

# connection



Spring 2017

**Client Focus: Meet Adam and Dale**  
**Moments in Time at the DDRC**  
**What is Comprehensive Care?**  
**...and much more!**

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*The DDRC Connection is published by the DDRC Communications Department. © 2017.*

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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 - Louis Litchinski, Ross Alger, and Christine Meikle break ground for construction of the Emily Follensbee School.

Back - Donate to the DDRC through Birdies for Kids presented by AltaLink.



# A Message from Our CEO

As we celebrate our 65th year of service to Calgarians with developmental disabilities, their families and friends, and the greater community, we take time to both reflect back on our proud history and look forward to what is sure to be a bright future.

The DDRC has become the wonderful organization that it is today because of the dedication and involvement of countless individuals. To help commemorate this important milestone, we are honoured to share the stories of the people who make the DDRC what it is today – employees, clients, families, and supporters alike. We hope you enjoy learning about some of these stories in this magazine.

For the 37th year, we are proud to partner with the Vipond Earl Grey Golf Classic in June. This annual tournament has raised more than \$2,200,000 in support of the DDRC’s programs and services. We are thrilled to continue this wonderful relationship, and cannot wait to meet this year’s players.

On the topic of golf, we are delighted to announce that we have been selected as a participating charity in Birdies for Kids presented by AltaLink, a fundraising opportunity provided by the Shaw Charity Classic. The funds raised through this phenomenal program will be used to support our Comprehensive Care team.

Comprehensive Care provides respite to children and adults with developmental disabilities, and offers a valuable break to parents and caregivers. It is our pleasure to explain the fascinating history of how the team began and evolved into the extensive program we now offer.

We are so proud of what we have achieved since 1952, and cannot thank you, our supporters, enough for all that you have contributed. You help us build inclusive communities where everyone belongs each day.

As always, 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



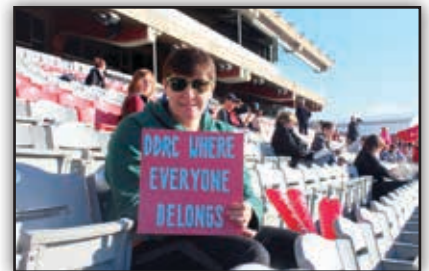
*The DDRC Gardening Club plants delicious herbs.*



*Clients and employees visit with Santa at the Holiday Open House.*



*Members of the PACE team strike a pose at the Inclusion Awards.*



*A sign of support for DDRC’s runners at the Calgary Marathon.*

# Fundraising News

by Austin Clem

## Vipond Charity Golf Classic

On Monday, June 19, 2017, the Earl Grey Golf Club will host the 37th annual Vipond Charity Golf Classic in benefit of the Developmental Disabilities Resource Centre of Calgary (DDRC). The Vipond tournament is a western series that raises funds to help improve the quality of life of individuals with developmental disabilities by supporting local charities. In Calgary, the local Vipond Classic benefits our programs and services. Since 1981, this tournament has raised more than \$2.2 million in support of the DDRC and our clients.

Originally established in 1919, the Earl Grey Golf Club has been in its current location in the community of Lakeview since 1932. Join us for the last chance to play the original Earl Grey course before renovations in 2018, and help us improve the lives of Calgarians with developmental disabilities.

The winning team will represent Earl Grey at the Western Vipond Finals, scheduled for September 15 to 17, 2017, at the Kelowna Golf and Country Club. Flights, accommodations, and golf are included in winners' package. The format of the Vipond Classic is a play-your-own-ball, best 3 of 4 Stableford points tournament.

To register, sponsor, or donate a live auction item for this charity event, visit [www.ddrc.ca/vipond](http://www.ddrc.ca/vipond), or you can contact us by email at [vipond@ddrc.ca](mailto:vipond@ddrc.ca).



*Volunteers from the DDRC help out around the golf course at the 2016 tournament.*

# Birdies for Kids

by Austin Clem

The DDRC is excited to have been chosen as a participating charity in Birdies for Kids presented by AltaLink, a fundraising opportunity provided through the Shaw Charity Classic.

The Birdies for Kids initiative benefits Alberta charities that provide supports to children, and the funds raised for the DDRC through this remarkable program will be used to support our Comprehensive Care team.

The Shaw Charity Classic, which began in 2013, is a PGA Tour Champions event featuring professional golfers, and hosted at the Canyon Meadows Golf and Country Club.

The DDRC's Comprehensive Care program supports more than 100 children with disabilities throughout the city, and will be the beneficiary of Birdies for Kids' funds. With increased funding to Comprehensive Care, the DDRC will be able to improve services to children with disabilities and their families. Funds will help us to increase respite hours, support more families, and provide greater staffing flexibility.

With better and more supports, we hope to help prevent caregiver fatigue and strengthen DDRC families. More access to respite services will increase community supports, as well as improve home based service.

In combination with the DDRC's Triple P program, which teaches families support techniques, we hope to increase

our resources available to families of children with disabilities. Prevention of caregiver fatigue benefits those families who need it most and strengthens our communities.

Birdies for Kids will match up to 50% of the first \$20,000 raised by the DDRC, and 100% of funds raised will go directly to the DDRC. Don't miss this opportunity to see your donor dollars go further, and help grow our Comprehensive Care program.

To learn more about our Comprehensive Care program, please flip to page 10 in this issue. To donate, please visit [www.shawcharityclassic.com/donatenow](http://www.shawcharityclassic.com/donatenow), or contact Austin Clem at 403.240.7314 or [donations@ddrc.ca](mailto:donations@ddrc.ca).



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## STAMPEDE BREAKFAST

THURSDAY, JULY 13, 2017 8:00AM - 11:00AM

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# Adam Cairns

*The Sound of Success*



**Adam tests the sound levels before an interview at CJSW's recording studio.**

Once so nervous to speak in public that he would “shake like a leaf,” PACE client Adam Cairns is proud to begin his journey into the world of radio broadcasting.

Cairns, 24, is a volunteer with CJSW, the radio station run by the University of Calgary. He is involved with the Accessible

Airwaves program, a monthly show created by and for Calgarians with disabilities.

Ryan Fedorchuk, a Community Resource Worker with the PACE team, knew as soon as he heard about the opportunity with CJSW that it would be the perfect fit for Cairns.

“I was at the YMCA waiting for another client, when I noticed a woman wearing a CJSW shirt,” Fedorchuk recalled. “She told me about Accessible Airwaves and what she does there. She was really excited to tell me about it, and I was really excited to listen.”

After contacting the station about the volunteer role, Cairns began learning about broadcasting basics such as conducting an interview, how to operate the recording equipment, and how to use the sound editing software. While sitting with him in the editing booth, Cairns explained how the soundboard worked.

“You move the sliders up to control the volume. You can watch where the sound levels are at, and you want them to be between -8 decibels and 0 decibels,” he said. “If you wear the headphones that are hooked up

to [the recording system], you can listen to yourself, which helps you figure out how loud to talk.”

Cairns has recently been assigned greater responsibility with the station, taking on interviewing, editing, and producing for the radio show. During our chat with him, Cairns mentioned that he was about to conduct his first interview.

“I’m kind of nervous,” he said with a laugh. “It should be pretty interesting, and I think I’ll do well.”

The interview was about living independently as a person with a disability, and was conducted with a member of the DDRC’s Integrated Living Services team.

He first became interested in broadcasting after he was interviewed by Shine FM while working at Goodwill a couple of years ago. He explained that after he was asked a few questions, he became curious about the process.

“They kind of showed me how to do everything, and I thought it would be interesting to do.”

Cairns hopes to attend a broadcasting program at either SAIT or Mount Royal University in the future to build his skills and further pursue his dream.

Fedorchuk feels that the confidence and passion Cairns has shown in his few months at CJSW is a sure sign that he is heading in the right direction.

“I think he does it because he loves it, and no one can stop him,” Fedorchuk said. “Each time I see him volunteer there, I know he’s meant to be in radio.”

## Client



# Dale Martin

## *Cooking Up New Opportunities*

The beginning of 2017 marked new beginnings for North East client Dale Martin, as he pursues new and exciting opportunities.

Martin started taking courses at Bow Valley College through their Adult Basic Literacy Education (ABLE) program in January. He attends class on Wednesday and Friday mornings at their campus in downtown Calgary.

“I’m working on my reading and writing through their literacy courses,” he said. “I’m feeling more confident with my literacy skills. I love it,” adding that he will likely take more English courses in the future.

In addition to his classes at Bow Valley College, Martin enjoys keeping his skills in the kitchen sharp by attending a weekly cooking class at The Alex

Community Food Centre.

“I’m a pretty good cook,” Martin said, adding that his favourite dish to prepare is a medium-done steak.

Martin’s love of cooking has been a factor in his life for more than two decades. Shortly after moving to Calgary in the early 1990s, he attended SAIT and took the first year of the professional cooking program. Due to a combination of his challenges with literacy skills and a lack of support, he was unable to complete the exams required to move into his second year of studies.

“Now that I’m working on my reading and writing, maybe I’ll go back and finish up at SAIT,” Martin said.

The idea of completing the professional cooking program fits right into Martin’s plans for the future, where he sees himself working in a restaurant.

In the next year, I want to find a steady job at a restaurant,” he said. “I want to do prep work, or work as a kitchen assistant to start with.”

Evangeline Cabanas, a Community Resource Worker who has supported Martin with finding employment in the past, feels this is a logical next step in his career growth.

“He is very consistent in what he wants to accomplish,” Cabanas said. “He really wants to work in a kitchen, at a restaurant.”

In the meanwhile, Martin started working at the University of Calgary in January.

“I’m part of the recycling team. I bag the bottles, put them in a cart, and take them out to the bin,” he explained.

When he’s not in class or at work, Martin can be found volunteering at the Canadian Diabetes Association, attending hockey games, playing cards, or bowling through Special Olympics.

Martin smiled, and said “I’m a fun-loving, easy-going guy.”



**Dale enjoys a quiet moment in the U of C’s MacEwan Hall before work.**

# Moments in Time at the DDRC

by Aurora Graveland-Daines

With a history spanning 65 years, it stands to reason that there would be a lot of highlights. We asked some of our current and former employees what their favourite memory at the DDRC was, and here is what they told us:



Doug Tryon,  
North West Team Leader

Years at DDRC: 1987 to Present

*I was working with a client in our augmentative communication program. He was able to communicate a little bit, and he used some sign, and he used a voice output device. He was nominated for an adult literacy award, which he won. I helped him prepare an acceptance speech. It is very important that clients are saying what they want in their own words, and I think it took us three weeks to get that ready. To see how proud his sister was when he got the award was really outstanding.*

Years at DDRC: 1991 to 2001

*I remember supporting a fellow at Circa Telecom, and we went to their Christmas party. What really struck me is that when he got into the room, and he looked at the tables to decide where he was going to sit, he sat at the leadership table with the executives. This was where he felt he belonged, and the group at the table was happy to have him sit there. That stands out as a pretty cool moment for sure.*



Darrell Howard,  
former Community Development  
Coordinator



Shannon Mills,  
PACE Team Leader

Years at DDRC: 1995 to Present

*I love those moments where you have a family that was told all of these expectations about things their child couldn't do, and then all of a sudden they're doing them. With the right supports, just look at what they can do. I think that's a lot of what PACE has seen over the past 20 years. You have the chance to go to post-secondary, you have the chance to make your own money, have that career that you've always wanted. That's what I enjoy the most.*

Years at DDRC: 1988 to Present

*For me, it's the little things. When somebody goes and tries swimming for the first time, and has such an incredible experience getting to learn something. There are lots of different moments. I always knew that I would work with people. I've done a bunch of different things supporting people here. I have to tell you that it's been awesome.*



Ellen Toews Evans,  
Community Resource Worker



# A Brief History of the DDRC

by Aurora Graveland-Daines

In the autumn of 1951, two Calgary mothers received the same bit of news: that their sons would not be accepted into public schools, and that the only option for education available to them was an institution in Red Deer known as the Provincial Training School.

The reason the boys could not attend public school? They had developmental disabilities.

Those two mothers were Christine Meikle and Emily Follensbee, who went on to found the organization known today as the DDRC on May 21, 1952. From starting a classroom for six students in Meikle's kitchen, to lobbying the public schoolboard to provide inclusive education, the history of the DDRC is that of a true grassroots movement.

Here are some key moments in the history of the DDRC:

**1952** - The DDRC is founded, becoming the first agency of its kind in Alberta, and one of the first in Canada.

**1958** - The Christine Meikle School opens and becomes the first school in Alberta for students with developmental disabilities.

**1964** - The Emily Follensbee School opens.

**1969** - The Calgary Board of Education takes over operation of the Christine Meikle School and Emily Follensbee School.

**1974** - Bow Centre, an activity centre for adults with developmental disabilities, opens.

**1981** - The Vipond Earl Grey Golf Tournament partners with the DDRC to raise funds for programs and services.

**1985** - The DDRC's office on Richardson Way SW opens.

**1986** - The Community Job Options Program launches with the goal of finding employment opportunities in the community instead of in sheltered workshops.

**1996** - PACE, a program specializing in education and employment opportunities for people with developmental disabilities, is established in partnership with Alberta Vocational College (now Bow Valley College)

**2003** - The *everyonebelongs™* campaign begins.

**2015** - The Inclusion Awards celebrate their 20th anniversary of recognizing Calgarians for going above and beyond in promoting and supporting community inclusion.



**65** |   
**DDRC**  
**YEARS**  
*everyone belongs™ since 1952*

**Left:** DDRC client Audrey dresses up for Halloween in 1981. **Centre:** The original six students learn in the kitchen classroom. **Right:** Staff at Christine Meikle School show off rugs created by students for Canada's centennial celebration in 1967.

# What is Comprehensive Care?

by Aurora Graveland-Daines

Growing from a one-person department 34 years ago to a team of 52 today, Comprehensive Care provides an astounding 2,000 hours of respite care each month.



**Theresa providing support to a young client in 1983.**

Comprehensive Care provides respite care and community support services for people of all ages with developmental disabilities or chronic conditions and their families. By offering respite care, the DDRC is promoting the health and well-being of our clients, providing caregivers with a break, and giving clients the opportunity to build new relationships and connect to their community.

Back in 1983, Theresa Taks was hired to complete a research project to identify gaps in the services provided by the Developmental Disabilities Resource Centre at the time. After six months, it became clear that what families most needed was support at home for their children with developmental disabilities.

The result was Taks providing in-home support to 12 families as part of a pilot project, which eventually grew into the “In-Home Relief Program.”

“I would go out to the homes, and my car was just full of all sorts of play items and different things to help the kids,” Taks recalled.

The concept of “respite care” was still in its infancy in the 1980s in Canada, but the earliest informal versions started in the United States in the 1950s. It wasn’t until the 1970s that respite care began being offered by American agencies. The DDRC was among the first agencies in Canada to offer an in-home respite program.

“The word ‘respite’ wasn’t really heard of back in 1983,”

Taks said. “At the time, we were thinking, ‘okay, this is what we’re doing, but what is it called?’” In the early ‘90s, Taks attended the International Respite Conference, and discovered that what the DDRC had been offering did in fact have a name.

**“I would go out to the homes, and my car was just full of all sorts of play items and different things to help the kids,” Taks recalled.**

In 2010, the program was renamed “Comprehensive Care” to better reflect our focus on providing support to clients in all areas of their lives. While the program originally provided respite to only 12 families, today it supports 134 individuals with developmental disabilities – 110 children, and 24 adults.

Christiane Blanchard, Team Leader of the Comprehensive Care team feels there is a distinct advantage to providing in-home support to families rather than providing support in a facility.

“In-home respite allows for the client to remain at home where their hearts are, and avoid loss of independence and freedom,” Blanchard explained.

One of the biggest benefits that families receive through respite support is the opportunity to take a break and recharge both mentally and physically.

“Many families take great joy in providing care to their loved ones,” Blanchard said. “Comprehensive Care provides a break for the family, depending on the needs of the family.”

For more information about the DDRC’s Comprehensive Care program, please email us at [comprehensivecare@ddrc.ca](mailto:comprehensivecare@ddrc.ca).



**Theresa reminisces about her time at the DDRC.**

# Call for Nominations

*Nominations are open from April 3 until July 3, 2017.*

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.



“And now we have

**(your company here)**

presenting our next Inclusion Award”



To sponsor the 2017 Inclusion Awards, visit [www.ddrc.ca](http://www.ddrc.ca) or email [donations@ddrc.ca](mailto:donations@ddrc.ca)



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To donate, visit [www.shawcharityclassic.com/donatenow](http://www.shawcharityclassic.com/donatenow), or contact Austin Clem at 403.240.7314 or [donations@ddrc.ca](mailto:donations@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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