



# ALBERTA ABILITY NETWORK RECREATION TABLE

**Date/Time:**

June 16, 2022 / 9:30am – 11:30am

**Location:** Zoom

**Chairs:** Karen Dommert, Kim Presser

**In Attendance:**

Mezaun Lakha-Evin (AAN)  
 Cydney Yaremko (BLOOM)  
 Courtney Way (YogAbilities)  
 Katie Bakken (Friends of Fish Creek)  
 Hayley Bell (Between Friends)  
 Sam Higham (MNP Sports Centre)  
 Candice McLellan (CP Kids and Family)  
 Laura Rucker (CP Kids and Family)  
 Deborah Olohi (Easter Seals)

Meri Topchieva (AAN)  
 Leonard O’Keefe (DDRC)  
 Margot Brunner (VAD)  
 Karen Dommert (Calgary Adaptive Hub)  
 Alyson Thompson (Recreation Respite)  
 Sandra Cicman (Children’s Link)  
 Elizabeth Kaleta (CPAA)  
 Christine (DDRC)

## Meeting Minutes

Land Acknowledgement  
Welcome and Introductions

Review/Approval of previous meeting’s minutes

**Topics of Discussion:****ARPA Conference submission - AAN & ISR co-present**

- Submitted the presentation application. We are currently waiting for approval.

**Temporary Staff Funding Advocacy Letter**

- Meri, Mezaun and Katie will draft letter within the next week.
- If anyone wants to contribute to the letter, please email [kdommert@calgaryadaptedhub.com](mailto:kdommert@calgaryadaptedhub.com).

**Spotlight Series:****MNP Community & Sport Centre**

- Samantha Higham is the Fitness and Training Manager of MNP Community and Sports Centre.
- Sam assists anyone who is recommended by a healthcare professional to get more exercise or get physiotherapy. She has worked with many people with disabilities and helped them get active.
- She has recently joined her new position in Calgary and has discovered that her current facility doesn’t offer help for people with chronic conditions. She has been working on bringing programs such as post-cardiac rehab programming and membership.

- Her focus is on bringing in outside programming that other agencies are offering as they do have the capacity to run more programs during the day.
- In her previous facility, they were able to offer subsidized programs through government funding. Sam is currently looking for funding opportunities and resources she can utilize as she still is new to Alberta.

## **Children's Link**

- Children's Link provides a platform where people can connect, learn, and engage with one another.
- Their website includes a community resource page, where people can search for the resources, they need. There are currently over 1,000 agencies who are listed on the community resource database.
- If anyone wants to add their agency to the community resource database, please email [Mikaela.johnson@childrenslink.ca](mailto:Mikaela.johnson@childrenslink.ca).
- They also have an events calendar that advertises events throughout the province. If any agency is interested in advertising their event, please contact Mikaela.
- They offer family support services, capacity-building in communities, and natural and peer support resources and connections.
- As of the end of June, they will no longer be hosting coffee socials as many agencies are starting to host them. Instead, they will help facilitate those events and focus on digital support.

## **Accessibility Show and Share Minibus Tour Update**

- There were 2 groups that assessed accessibility throughout Fish Creek Provincial Park. One group was from the Recreation table, being 5 adults (+1 infant) with no individuals needing accessibility services. The second group was internal volunteers from the Provincial Park, being 4 adults with a need for accessibility services.
- Both groups sent their notes to Katie which have been collected and categorized into short-term and long-term recommendations for the Fish Creek Provincial Park.
- If anyone would like to see these recommendations, please view them on Highrise or email [mtopchieva@cpalberta.com](mailto:mtopchieva@cpalberta.com).
- Will be offering free tickets for support workers.
- The ramp for the minibus is not up to code and cannot be used by individuals who use wheelchairs.

## **Round Table Updates:**

### **VAD**

- A group will be meeting to look at the customer services being offered at the Rogers Stadium and the Calgary Saddledome. There have been some complaints throughout social media about how customer services are inadequate.
- Want to add a new module in the pro-serve specific to seniors, people with disabilities, and children to increase accessibility in event venues.

### **YogAbilities**

- Every second Thursday agencies offer adaptive programming.
- Waiting for the sensory yoga mat prototype to come. One side is a regular yoga mat, and the other side has room for sensory disks.
- This can help with brain development, motor skills, and maintaining pace in class.

### **Easter Seals**



- Summer camp is running at 75% capacity as more staff is needed to run at 100% capacity.

## **CPAA**

- Children's program is taking a break for the summer.
- Aqua therapy, music therapy, and swimming will be offered again in the fall.
- Adult programs are still running for the summer.
- Looking for playgroups that are running throughout the summer for children with disabilities, if anyone has any resources, please email [elizabeth@cpalberta.com](mailto:elizabeth@cpalberta.com).

## **Recreational Respite**

- Recreational Respite ([recrespite.com](http://recrespite.com)) supports children, youth, and adults with disabilities and mental health concerns.
- Building Inclusive Communities Workshop is for students/volunteers and staff that will cover various topics of program leadership, inclusive programming, participation (active and passive), barriers to participation: behaviors and other special attention, bullying, and prevention (what can you do to help prevent or identify), identifying invisible disabilities (what are they) tools and strategies for successful engagement, communication (visual aids), tools to identify the successes and challenges of a program to ensure a positive and inclusive experience and sustainability.
- They have a 2-hour minimum and maximum of 10 participants.

## **CP Kids and Families**

- Upcoming collaboration with Wolf Dog Sanctuary. They recently paved their driveways making them more accessible. Laura will share their details.
- Collaboration with City Air Strike Defense on June 25<sup>th</sup> and 26<sup>th</sup> where guests can ride horses, play games, and socialize.
- Summer camp for ages 3-7 is almost full, some space is available for 7-12, and 13-17 as well.
- There's a playground meet-up for parents and children on the first Monday of July and August.

## **BLOOM**

- Finishing up dance and movement sessions.
- Moving into summer camps in the next couple of weeks, there are still some spots available.
- Will work with Friends of Fish Creek for some adult day programs.
- Guest teaching at many guest camps such as U of C and MRU.

## **Between Friends**

- Summer camp is starting in 2 weeks.
- Currently fully staffed.

## **DDRC**

- Golf tournament was cut short because of the rain on Tuesday.
- They will be doing another golfing event so players can enjoy golfing in the sunshine.
- Will go ahead with a stampede breakfast this year. It will be held outside, and masks will not be mandatory.
- Still looking for more people able to work on evenings and weekends.

## **MNP**



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- In March, they are planning on hosting a big health fair with many booths and resources available.

### **Children's Link**

- Love for Little program is partnering with CP Kids and Families to provide packages to children who have recently been diagnosed with a disability.
- If you know any families who have a child that has been recently diagnosed, please send them the following form to fill out and get a package:  
<https://forms.gle/D43snKmzLC7Z9qL78>

### **Calgary Adapted Hub**

- All sports one day will be this Saturday. This sports event is for all ages and all abilities.
- Volt Hockey has a session this Sunday.
- Have been struggling with recruitment and promotion for Win Sport Adaptive Program.

### **AAN**

- Planning to do an in-person networking event for AAN table members in Calgary and Edmonton.

Wrap-Up/Adjournment

### **Next meeting:**

**Date:** September 15<sup>th</sup>, 2022

**Time:** 9:30am – 11:30am

**Location:** Zoom

***(Please note that there will be no table meetings in July and August. Have a great summer!)***