

Making a difference
Together

2021
ANNUAL
REPORT



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We acknowledge that what we call Alberta is the traditional and ancestral territory of many peoples, presently subject to Treaties 6, 7, and 8. Namely: the Blackfoot Confederacy – Kainai, Piikani, and Siksika – the Cree, Dene, Saulteaux, Nakota Sioux, Stoney Nakoda, and the Tsuu T’ina Nation and the Métis People of Alberta. This includes the Métis Settlements and the Six Regions of the Métis Nation of Alberta within the historical Northwest Metis Homeland. We acknowledge the many First Nations, Métis and Inuit who have lived in and cared for these lands for generations. We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us. We make this acknowledgement as an act of reconciliation and gratitude to those whose territory we reside on or are visiting.

greetings

2021 was a monumental year for Cerebral Palsy Alberta, as we celebrated 45 years of making a difference in the lives of persons with disabilities and their families! In addition to our 45th anniversary, it was also a significant year in many other ways – a year where we collectively had to adapt, embrace change, be flexible, and take one day at a time.

COVID-19 had posed many unique challenges for the disability community and our organization, as we continued into year two of the pandemic. We continued to exclusively offer virtual programs and support services for the safety of our clients and their families being mindful of their increased risk factors. Despite brief periods of lifted restrictions, and our desire for everyone to be reunited in-person, we had to make the hard decision to stay virtual for remainder of the year. Thankfully, we were still able to see the wonderful smiles on the faces of all that attended our virtual programing, and we learned the value indefinitely offering some virtual programs.

Additionally, we continued to face obstacles to hosting our annual fundraising events, and had to pivot to different dates and virtual fundraisers in response to changing Covid guidelines. Within our community donation social enterprise, we experienced some challenges as well, yet we were still able to safely collect donations from across the province. Despite the many obstacles we encountered, these initiatives helped to generate much needed funds during these uncertain times, which helped us to meet heightened and evolving needs in the community.

In spite of the challenges we faced, as an organization we used this time to learn and grow – evolving to best serve the needs of our community, opening doors to new beginnings and opportunities. We continued our work throughout the province, country, and North America by collaborating with our affiliates and partners to advocate, share best practises, and connect the community to key resources and information. Mental health and wellbeing were one of our main focuses and we established a health and wellness program for our staff. As a result of this new internal initiative, Cerebral Palsy Alberta was recognized as the 2021 recipient of the Canadian Mental Health Association Alberta Workplace Wellness Award. As majority of the staff were working remote, it gave us the opportunity to upgrade our Life Without Limits Abilities Center in Calgary, which was made possible with the help of grants we received from the Government of Alberta and Government of Canada. We look forward to the completion of our fully accessible renovation in 2022, as we hope to welcome back our staff and our in-person program clients.

The past year has shown us that even in times of adversity, we stand united and more committed than ever to our vision of creating a Life Without Limits for individuals with disabilities. In closing, we would like to extend our gratitude to all our supporters, staff, Board of Directors and most importantly – the individuals and families we serve. Together we made a difference!



A black, stylized handwritten signature of Joanne Dorn.

Joanne Dorn
Executive Director



A black, stylized handwritten signature of Sean Crump.

Sean Crump
Board President

Cerebral Palsy Alberta is committed to social change and progress for persons in the disability community.

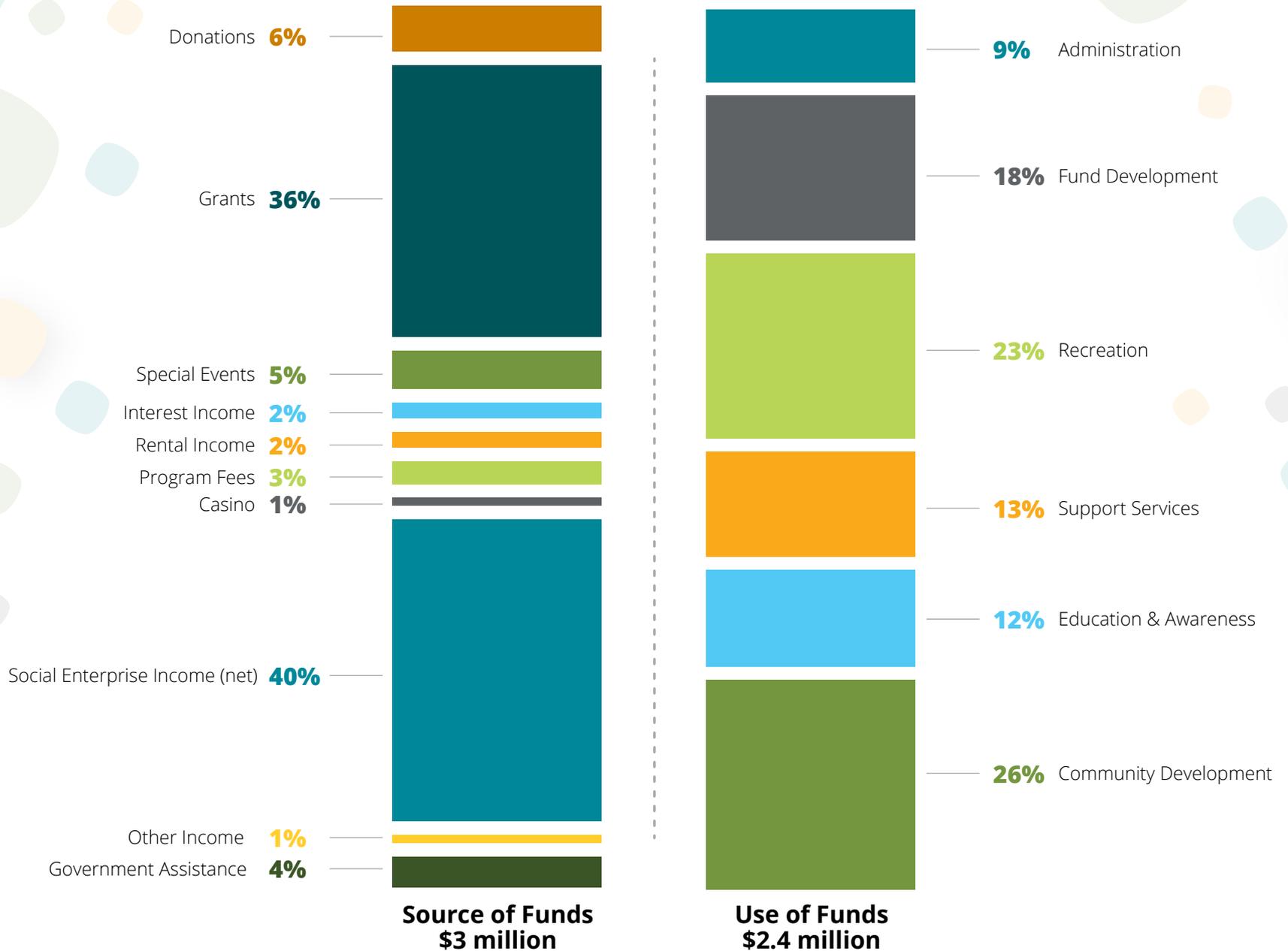
We strive to ensure the inclusion of persons with disabilities in every facet of society – from the web to the workplace, and from the classroom to the community. We provide services such as individual and family supports, social inclusion and wellness programs, assistive technology, referrals, a funding request program and advocacy.

The CPAA is an influential and strong organization that is a recognized leader in the development of collaborative programs and initiatives to ensure that persons with disabilities are able to achieve equality of opportunity, social and economic participation. We continually strive to build a better world for tomorrow – today.

Our vision is to create a Life Without Limits for people in the disability community.



our performance & results



our operations

Since 1995, Cerebral Palsy Alberta has been running a successful clothing donation program to generate revenues that provides funding for the valuable programs and services offered to our clients. Over the years, the CPAA has collected millions of pounds of clothing and small household items that have been donated through our partnership with Value Village. We have also been collecting recyclable containers since 2008 when we established a partnership with ABCRC.

In 2021, with the continuing pandemic situation, we began to resume our activities in the 2nd half of the year. With the lingering effects of the pandemic, our drop-off locations had reduced donations compared to previous years. To augment our business, we have increased our home pickup service which included placement of indoor donation bins. All of this allowed us to increase our revenue and our net income to provide continuing support for the CPAA's programs and services.

4 ADS locations

45 outdoor clothing bin locations

33 indoor clothing donation bin locations

10 community clean ups

152,758 beverage containers collected

2,588,289 lbs. of clothing collected

our volunteers



In 2021, the CPAA relied on a fewer number of volunteers than during previous years, because all of our in-person activities were on hold for all agency departments.

Total number of volunteers: **32**

Number of new volunteers: **8**

Total number of hours: **863**

The hours our volunteers served are still very impressive as the majority of our volunteers committed themselves to participating in regular visits with our isolated clients through the CPAA's new Buddy System Virtual Visits program.

our programs

In 2021, we were only able to offer online programs due to the ongoing pandemic restrictions.

Total number of classes: **563 classes**

Total number of clients registered in those classes: **3,101**

We offered **10 online programs** per week that included: **ZUMBA - Boogie Shake & Cha Cha Boogie, Yoga Lotuses, Music Whole Notes & Half Notes , Creative Souls & Fun Expression Art Classes, ComputAbilities, Friday Fun Connections and Alberta Meet-Up Group.**

Special online events offered in 2021:

Valentine's Day Party

St. Patrick's Day Party

Easter Event

Creative Minds Workshop

Tai Chi Event

Gardening Workshops

Virtual Summer Dance Camp

Countdown to Christmas

Lauriels Concert

Ice Princess Party

Total participants: 650



our support services

The CPAA was swift to respond to the pandemic by moving our Support Services to a virtual platform.

Supporting our clients, families and guardians became the number one priority for our Social Workers. COVID-19 was not only impacting the physical health of our clients but their mental health as well. During this time, the goal of the social workers was to resolve concerns, reduce fears, and provide information.

Support Services experienced an increased number of inquiries as families and clients experienced mental wellness concerns due to the continued need for physical isolation regulations, the inability to access supports from professionals, community programs, and the lack of social interaction.



1825 clients/families received one on one support

362 new clients were supported

25 clients met on weekly basis in the Buddy System Virtual Visits Program

39 Funding request processed for total amount of \$22, 391.75

28 CP Care Packages were processed

120 Gifts from the Heart were delivered – In 2021, we opened the Gifts from the Heart program to our clients provincially.

Clients were nominated by family members or friends to receive their special gift.

our fund development

HUSH Gala

125 guests joined us virtually and in person for a night of mystery and intrigue at the CLUE themed HUSH Gala at the 'Body Mansion' located in the Sheraton Suites Eau Claire. This was a Killer event that was to Die For as over **\$65,000** was generated through the Silent and Live Auctions, 50/50 and First Chance Silent Auction Draw ticket sales!



Annual Golf Without Limits Tournament

72 golfers tee'd off for our 3rd Annual Golf Without Limits Tournament, which took place on July 15th, 2021 at Sirocco Golf Club. They knocked our socks off by helping us raise over **\$27,000**.



Life Without Limits Virtual Challenge

This virtual event created new opportunities for individuals not only in Alberta, but throughout Canada! We challenged individuals to run, walk or wheel a distance that challenged themselves any time over a two-day weekend in September. **129 participants from 3 provinces** across the country took on this challenge...limits were pushed, goals were met, and personal successes were achieved to help raise over **\$47,000!**



Third Party Fundraising Events

12 events were hosted throughout the province raising over **\$35,000**

Alberta SheSleds
Calgary Hitmen Teddy Bear Toss
Elsie Yanik Catholic School
Facebook Fundraising Events
Fundscrip
Gavin Thomas 'Everesting' Challenge
Gifts From the Heart
Giving Tuesday
Milk Jar
Paquin Entertainment - Beyond Van Gogh
Shaw Charity Classic - Birdies For Kids
Skip The Depot
State of Art Society



our testimonials

"I want to take this opportunity to thank you for absolutely everything that you, the CPAA, and all staff and volunteers have been doing that helps protect the mental health of all those we support who might very well be lost or climbing the walls without the social interaction and stability that all of you have provided throughout this trying time. I know that I will never forget."

Mary, Client



"I am writing this letter to thank the CPAA because you helped support me with the project of my new scooter. I greatly appreciate your assistance and with my new scooter I'll gain my independence in the community of Vermilion. I will be enjoying my new scooter for years to come! Thank you for your support."

Justin



"As soon as I bring out the computer, my daughter cheers up because she now associates the computer with seeing her friends."

Thank you for holding the meetings and keeping us connected to other families. And thank you for giving us parents &/or caregivers an hour of "normality."

Anne, Parent

"I am expressing my heartfelt gratitude to Cerebral Palsy Alberta for the quality online programs that they have set up including the parent support group. The staff are so efficient, gracious, empathetic and possess the knowledge and skills to run these kinds of groups. I hope there is some way that these classes can become an ongoing thing."

Linda and Lavona ,Parent

"Thank You for having us in your online zoom classes. This has been a difficult transition time for Nicholas as he is used to being a busy guy on the go-go-go all the time. It has been so nice to have programming to turn to for guidance and support. It has also been so nice for Nicholas to see friends he has met before as well as new friends. I'd like to extend a huge Thank You to CPAA and all coordinators!"

Shannon, Parent

alberta ability network

An initiative of Cerebral Palsy Alberta, **Alberta Ability Network** represents a strategic partnership of a broad base of stakeholders with a shared vision to influence policy, increase social prosperity and decrease inequities for the disability sector. Working together in collaboration, the membership set strategic direction, identify evidence informed priorities that can be actioned and capitalize and enhance existing systems and initiatives.

Due to an increased interest by stakeholders and community members with lived experience, and agencies that provide services and supports to persons with disabilities across Alberta, AAN is now a provincial initiative. This expansion will reach across the province with the goal of increasing collaborative efforts and uniting the voices of the disability sector. The expansion included a new logo, website and social media accounts, a new recruitment strategy and meeting participation and delivery.

AAN's 5 working tables- Human Rights, Poverty Reduction, Accessible & Affordable Transportation, Recreation, Newcomers with Disabilities

Activities in 2021 included:

- COVID-19 vaccine information session in partnership with 19TOZERO on COVID-19, the vaccines and to address other questions from the community, particularly as they pertain to persons with disabilities and those who support them.
- The AISH awareness and educational social media campaign included a survey targeting the non-disability community and a collection of personal stories from AISH recipients and sharing of the stories through various virtual platforms. The initiative was one of the most successful virtual initiatives for Government Relations to date.
- Environmental Scan of agencies across Alberta that provide services and support to newcomers in Canada in general, and those with disabilities specifically.

Alberta Ability Network Wins the 2021 Accessibility Awards Announced

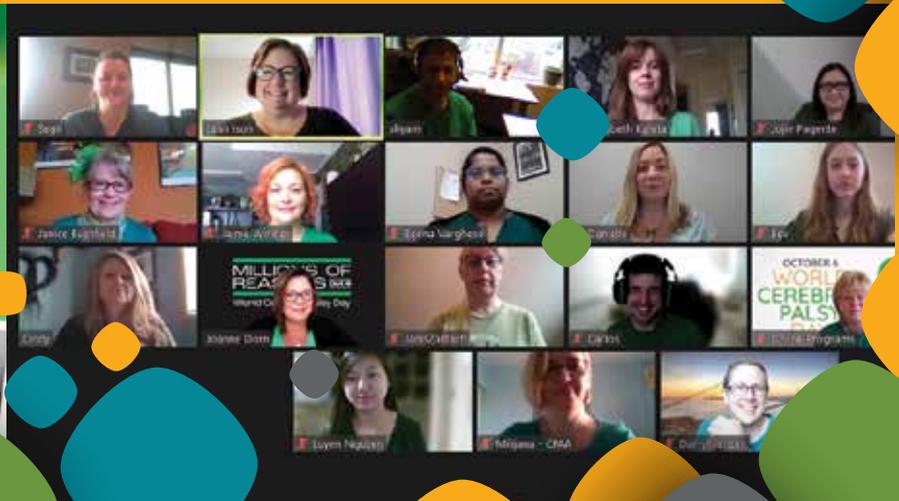
The Transportation Opportunities Award acknowledges a project that goes above and beyond to create a more inclusive, customer-focused public transportation service. This year's winner is The Safe and Accessible Pathways project. Bike Calgary partnered with the Alberta Ability Network and The City of Calgary Advisory Committee on Accessibility to identify barriers people with disabilities face feeling safe on shared pathways. The project reached out to a variety of individuals who were interested in sharing their experience. The long-term goal of the initiative is to collect information that will be used to inform Bike Calgary's future education campaign. This project is a creative and productive collaboration that will have a real impact on the accessibility of Calgary's pathways.



The CP Canada Network (CPCN) is an initiative of Cerebral Palsy Alberta. The CPCN provided a platform of equalitarian, rights-based approaches, resources, best practices and distribution of pertinent and relevant information and service support for provincial partnerships and community associations, focusing on cerebral palsy resources, research, development, and peer and operational support.

Across Canada, CPCN enabled and empowered individuals, families, caregivers, community associations and health service institutions by providing accessible, credible information on new research discoveries, initiatives, funding and educational opportunities. The Network participated in initiatives implemented through research institutions such as Kids Brain Health Network's Transition Hub, CanChild, KITE, ChildBright Network, Holland Bloorview, Better Nights Better Days, and Educational Institutions such as the University of Alberta, University of Toronto, IWK, McMaster University, and the University of British Columbia. These initiatives established partnerships enabling best practices and bridging individuals and community associations with opportunities for advancement and implementation.

Complex health needs, barriers, social issues and inclusion mandates have been presented to policymakers that define the need for a National Strategy on Cerebral Palsy. Participating with advocacy and health leaders and events such as Barrier-free Alberta and the Children's Healthcare Canada Parliamentary Reception, enabled the collective commitment to work toward shared solutions for those living with cerebral palsy and disabilities.



our donors

We would like to thank the following major supporters.

Endless Possibilities (\$50,000+)

Community Foundations of Canada
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Government of Canada
Telus Corporation
United Way of Calgary and Area
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ABCRC
Calgary Foundation
Canada Post Community Foundation
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Burns Memorial Fund
Calgary Flames Foundation
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Canmore Bottle Depot
Colin Shaw
Crescent Lodge #81 – Independent Order of Oddfellows
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 Skoah
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 Soft Rock 97.7
 Summerland Resort Hotel
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 Sunterra Market
 Sutton Place Hotel Revelstoke Mountain
 Resort
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 Tawnee Shire
 Telus Spark, the New Science Centre
 The Common
 The Furnace Room
 The Gift Designers
 The Heebie-jeebees
 The Nash
 Trail Appliance
 Troubled Monk Brewery
 True Buch Kombucha
 truLOCAL
 Village Brewery
 Vine Arts
 West Coast Seeds
 WestJet
 Westlock Community Thrift Shop
 Wild Blue Yonder
 Wildlife Distillery
 Wild Tea Kombucha
 Willow Park Wines & Spirits
 XO Treatment Room
 YoCaddie

Thank you to our anonymous and in-direct donors, event supporters & attendees, volunteers as well as our community partners.



COMMUNITY FOUNDATIONS OF CANADA



United Way Alberta Capital Region



welcome to holland

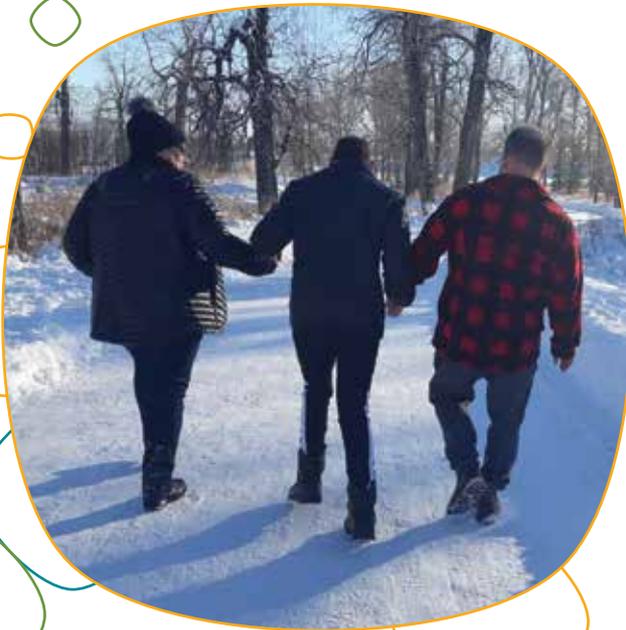
(PART 2) by Anonymous

"I have been in Holland for over a decade now. It has become home. I have had time to catch my breath, to settle and adjust, to accept something different than I'd planned. I reflect back on those years of past when I had first landed in Holland.

I remember clearly my shock, my fear, my anger—the pain and uncertainty. In those first few years, I tried to get back to Italy as planned, but Holland was where I was to stay. Today, I can say how far I have come on this unexpected journey. I have learned so much more. But, this too has been a journey of time.

I worked hard. I bought new guidebooks. I learned a new language and I slowly found my way around this new land. I have met others whose plans had changed like mine, and who could share my experience. We supported one another and some have become very special friends.

Some of these fellow travelers had been in Holland longer than I and were seasoned guides, assisting me along the way. Many have encouraged me. Many have taught me to open my eyes to the wonder and gifts to behold in this new land. I have discovered a community of caring. Holland wasn't so bad.



I think that Holland is used to wayward travelers like me and grew to become a land of hospitality, reaching out to welcome, to assist and to support newcomers like me in this new land. Over the years, I've wondered what life would have been like if I'd landed in Italy as planned. Would life have been easier? Would it have been as rewarding? Would I have learned some of the important lessons I hold today?

Sure, this journey has been more challenging and at times I would (and still do) stomp my feet and cry out in frustration and protest. And, yes, Holland is slower paced than Italy and less flashy than Italy, but this too has been an unexpected gift. I have learned to slow down in ways too and look closer at things, with a new appreciation for the remarkable beauty of Holland with its' tulips, windmills and Rembrandts.

I have come to love Holland and call it Home.

I have become a world traveler and discovered that it doesn't matter where you land. What's more important is what you make of your journey and how you see and enjoy the very special, the very lovely, things that Holland, or any land, has to offer.

Yes, over a decade ago I landed in a place I hadn't planned. Yet I am thankful, for this destination has been richer than I could have imagined!"



Cerebral Palsy ALBERTA

Life Without Limits



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