



Chairs: Kim Presser, Karen Dommett

Present

Scott Godfrey (AAFSC)
 Ermira Kusari (CAN)
 Karen Dommett (Calgary Adaptive Hub)
 Chloe McBean (CDSA)
 Gennie Liu (City of Calgary Rec)
 Mezaun Lakha-Evin (CPA/CAN)
 Deborah Olohi (Easter Seals AB)
 Kim Yager (Vecova)

Justine Paul (Chrysalis)
 Orest Nbadaneze (CP Kids and Families)
 Elysa Sandron (Calgary Adaptive Hub)
 Karen Hurley (Special O)
 Deanne Rommens (City of Calgary Rec)
 Courtney Way (Yogabilities YYC)
 Jordan Berniquez (Prospect)
 Kim Presser (Between Friends)

Item	
1	Land Acknowledgement Welcome and Introductions
2	<p>Kim Presser and Karen Dommett introduced themselves as the chairs of the table and their roles in their respective agencies.</p> <p><u>Agency Updates</u></p> <ul style="list-style-type: none"> - Special Olympics: not running any in-person programs; developing virtual programs; PEAK program running across Alberta (mindful meditation, nutrition, exercises) – focusing on exercise alone in Calgary; staying connected with coaches and athletes to keep them active. - City of Calgary Recreation: receiving funding from Jumpstart. Focusing on outdoor in-person opportunities: introductory skating in one of the outdoor skating rinks. Limited capacity. Participants will receive new skates and helmets thanks to Sportchek; and hoping to run an outdoor adventures program in the golf course to include winter archery, snowshoeing, hiking, cross county skiing. Waiting from the City to get the go ahead and promote the programs. Created 1050 Winter Play Kits prior to the holidays to low-income families and children with a disability. Packages focused on accessible play activities that can be done at home or outside. Adult programming: looking into an outdoor skating and snowshoeing program and potentially an indoor soccer program and drumming, music exercise programs. Looking into providing additional programs in Spring. Focusing on keeping the programs outdoor to ensure the clients' safety.

- Yogabilities YYC: running programs for beginners, intermediate and advanced virtually. Hoping to get back to the studio once safe to do so.
- CPA: continuing with online programs which have been very successful with participants from across Canada. Have removed the word Therapeutic from programs as it is difficult to delivery therapy online. The goal is for the clients to enjoy themselves and bring structure to their day. Seeing growth in participation and in the involvement of families and caregivers. Will keep the virtual component even after going back to in-person programming.
- Prospect: running almost all programs virtually. For clients that cannot access them, have been sending them care packages for in-home activities. Producing YouTube videos. Phone calls for clients who cannot access the virtual programs. Looking into one-on-one supports starting February and move to more in-person programming once restrictions ease further. In 2020, sent a survey to clients to access their level of comfort with in-person programs and also who would be able to follow guidelines. When the restrictions were tightened, the transition bac to virtual programming was difficult for some.
- Ups and Downs Calgary Association: have undergone a large shift in reorganization. Providing virtual programs and provide home kits to members. Looking into having some in-person programming for members who do not have access to technology or do not have the communications skills to flourish in virtual programs. Virtual programming has provided the opportunity for those in rural areas to participate and are not focusing on identifying ways to keep the engaged in the long run.
- Calgary Adapted Hub: moving forward with the Covid interview research project (affect the loss of school and physical activity has); and what would be beneficial programming moving forward. Looking to do some universal training across the Hub (facilitated by Between Friends and utilizing Jumpstart e-learning modules) and evaluating it to see if it helps staff to feel more confident and motivated to ensure inclusivity is a part of them. Partnering with Inclusion Incorporated leading high level strategic tech training. Training is being supported by a grant. Supporting a few of the partners to transition to virtual programming e.i. Mount Royal University CAPA program are recoding videos and will be piloted at the Alberta Children's Hospital to get feedback whether it is effective. WinSport is working on developing a program as their members have noted that they will not be returning to in-person programming until the vaccines are rolled out. Working with a few like-minded organizations in BC and ON to develop guidelines and considerations for developing accessible virtual programming for children and youth with disabilities. CAH research and knowledge translation seminar on February 28 at 5pm (more information to come).
- AAFS: Active Life program (movement, physical activity based). Will wait until March to go back to in-person programming. Launching a virtual boxing program and will delivery disinfected gloves to participants. Planning on dual programs (in-

person and virtual at the same time). The focus is to make virtual programming engaging and ensure that everyone is participating.

- Chrysalis: capped virtual and in-person programming. Decided to stay open to accommodate members. Renting two additional church facilities to spread out the participants. Tackled the transportation issues between the three facilities by having people remain in the same facility throughout the day.

- Easter Seals Alberta: starting to roll out virtual programming (puzzles); trying to figure out the feasibility of having camp this summer whether it be day camping or week-long camping where everyone is quarantined in the same place. Starting the equipment loan program.

* Suggestion: Alberta Camping Association could be a potential collaborator.

- Vecova: hosting virtual programs, in-home and community walks. Have seen an increase in in-home programs. Have also seen an increase in virtual programming. The main facility continues to remain closed for the time being. Explorabilities program is accessed has been adapted to be a full-day program to reduce the number of people coming in and out and the amount of travel within the community. Providing mental health supports through a psychologist, open to anyone with a disability.

- CP Kids and Families: new representative on board focusing on family supports and community development.

- Between Friends: postponed in-person programming for the time being. Created a relaunch guide and participants need to be less independent and they move up the stages to participate in in-person programming. Planning an in-person session in the Spring before camp to identify what works and what does not. Running virtual programs and recording videos so members can watch them at their pace (with closed captioning). Using the capacity to start training different organizations. Working with Universal Access to ensure the accessibility piece of the inclusion. Hoping to start working with restaurants to develop tools to support people with disabilities.

Vaccination for people with disabilities

- CAN, VAD and Universal Access will be hosting a townhall with the CSS Minister, with invitations extended to Dr. Hinshaw, Minister Shandro and Dr. Sullivan.

Putting together a letter outlining the need for a panel discussion for a vaccine rollout for people with disabilities. The townhall is potentially scheduled for February 9 from 11am – 12 am and it will be in a webinar format.

- URSA hosted a webinar “Answering your Questions about the COVID Vaccine - Q&A featuring Dr. Bill Sullivan” – link to the recording will be distributed once it becomes available.

Moving Forward

- Table members are encouraged to bring forth any ideas for the focus of this table.

CAN Recreation Table

January 21, 2021



- Ideas/resources that we can tap into: Jooay (<https://jooay.com/>); doing an environmental scan and research what is available and what we can do as a table.

Wrap-Up/Adjournment

Next meeting:

Date: February 18, 2021

Time: 9:30 AM – 11:30 AM

Location: Zoom
