

SUMMER  
2015

# THE STAR



Developmental  
Disabilities Association

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## THE TECHNOLOGY ISSUE





“  
Computers essentially provide memory, processing speed, data manipulation and communication/connectedness functions. These are precisely the areas where people with cognitive disabilities need assistance.  
”

## WELCOME TO OUR TECHNOLOGY EDITION OF THE STAR

BY ALANNA HENDREN

**“Let’s go invent tomorrow instead of worrying about what happened yesterday.” — STEVE JOBS**

Welcome to the DDA Technology issue! We have been working over the past five years in particular to explore how we can better use technology to expand the cognitive and intellectual potential of the people who we support.

In the past, children and adults with severe speech difficulties used PIC symbols, picture books, and other low-tech tools to communicate. As time went on, some very complex, cumbersome electronic devices came on the market to help with communication but were not very user friendly, so they had limited use. Today, with iPad and iPhone technology, numerous excellent communication apps are available free of charge or for purchase on iTunes. Other applications such as GPS-connected maps for direction-finding and time-management apps for ordering one’s day have also proved useful and cost-effective solutions to many of the daily challenges experienced by people with cognitive and developmental impairments.

In 2013, the *Declaration of the Rights of People with Cognitive Disabilities to Technology and Information Access* was proclaimed in Colorado with the support of every national advocacy, professional and service provider’s association in the U.S., but so far, little time or money has been invested in potentially game-changing technology for people with developmental disabilities. Although custom technology was developed uniquely for the community living sector, most of this became obsolete with the advent of iPads and smart phones. As general technology has advanced, the ability to access the internet is becoming critical for independent living as many

of the functions that used to be performed by people are increasingly being performed online – tasks like paying bills, buying tickets, getting information, banking, shopping and so on. In order to realize the rights of all people to technology access, user interfaces must become more user-friendly, less text-based and far more accessible to those who are not tech-savvy. To solve this problem, major tech companies must be challenged to develop better software but families, service providers, and employers must also support access to technology for people with disabilities. Unless we demonstrate and publicize our successes, then funders will continue to fund old school approaches that do not maximize development.

We now have two staff dedicated to providing technology, training and matching services for clients. There is no definitive assessment to determine which apps work best for which types of cognitive impairments, so we are working to begin developing such a tool and data base with our colleagues in the U.S. Since funding for people with developmental disabilities, including autism, is generally frozen or decreasing while demand is escalating, families, service providers and other supporters will need to develop less staff-dependent ways to help people with cognitive and neurological disabilities navigate their environments and meet their own needs.

Computers essentially provide memory, processing speed, data manipulation and communication/connectedness functions. These are precisely the areas where people with cognitive disabilities need assistance. When we first began down this road of exploring computing technology as assistive device, a lot of custom-built applications were emerging but iPads have really changed the game. The problem is finding the right apps amidst the several thousand available, which is why our team is attempting to better match technology to client goals. So far, we have seen so many great successes. From bus training to video-recording seizures as they happen, the flexibility of tablet technology is improving our ability to provide quality services and better support our children to grow and our adults to become more independent and live better quality lives.



## ASSISTIVE TECHNOLOGY EVENT FOR FAMILIES

In March, DDA hosted its first family seminar in Assistive Technology.

Loubna Kalaaji, our assistive technology specialist, demonstrated over 20 apps for iPad that families could use to support young adults.

An app is a software program that can be installed on a tablet or computer. There are many apps that can help people with disabilities communicate, organize tasks, complete chores, and be more independent.

At the end of the seminar each participant was given a memory stick with instructions on using the accessibility features of the iPad and a list of the apps the workshop covered. We are enthusiastic about providing more seminars and learning opportunities to families and persons with disabilities.

For more information contact DDA Technology at [technology@develop.bc.ca](mailto:technology@develop.bc.ca)

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## HOW TECHNOLOGY HELPED KEVIN WITH INDEPENDENCE

Kevin was training to be a courier for DDA. A courier carries mail from DDA service locations, to the head office and back. We provide services at more than 40 locations and employ several individuals to courier mail.

DDA's couriers are trained by Jobs West employment specialists. Training takes a considerable amount of time as each shift requires supervision until the courier demonstrates independence. A training shift can be up to 6 hours long.

With the help of our assistive technology specialist, the Jobs West employment specialists were able to select from a list of applications that can be used on an iPad to support individuals with tasks and training. For Kevin, we chose an application called WorkAble which was used to create a schedule that included photographs and text instructions. WorkAble made it possible to monitor Kevin's progress on the route and provide him with the instructions he needed without the employment specialist being present.

Kevin took less than 10 minutes to learn to use WorkAble on an iPad. The end result was that training was faster and more efficient.

Kevin now uses the iPad to help him navigate from one drop off location to the next. Pictures taken along the route are embedded in the application so that Kevin can recognize landmarks. Instructions are included with each picture. After Kevin exchanges a mail pouch, he can check off that the task is complete.





- ◀ LEFT: Mark meticulously cleaning the windows
- ◀ CENTER: William smiling for the camera while doing his favourite task at Creekside — washing the windows!
- ▶ BOTTOM: Lemar patiently folding the towels, face cloths and bibs



## OUR AMAZING WEST 8TH CREW!

BY KATHARINE NAUGHTON

When Creekside opened four years ago, we were approached by Sharon Spartz, manager of West 8th, to see if we would be interested in hosting volunteers at our site. We felt this was an excellent opportunity for us to support volunteers at Creekside.

The past four years we have had some amazing volunteers and the other day I had a chance to sit down with Mark, Lemar and William.

Lemar and Mark have been volunteering with us for the past year and they are helping our newest volunteer William by showing him the routines and tasks

### What is your favourite part of coming to Creekside?

Mark: Washing all the toys, I wash them in soapy water, rinse them in water and then lay them out to dry and spray prespetic on them. They are super clean after!"

Lemar: Folding the towels, face cloths and bibs, it takes time but it is good.

We take the 84 bus and then walk to get here; I like to take the bus

William: Cleaning the windows

”  
“Volunteers are not paid  
— not because they are  
worthless, but because they  
are priceless”

- UNKNOWN

“

### What are some of your hobbies?

Mark: I like to play soccer with my friends, I don't want to go on vacation, because I will miss my friends and I don't want to miss volunteering

Lemar: I like to swim at Hillcrest

William: Soccer

Mark and Lemar keep busy as they also volunteer at the Western Canadian Wilderness Committee and the Cancer Society where they prepare mail outs.

To end our little conversation, I asked them if they remembered the great flood in the toddler room.

Mark and Lemar both started to chuckle and Mark responded with “It was Lemar!”

To this day, we are still not sure who plugged the sink to wash the toys and overflowed the sink into the cupboards. What we do know is that we had an extremely clean counter, cupboard and floor, as they all worked together as a team to clean up the flood!

Thank you to our amazing volunteers, Mark, Lemar and William for chatting with me for a bit.

# APPY TIMES WITH DDA

BY TANYA CHEUNG

Just a few years ago, mobile apps were just introduced creating a new marketplace for digital users. From health apps that claim to monitor your blood pressure, to frivolous games that provide comedic relief, the digital world is flooded with apps geared to simplify and arguably complicate our lives.

Recognizing that apps can be beneficial for our clients, DDA made efforts to introduce iPads and apps that assist with speech, mobility, cognitive processing, rapid transit, entertainment and other areas of modern life. We compiled all the apps that we've downloaded and experienced with clients and created an apps review site. The site reviews several apps categorized according to age, developmental disability, and purpose and allows you to review the apps with our unbiased experience before purchasing them.

See an app that you've used and have experience with? We encourage you to write your review on our site as well!



Visit [apps.dda604.com](http://apps.dda604.com) for our apps review site!



## DDA LOVES A DONATION!

BY DONNA CAIN

DDA welcomes all kinds of donations! Some examples are: clothes, time, refundable containers and event tickets. This past winter we received a donation of a pair of Canucks tickets. I immediately thought of the biggest Canuck fan I know, Brian Daigle. Brian is such an avid fan, he rarely misses a game on TV, and every wall and shelf in his room has Vancouver Canuck's paraphernalia on it. He is a long time resident of DDA living at Arlington for the last 34 years and has been a Canuck fan for even longer (and is still waiting for that elusive cup with the rest of us, sigh).

This generous donor gifted DDA fantastic seats very close to the action and near the centre line, which was ideal for Brian because he has the beginning stages of cataracts. Brian loved every minute of it. Every Canuck goal he was on his feet cheering and making friends with the fellow Canuck fans around him, giving them the celebratory fist bump or high five! He also gave the opposing team fans a bit of a hard time, encouraging them to sit in their seat and not cheer too long. This jesting was taken in good fun and even those fans were giving Brian a congratulatory high five when the correct team scored. Brian even took home another souvenir to add to his collection, a game played puck that was given to him by one of the NHL officials! It was the highlight for him of this year's Canucks season, since our Stanley Cup dreams are going to have to be put on hold for another year, (double sigh).





# THE LAUNCH OF TECHNOLOGY AT DDA

BY PAUL SANKEY

In 2013 DDA began to explore technology solutions to increase the capabilities of individuals with disabilities.

Our goal was to help individuals become more independent through the use of technology.

Some of our initial activities included researching and implementing software solutions (Apps and iPads), and hardware (door cameras, talking clocks, talking scales, recordable sensors).

An early example, developed by Andrew Kung, a DDA manager, involved creating a touchscreen application with an individual who could touch an icon on the screen (such as an apple) and listen to a familiar voice (in this case the individual's mother) speak about the object represented by the icon ("A is for Apple, apples are good to eat").

Andrew also created an innovative training and orientation program for staff. This involved using touchscreen devices linked to pictures, text and video, illustrating proper techniques for supporting individuals in their homes.

In April 2014, DDA created the first job in BC's Community Living sector dedicated to supporting people with developmental disabilities through the use of technology. Since then, DDA's technology specialist has trained more than 120



“  
Following an assessment [... the specialist] recommends appropriate Apps and solutions to support their goals. These can be educational, vocational, communication, organizational and daily living skills.  
”

staff and clients on how to use the iPad as a tool.

Following an assessment of each individual's abilities, interests, and goals, the specialist recommends appropriate apps and solutions to support their goals. These can be educational, vocational, communication, organizational and daily living skills.

For instance, individuals can use the apps on the iPad to manage chore lists, travel independently or cook on their own.

Teaching individuals and their support staff the use of apps happens in small groups or on a one-to-one basis and is available by referral from the Program's manager. Programs that are using this service include the Drop In, Jobs West, the Arlington Day Program and Supported Living.

In fact, over the past 3 years we have provided over 100 iPads to programs in order to support individuals with disabilities.

On April 23rd, DDA celebrated the completion of the first round of iPad classes. Classes cover different areas and target a variety of goals to suit the client's interests. The iPad classes run from an introductory three day workshop up to a six month commitment.

Examples of iPad training include:

- Using a Maps-Transit app
- Organizing with a calendar and contacts
- Exploring apps for individual interests (social skills, daily living skills, education, communication, work skills, or recreationa).

13 individuals have recently completed classes and we are planning our next series.



# EARTH DAY BIN LAUNCH

BY DEANNA BARLOW

In the middle of a week full of April showers, the sun came out for DDA's Earth Day Celebration at Kensington Community Centre!

Over 200 DDA clients, staff and community members came together for the afternoon, enjoying hotdogs and popcorn while checking out and donating to DDA's new custom designed and British Columbia built clothing donation bins. These eye-catching, user friendly bins will complement DDA's other clothing, book and bottle bins.

Annually DDA recycles over six million pounds of cloth, over 1 million pounds of housewares and thousands of cans and bottles! All proceeds of our collection business support DDA's programs and services.

Thanks to all our amazing volunteers!

To find a donation bin near you, please visit  
[www.develop.bc.ca](http://www.develop.bc.ca)







## WHAT DOES TECHNOLOGY MEAN TO ME?

BY PIERRE TARDIF

It is becoming increasingly hard to ignore the use of technology as part of our everyday life. With smart phones, tablets and iPads we virtually hold the world in the palm of our hands. So what does technology mean? Well, it means different things to different people. Clarence and Sean are 18 years old and

are currently in DDA's Youth Transition Program. Both of them use some form of technology almost every hour of every day. When I asked them to list the types of technology they use on a regular basis, both of them listed a variety of gaming consoles, their smart phones, computers, iPads, TV's, DVD players and a few other media stations. For this article I asked both of them to write about the device they like the most and explain what it meant to them and why they like it. Here is what they came up with.

BY CLARENCE ANTON:

I have Nexus 5. It is a smart phone. There are many things I can do on phone. My favourite thing ever is to text and call my friends. It was very easy to learn how to call them. I learned to take photos on my phone. I learned about Play Store. There are many apps in Play Store. There are movie apps and music apps and game apps. I like the movie apps the best. I download movies and watched them on my Nexus 5 phone. With my phone I can watch movies anytime anywhere. I love my phone. It has made it easy to learn and keep and talk to my friends.

BY SEAN "HASZAMA" TATE:

I have an iPad mini. I like to use my iPad mini. Taking photos, playing music, finding info in the internet, playing games, and reading novels are some things I can do on it. I like researching about extinct animals that they may be still alive on earth today. I learn how to get to places using Google Maps. I like to download and read novels on my iPad. Fire Emblem Awakening is one of the saddest stories that I ever read in fiction on my iPad. I like to take photos on my iPad of my friends and classmate. I like to listen to music on my iPad. Some of my favourite songs I like to listen to are *Be Prepared* from *The Lion King* and *Mix Lullaby* from the *Lion King 2* and *Gluttony Fang* and *Gluttony Fang II*. My iPad helps me to learn things are now easier.

# DDA OUTDOOR MOVIE NIGHT

DATE : Friday, August 14, 2015

LOCATION: Nat Bailey Stadium,  
4601 Ontario Street,  
Vancouver

TIME: Activities from 5pm to 7pm  
Movie to start at 7pm  
No entry after 7pm

NOTES: Children under age of 16 require supervision.  
Bleacher style seating.  
No outside food. No Pets.  
Concession Available.

QUESTIONS? Contact Annie Lam at  
alam@develop.bc.ca or call  
604.233.5448

## FRIDAY AUGUST 14, 2015





# PROUD RESIDENTS AND STAFF OF CURZON

BY JANET HOFFARD

Residents of Curzon home were nominated and received an I AM award. The families, friends and staff of Allan Chow, Michael Ziada, Henrik Nashlund and Charles Waterman couldn't be more proud of their accomplishments. The men from Curzon looked outstandingly handsome in their suits and thoroughly enjoyed the I AM Awards' Ceremonies. They were so proud of getting an award. The awards were immediately displayed on the walls at Curzon, which is a testament of how much the awards truly meant to our residents.



◀ Ron (Ronnie) Watson [Left] with Blaine MacDonald [Right]

## IN MEMORY OF RON WATSON

BY BLAINE MACDONALD

Ron Watson was my friend. He was well loved and he will be missed. Ron lived with me for many years at Minoru but before, he lived at Sunnymede and I would often visit him there. Ronnie always had a great sense of humor and he could put a smile on anyone's face. While Ronnie and I were roommates we went on many house trips together. I especially remember going to Penticton with him several years ago and we both had such a good time. I also remember how, on any given night, Ronnie would very much like to go to the pub for a beer or out for dinner. Another cherished memory of Ron is when Sarge, our staff at Minoru, would take us to Dairy Queen to get ice-cream. We both loved it. I am sad for the loss of my dear friend but I will always remember the good times we had together and he will always be in our thoughts and prayers.



## BOOGIE TIME ANYTIME, ANYWHERE...

BY CHRISTINE DELA CRUZ

Want to Boogie ? You can boogie whenever and where ever you'd like. Christine Routledge is doing just that on her Boogie Board. She boogies on the bus, at the mall, in workshops, and social events. This device has enriched her abilities to communicate with others and vice versa by allowing smooth flowing conversations amongst her and her peers, making each experience pleasant and meaningful for those with hearing impairments. The Boogie Board tablet, which can be found at most electronic retailers, is made from durable plastic materials. It is ultra-thin and is easy to take with you in a purse or backpack. It's tiny 3V watch battery never needs replacing and it's hassle free as no charging is required — now that's what you call convenient! It's safe for children and adults, great for school use and all around the house, office, car or transit. The pressure-sensitive LCD writing surface creates lines of different thickness based on how hard you push — just like paper and pen! What great way to save some trees... let's Boogie !!



▶ Christine Routledge with her Boogie Board



## Call for nominations!

Nominations accepted from  
May 1 – 31, 2015.

For more information, contact Tasia

E: [talexis@develop.bc.ca](mailto:talexis@develop.bc.ca)  
T: 604 233 5486

## DDA I AM AWARD

BY TASIA ALEXIS

The DDA I AM award recognizes, promotes and celebrates the exemplary achievements of individuals living with developmental disabilities who have made extraordinary impacts to their communities.

We believe the most important label is the one you give yourself!

The award launch and campaign celebration was on April 17, 2015 at the Trout Lake Community Center. It was well attended and lots of excitement was in the air! Congratulations to last year's 30 nominees.

The second annual I AM Award nomination packages have been mailed and emailed to all of our sites. The award winners will be recognized at the DDA AGM on June 24, 2015. (This year the award has been increased from one to three people!) Each winner will receive \$500.00 cheque, a framed certificate and trophy. You must receive services from DDA to be nominated. Nominations will be accepted between May 1 – 31, 2015. For more information please contact Tasia at 604-233-5486.



## LAST YEAR'S 2014 NOMINEES

Hugh Campbell, Shirley Tam, Janice Bavis, Jonah Killoran, Drew Steele, Tracy Mohns, Philip Carter, Charles Waterman,

Edward Kaufmann, Martin Anderson, Blaine MacDonald, Rafael Romero, George Newcomb, Frank Spartari,





Alan Chow, Henrik Nashlund, Douglas Harrison, Stephen Haynes, Linda Short, Michael Ziada, Douglas Wilkinson, Megan Leahy, Socrates Partsafas, Robert Nardi, Linda Perry, Cathy Jarvis, Zianne Zoteck, Julie Huber, Dawn Turner, Dorothy Frew – winner.





## SPRING HAS SPRUNG

BY WILSON LAW

Laurie and Charles both moved into Dartmoor House last year. They really like their new home. They both enjoy walking around the quiet and beautiful sidewalk like two good old friends.

## DDA NIGHT @ THE NAT BAILEY STADIUM

*"The Nat"*

Join the DDA sponsored 8th annual Vancouver Canadians Game!

**LOCATION** Nat Bailey Stadium | 4601 Ontario Street

**DATE** Tuesday July 21, 2015

**TIME** Gates open at 6:00pm. First pitch at 7:05pm

**CONTACT** Sukhbir Kang at 604-233-5421 or [skang@develop.bc.ca](mailto:skang@develop.bc.ca)

**COST** Tickets are \$12.50 each. Please make cheques payable to the Developmental Disabilities Trust.

We have a limited number of wheelchair accessible seats so purchase your tickets early.

# TUESDAY JULY 21, 2015



## NEW CLOTHING DONATION BINS IN THE LOWER MAINLAND

**THANK YOU** to our new bin hosts for supporting DDA  
Be sure to drop off your donations at any of our white DDA donation bins!



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# LEISURE FAIR

BY TERRY SCHENKEL

The 15th annual Leisure Fair was another outstanding success! More than 35 organizations hosted information tables and offered participatory activities to learn about recreation opportunities in their local communities. The energy in the Trout Lake Community Centre was fantastic with more than 150 families who came out for an evening of fun. Two wonderful demonstrations were performed by Sirota's Alchymy Martial Arts and BC Special Olympics rhythmic gymnastics. A big thank you to the performers for a great show of your abilities.

A big thank you to everyone on the event planning committee. People from DDA, Sunny Hill Health Centre for Children and the Vancouver Parks and Recreation gave hours of their time to organize a positive event for everyone in the Lower Mainland.





- ◀ LEFT: Alla Timeofeyeva, Jamie Dri with her published book alongside, Karen Williams, SPARC's manager of accessibility initiatives, and her mother Rosalin Dri
- ▲ ABOVE: Jerome Cousineau with DDA's Assistant Director of Community Services, Yvonne Peters
- ▶ TOP RIGHT: Karen Williams, Yvonne Peters, and Allan Songer
- ▶ BOTTOM RIGHT: Alla Timeofeyeva and Karen Williams with Hugh Campbell

## PHOTOGRAPHING ACCESSIBILITY

BY DANETTE KAZALA

Last year, six participants were given news that they had won a photography contest entered a few weeks earlier. The competition was presented by SPARC BC (Social Planning and Research Council of BC). The entrants were: Indra Aulak, Hugh Campbell, Jamie Dri, Jerome Cousineau, Lindsay Hong, and Adam Songer.

Not only were their entries slated to be featured in SPARC's provincial publication, but they were each equally thrilled at receiving a beautifully written letter of acknowledgement from Alla Timofeyeva from SPARC BC, congratulating each participant on their accomplishment. A generous financial award was also offered to each winner, providing further validation for their achievements.

The contest encouraged photographers from across BC to submit photos demonstrating what an accessible and inclusive community looks like to them. The participants of Main St. Drop-In Photography Program prepared to enter their submissions, keeping in mind the theme of the contest. Discussions followed, along with photo sessions specifically focusing on the contest goals.

SPARC's objective was to encourage dialogue about the purpose of a truly accessible and inclusive community. These talks began with our photo group exploring the importance of accessibility and what that might mean to people with a diversity of backgrounds and needs. Some submissions also included photographs taken previously, with conversations generated around why they would be eligible.

In February 2015, the books were completed! All six contest winners were honored at Main St. Drop-In Centre by a small ceremony, celebrating what they had attained. Alla Timofeyeva was present along with SPARC's manager of accessibility initiatives - Karen Williams. Both graciously offered their support and appreciation as the photographers were presented with their own copy of SPARC's newly published book. Each volume was proudly received - displaying the crisp, clean layout of engaging photos. Our gathering was further complimented by the warmth of family and friends also in attendance; a nice table of food, punch and good conversation with great people.

# CONTRIBUTE TO THE STAR! WE WANT TO HEAR FROM YOU!

Do you have comments, thoughts, or your own stories about DDA or people with developmental disabilities?

SEND SUBMISSIONS TO  
[COMMUNICATIONS@DEVELOP.BC.CA](mailto:COMMUNICATIONS@DEVELOP.BC.CA)



# THE IPAD EXPERIENCE AT THE DROP-IN

BY LEANNE SCHWARTZ

Tablet designed by Freepik.com



When DDA's Technology Worker, Loubna K., came to the Drop-In to teach us how to use the iPad we were quite excited. We had some knowledge but little experience. The sessions were enlightening and generated some creative ideas as to how we could incorporate iPads at the Drop-in.

Clients gave many suggestions on what they would like to do with the iPad (eg. FaceTime with family, typing on a touch keyboard, watching movies, doing word search puzzles, taking pictures, etc.).

In November Loubna started to visit the Drop-in about three times per week to train clients and staff. She approached this in a fun and user friendly way. Then classes began. After a few sessions, the clients were up and running! The reaction from clients has been wonderful!

Wendy has been using her new skills to stay connected with her family, her friends, and to the world. She practices her typing skills, checks emails and plays games. With assistance from staff, Wendy is able to chat face to face with her family in the community or from the Drop-In. This is very exciting for Wendy!

“

The iPad classes have been very well received by all. Staff are learning alongside clients.

”

Jane is mastering the basics. She searches online for some of the rides and sites she would be seeing before a trip to Disneyland. She is also able to transfer photos to her iPad so she can enjoy them whenever she likes. Jane has made a great effort to learn writing and typing skills using the iPad. Since her training, she is able to write notes, emails, articles and reminders on her iPad and she couldn't be happier!

The iPad classes have been very well received by all. Staff are learning alongside clients. Loubna welcomes questions and provides examples and hands on training, so clients and staff can learn together. Loubna does one to one training, or group skills training, depending on client needs.

All in all, this has been an incredibly enriching experience for both staff and clients. We're learning new skills together and staying up to date with important technological advances that are making life easier

for all of us. Clients are using the iPad for enjoyment, learning, and to stay connected with friends and loved ones. This is a win for all!

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## ON OUR WAY: A STAFF'S PERSPECTIVE ON TECHNOLOGY

BY DANETTE KAZALA

Technology, it's either the best thing ever or we're often struggling to keep up. How can something so essential leave us feeling so conflicted as well? While I love learning and am constantly in awe of what lies at our fingertips it's also somewhat daunting to know that it is a constant, flowing thing - this techno, computer, device learning. Never "finished" or complete because of the slide of inevitable change and invention. This also frames why it's important we keep up. As we work with clients, it's significant we understand the impact of our role here as well. If we, as staff, are finding it challenging to stay informed, imagine those with limited resources trying to decipher the world of laptops, smart phones, computers, digital cameras, etc. It's vital we recognize the link we can create toward bridging a clearer understanding, and hopefully active participation between these devices and the people we work alongside.

iPad learning - introducing clients to this once bright shiny "new" device - has been my goal at work for a while now. Fortunately, I learned about DDA's technology department and the wonderful teaching skills of Loubna Kalaaji. After a few easy appointments we were on our way. With a bit of humour Loubna led us through the rough patches, clearly and concisely. No question was too simple for her; my worry that I'd never fully get a chance to explore the iPad properly, faded. The clients were discovering and learning, as was I, next to them. I'm now looking forward to the amazing things the iPad can bring to people who are eager to learn.

The next phase is to be aware of when anxiety around new technology comes up, then act. Try to focus instead on how quickly aversion can transform, with just a few, small steps forward. Then, take advantage of opportunities to learn. I must remind myself that it's completely OK to learn together, along with the people you want to teach; actually, it's even more enriching this way. Far better insights can be gained from our participants by observing how they are approaching new things. My own expectations of mastery are not realistic, worst of all it becomes an obstacle - for our clients as well as for my own learning curve. Technology and comfort zones don't always mix, but it's the attempt to transcend past this, that really makes a difference.



## HAPPY RETIREMENT, MARK!

BY ALANNA HENDREN

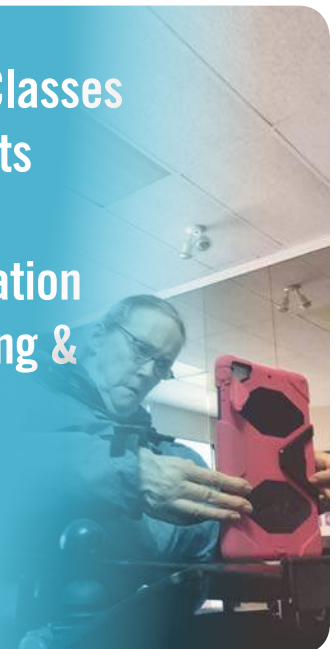
Mark has worked as our courier at DDA for 20 years! He's been with DDA since 1981 and after various work experiences and job training programs, he became our courier at our old Head Office and with our move to Richmond. He will now retire and keep busy with activities at our Drop-In Centre and through the Community Apartment Program.

He has logged an estimated 240,000 kilometres on the bus delivering our mail and probably knows more bus schedules off by heart than all of us.

We wish him well in retirement, from all of us at DDA!

**Our Technology Classes  
are for DDA clients  
& families only.  
For more information  
about iPad training &  
classes**

Contact DDA's  
technology team at  
[technology@develop.bc.ca](mailto:technology@develop.bc.ca)







## JOURNEY AROUND THE WORLD

BY NOORIE USHER

**“Be the change that you want to see.”** — GHANDI.

Our *Journey Around the World* exercise program was based on a concept of riding a stationary bike around the globe.

The objective of this activity was to make exercise both fun and educational. This was achieved by giving the participants a good sense of the major geographical and cultural differences in the world with a focus on life, ideas, customs and traditions.

The participants take imaginary trips around the world focusing on different selection of countries and continents. Prior to starting the journey they identify the parts of the world they would like to visit and mark them on a large map of the world. Then they “bike” there and stay in each country as long as it takes to gather information such as the food, way of life, customs and traditions. However, before moving on to the next country they will prepare one of the traditional foods of that country.

The participants make a list of ingredients required and then shop at the local food stores. The list is prepared on the iPad. For example if they are preparing a South African dish they will locate a South African store by using their iPads and purchase the raw food and ingredients to make the traditional food for that country. Some of the advantages of using the technology are portability; it allows the clients to take the iPad to the grocery store. The iPad is fun to use while learning and acquiring new skills.

Some of the skills the clients have acquired using the iPads are improved linguistics, critical thinking, and problem solving, and improved fine motor skills. It also gives the clients the opportunity to show case their talents. The most important thing is to make learning fun and play while developing new skills.

# VOLUNTEER OPPORTUNITIES



We're looking for volunteers for the following 2015 events:

Canada Day Parade	Vancouver	Wed July 01
Vancouver Pride Parade	Vancouver	Sun August 02
Hillcrest Summer Fest	Vancouver	Saturday July 4
Steveston Salmon Festival Parade	Richmond	Wed July 01
Spirit of the Sea Festival Parade	White Rock	Sun Aug 02
North Delta Family Day Parade	Delta	Sun Jun 28
Lynn Valley Days Parade	North Vancouver	May 30
North Shore Canada Day Parade	North Vancouver	Wed July 01
Teddy Bear Picnic Grande Parade	Coquitlam	Sun June 07
Pitt Meadows Day Parade	Pitt Meadows	TBA
Squamish Days Parade	Squamish	Sun Aug 02

**CONTACT US TODAY TO VOLUNTEER WITH DDA!**  
VISIT [www.develop.bc.ca](http://www.develop.bc.ca) OR CALL 604 273 4DDA







## TIPS TO ANTI-BULLYING

BY TANYA CHEUNG

DDA celebrated Pink Shirt Day on February 25th to show our support against bullying, however showing our support for anti-bullying shouldn't just happen on one day, or by wearing a pink shirt. We must take a stance and start the conversations with our loved ones about bullying, whether they are being bullied or the bullies themselves. Not just in schools and in cyberspace, bullies are everywhere: they exist in workplaces, grocery stores, restaurants, and in families. We hear stories about children being bullied in school, and how it carries with them throughout their adulthood.

One billboard advertisement suggested we “erase bullying”, as if this were possible. It angered me because it's not about erasing or deleting bullying. It's about education, having conversations about stereotypes and discrimination, welcoming and celebrating differences, forgiveness and relationships. 64% of adolescents report they have been bullied, and 40% of adults are bullied in the workplace. The damage is real. Let's work together to combat these numbers. Here are a few tips to help lower these statistics.

1. **DON'T BE A BYSTANDER.** Step up and speak up. The chilling case of Kitty Genovese in the 60s being beat up outside her home with neighbours around not helping frightens us all. This is not an urban legend nor a blast from the past. It still happens today. More recently, it took 16 minutes for paramedics to help a man who was severely hurt at a Quebec metro station earlier this month. He eventually died, but videos showed several bystanders walk past him without seeking help. Similar with bullying, if you know someone is being bullied, seek help and offer support to the person being bullied. You are just not helping with one situation but sending a message that what is happening isn't okay and we all need to pitch in and help.
2. **IF IT FEELS WRONG, IT PROBABLY IS.** Bullying comes in several shapes and sizes. It may not be typical loud mouth bullies coming to beat you up physically in the alley. If you feel uncomfortable and someone is preventing you from being yourself, then it is very likely bullying. Speak up and confide in someone who can help deter these actions.
3. **CELEBRATE DIVERSITY.** If you have a family with young children, start by teaching them about differences and inclusion. Teach them that people come from various racial and cultural backgrounds, physical and mental abilities, gender and sexual orientations, and they are all like us. Thankfully there are a lot of books and toys that can teach children about this. Recently I pleasantly saw a selection of dolls with physical disabilities, glasses, and from different racial backgrounds.
4. **SPEAK UP.** Look at the big picture. Bullies are just like everyone else, except they use intimidation to get what they want. Don't let them. Speak up and curb their behaviour before it becomes mentally draining. If you don't feel comfortable speaking up, confide in someone who can help you in the situation.
5. **DON'T FUEL THE FIRE.** Our natural instincts when we are hurt by someone is to hurt that person back. It is a lot easier said than done but acting vengeful doesn't help any situation and can make it worse. Remember words hurt and be the bigger person by stepping away.

# STARBURST SUMMER 2015

## FAMILY SUPPORT GROUPS SPONSORED BY THE DEVELOPMENTAL DISABILITIES ASSOCIATION

### VANCOUVER CHINESE SUPPORT GROUP

General support for children's and adult's issues  
in Cantonese and Mandarin.

**MEETING:** 3rd Saturday of the month  
from 6:30-8:30pm, unavailable  
in July & August

**PLACE:** 4948 Fraser Street, Vancouver

**CHILD MINDING:** Available on site when  
requested at least one week in  
advance of meeting

**CONTACT:** John, 604-928-8289 or  
john\_tsang2000@yahoo.ca

### DDA YOUTH IN TRANSITION

Support information for transition to adulthood.

**MEETING:** June 6 at 10:30am, unavailable  
in July & August

**PLACE:** Vancouver Resource Society,  
2006 West 10 Ave, Vancouver

**CONTACT:** Liz Cochrane 604-733-6252 or  
transitionparents@gmail.com

### BOLLYWOOD MAZA

Support to families in Hindi and Punjabi

**MEETING:** Wednesdays 3:30 to 4:30pm,  
continuing thru July & August

**PLACE:** 4948 Fraser Street

**CONTACT:** Michael Hajduk 604-301-2831  
mhajduk@develop.bc.ca

### VIETNAMESE FAMILY SUPPORT GROUP

Support to Families in Vietnamese

**MEETING:** Second Thursday of the Month  
6:30pm to 8pm, unavailable in  
July & August

3455 Kaslo Street Vancouver

**PLACE:** Available on site when

**CHILD MINDING:** requested at least one week in  
advance of meeting

**CONTACT:** Nikki Tran at 778-895-2535  
from 6:00 to 9:00pm

## 3 WAYS YOU CAN SUPPORT DDA

By donating clothing, hosting a  
bin, or a clothing drive, you are  
helping fund essential programs  
and services for people with  
developmental disabilities in  
Vancouver and Richmond.

To find out more, please call  
604 273 4DDA or visit  
www.develop.bc.ca

1

Donate clothing or bottles to  
our white bins. Bin locations  
can be found at our website:  
www.develop.bc.ca

2

Host a donation bin at your  
business.

3

Host a Cash4Clothes  
clothing drive.

## VISIT OUR SOCIAL MEDIA OUTLETS TO FIND OUT WHAT'S HAPPENING AT DDA AND YOUR COMMUNITY.



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We welcome your comments and feedback. Kindly direct all comments and submissions to tcheung@develop.bc.ca.