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# Imagine!



## Meet the Artists of Articulation

Contributed by Kalena Kavanaugh, posAbilities Employment Service

Your heart races, your face turns red, your knees start knocking and you may even feel sick to your stomach. These are some common signs of a fear of public speaking. Statistics show that a high percentage of people feel some, or all of the above, when asked to speak in front of a group or give a presentation.

posAbilities Employment Service knows firsthand when individuals are offered an interview, the same anxiety can kick in.

Having to sell one's self in an interview means being comfortable, confident and prepared, which is why we began the process of starting up a specialized Toastmasters Club.

Other benefits of joining Toastmasters, include developing one's presentation, communication and leadership skills. The recently chartered "Artists of Articulation" Toastmasters Club started with two information sessions in the Spring of 2015. It wasn't long until 20 people had signed on as members, and we were able to officially join Toastmasters International!



*"Toastmasters gives you a chance to try different roles at every meeting and to improve your communication skills. My favourite role is being the speaker, I've made three speeches since joining! I'd encourage anyone who is interested to come on out and give this a try."*  
- Adam

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Do you have a story for our quarterly newsletter or website?

Staff writer/editor: Justine Chubb

Email: [communications@posAbilities.ca](mailto:communications@posAbilities.ca) or call (604) 299-4001 ext. 235.





## Meet the Artists of Articulation

Continued from Page 1

We held our Charter Induction Ceremony in July, unveiling the official Artists of Articulation Toastmasters flag, and celebrating with Toastmasters' District Manager, Kusayla Nathan, *posAbilities'* CEO, Fernando Coelho and current members.

This fun-filled evening included a celebratory cake, as well as conducting business as usual; providing members with the opportunity to hone their skills, increase their confidence and develop their leadership abilities through the Club's various roles.

Meetings are held every second Tuesday at the Vancouver Employment Service from 6:30pm to 8:00pm. If you or someone you know would like to learn more, please contact Kalena Kavanaugh at: (604) 291-1902 or visit [www.pesworks.ca](http://www.pesworks.ca).

## Inner Picasso Unleashed at INCLUSION Sip and Paint

Contributed by Monique Nelson,  
Director of Community Engagement

The invitation called for me to unleash my inner Picasso and I couldn't resist – nor could the other 32 budding artists in the room and their hosts from the INCLUSION Art Show Committee, who gathered for a **Sip and Paint** event on August the 19th at 100 Braid Street Studios in New Westminister. This event was designed to strengthen our ties with fellow artists, friends and supporters of INCLUSION while raising funds for the upcoming art show on October 28-29 in Vancouver.

As we mingled, sipped and nibbled, we soaked up the ambiance of being in a working studio space. We also drew inspiration from two creations by several artists with diverse abilities working at Alternative Creations Studio and PotteryWorks. Naomi Topuzoglu, our instructor, taught us all about laying the foundation for both paintings, various stroke and sponge techniques, and how to enhance a painting through texture and colour. INCLUSION artists Sandra Stubbs and Dan Tell joined the group, painting alongside their peers and novice painters - of which there were quite a few! To see more photos, visit our Facebook page [posAbilitiesCA](https://www.facebook.com/posAbilitiesCA). Our heartfelt thanks to Susan L. Greig, Studio Owner, for her support and donations, Gala Rainbowstone of Natural Stone Jewellery, PotteryWorks, Starbucks and Austin Gourmet.

Held during Community Inclusion month in BC, our INCLUSION Art Show and Sale is a springboard for connection and collaboration in the community. This event is open to the public and admission is by donation. Join us on October 28-29! Please visit our website for all details: [inclusionartshow.com](http://inclusionartshow.com)

### Get Involved!

An event like this doesn't happen on its own - it's made possible by our dedicated group of hard working volunteers. Get involved and help us develop our dream of an inclusive arts community! Different positions are available on both days: MC's, greeters, food prep and service, wrapping, clean-up crew, and more. Please contact Tianna: [twattum@posabilities.ca](mailto:twattum@posabilities.ca).



# SHARING OUR STORIES

## Can You Dig It – The Year So Far Explorations and Collaborations

Contributed by Brooke Oxley, *Can You Dig It*

For community gardeners, the fall is an exciting time of year. Meal times come with a sense of pride as much of the food on the plate is grown in their garden, there is a feeling of anticipation as the seeds planted for winter crops are growing with everyone hoping they mature before the temperature drops. Relationships are deepening as many gardens are gearing up for harvest celebrations and each gardener - exhausted from the garden season - is taking stock of successes and improvements for next year. The spirit of pride, anticipation, deepening relationships and learning, parallels **Can You Dig It's (CYDI)** mood this fall.

CYDI's sixth year has been the year of collaboration! Kitsilano Community Centre's Collaborative Garden (built in 2014 with the help of the Urban Foundation) has been bringing community members together over monthly potlucks to figure out how to design, plant, water and tend a garden as a group, as well as find and engage new members. CYDI also partnered with Blue Sky Foundation to use the planters on the rooftop of a building to engage renters through experientially learning to grow food and activate their own skills, interests and passions to share with each other. Following through with the donation program from 2014, Bosa False Creek gardeners, the Glowbal Group and CYDI teamed up to ensure that 15% of the garden produce is donated to Quest Food Exchange – providing fresh organic produce to a population that may not usually be able to afford it.

Internally, CYDI went through some changes too. Cinthia Page left in the fall and welcomed baby Naomi to her growing family and I (Brooke Oxley) transferred from my previous role as Community Connector at Building Caring Communities (BCC) to being the Project Coordinator. Cinthia has since returned (at the beginning of the summer – can't keep a "gardener" away from her "garden" for too long!) and is contributing all of her experience and expertise to future special projects. Stay tuned for further exciting news about budding collaborations.

When I took on this new role, I connected with and learned from all the CYDI garden coordinators, and spent time in the communities that surround the gardens. The learning has been rich and CYDI is currently involved with an Innoweave Food Security Collective Impact team, based in Surrey. I have also been mentoring future garden coordinators at Holly Park and Lionel Courchene, giving workshops on collaborative gardening for the City of Vancouver, and connecting people with each other. Creekside Community Centre's collaborative garden is now under the umbrella of CYDI, and BCC's community connector Laura is involved with the community there.

So many social events – workshops, potlucks, art projects, street parties and more! Each garden has the potential to apply for the Vancouver Foundation's Neighbourhood Small Grants program and tap into the creative energy of the community! Goodlad House's community garden is an amazing example of this and you are all invited to the Goodlad Garden Party on Saturday, September 26th. It's an open house so please come by anytime between 2-5pm to meet the gardeners, residents, staff, and neighbours.

As with all great things, this party is a shared effort between *pos*Abilities, Edmonds People In Community (EPIC), Burnaby Association for Community Inclusion (BACI) and CYDI. There will be food, entertainment, community information and door prizes! And finally, please check out our new website, [www.cydi.ca](http://www.cydi.ca), and connect with us today!

**HARVEST FESTIVAL**  
SATURDAY SEPTEMBER 26, 2015  
2 PM - 5 PM

**GOODLAD COMMUNITY GARDEN**  
7912 GOODLAD STREET, BURNABY

**FREE ADMISSION & STREET PARKING**  
FOOD, MUSIC, ACTIVITIES AND  
LIVE ENTERTAINMENT

**"EATING YOUR HARVEST" WORKSHOP 11 AM - 1 PM**  
FOR INFO PLEASE CONTACT 604-521-0947

Edmonds People In Community, Vancity, Eat + Think + Vote, posAbilities, Burnaby Food First, Vancouver Foundation, Neighbourhood Small Grants, BACI

**CAN YOU DIG IT!** HOME ABOUT US HOW TO BEGIN GARDENS CONTACT

**Growing food and inclusive communities, one garden at a time.**

Can You Dig It supports communities to create inclusive and welcoming food-growing gardens where individuals from all backgrounds and life experiences can learn, share, grow, and contribute to the betterment of their community.

# KUDOZ FIFTH SPACE

## What's Next for Kudoz and Fifth Space?

This past year has been marked by transformational change and we are proud of the innovative work that is underway. Together with Burnaby Association for Community Inclusion and Simon Fraser Society for Community Living, we funded a collaboration with **InWithForward**. As a team, we immersed ourselves in learning how to embed ongoing innovation and user-informed service design into our Association to improve outcomes for the people we serve, and to overcome some of the challenges we face in our daily work. Ideas such as **Kudoz** and **Fifth Space** are now prototyped and we look forward to fine tuning and maintaining them over time.

What's next for Fifth Space? All fellows have been invited to participate in "Camp Fifth Space" – an opportunity to meet up every other Friday and keep up the energy, momentum and skills learned from this past year. The team has also decided to continue prototyping one of the demo projects, *Ask A Dude*, over the next three months. InWithForward on the other hand, has decided to continue conducting research on another demo project, *HackTivities*. For more information about these projects, please visit: <http://www.fifthspace.ca/>

What's next for Kudoz? They're excited to be publishing a monthly magazine to keep all of their followers in the loop. You can read up on events, how to stay in touch, and check out photos of what they're up to! Read *Kudozine* here: <http://bit.ly/1Odhlitz>. For the summer, they pressed pause on live Kudoz experiences to go offline and focus on making choosing experiences easier, improving how they communicate with the over 90 Kudoz hosts and sorting the way they measure progress.

The potential for both of these ideas to scale up and revolutionize the work that we do is profound. Stay tuned!



## Gold for Annabelle!

Contributed by Cheryl Kwan,  
Special Projects Worker

Annabelle Davis has been a proud member of Special Olympics for 33 years. She has previously competed at the regional, provincial and national games in many different sports.

Most recently, she participated in the Special Olympic World Games 2015 in Los Angeles from July 25 – August 2. As a representative of Canada, she made exceptional achievements by earning three gold medals in team, singles, and doubles for 10-pin bowling!

Annabelle recalls that other than bowling, one of her best memories she had was the experience of the crowd. The enthusiasm and support she received from the spectators, volunteers, police and firemen were phenomenal and definitely made her experience unforgettable!

If there's one thing to inspire individuals to pursue something they are passionate about, Annabelle says, "don't give up and do the best you can!" and anything will be possible!

Check out Annabelle's "Breakfast Television" interview here: <http://bit.ly/1VJ59ly>



## posAbilities' Strategic Plan 2015-2018

At the end of this fiscal year, we completed a three year strategic plan, and started a new planning cycle. We embraced a new vision for the future: "Inclusive communities, enriched lives" and updated our four value statements, which include person-centeredness, inclusion, excellence and learning. Our mission statement and three key directions did not change. We will continue to focus on strengthening and developing our services, our team and our family and community relationships. Printed copies of the plan are available to all programs and a digital version is online, (<http://posabilities.ca/about-us/>). You may also want to check out the poster-sized graphic recording at Head Office, which I've found works well as a reference tool when sharing the plan with team members or persons served.

# Community Fun Fair a Success!

We had such a blast hosting our very first “Community Fun Fair” at South Arm Park in Richmond on September 1st! Persons served, family members and our team at the **Richmond Community Inclusion program** worked together to organize this fair that was jam packed with food, entertainment, games and activities! It was a great success and was well received by the community with over 200 in attendance. We hope to continue bringing people together and making lasting relationships within the community. This event was made possible by a Neighbourhood Small Grant from the Vancouver Foundation, with support from Richmond Cares, Richmond Gives. A special thanks also goes out to: the African Drumming Group, our choir and DJ Don House for their entertainment; our sponsors – Canadian Tire, Best Buy, Vancity, Starbucks, PriceSmart and Safeway; and to our community partners – the Richmond Fire and Rescue Department and Boston Pizza!



## Creating Cooperative Community



posAbilities recently relocated a community inclusion program to the heart of Maple Ridge, and hosted a “getting to know the neighbours” celebration on June 26. The event focused on the theme of community development and contribution. We offered children’s activities, community information tables, free food and performed our “Happy” flash mob! Check out Spotlight Jake’s video covering the event: <http://bit.ly/1i92SbF> or on our You Tube channel, [posAbilitiesCA](http://posAbilitiesCA).

Thank you to all our persons served, staff, families and the greater community for attending and donating to the Caring Place. In addition, we would like to thank our generous sponsors for making this event happen:

**Maple Ridge Community Foundation, Kiwanis International, Canadian Tire, Life Maid Easy, Church on the Rock and The Salvation Army Caring Place.**



# UPCOMING EVENTS & ANNOUNCEMENTS



## ReAct – Acting and Visual Storytelling Program

### Contributed by Hayley Gray, Rosemont House

Are you interested in performing in film and video? ReAct is providing full bursaries for people who deal with discrimination when it comes to acting on screen. With help from the Canada Council for the Arts and Trembling Void Studios, ReAct offers a 6-month training in basic through to intermediate performance and career development, supplemented by learning how to write and direct your own content.

We are hoping to engage individuals from a wide variety of communities and strongly encourage neurodiverse, racially diverse, culturally diverse, gender diverse peoples and people with diverse abilities to apply.

### This is a multidisciplinary approach to visual storytelling where you will:

- Be part of a small team creating new content
- Learn voice, movement, and audition techniques
- Get in front and behind the camera and develop your own filmmaking style
- Learn techniques to navigate the world of film
- Learn from professionals who work in film and the arts in Vancouver

ReAct is an acting and visual storytelling program committed to the creative and social development of emerging actors and content creators. We facilitate the vocational training of these artists who face barriers to traditional post-secondary education and discrimination when it comes to acting on screen (e.g. race, culturally diverse disability, gender diversity, mental health, deaf, hard of hearing, and/or aboriginal). ReAct wants to look at what is being left out of the mainstream narratives, challenging artists and audiences to take a new look at our world and our stories within it. We are an arts incubator and community initiative of Trembling Void Studios.

Info here: <https://reactcanada.wordpress.com/>

Apply here: <https://reactcanada.wordpress.com/apply/>



**Project Everybody** is a collaboration amongst different community organizations and non-profits, and led by **Open Door Group** with a focus on community inclusion for people of all abilities. The campaign is a series of five events happening from September 2015, leading up to a final celebration on December 3, 2015 at the Yaletown Roundhouse Community Arts and Recreation Centre, which is the designated United Nations International Day of Persons with Disabilities.

The goal of Project Everybody is to celebrate the achievements that people with disabilities – both visible and invisible – have made and to advocate towards creating a thriving community that is diverse and inclusive.

## 2015 Project **EVERYBODY** Snapshot

**Sept. 16, 2 - 8PM – Roundhouse Community Arts and Recreation Centre**

### **PEB 2015 Film, Art and Culture Festival**

Watch award-winning films, enjoy mixed media art and live performances at our International Disability Short Film, Art, and Culture Festival. Be sure to also join us in the main hall for an art social and sale running throughout the event. Come and soak up the electric atmosphere and take in some of the finest examples of creativity that Vancouver (and the world) has to offer both on and off the big screen. See you on the red carpet!

**Sept. 21, 11AM - 4PM – Roundhouse Community Arts and Recreation Centre**

### **PEB 2015 Diversity & Inclusion Employment Forum**

Diversity and Inclusion are a top priority for a growing number of employers. This forum brings together companies, career experts, and job seekers, sharing their knowledge and experiences of inclusive workplaces. Both job providers and seekers can get information regarding available resources, and grow their networks.

**Oct. 29, 2 - 7PM – Creekside Community Centre**

### **PEB 2015 Youth HallowSCREAM Party**

A platform for youth of all abilities to get together and celebrate Halloween in an inclusive and fun environment. Join the Halloween fun which includes food, music, and much more. Celebrate the achievements of outstanding youth, meet people and have fun!

**Nov. 19, 11AM - 3PM – Creekside Community Centre Recreation, and Wellness Fair**

Get active and discover ways that everybody can be involved in recreation! Watch fitness demonstrations, talk to experts, and discover community! The event will feature adapted food demos and a panel discussion from local experts discussing issues pertaining to nutrition and food security. This is a chance for you to connect with professionals, programs, and resources in your community. Come see how everybody can reach their fitness, health and wellness goals.

**Dec. 3, 3 - 8PM – Roundhouse Community Arts and Recreation Centre**

### **UN International Day of Persons with Disabilities Celebration**

It's Vancouver's free community celebration at the Yaletown Roundhouse in honour of the United Nations International Day of Persons with Disabilities. Join us for live performances and entertainment, art displays, discussion, distinguished guests and much, much more. With something for everybody, we can't wait to see you there!

See website for full details! [ProjectEverybody.ca](http://ProjectEverybody.ca)

## Caregiver Support - Finding Your Tribe

Contributed by Monique Nelson



Family to family support makes a real difference in people's lives, especially during times of transition. Whether you are moving to a new school, city or stage in life – it's a relief to talk to someone who has been there too. Visit our blog, [posAbilities Today](#), to learn about the various support groups that are up and running this fall, like the **posAbilities Family Support Network, Square Peg Society, Vancouver Parents Transition Group, FamilyWORKs** and more! Discover who they are, where they meet and how to get involved. The useful links section of our website includes listings for additional groups and resources across Metro Vancouver.

Another way to connect, is through social and recreational activities. Have you checked out your local Parks and Recreation Leisure Guide, the Blazing Soccer Dogs, Special Olympics, Canucks Autism Network or tried something new like Scouts or Guides? Many organizations offer subsidies or very affordable user fees and offer social opportunities for the whole family.

Lastly, September and October are filled with special events and community celebrations – for example, the Autism Speaks Walk, Project Everybody Festival and various local conferences on disability issues as they relate to quality of life. For details, please visit our online event calendar and social media channels. If you have a resource to share or would like more information, please call me at 604-299-4001 local 270 or email [info@posAbilities.ca](mailto:info@posAbilities.ca).

## The Training Room – It's Your Money

The **Registered Disability Savings Program (RDSP)** is a government sponsored savings plan started in 2008 to help individuals with a disability save for the future. The government will contribute up to \$90,000 in disability savings grants and bonds for individuals under the age of 50 who qualify for the disability tax credit. Better yet, by having a RDSP, the money will grow tax free and will not affect an individual's B.C. provincial disability assistance. Yet many eligible participants have not yet enrolled, and one of the main reasons is that people have struggled with the paperwork. **The Equal Futures RDSP Program** can assist eligible individuals to learn about, qualify and apply for a **Registered Disability Savings Plan (RDSP)** - easily, efficiently and for free. This program is provided by **Ability Tax and Trust Advisors**, and supported by Vancity. [Get started by coming to a free workshop near you.](#)

### EQUAL FUTURES RDSP WORKSHOPS - FALL 2015

**Simon Fraser Society for Community Living SFCL**  
Simcoe Building, 811 Royal Ave, New Westminister.

**Tuesday, October 6th, from 6:30-8:30pm**  
RSVP to Kathy Trotter, [KTrotter@sfscsl.org](mailto:KTrotter@sfscsl.org)  
or call (604) 528-3950.

**Burnaby Association for Community Inclusion**  
Still Creek Centre, 2702 Norland Avenue, Burnaby.

**Wednesday, November 4th, from 7:00-9:00pm**  
RSVP to Carol Stinson, [family.services@gobaci.com](mailto:family.services@gobaci.com)  
or call (604) 299-7851, cell (604) 763-5667

**posAbilities**  
Training Centre, 1387 Venables Street, Vancouver.

**Monday, November 30th from 6:30-8:30pm**  
RSVP to Monique Nelson, [mnelson@posAbilities.ca](mailto:mnelson@posAbilities.ca)  
or call (604) 299-4001 ext. 270.

*The Spring Workshop Series will be published in the next issue of Imagine and online at [www.posAbilities.ca](http://www.posAbilities.ca)*



Lastly, the Disability Alliance just launched a complimentary program called **Tax-AID - Tax Assistance and Information for People with Disabilities**. If you have unfiled taxes, you could be missing out on hundreds of dollars of tax credits and benefits for each year you haven't filed. People who receive Persons with Disabilities (PWD) benefits, or Persons with Persistent Multiple Barriers (PPMB) benefits are eligible for this program. It's a free and confidential service that provides assistance and information with income tax filing. To learn more, please contact Disability Alliance BC by phone, (604) 872-1278 or 1-800-663-1278, or visit [www.taxaidabc.org](http://www.taxaidabc.org).

# CONGRATULATIONS

On behalf of our organization, I would like to recognize and thank the following employees for their years of service to *posAbilities*.

Your dedication to persons served, your peers and our stakeholders is much appreciated.

Sincerely,



Fernando Coelho, CEO



**Oxford House staff team celebrating their years of service!**



**Amanda Kim**



**Louise Blackwell**

## 10 Years of Service

Wayne Heron

## 15 Years of Service

Fatemeh Hajiahmadi  
Amanda Kim

## 20 Years of Service

Louise Blackwell



## Recipients of the Believe, Engage and Inspire Awards

We are pleased to announce the recipients of the Believe, Engage and Inspire awards who were honoured on August 26, 2015. We would like to take this opportunity to congratulate and thank our amazing employees who have gone above and beyond their role to help us achieve our mission.

### Patricia Spear

Inspire Award June 2015

### Alternative Creations Studio Team

Inspire Award June 2015

### Amy Chang

Engage Award June 2015

### Goodlad House Team

Believe Award June 2015

## Annual Picnic Draws Hundreds of Guests

This year's annual picnic at Central Park was a tremendous success drawing together persons served, families, staff and friends! A big thank you goes out to the members of the Picnic Committee for all of their hard work leading up to and during the event. A special thanks also goes out to the Coquitlam Kinsmen for their donation of the grill and expertise cooking, all persons served and families who volunteered their time and brought delicious food, and to the staff teams for ensuring a good time was had by all!

