981, this tournament has raised more than two million dollars in support of the DDRC for various programs and initiatives.

The format of the Vipond Classic is a play-your-own-ball, best 3 of 4 Stableford points tournament. Along with an exciting day of golf at the beautiful Earl Grey course, participants receive a player gift and the chance to win great prizes. Lunch and dinner are also provided. The winning team will represent Earl Grey at the Western Vipond Finals on August 12 to 14, 2016, at the Shaughnessy Golf and Country Club in Vancouver, B.C.

Registration and sponsorship forms can be found at [www.ddrc.ca/vipond](http://www.ddrc.ca/vipond), or you can contact us by email at [vipond@ddrc.ca](mailto:vipond@ddrc.ca) to learn more about this fantastic golf tournament.



*Volunteers from the DDRC help out around the golf course at the 2015 tournament.*

# Why We Run

by Erin Queck

The DDRC is excited to be participating in the Calgary Marathon for the fourth time. This year, we are focused on raising awareness about inclusion and increasing client, employee, contractor, sub-contractor, and community participation. Our aim is to have 50 participants registered with Team DDRC, with 15 of those being clients. We are also working together to meet our fundraising goal of \$10,000.

To help share the benefits of this great event, we sat down with David Johnstone and Katherine Swaffield, two members of the DDRC's Client Voice Committee. They talked with us about their reasons for participating in the Calgary Marathon and why they think others should do the same.

## How many times have you run in the Calgary Marathon?

**Katherine:** This will be my third year. I actually did better [in the 5K] last year than I did the year before.

**David:** Twice. I did the 5K and I love it!

## Why do you choose to participate?

**Katherine:** I like doing it. It's good exercise and it gets people out in the community. You see other organizations there and people ask, "What is the DDRC?" It's good to get ourselves known!

**David:** To get healthy, get more strength and more energy to do things. And to show people that it doesn't matter

what role you're in or [who] you are; you can always do things when you put your mind and soul to it.

## Why should other people register for the Marathon?

**Katherine:** Because it's fun! It's a good day. We have our own little cheering section [and] you get a medal. You get to meet interesting people along the way.

**David:** I think [they] should come and do it because they can show people that they can do things with a little push and little help. They can show that they don't have boundaries and they can face their fears. And they can talk to friends and stay healthy.



**Katherine and David enjoy the beautiful weather at the 2014 Calgary Marathon.**

## Run with Team DDRC on May 29!

We are inviting everyone to join Team DDRC and proudly share our vision that *everyone belongs™*. Choose the race option that fits your fitness level and run or walk with us in our fourth Calgary Marathon!

### Registration Fees (does not include GST + processing fee):

Race	Jan-March	April-May
Ultra Marathon	\$125	\$125
Marathon	\$90	\$105
Half Marathon	\$90	\$105
10K	\$50	\$65
5K Walk and Run	\$40	\$40
Children's Marathon	\$20	\$20

## How to Register Online

1. Visit [www.calgarymarathon.com](http://www.calgarymarathon.com) and click "register."
2. Scroll down to "Events.com." Click the highlighted "here" link.
3. Select the race distance you would like to participate in and click "register now."
4. Fill in all required fields and accept the waiver. Enter your payment information and click "submit order."
5. After registering, visit the Charity Challenge page to join Team DDRC. You can then set up a fundraising account and invite others to support you and your cause!

**If you have any questions or need help registering, please email [austin.clem@ddrc.ca](mailto:austin.clem@ddrc.ca).**

# Bryan Gosselin

## *A Helping Hand*

Described as “always on the go,” Central Team client Bryan Gosselin certainly knows how to keep busy.

Since coming to the DDRC in 1990, the 49-year-old is more than happy to talk about his two jobs and his volunteer role.

“I volunteer at Ronald McDonald House packing lunches,” Gosselin said. “I’ve been there for five years. It’s nice work.”

Gosselin volunteers for the “Let’s Do Lunch” program run by Ronald McDonald House Charities Southern Alberta. The lunches that he helps to pack are distributed to families waiting in the emergency room at the Alberta Children’s Hospital and families with a child in the neonatal intensive care unit at the Foothills Hospital.

He also explained that he wants to get involved with Meals On Wheels in the future, and hopes to assist by preparing meals for those in need, and packing the vehicles used for delivery.

“I really like helping people,” he said with a smile.

For the past 10 years, Gosselin has worked at Ikea as a dishwasher for one to two days each week. He explained that his coworkers are “very nice people,” and that he feels respected and included when he goes to work there.

Gosselin also works for Fairplay Stores Limited, a pet supply store located in Kensington. He currently works one shift per week, and has been employed by them for about eight years. He works to keep the store neat and tidy.

Barb Blackbird, a Community Resource Worker on the Central Team, said that Gosselin is very confident in both of his jobs and



**Bryan volunteers to pack lunches.**  
(Image from Ronald McDonald House Charities Facebook page.)



**Bryan is excited about finding a new volunteer opportunity.**

## Client

in his volunteer role, and recently took part in a workshop to learn more about food safety.

“He’s got great skills,” Blackbird said. “He’s a very hard worker. Bryan loves to help people. He’s very friendly and easygoing.”

That easygoing nature means he’s not afraid to try new things. Gosselin has registered for a drumming class at the Calgary Society of Community Opportunities in March. He said he is quite excited about getting to learn how to drum.

Fitness and sports are also important to Gosselin. He likes to keep active by exercising during the week, and is a proud member of the Special Olympics bowling team.

“We practice every Saturday,” Gosselin said. “We’re a good team!”

When he’s not participating in sports, Bryan can likely be found watching them. A diehard fan of any Calgary sports team, Gosselin mentioned how excited he was to see a Calgary Hitmen junior hockey game at the time of this interview.

“They’re going to win,” he said with a nod. “I know it.”

# Kieran Corrigan

## *Racing Towards Success*

With his love of running, it may be hard to keep up with Kieran Corrigan.

“Running makes me feel happier,” the 20-year-old PACE client said. “I love the endorphins and the feeling [I get] after a workout.”

Besides his focus on fitness, Corrigan’s main goal since starting at the DDRC in September 2015 is to find a meaningful job in the food industry. “I’d like to work my way up from something like a dishwasher to maybe a prep cook,” he said.

Cooking has been a passion for Corrigan since he first took a cooking class at his high school when he was in grade 10. He has been honing his skills in the kitchen by cooking at home twice a week.

“I find it fun,” he said. “My favourite dish to make is probably tacos, or spaghetti. I like making new dishes, too.”

Corrigan explained that he hopes to receive training on the job

because he learns well through hands-on experience. Sometimes that involves taking a bit of a risk; Corrigan recalled one such risk with a laugh:

“I think the strangest dish I’ve ever made was meatloaf. You don’t really know if it’s going to turn out okay.”

Brandi-Lea Russell, a PACE Community Resource Worker who often works with Corrigan, feels that his optimism enables him to be successful even when tackling challenging goals or unexpected obstacles.

“I’m constantly inspired by his positivity,” Russell said. “He never seems to get discouraged.”

Since he came to the DDRC, Russell has noted some positive changes in Corrigan thanks to his ability to connect with others.

“I think that by being here every day and engaging with everyone around him, he is expanding his world and growing with it,” Russell explained. “There are now

things that he talks about wanting for his life that were not on his radar before.”

One of the new things on Corrigan’s radar is the Calgary Marathon. He is planning to join Team DDRC in May to complete a 10-kilometre race, and has plans to go even further in the future. “For a half marathon, I still need to do more training. It’s something I would like to work towards.”

To help him achieve this goal, Corrigan said that he is a fan of fitness devices that track distance, time, and heart rate. He also occasionally joins his dad in training sessions to improve his running.

When he’s not busy training, cooking, or searching for a job, Corrigan enjoys indulging his love of geography and history.

“I like learning about how old some places are, and the different cultures there,” he explained. “Israel is my favourite place that I’ve learned about because it’s a really old place, and has different religions there. It’s really cool.”



***Kieran takes a moment to relax before preparing for an upcoming job interview.***

by Aurora Graveland-Daines

# More Than Just Theory

by Erin Queck

For the next few months, the DDRC is pleased to welcome four practicum students from Mount Royal University who are all completing a two year Social Work Diploma. When they're finished the program, Elena, Kara and Katherine plan to complete a Bachelor of Social Work (BSW). Ryan, on the other hand, is ready to jump right into a career as a Social Worker.

Though they are all on different teams at the DDRC, Elena, Kara, Ryan, and Katherine agree that they are gaining valuable hands-on, practical experience. Wherever their paths may lead them in the future, all four strongly believe in using what they have learned to help build inclusive communities.



Elena Cordara, First Year

### ***What is your role at the DDRC?***

I'm with the Career and Leisure team. I'm usually with three main clients. I'm learning more about each one which is cool because all clients that I work with are very different from each other.

### ***Why do you think what we do at the DDRC is valuable?***

I really like how everyone belongs. I think it's so important that we don't judge [people] based on their disability. I like the motto here—it's awesome!

### ***Why did you want to do your practicum at the DDRC?***

On my break in between going to school and working, I worked with children with developmental disabilities for about five years. I really liked it but I also wanted to get some experience working with adults.

### ***What has been your favourite experience at the DDRC so far?***

I got to go to an art class at Wildflower and support a client there. We were working on a painting and pastel drawing, and it was just super fun. I had lots of fun getting to know the client.



Kara Holmquist, Second Year

### ***How will your practicum here at the DDRC impact your future career?***

Learning from the experiences of staff members that have been doing this for much longer than I have [is great]. So is getting the chance to sit down with [my manager] Shannon to ask her questions and get her perspective on things!

### ***Why do you think what we do at the DDRC is valuable?***

I like your slogan: everyone belongs. If [clients] want to work, want to go to school, want to do whatever, they should have the right to do that. Some people just need a little more [support] and it's great that you're here to provide that.



Ryan Forest, Second Year

### ***What do you like best about working at the DDRC?***

I really want to work with children and people with disabilities. I haven't done much adult work until [being] at the DDRC and in PACE. [It's very] fulfilling because I get to work on them getting a job or help them with skills. I really get to see them succeed and be really proud of themselves.

### ***How will your practicum here at the DDRC impact your future career?***

I think it helps me be a lot more adaptable. Since I switch from [administrative work in] the mornings to [client work in] the afternoons, I learn how to switch my brain from paperwork and asking a lot of descriptive questions to being able to adapt to different clients.



Katherine Gray, First Year

# Learning the Signs

by Aurora Graveland-Daines

Since its launch in September, the DDRC's drop-in American Sign Language (ASL) Club is already making a positive difference.

Run by Central Team's Community Resource Worker Samantha Archibald, the club's goal is to help improve communication opportunities for those who have a hearing impairment, are deaf, or have a communication disability.

"On average, we're getting between 10 and 15 people, but more people keep coming," Archibald said. "The most we've had is 20 people. The room was packed, and it was standing room only."

The ASL Club covers basics such as numbers and the alphabet, as well as signs for engaging in everyday conversations.

Leonka Kaluha, a client on the Central team, has been learning ASL since

October. She had the opportunity to help in the session by demonstrating how to ask someone what their name is and ask how they are doing.

Her goal is to learn as much as she can to continue assisting Archibald in future club meetings, and to increase her own quality of life.

"Sometimes I have trouble getting out what I would really like to say," Kaluha explained. "ASL can help me communicate."

Archibald described how isolating it can be not to be able to have a conversation with someone, which is an issue she hopes to overcome with this club. She has already started to see a difference around the building since starting the club.

"There are some clients who use ASL to communicate, and they're noticing that other people are picking up signs,



Leonka and Samantha practice greeting each other using ASL.

so you can see the smiles and the happiness in them."

Besides taking ASL classes at Deaf and Hear Alberta, Archibald uses online resources (such as Lifepoint.com) and her growing collection of books to stay up-to-date on ASL.

"The great thing about ASL is that it's something that is always evolving," she said. "It's something you can always learn more about."

**Did you know** that there are at least 137 distinct sign languages in existence? Although Quebec uses its own system (Quebec Sign Language), most of Canada uses American Sign Language. Much like differences in spoken English, there are different dialects across the country. For example, there are three different ways to sign the word "about" – a variation in the Atlantic provinces, one in Ontario, and a third used in the west and north of the country.

A graphic advertisement for Stampede Breakfast. On the left, there is a painting of a cowboy hat and a pair of cowboy boots. The text on the right is in a stylized, red-outlined font. The main title is "Stampede Breakfast". Below it, in a smaller, red, cursive font, is "Free pancakes and more!". At the bottom, in a black, sans-serif font, is "Thursday, July 7, 2016 - 8:00am to 11:00am" and "4646 Sarcee Road S.W.".

# Stampede Breakfast

Free pancakes and more!

Thursday, July 7, 2016 - 8:00am to 11:00am

4646 Sarcee Road S.W.

# Why Do You Give?

by Aurora Graveland-Daines

Now celebrating their 75th anniversary, the Square Butte Ladies Group has a rich history of supporting local charities. The former Red Cross auxiliary group has generously supported the DDRC as one of their causes for two decades.



**Jody Ball (second row, far right) with members of the Square Butte Ladies Group.**

Jody Ball, the group's president, has been a member for more than 40 years and feels that they have the opportunity to be involved in a unique experience.

"It's very community oriented," Ball said. "It gives you that aspect of being part of something greater than yourself and being able to give back to others."

The group currently supports about 15 different charities. They give as locally as possible, and the exact causes they support can vary depending on the needs of the community at the time. Although based in Millarville, the Square Butte Ladies Group began supporting the DDRC in 1995. According to Ball, the choice to select the DDRC was a simple one.

"The gals all thought that there was a genuine need to support people

with developmental disabilities," she explained. "It applies to every community."

The charitable group consists of 12 women from the Millarville area, and formed almost by chance during the Second World War. After attending a baby shower in 1941, a group of like-minded women decided to get together once a month to knit and sew to support soldiers and refugees.

Ball shared some of the group's history, and said that their main feat 75 years ago wasn't selecting what causes to support or even raising money – it was actually getting to the monthly meet-ups.

***"Believe it or not, their biggest challenge back then was how to get together because there weren't really any roads at the time," Ball said. "There were just a few little gravel lanes and dirt paths as they were out in the country. I'm so impressed with how they did travel to meetings; they forded creeks in bare feet, or rode on horseback."***

Today, the group fundraises in much the same way it always has: by selling homemade baking, sewing, and crafts. Apart from three upcoming days at the Millarville Farmers' Market (July 9, August 6, and September 10), their biggest fundraiser is an annual quilt raffle.

"We'll hold a quilting bee at the [community] hall," Ball said. "We'll



***Selling their wares at the Millarville Farmers' Market.***

spend a couple of days there and make a queen-sized quilt. Working and laughing together makes everyone feel like they belong."

The quilt is raffled off at a community day with a potluck, cakewalk, and games. Ultimately, Ball credits those who have purchased the group's goods or raffle tickets with making their support of organizations like the DDRC possible.

With the slogan of "united together to help others," it is apparent that the Square Butte Ladies Group will continue the meaningful work they do in the years to come.

According to Ball, "knowing that your little group of gals has made a real difference in the lives of others and the community is a true blessing."



***Group members arrange a fabric design at a quilting bee.***



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**Developmental Disabilities Resource Centre of Calgary**

Tel 403.240.7327

Email [comprehensivecare@ddrc.ca](mailto:comprehensivecare@ddrc.ca)

## Call for Nominations

*Nominations are open from April 13 until July 13, 2016.*

Established in 1996, the Inclusion Awards celebrate the contributions of individuals, organizations and businesses that go above and beyond in promoting the inclusion of people with developmental disabilities in the community in real and meaningful ways.

**Do you know someone who deserves an Inclusion Award?** Visit [www.ddrc.ca](http://www.ddrc.ca) to download a nomination form. Wondering who has won an Award in the past? Our website also has a complete list of Award Winners!

Sponsorship opportunities are available! Contact us by e-mail at [info@ddrc.ca](mailto:info@ddrc.ca) or by phone at 403-240-3111 for more information.



## Volunteer make a difference

Find a Volunteer Opportunity that's right for you.

Join our volunteer team and gain invaluable experience as you make a difference in the life of someone with a developmental disability. As a volunteer at the DDRC, you can contribute to a strong, inclusive community that is more vibrant for everyone!



We offer a variety of opportunities to fit every volunteer's individual goals. Find a position, work with our clients and staff, get involved, and have fun!

To learn more about volunteer opportunities at the DDRC and how you can get involved, e-mail [volunteer@ddrc.ca](mailto:volunteer@ddrc.ca) or call 403.240.3111.



## Interested in becoming an Integrated Living Practitioner?

As an ILP, you can enjoy the benefit of doing meaningful work from the comfort of your own home. Meet new people, build life-long relationships, and experience the tremendous support of our Integrated Living Team.

Integrated Living Services (ILS) is tailored to help adults with developmental disabilities secure living arrangements in the communities they choose.

For more information, or to apply, visit [www.integratedliving.ca](http://www.integratedliving.ca) or e-mail [careers@ddrc.ca](mailto:careers@ddrc.ca).

Join Team DDRC on May 29!



For the fourth year in a row, runners and walkers participating in the Scotiabank Calgary Marathon have the opportunity to raise funds for the DDRC!



Want to be involved with Team DDRC, but not a runner yourself? Why not sponsor one of our great athletes? You can do this by sending a cash or cheque donation to our main office, or by going online to the Charity Challenge website at [www.calgarymarathon.com](http://www.calgarymarathon.com).

For more information, please call us at 403-240-3111, visit [www.ddrc.ca](http://www.ddrc.ca) or email as at [info@ddrc.ca](mailto:info@ddrc.ca).

*The DDRC Connection is published twice a year, but there's lots going on at our agency every day! Stay in touch with us online:*



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