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THE STAR

AUTUMN 2023



Developmental
Disabilities Association

“DOING THE IMPOSSIBLE” DOES IT AGAIN!

BY ALANNA HENDREN
DDA EXECUTIVE PRODUCER

DDA's first film, *“Doing the Impossible: The Story of the Developmental Disabilities Association”* was nominated for two Golden Sheaf Awards at the Yorkton Film Festival -for Best Documentary, History and Biography, and Best Research. The town of Yorkton launched this film festival in 1947 with the support of the National Film Board of Canada. This was 76 years ago, making Yorkton the site of the oldest Film Festival in North America, rewarding the best screen-based media content in Canada.

As a major documentary and film buff, being nominated as the Executive Producer of a film about DDA was not what I had in mind when I set things in motion a couple of years earlier. During COVID, DDA needed more online recruitment, training, and promotional videos, so we advertised for a videographer.

One candidate seemed overqualified but DDA does deserve the best, so we took a chance on David Ozier, who started with our Communications department shooting videos for recruitment and staff training.

Our staff General Orientation (GO) training includes the history of DDA, so David's assignment was to produce a video outlining DDA's developments in community living within the broader history of people with intellectual disabilities, showing how DDA impacted services throughout the province. I gave him a list of people who were there that he could speak to and off he went, but the more David explored our history, the better he thought he could make the film. He wanted to produce a history that would engage staff rather than just 'train' them so the documentary grew and grew in sophistication.

We had our first viewing of *“Doing the Impossible”* with an audience of self-advocates, families, staff, and community friends on May 6, 2022, as we launched ourselves out of the pandemic, and the reception was so



encouraging that we released it on YouTube on August 11, 2022. The reception was again so positive that *“Doing the Impossible”* was nominated for two Golden Sheaf Awards and four Leo Awards from the Motion Picture Arts and Sciences Association of BC.

So there I was in Yorkton, Saskatchewan, a town of 16,000 souls two hours east of Regina. The weather was cool and rainy in contrast to Vancouver’s bright sunshine but the welcome given to Festival attendees reminded me of what can happen when communities pull together. Volunteers shuttled us to and from the airport in vehicles loaned out for the 3-day celebration by the local car dealership. When we needed rides from the conference center to the local 1950s-era Tower Theater downtown, antique car club members drove us there and back in 1970s station wagons, a 1961 flamingo pink Studebaker, muscle cars, and other vehicles restored to mint condition. Volunteers registered guests, chaired screening sessions, got us rides, judged the films, took photos, lined up networking events, fed us farm-fresh food, and more. Community businesses sponsored awards. The local rifle shooting club hosted a famous lobster (flown in for the occasion) dinner and gave skeet shooting lessons. People from the town joined us for dinner. Enthusiastic down-home prairie hospitality.

The Festival opened at the theater in the local Painted Hand Casino ballroom with *“Carry it On”*, a documentary about Buffy St. Marie, an indigenous artist born in Saskatchewan but raised in the U.S., popular from the 1960s to the present (she’s 82 and just recently announced she’s no longer touring).^{*} Buffy is a songwriter, singer, musician, actress, teacher, mother, and fierce Indigenous and women’s rights activist. She tells her story with lots of laughs and giggles in a spirit of joy, although her life was not without serious challenges. Buffy was also the first woman to breastfeed on TV – on Sesame Street – without backlash, although she said there probably would be today and then giggled.

The Yorkton Film Festival celebrates diversity and includes several Indigenous and other minority community productions. One award-winner in the fiction category was *“Paco”* a film about Filipino immigrants in Canada. Another was about young women deciding not to have children due to their concerns about climate change. The Best of Saskatchewan Award winner was *“Fable Deaf”*, an amazing film created completely by people with

major hearing impairments. When they won, everyone clapped by waving their fingers in the air so the room was silent but the audience was full of smiles. The film-making community is now truly accessible to more Canadians with different perspectives and stories. Some short films had no dialogue, just music. The films and Festival were demonstrations of Inclusion in Action and it was exciting to see people doing inclusion instead of just talking about it.

The Festival culminated in the Awards Gala, held in the community center where the bulk of the activity took place, with a red carpet, photographers, and live streaming to YouTube, so I got to promote our film to a small audience. *“Can you do the impossible?”* they asked. *“Yes,”* I replied, *“but it takes a long time.”* Many lifetimes in the case of DDA.

We did not win a coveted Golden Sheaf Award but those who did were very excited and proud of their achievements. Although the setting is most humble, *“The Flying Sailor”*, the big winner of the evening had already been nominated for an Oscar in 2023 – the third time for its creators, Amanda Forbis and Wendy Tilby. This 8-minute-long animation took two filmmakers, a composer, a small orchestra, and others three years to produce. These eight animated minutes are intense though – within that short time, we witness the historic 1917 ship explosion in Halifax harbour, chaos, death, and a resurrection. This kind of art could not have been created without the support of the National Film Board of Canada.

Many of the filmmakers I met without such support were heroically navigating the stormy seas of film finance and tax credits to bring the rest of us important stories that point us to the truth so we can make decisions for ourselves. The trick is telling the story in a way that engages an audience.

Just being nominated was a victory. *“Doing the Impossible”* was judged amongst the best in Canada and viewed by storytellers from across the country. Who knows where it will go from here?

^{*}Author’s note: *“Buffy St. Marie: Carry it On”* can now be viewed on HBO 1.

AND THE NOMINEES ARE....

BY ALANNA HENDREN
DDA EXECUTIVE PRODUCER



While the Yorkton film festival lasted for two and a half days and ended in an awards ceremony only after a weekend of screenings, learning from filmmakers, and hearing from government funding representatives, the Leo Awards from the Motion Picture Arts and Sciences Foundation of British Columbia host 2 evenings of gala awards.

The Leos were as glamorous as the Yorkton Acorn Awards were down home – held at the local community center rather than a ballroom at the Vancouver Hyatt. I arrived at the Leos later than I'd planned and already stressed because traffic was a nightmare and after maneuvering downtown's endless one-way streets, the parking lot I was shooting for was permanently closed. I could have just breezed into the Hyatt's valet parking, but instead, I ended up walking from Pacific Center and back in new shoes. But what's pain in the face of fashion?

The buzz of the film-making crowd led me upstairs to a bar and lines of people having their pictures taken on red carpets placed in front of big Leo backdrops and perfectly positioned lights, then into a dark cavernous

ballroom with a huge illuminated stage at one end and stacks of light and sound equipment at the back. Most of the "Doing the Impossible" cast and crew made it to the show, so it was a grand reunion.

David Ozier, our fabulous filmmaker was quickly in the hot seat at the top of the Awards show - the Leo's started with the Short Documentary Program where our film was nominated in four out of six categories. First up for us - The Best Picture Editing award nominees were Gary Wallace for *Across and Down* (CBC's *The Passionate Eye*), David Ozier and Eddie O. for *Doing the Impossible: The Story of The Developmental Disabilities Association* (Us!), and Alan Flett for *The Teenager and the Lost Maya* (CBC's *The Nature of Things*). "And the winner is: *Doing the Impossible: The Story of the Developmental Disabilities Association!*"

Our tables erupted in cheers, applause, and generalized excitement. The adrenaline rush was like winning at the race track. Of course, David gave a touching, funny, and powerful speech. He had been nominated for a Leo four times previously but hadn't won yet.

The first time David and Eddie O. had been nominated was 25 years ago so it was fitting they were both standing on stage in 2023, the 25th anniversary of the Leos. So exciting! So glamorous!

Best Screenwriting came up next with nominees David Ozier for *Doing the Impossible* and Ross Munro for *The Moviegoer* (Independent). "And the winner is: David Ozier for *Doing the Impossible: The History of the Developmental Disabilities Association*!" More explosive enthusiasm from the DDA crowd. And again a touching, funny, meaningful speech from David, who didn't have time to sit down before Best Director was announced, and again, "Yay!!! Wow!! Yahoo!" Jumping out of our seats, happy but not as happy as David. What a success for our humble training video! David thanked everyone he interviewed for making directing this film so rewarding. Everyone was thrilled.

Next was Best Documentary but "*Across and Down*" beat us for award number four. By that time it didn't really matter – we were all so excited about the first three. What an endorsement of our story.

After watching several more programs and categories and listening to several more acceptance speeches, we went out to the lobby and all got our pictures taken with David and Eddie O's Statues. They were still luxuriating in their success. So much fun and great memories. Our superstars were well saluted and acknowledged, most of all our videographer, who had his job title changed to "Award-Winning Filmmaker".

Bea Purdy, who founded DDA, used to always say "Out of little acorns, big oak trees grow" and that's how she described DDA. "*Doing the Impossible*" is what our clients and staff have done every day for over 70 years now – we do what people for so long believed was impossible and we continue to push boundaries on the road to full community inclusion every day. We can envision new horizons because we stand on the shoulders of giants. Our history will go on to inspire

some and warn others about what can happen when societies come to value money over human dignity and freedom. We must be on the right track at DDA because once we shared our story with the public, the response was so beyond what I ever could have imagined, and I learned another lesson – Dream Bigger.



"Winning three Leo awards is hugely validating of all the hard work myself and a small team put into Doing the Impossible," says David Ozier. "But what's really significant about awards like these is that they help get the film noticed. We made the film to be seen - it's an important story that all of us should be more aware of. Heartbreaking, heartwarming, disturbing, inspiring, we should all still be cheering on the people who did the impossible and made the world a better place for not just for people with developmental disabilities but for all of us."

CDC SUMMER FUN

Expanding Emotional Literacy through 'The Color Monster' by Anna Ilenas

Berwick Child Development Centre. By Room 50

This spring, our classroom discussed emotions. Our goal was to give our children tools and ideas to support their emotional regulation and increase emotional literacy. One of our teachers introduced "The Color Monster," a book by Anna Ilenas that suggests categorizing emotions by color, in order to make sense of them.

The children in our class seemed to really understand and enjoy this way of conceptualizing emotions. This sparked a month-long exploration of the book, the colors, and the emotions that they each represent. Activities that we introduced to our children that were inspired by the book and their interests in emotional regulation were 'Jumbled Paintings', 'Love Painting', 'Calm and Angry Artwork', 'Emotions Playdough', and 'Emotion Jars'.

Yellow: Happy Red: Anger Blue: Sadness Green: Calm Pink: Love Black: Afraid



Ice Cream in a Heat Wave!

Ok, not real ice cream, although they probably had some later on.

Kids at our Champlain Child Development Centre had fun battling the heat this summer by setting up a pretend ice cream shop!

These little entrepreneurs sold these cones for a hefty price!

RICHMOND SCOUT KAYLIE CHAN DONATES BOOKS

Thirteen-year-old Richmond Scout Kaylie Chan wanted to earn her Chief Scout Award this summer. She did this by focusing on packaging 'goodie bags' filled with used books and handmade bookmarks for donation. Then she donated the books to charities and organizations across Richmond and Vancouver, including DDA!



Kaylie's goal for the project, besides earning the Chief Scout Award, was to bring happiness to children and families. She also wanted to give old books a new purpose. Instead of throwing them away, these books were going towards a good cause.

Brock Junction was the main recipient at DDA, and the kids were thrilled! They received roughly 30 bags of books. Thanks, Kaylie!

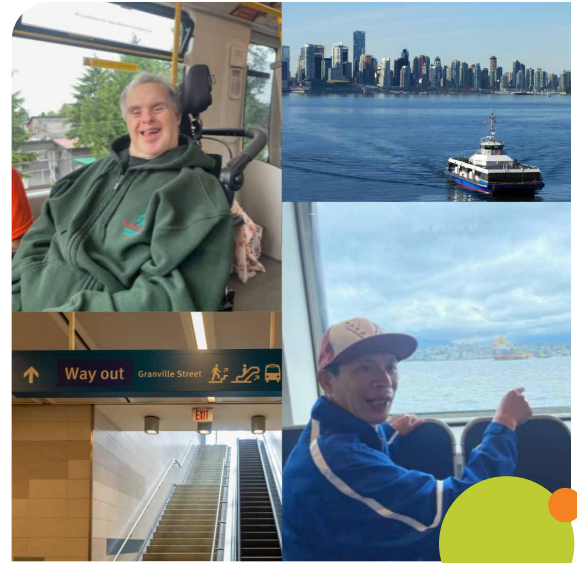
SUBWAY RIDE

DDA residents Philip and Scott have a passion for adventure and a love for all types of automobiles. So, on June 13th, they decided to explore the city using public transit. In one day they took the bus, SkyTrain, and the SeaBus!

The train felt like a grand ride! Sitting at the front watching out the large window as it raced down the tracks through underground tunnels and above roads, businesses, and apartment buildings was exhilarating!

The highlight of the day, however, was taking the SeaBus. Philip pointed out every plane, boat, and helicopter he saw as we crossed Burrard Inlet to North Vancouver. We enjoyed lunch at the shipyards and walked down the pier before making our way back home.

It was an exciting day filled with laughter, new experiences and fun. We can't wait to do it again!



DIAPER AND FORMULA DRIVE WITH MLA HENRY YAO!

BY RATNAM MATHUR

This summer, Curzon residents and staff joined hands to contribute to a noble cause - buying and donating diapers to parents in need in Richmond. As soon we learned this event was happening, our residents and staff talked about our community families facing financial challenges and struggling to provide essential resources for their infants.

Recognizing the significance of supporting families, they decided to act by organizing a shopping trip. Together they purchased two large bags filled with much-needed diapers. Their collective effort was driven by a desire to make a positive impact on their community, particularly the Richmond South Center constituency.

With great enthusiasm, the residents and staff made their way to the constituency office to show their support. MLA Henry Yao and his team were deeply touched by this thoughtful gesture, appreciating the genuine care and compassion demonstrated by the Curzon gang. It was a proud moment for everyone involved as this small act of giving back to the community highlighted the power of unity and the potential for positive change.

When questioned about their desire to participate in the drive, Henrik, Michael, Aiden, Charles, and Alyssa could not help but smile brightly as they expressed their love and care for Richmond and their community!



JUNE IS NATIONAL INDIGENOUS HISTORY MONTH IN CANADA

BY KAREN ROONEY AND JANE WANG

National Indigenous History Month is a time to recognize the heritage, resilience, and diversity of the First Nations, Inuit, and Metis Peoples.

In DDA residential, we wanted to celebrate as many events as we could in the month of June to grow and learn to show our respect for Indigenous Peoples in the spirit of reconciliation.

It started off with a Pow Wow celebration at Trout Lake Community Center honoring grandmothers, mothers, and daughters on Mother's Day. Julie went with the staff at Worthington and the feedback was it was exceptional. This led to a goal to find another Pow Wow and have more individuals attend.

At Britannia Community Center a Pow Wow was held over the Father's Day weekend to honor the grandfathers, fathers, and sons. For this Pow Wow Curzon, 55C, Minoru, and Worthington attended. The drumming and dancing were captivating.

We learned about the Seven Teachings and how animals have key messages or words associated with them to teach us about humanities. For example, the Eagle brings the teaching of LOVE, the Wolf HUMILITY, and the Turtle brings the teachings of TRUTH. We participated in beading classes making beaded friendship bracelets.

On June 21st, National Indigenous Peoples Day we participated in a celebration at Ambleside Park listening and dancing to an Indigenous Rock Band, enjoying a salmon dinner with traditional bannock, and watching the long boats paddle by us on the ocean.

On the same day, East 47th joined in a Four Directions Yoga Flow virtual event held at BC Place Stadium in collaboration with the Musqueam, Squamish, and Tsleil-Waututh Nations.

The four directions yoga flow was led, by Shayla Stonechild from the Muscowpetung First Nation. The four directions represent the sun, earth, air, and water. Before the yoga, the Squamish performers sang a song about four animals and encouraged everyone to dance their animal role that was assigned be it eagle, wolf, orca, or salmon. Quelema Sparrow shared the story of how the cedar trees first came to be and the importance of them before using the boughs of cedar branches to cleanse the space.

Finally, the clients at Worthington with the guidance of our Canada summer student Maizie made traditional Bannock and enjoyed it with honey.



DISABILITY RIGHTS - THE WOMAN WHO STARTED IT ALL

BY TASIA ALEXIS

Judith (Judy)
Heumann
December 18, 1947
– March 4, 2023

“When other people see you as a third-class citizen, the first thing you need is a belief in yourself and the knowledge that you have rights.”

– Judith Heumann

Judith Heumann believed that disability rights are human rights. She was a warrior, a hero to many, a visionary, an activist, a leader, and so much more. At the age of 30, Heumann was one of Time Magazine’s 100 Women of the Year, a list of the most influential women of the last century.

She was often called the Mother of the Disability Rights Movement in America and helped change the world for many people with disabilities. She was the person who strategized and fought and created change for not just people with disabilities, but for human beings around the world. She successfully moved President Richard Nixon to sign the first federal civil rights legislation for people with disabilities. She was instrumental in the development and implementation of the Americans with Disabilities Act and the Convention on the Rights of Persons with Disabilities at the United Nations.

Judith protested, fought, and won. In the mid 1970’s she helped to establish and launch independent living centers in the US. The centers changed how people with disabilities were seen, treated, and encouraged to live more independent lives. There are now over 700 independent living centers in the US and many more all over the world.

As a child, Judith contracted polio and spent 3 months in an iron lung. As a 5-year-old in New York, she was denied public schooling because she was in a wheelchair and considered a fire hazard. Her parents continued to fight for her rights and support her as she learned to fight for herself and others.



Her life was full of barriers, but that didn't stop her. She trailblazed a clear path forward that not only helped herself, but others to dare to dream and accomplish their goals of accessibility, access, inclusion, and equality. She taught others by example to not give up. She taught others to believe that their lives are worthy and that they deserve a seat at the table. She taught us to never settle, there is always more to achieve in imagining a better world.

I had the honour of meeting Judith Heumann on two occasions at the UN Consulate. I was in awe of her. She forever changed the way I thought about disability rights. She was so incredibly kind, fierce, tough, and determined. She was a true educator and made sure we received the information that was needed. When she didn't have it, she had her office follow up and provide us with the information. A lifelong civil rights advocate, with every word she demanded rights, access, and inclusion and was not afraid to go up against the powers that be. She was transformative and her impact on this world is immeasurable.

The fight for human rights and social justice continues. We must remain vigilant and focused on protecting these rights. There is still discrimination in education, employment, housing, transportation, judicial system, access to public buildings, centers of excellence, hospitals, facilities, and access to equal medical care.

These rights are essential:
fairness, respect, autonomy,
equality, and dignity.
Everyone needs these rights
in order to achieve their full
potential and thrive.



This is why the City of Vancouver needs an Accessibility Strategy because it reinforces our civil rights, dignity and the independence of people with disabilities to live, work, and play in a city where everyone's rights are protected and promoted. People with disabilities demand a seat at the table to participate - *Nothing About Us Without Us*. All City services will use a disability lens to promote equality, diversity, access, and inclusion. People want to know and see that they are included and belong. The strategy assists in breaking down exclusionary policies, removing barriers, and challenging biases. This is the City we want, and it is Vancouver's commitment to support the full participation of persons with disabilities.

INVASIVE SPECIES REMOVAL

The City of Richmond recently organized an invasive Species removal event, in collaboration with MLA Henry Yao and DDA's Curzon residents. On the day, participants arrived early in the morning and registered themselves before getting to work. The main focus of the event was to remove invasive species of plants. Although it required hard work, it provided a wonderful opportunity for residents to meet their neighbours and make new connections. Witnessing the community come together was truly inspiring and the atmosphere was filled with excitement. Our residents, including Alyssa, Charles, Michael, Henrik, and Aiden were thrilled to be a part of this initiative.

To acknowledge their participation, participants were honored to receive a certificate from BC MLA Henry Yao. This recognition added to their sense of pride and accomplishment. A big thank you to the Curzon staff for helping our residents to connect with the community!



THE BC GOVERNMENT CREATES NEW HEALTH CONNECT REGISTRY

A Health Connect Registry has been created so that you can register to be added to a centralized registry of primary care providers across your community. Starting in the summer 2023, the registry will continue to support patients to find a primary-care provider closer to where they live.

Registration takes less than 10 minutes. You need to provide:

- Personal Health Number (PHN), found on your BC Services Card
- Home address
- Email address and phone number

The link to register is here: <https://www.healthlinkbc.ca/health-connect-registry>

WALK AND ROLL 2023 AT TROUT LAKE

This year's Walk and Roll was on August 1st at Trout Lake. It was a beautiful Vancouver summer day! The turnout this year was our best ever, with over two hundred participants from day and residential programs in attendance! The morning consisted of opening remarks followed by a walk around the lake where multiple stations were set up for clients to enjoy. The pizza lunch was relished by all. The afternoon was a hit with a full karaoke dance party. Overall, the event was very successful and could not have been done without the help of all the staff and clients who participated and contributed.

The fitness leaders engaged staff this summer, challenging them to participate in weekly fitness activities to improve physical activity and exercise habits. When staff completed activities, they earned points that were tallied up at the end of the summer. A number of staff attempted to tackle each challenge week by week. Congrats go to Sophie from West 8th, winning the overall challenge with the most number of points earned. Thank you to everyone who participated. We look forward to seeing what our fitness leaders create next year.



CANADIAN SENATOR VISITS CREEKSIDE CHILD DEVELOPMENT CENTRE



We had a wonderful meet and greet with Canadian Senator Rosemary Moodie who continues to advocate for children and promote equal opportunity and inclusion. She, along with Emily, Sue, Violet, and Glenda from Early Childhood Educators of BC and DDA's Andrew Roets and Kathy Moncalieri toured DDA's Creekside Child Development Centre. We followed with a discussion about the future of childcare in Canada and Bill C-35 which envisions a Canada-wide early learning and childcare system. The Bill has gone through three readings, however, it still requires approval from the Senate of Canada.

LOVE LETTERS FOR VANCOUVER WATERFRONT

BY TASIA ALEXIS

This summer DDA Residential participated in the Shape Your City initiative to write Love Letters about Vancouver's West End Waterfront. Nine group homes participated in the campaign and we submitted 38 love letters with many pictures from various locations on the Waterfront that we love.

The City is now in the full planning phase for the West End Waterfront for the next 30 years and this was a wonderful way to get involved and share opinions of what we love and want to see more of on the Waterfront. We also participated in the broader Civic engagement session and completed online surveys with individuals and staff about the design of the waterfront.



GOING TO THE BEACHES
 VENDER MACHINES
 SHOPS
 MORE WASHROOMS
 MORE BUSES ACCESSIBILITY
 MORE LIGHTING IN THE PARK



Invermoriston
 MAY 29, 2023
 EAST 55 D.D.A.

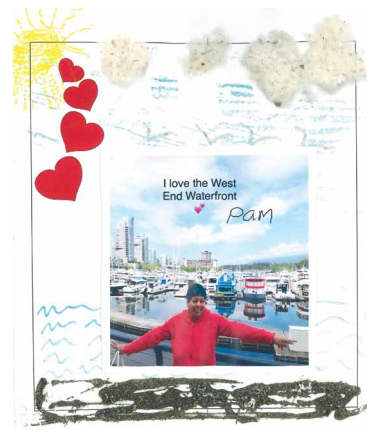
We heard back from the City asking permission to post the love letters. Brittany from Shape Your City said, "They are incredibly moving and impactful and speak truth to power for why we are carrying out this work and who it is for, and how we can design better. We've been invited back to participate in the second phase of planning.

Some of the love letters can be found here:
<https://www.shapeyourcity.ca/west-end-waterfront/brainstormers/share-your-love-letter>

FREE PARKING
 MORE PLAY GROUND
 MORE SIGNBLE SIGNS
 MORE LIGHTNING STOP SIGNS



Anne
 Radoslovich
 MAY 29 2023
 JDA



FROM DDA'S ENCOURAGING ABILITIES PODCAST; JAMIE DRI CELEBRATES 15 YEARS OF SUCCESS WITH JOBS WEST AND IDP

BY MELIZA MATEO

It all started 15 years ago when Jamie began working with Jobs West to acquire employment at IDP. Since then, Jamie has continued to work with IDP and has no plans to stop.

On top of her employment, Jamie has been a part of the Community Apartment Program (CAP) for the past 5 years. Being part of CAP, Jamie has learned and continues to learn the life skills she needs to thrive living independently.

Through the past 15 years, Jamie has experienced hardships and adversity life has thrown at her. However, with her amazing determination and perseverance, she was able to overcome this. Jamie continues to build a great life for herself.

With all the support she received, Jamie was able to get a wonderful opportunity to find her forever home - a co-op in Vancouver.

Jamie is a kind, genuine, and uplifting person. She also loves to work with kids and animals. She is a hard worker and a great person to be around. In a recent episode of DDA's Encouraging Abilities podcast, people can hear more about her and her amazing success story. Have a listen to her story and enjoy!

To listen to the podcast go to: <https://communicationsz8.podbean.com/e/jamie-dri-success-story-celebrating-15-years-with-jobs-west/>



RESIDENTS AT ARLINGTON SPROUT GREEN THUMBS

"They're growing!" Carol brags to staff as they prepare for morning routines and daily chores.

Raising her arm to illustrate she continues, "Tall!"

Nearly every day since the beginning of May, Carol has been watering, thinning, tending, and monitoring the progress of the veggie garden at DDA's Arlington group homes. It's a responsibility shared by the two residences but it's been Carol from 99A and Craig who lives at 99B who have really embraced the new hobby.

The pair share a love of strong flavors and have been snacking from the plots since the first peppery radish sprout came up in late April. Now at the end of May, they're harvesting the mature, red root veggies and anticipating in an upcoming Swiss Chard crop. If all goes well, they hope to see spinach, carrots, chives, and sunflowers on their plates before the end of summer.

The two are taking great pride in cultivating crops and supplementing the house larders. Craig has even been involving his beloved companion, Serious George. For her part, Carol makes sure to announce, "I made it!" when meals include her fresh-picked veggies, and her housemates show their appreciation with a round of thank yous.



EAST 45TH SYRIAN COOKING CLASS

The residents at East 45th group home took part in a cooking class taught by a Syrian Chef. Chef Hayat, taught everyone how to cook a beautiful Syrian meal. Everyone, including the staff got right in there kneading the dough and filling the pastry. We all made the most delicious savory meat pastries called "Sfiha". We can't wait to do it again!

FRIDAY BEACH DAYS

Leisure Challenge and Brock Junction have been loving their Friday Beach Days this summer! In July and August, both afterschool programs run full day (830am to 6pm) and went on many adventures throughout the Lower Mainland. This year, the two Child & Youth programs decided to meet up every Friday so that the programs could get to know each other. Brock Junction is an inclusive school age program for children aged 5 to 12years; Leisure Challenge is a school age program for youth aged 12 to 19 with developmental disabilities. The idea is to expose both programs to each other for FUN but also for exposure to different community members and age groups.

Leisure Challenge youth love hanging out or watching the younger kids play and have fun. The Brock Junction kids are learning that there are friendly people with different needs and abilities. The Child & Youth Workers have been role-modeling what it looks like to hang out with different people and age groups. It's also great for all staff to work together and see what the other

programs do. Combining the programs has been a long-coming goal since the pandemic. Seeing it finally come to fruition brings so much joy.

The two programs have enjoyed working and playing together so much that they've decided to change some plans to spend more days together. We love to see it! Keep up the good work, Brock Junction and Leisure Challenge! Also, a big shout out to each staff member at both programs - they've been working tirelessly to support the children of our community. There are not enough words to thank them for their creativity, flexibility, and hard work. They simply are the best of the best. On behalf of the rest of us – thank you!



DOUG AND TRACEY CELEBRATE 35 YEARS TOGETHER

We all know that relationships are hard. Making them last is even harder.

DDA residents Doug and Tracey could give us all a lesson in love. The pair have been inseparable for decades and this June they celebrated 35 years of being together!

"Doug is a nice gentleman who helps me across the street," says Tracey. "He's kind and sweet."

For Doug, he can't say enough about Tracey. "I love her very much and I call her all the time."

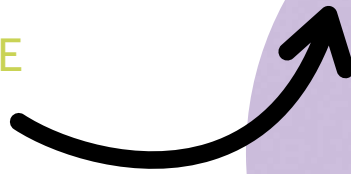
"It's been such a pleasure to get to know these two," says DDA communications manager Evan Kelly. "They go to all of our events together and have a great time. They are both very fun to hang around with and are the nicest people."



TOP 10 SENSORY FIDGETS

NEEDOH - NICE CUBE

- ~\$8
- squeeze fidget
- medium firm to firm
- can put in fridge for firmer/more intense experience
- stimulates proprioceptive (pressure), tactile (touch), interoception (temperature sensations) systems



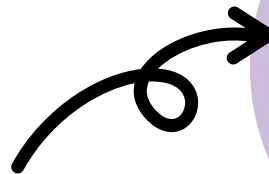
BRAIN TOOLS - TANGLE

- ~\$12
- movement fidget
- keep hands/fingers busy but quiet
- soft silicone coating over plastic, the fidget can be taken apart into small pieces
- stimulates tactile (touch), visual (sight) systems



SENSY BAND

- ~\$10
- wearable bracelet
- snap on and adjust tightness for more intense sensation
- stimulates tactile (touch), proprioceptive (pressure) systems

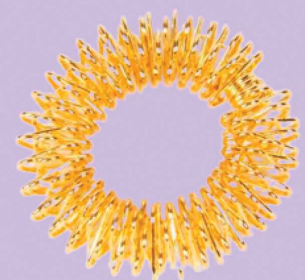


HSF - SILICONE FIDGET

- ~\$12
- spinner/gyroscope
- soft silicone ring
- spins smoothly with soft whirling sound
- stimulates tactile (touch), vestibular (balance), auditory (sound), visual (sight) systems

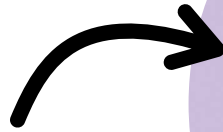
SPIKY FINGER RINGER

- ~\$2
- wearable ring
- metal with intense pressure points
- can be rolled up/down finger to add more intense stimulation
- stimulates tactile (touch), proprioceptive (pressure) systems



SPEKS - BLOTS

- ~\$25
- squeeze or slap fidget
- heavy silicone material and raindrop shape is designed to slam against the palm of your hand
- stimulates tactile (touch), proprioceptive (pressure), kinaesthetic (movement), auditory (sound) systems



CRAZY AARON'S -THINKING PUTTY

- ~\$18
- rollable putty available in a variety of colours, textures, and scents
- does not dry out
- stimulates tactile (touch), visual (sight), olfactory (smell) systems



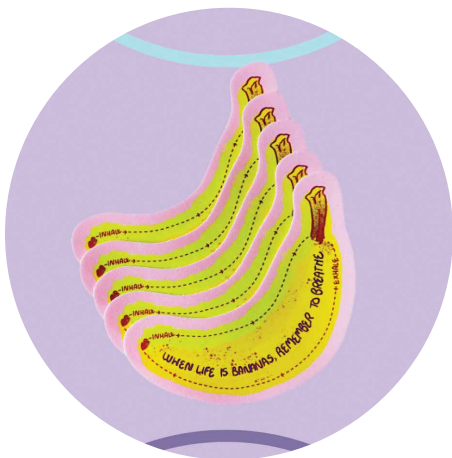
FIDGET SLUG

- ~\$5
- sound making movement fidget
- makes pleasing but quiet clicking noises when shaken
- stimulates auditory (sound), visual (sight), vestibular (balance) systems



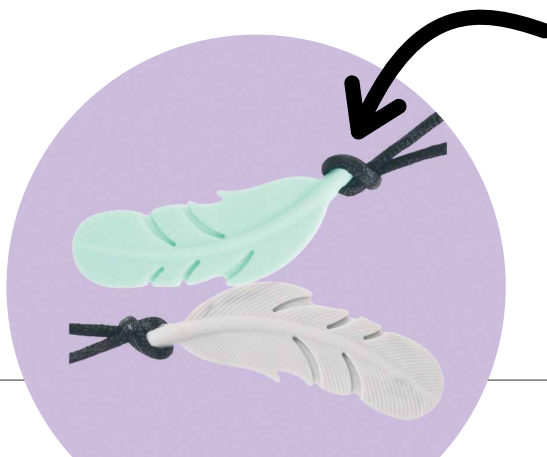
CALM STRIPS

- ~\$10 (set of 5)
- textured sticker fidget
- different breathing prompts and textures are available
- stimulates tactile (touch), visual (sight), interoception (breathing) systems



CHEWELRY

- ~\$15
- chewable silicon fidget
- can be sanitized in a dishwasher
- various firmness levels to suit gentle or heavy chewers
- stimulates gustatory (oral), tactile (touch), proprioception (pressure) systems



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