

Message from the Executive Director



Keely Wight

Stephen Shore (an adult with autism and an international presenter) once said, "If you've met one person with autism, you've met one person with autism." In my opinion, it could also be said that if you've spent one day at ARC, you've spent one day at ARC!

The last few months have been full of new developments including the finalization of ARC's new four-year strategic plan. At the forefront of this plan is a vision for: **Fulfilled lives and enhanced communities through the meaningful involvement of individuals with autism.** The summer of 2014 was an inspiring example of this vision in action with the success of the Summer Program, Dance Blast, Get Active 4 Autism, Social Drop-In, and our vocational/employment programming.

Such successes are a result of the talents of the incredible individuals, families, staff, volunteers, Board members and community that all work together to ensure each day is as unique as the next here at ARC.

Winter Program Schedule - watch for registration information

Cooking: Tues. Jan. 6 - Mar. 17 / Thurs. Jan. 8 - Mar. 19

PAES®: begins week of Jan. 5, ends week of Mar. 16

Support Network for Parents/Caregivers of Adults with Autism beginning November 12 from 6 - 8 pm at ARC. Everyone is welcome, hope to see you there!

Get Active 4 Autism Walk/Run 2014

Change in location adds to the family fun! This year's walk took place on August 23rd. Over 300 participants came out to raise awareness and funds! This family fun event provides an opportunity for the autism community to come together to celebrate, reconnect, meet new families, and **Get Active 4 Autism!**

This year we moved to A.E. Wilson Park, a popular choice that provided for the addition of a 2.5KM family walk option. Participants enjoyed a group warmup led by staff from the YMCA/ARC Inclusion Camp, face painting by Street Culture Kidz, and the bounce slide from Dino Bouncers. There was a seemingly endless supply of muffins and fruit, goodies and barbecued hotdogs. The Top Youth, Adult and Team Fundraisers were awarded prizes for their efforts. Volunteers handed out "AWESOME" ribbons to each child (and some adults) as they crossed the finish line.



The Autism Resource Centre, the **Get Active 4 Autism** Committee and title sponsor **SOLVERA SOLUTIONS** offer our sincere gratitude and congratulations to all participants, donors, sponsors and volunteers who made this annual event a huge success. With your efforts and commitment **Get Active 4 Autism 2014** raised over \$60,000 to enhance the programs and services provided by the Autism Resource Centre in our local community.

We acknowledge and express a special thank you to **Get Active 4 Autism** founders April Predinchuk and Avery Altose for their vision and commitment.

Visit getactive4autism.com for more pictures.



Partnership with Sheldon-Williams Collegiate

This past spring we partnered up with Sheldon-Williams Collegiate to do a PAES® Demonstration Project. The project took place over a total of 10 weeks, April 7, 2014 through June 12, 2014. Each week we had four students participate in the project, three students were in Grade 10 and one was in Grade 12.

When we started this project we set out to achieve three goals: to increase personal skills & independence, to increase vocational skills & independence and to increase awareness of workplace expectations.



“It was a pleasure to see all the students become comfortable enough that they were joking around with and teasing Supervisors in appropriate ways, the same as you would see in any workplace!”

Rachelle Chartier, Senior Program Coordinator

It was a pleasure to see all the students become comfortable enough that they were joking around with and teasing Supervisors in appropriate ways, the same as you would see in any workplace!



This project would not have been a success without the collaboration of the teachers at Sheldon-Williams, the students who participated and their families. On behalf of ARC, I would like to send a big THANK YOU to Mr. Van Luvan for all of his assistance with getting this project rolling and his support throughout the project.

PAES® Money Task - *Too bad it's not real cash!*

Overall, this was a great experience and we look forward to continuing with this project in the Spring 2015!

Rachelle Chartier
Senior Program Coordinator - Adult Programs

Community Involvement

Community involvement is increasing with adults with autism. Clients who volunteer feel like they are contributing to the community and they continue to volunteer when opportunities arise.

“Volunteering allows individuals to build their resume and gain hands on skills in different areas.”

Jamie Suderman, Employment Coordinator

Volunteering allows individuals to build their resume and gain hands on skills in different areas. It can allow them to sample potential job opportunities and meet potential employers. This summer clients have had multiple opportunities to volunteer:

Coronation Park Family Fun Day

This event was put on for families in the community to come out and enjoy a day out in the sun. There were Dino Bouncers, face painting, bike parade, craft centre and a garage sale. ARC adults assisted in monitoring the Dino Bouncers for the entire afternoon. They got to interact with families in more of a leadership role.

Big Dog Build

Big Dog 92.7 and Habitat for Humanity had build days for people in the community to come out and assist in building houses. ARC adults got to be involved in different aspects of the construction field from moving and organizing materials to using power tools. They also got to work in a team based environment.



Get Active for Autism

Similar to last year, ARC adults helped put together race bags for walk participants. This year, we also had clients volunteer on the day of the event. They helped with set up and at two of the water stations they handed out water and encouraged participants to keep going.

Mayor's Walk/Run

The Mayor's Walk/Run was held on June 8th, the money raised was donated to ARC. Four clients came out to assist with this event as course marshalls. They were stationed at different spots of the course and directed runners on which way to go.

Jamie Suderman
Employment Coordinator

Cooking Program

This fall will mark the fourth year of our Cooking Program at ARC. The program is designed to increase independence in our adults, and provide educational material on nutrition and cooking basics. Each week during Cooking Program, clients learn how to make grocery lists, how to shop effectively at the grocery store, safe food handling, and how to follow a recipe. Each client also cooks a part of a larger meal, and everyone has supper together before the class is over. During downtimes, the cooking class learns about money concepts and nutritional information.

Stacey Gattinger
Program Coordinator

Independent Living Program

This fall the Autism Resource Centre is excited to announce the continuation of our Independent Living Program developed with a grant received from **Autism Speaks Canada**. The goal of the Independent Living Program is to teach our adults functional life skills in a variety of different areas. Individualized programs will be developed to best suit each participant's needs and skills.



Areas of focus for the session can include apartment maintenance, time management, money management, and interpersonal skill development among others. During program time participants will have the opportunity to practice these skills in ARC's simulated apartment located at 3663 Sherwood Drive. Each session will last 10 weeks, with one three-hour class per week.

Stacey Gattinger
Program Coordinator

Social Drop In

Social Drop In remains a big hit with our young adults and our numbers continue to grow. This past session we've enjoyed nights out at the downtown Farmer's Market, Boomer's Air Park, bowling and supper out, just to name a few. In order to ensure proper supervision and safety, please remember to confirm your attendance with Logan via email or text. Hope to see you out for the next session starting Wednesday, October 8 at 6:00 at ARC.

Rachelle Chartier
Senior Program Coordinator - Adult Programs

Summer Programs

This year the Therapeutic Summer Program at ARC was a huge success. We ran two separate programs throughout the months of July and August. There was one camp for ages 7-12, and another for ages 13 and over.

Summer Programs (continued)

These programs were both developed to help our clients reach goals in many different areas. Over the summer, our staff and clients were out and about in the community and focus was also put on building independence and social skills.

Both camps did many activities throughout the summer such as swimming every afternoon and lunch at a variety of parks throughout the city. Morning programming would consist of a variety of different activities such as: gymnastics, yoga, arts and crafts, and visiting local attractions around the city. Among the campers' favorite attractions were the Royal Saskatchewan Museum, the Science Centre, IMAX movies, and the Saskatchewan Sports Hall of Fame.

The Autism Resource Centre would like to thank the local community and families for all their support through the summer months. Without your help we would not be able to provide the amazing programming we offer.

Stacey Gattinger
Program Coordinator

"Every year, my son looks so forward to attending to see his friends... It also helps a great deal to keep him in routine for the school year, which is imperative for him. I don't know what I would do without the summer program!"

Parent

ARC/YMCA Summer Inclusion Day Camp

This is the third year we partnered with the YMCA Downtown location to implement the ARC/YMCA Summer Inclusion Day Camp. This camp has a unique philosophy of inclusion through inclusive social skills, communication, programming and structure. The emphasis on inclusion continued to be demonstrated through each of our daily activities which included group activities, social skills, community outings and swimming. A few of our past campers who have grown socially were able to participate in overnight typical camps. This is one of the goals of the inclusion camp.

This year, we explored a new endeavor, Inclusive Leadership Camp for ages 12-18 which focused on leadership and community engagement. YMCA Values: Honesty, Responsibility, Respect, Inclusiveness and Caring were used as the basis for this program. Many of the activities were volunteer based and age appropriate activities which allowed the youth to give back and learn how to be leaders by helping those within their community.

Nate Polsfut, Camp Director

Want to receive ARC updates by email?

Email info@autismresourcecentre.com



AUTISM RESOURCE CENTRE

presents

Michael McCreary's

"Does This Make My Asperger's Look Big?"

Cross Canada Tour

Guest appearance by: Good Buddies Blues Band

OCTOBER 28, 2014

7:00 pm, Doors open @ 6:30 pm

Royal Saskatchewan Museum, 2455 Albert Street, Regina SK

Tickets \$20.00 - Includes refreshments

tickets available online at www.autismresourcecentre.com

Royal Saskatchewan Museum or Autism Resource Centre

for more information on Michael visit www.aspiecomic.com

"Aspie Comic" Michael McCreary's launches Canada Wide Tour: "Michael McCreary's comedy act is short of brilliant...no wait he was brilliant. 18 years old Michael delivered each punch line keeping his audience in stitches, for 30 minutes he kept us laughing into the next joke. His Dad ... held his own court while retelling some of the innuendos both he and his wife lived, having one son with Autism and one son Michael with Asperger. Michael we wish you all the best on your upcoming Canadian tour. If Michael is in your area, he is worth the ticket. – Sandra Myatte

We express our sincere gratitude to our Sponsors for their tremendous generosity!

Dance Blast 2014



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Get Active 4 Autism 2014



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