

The Rehabilitation Society of Calgary: News and Views!

August 2016

rehabcalgary.ca

Issue #1



REHABILITATION SOCIETY OF CALGARY
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Editorial Policy: Views and opinions expressed are solely those of the writers and do not necessarily reflect the opinion or philosophy of the Rehabilitation Society of Calgary.

Our Mission Statement

To improve quality of life for persons with disabilities by creating community, using a member owned and operated place, where persons with disabilities participate with equality in a work and social setting.

Contributors

Landon Sweet (Editor)

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Gloria Rice (Cover)

Rosie Zelitt

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Important Dates

August 1:

Civic Holiday

August 4 & 25:

Bingo @ Five-Star Bingo

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please visit*

rehabcalgary.ca

Editor's Note: Welcome to the new Rehabilitation Society newsletter! Here we hope to provide a tool to learn about programs and upcoming events offered, and also share experiences and stories from members! If you have ideas for things to contribute please talk to Landon, Jon, Noreen or Ayesha (one of our fantastic summer students). Email: rehabcalgarynews@gmail.com

Last Month in Review!

Sandy's thoughts on the Stampede Lunch (July 13, 2016)

Stampede lunch menu and organization was extremely well done. Sandy felt that there was a wide selection of food and small portion size enabled guests to try variety of food that people otherwise do not get to try at their homes. The menu selection was healthy and catered the needs of people with a variety of food preferences. A wise selection of menu and excellent organizational skills of the meal distribution team made it easier for Sandy, rehab members and support members to make healthy lunch choice and little food was wasted because guests were encouraged to select foods and portion sizes they wanted to eat.

The facility was bustling with guests ready to enjoy a nice meal on a rainy Wednesday afternoon. Noreen provided each individual with a door prize ticket, John was preparing barbecued hamburgers and BBQ pulled chicken, and volunteers were helping set food on tables and getting the place ready for a scrumptious lunch. The sweet smoky aroma of barbecued hamburgers enticed more than a hundred and thirty eight people to try different types of food and created a comfortable warm environment for socializing. Sandy recalls the place seemed very inviting as she looked forward to try all the delicious items on the menu. The appetizer and salad platters were set on a side table and people helped themselves pick their customized salad mix before settling down in their spots. Noreen called people up table by table rather than all at once and that helped create an easy structure to follow and made it easier to track that everyone was being served before giving guests the opportunity for second serving. Guests were contented and looked satisfied as they completed their meal with a variety of deserts squares, mini cupcakes, and fruit. The event provided a great opportunity to socialize, enjoy a good meal, as well as participate in fun activities including door prizes and pinata busting in a timely fashion. On the whole, Sandy thought the event was a huge success and wishes to acknowledge and appreciate the hard work and effort put in by both Noreen and John to plan and organize Stampede BBQ lunch 2016 for the Rehab Society of Calgary members.

Member Stories

Gloria's Story of Calgary Special Olympics

I enjoy doing Bowling through CSC.

I enjoy doing Basketball through CSC.

I enjoy doing golfing through CSC.

I enjoy doing swimming through CSC.

I enjoy working for stampede's game.

I like coming to the rehab to volunteer.

I like going to my family for the weekend.

Went to couple of pancake breakfast.

I like being around people at the rehab.

I hate people that bitch all the time and act like a 1 year old child.

Rosie's Story about Rehab

Once upon a time there was girl who had just moved to Calgary and she no friends while she was in a program her supervisor told her about this quiet little place called Rehab. At first the girl said no, but one day she was brought to Rehab because her staff and other client volunteered at Rehab. The girl was so confused about how Rehab ran. The girl came almost everyday of the work week. When she changed programs she still came to see her friends, she was so happy. The girl started calling Rehab her home away from home. It's been so long since her first day. She was glad she didn't have a choice that day. She was even given a teaching position. That girl's name is Rosie.

Andrea's Story about Rabbits

I like rabbits because they eat carrots. I like to watch the rabbits when they play, sometimes I can't see the rabbits because they hide alot.

Fred's Story about Fishing

On a warm sunny day I go to DeWitt's Pond to fish. Once day I was there I managed to catch a rainbow trout that was seventeen inches long and I wasn't even there for two hours, I use unscented rubbers so the maggots don't fall off and to make sure the fish don't get hurt. I use three maggots at the same time. I enjoy the day in the sunshine. I can throw my line half way across the pond, but because patience isn't my best virtue I will reel my line in too early sometimes.

Sophie's interview with Dustin

Where were you born?

Calgary, Alberta

What is your favorite color?

Pink

What is your favorite movie genre?

Scary/Horror

What is your favorite treat?

Chocolate Muffin

What do you like to do for fun?

Swimming

What is your favorite meal?

Pizza

What is your favorite volunteering place?

Rehab Society

What is your favorite animal?

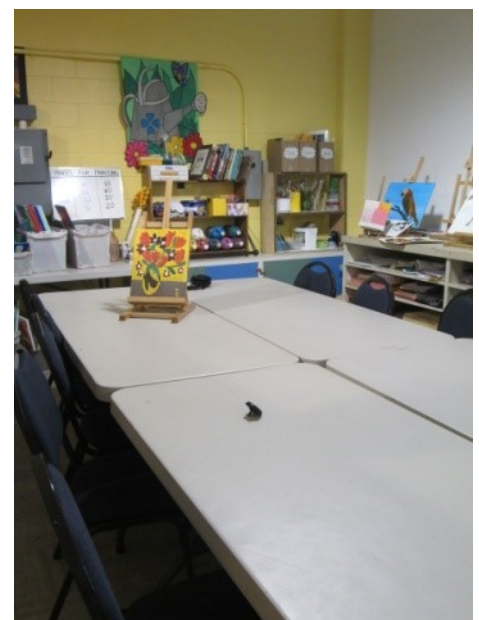
Dog

Program Information

Arts and Crafts

Hi! Welcome to the arts and crafts corner. The Rehab Society is proud to introduce an Arts and Crafts Program for its members this summer. The program runs Tuesday and Friday afternoons and offers its member a creative outlet to express their talent and abilities. Tuesday class provides a focus on acrylic painting on canvas and encourages members to draw, sketch, and use water based acrylic paints to create masterpieces. The classes on Friday use water color palettes to create art. Craft activities including piñata making, play dough modelling, zen-tangling, and other easy craft activities are incorporated in Friday classes to offer members a diversity of medium to work with and explore their passion of arts and crafts.

By: Ayesha Khawar, Summer Arts and Crafts Program Coordinator



Literacy Program

Information Coming Next Issue! Those involved email rehabcalgarynews@gmail.com!

Bingo!

Information Coming Next Issue! Those involved email rehabcalgarynews@gmail.com!

Lunch Information

Information Coming Next Issue! Those involved email rehabcalgarynews@gmail.com!

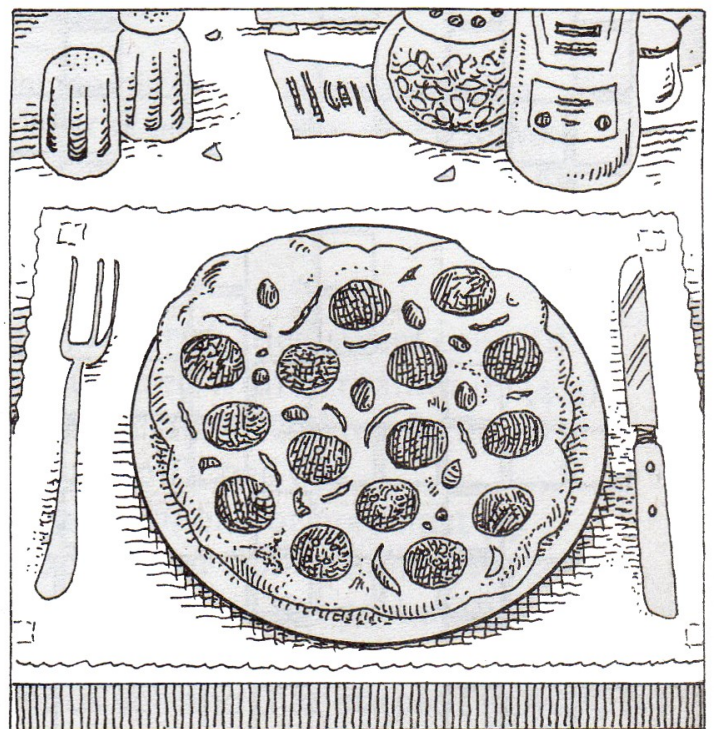
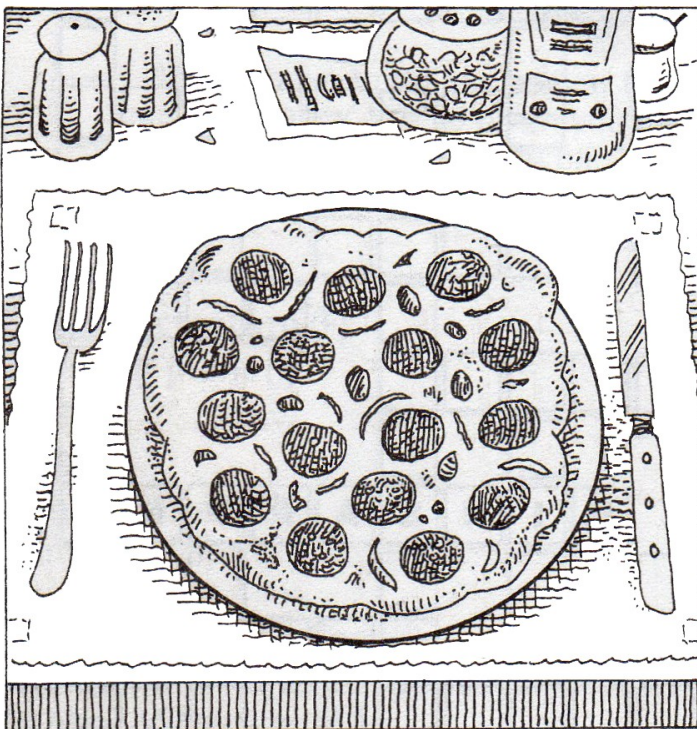
Summer at the Rehabilitation Society

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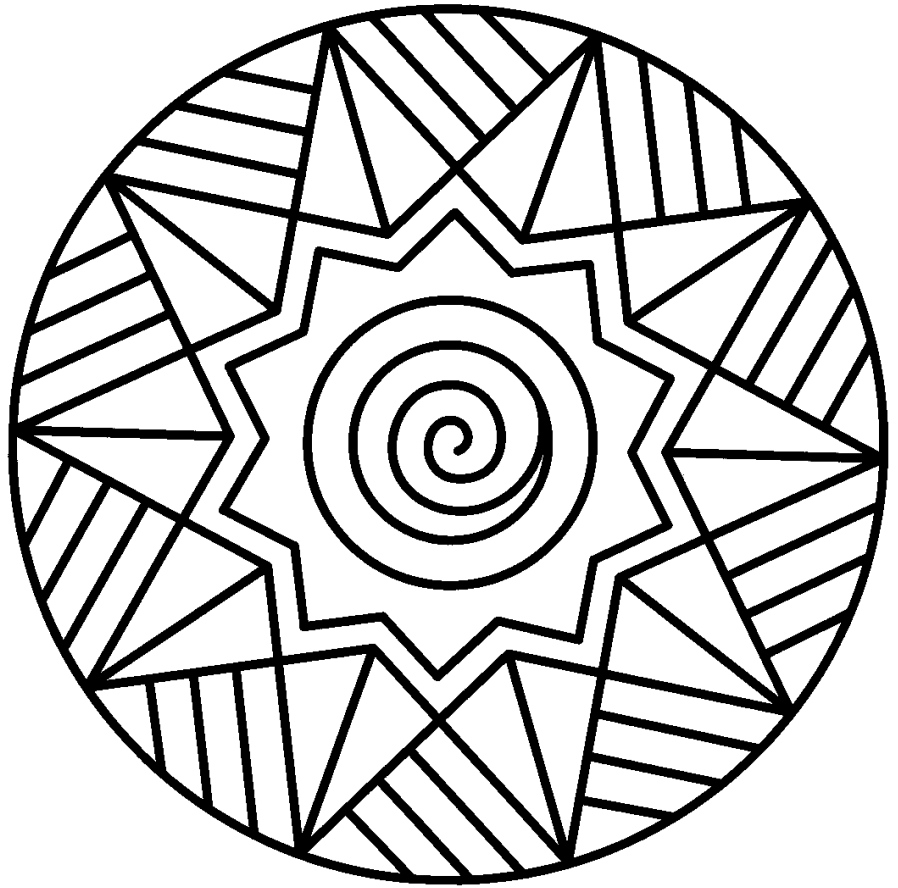
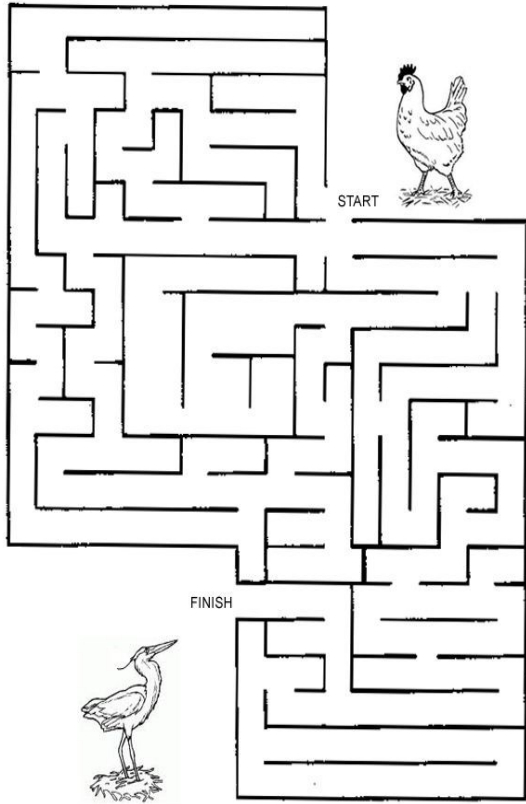
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 COMPUTERS
 BARBEQUE
 DANCING
 HIKING
 STAMPEDE
 ART
 LIGHTNING
 CAMPING
 LUNCH
 SINGING
 SUNSHINE
 SOCIAL
 VOLUNTEER
 MEMBERS
 GARDEN
 RUMMAGE
 RAIN
 THUNDER

Play this puzzle online at : <http://thewordsearch.com/puzzle/69707/>

See if you can find the eight differences.



Will you help the hen find her herron friend?



August 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Civic Holiday	2	3	4 Bingo!	5	6
7	8	9	10	11	12	13
14	15	16	17 No Board Meeting	18	19	20
21	22	23	24	25 Bingo!	26	27
28	29	30	31			