

We made a difference

Together

2020
ANNUAL
REPORT



Life Without Limits

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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

I think we can all agree that 2020 was a year of transition, restrictions, and uncertainties for us all. At Cerebral Palsy Alberta, this was no different, as I stepped into the role of Executive Director and we welcomed our new Board President, Margaret Kangas, in the midst of a global pandemic. This was definitely not what either of us had imagined our first year to be like! However, with support and dedication of the Board of Directors, along with the amazing staff, donors, grantors, sponsors, and supporters, we all adapted to change and found new, creative and exciting ways to continue to create a Life Without Limits for individuals with CP and other disabilities.

On March 13, 2020, we had to suspend our in-person activities and transition our staff to remote working. We immediately worked together to establish a new way of doing things, which included moving to online platforms like Zoom to host our programs and services. By April of 2020, we were fully online and were reaching more individuals across the province than we ever had in the past. With the generous support of our grantors, we were able to offer free online programs to the community, and personally connect with our clients and their families regularly throughout the year to offer mental health and well-being support. We pivoted our fundraiser events to a virtual or hybrid delivery model, and introduced a new community app, Flutter. The Calgary Ability Network (an initiative of CP Alberta) kept very busy and worked with community partners and local government on several initiatives, including the award-winning Covid-19 Re-entry Strategy for Persons with Disabilities. CP Canada Network continued to work with provincial cerebral palsy organizations and researchers, sharing up to date information and resources nationally. With increased cleaning procedures and maintenance, we were able to keep our donation bins open to maintain this revenue stream that funds our programs and services.

These times have been challenging for all of us — we were truly touched by the overwhelming generosity and dedication of our supporters, and the resilience of our community. Thank you for helping us create a Life Without Limits for persons with cerebral palsy and other disabilities.



A black ink signature of Joanne Dorn.

Joanne Dorn
Executive Director



A purple ink signature of Margaret Kangas.

Margaret Kangas
Board President

Cerebral Palsy Alberta is committed to social change and progress for persons with cerebral palsy and other disabilities.

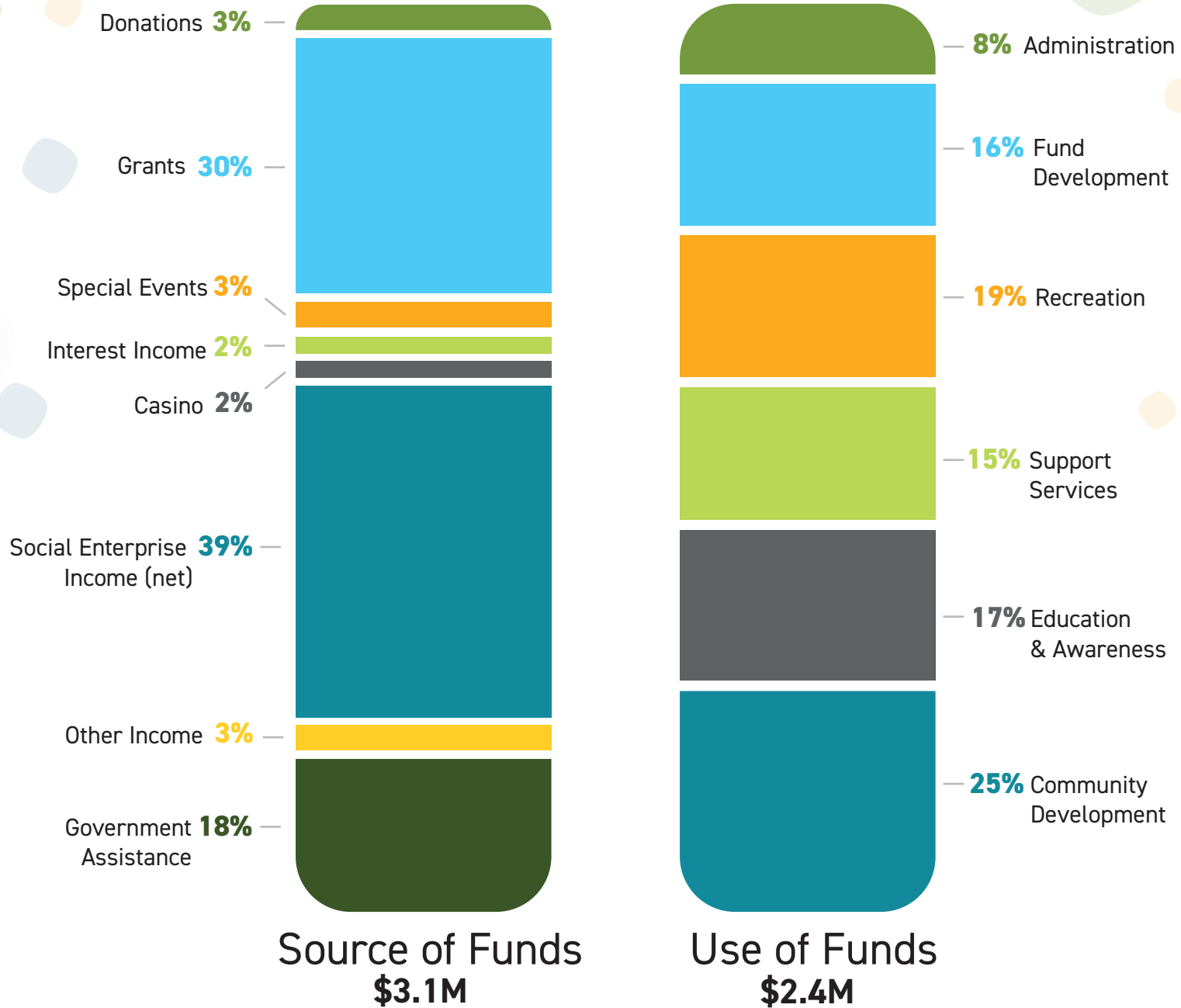
We strive to ensure the inclusion of persons with disabilities in every facet of society – from the web to the workplace, and from the classroom to the community. We provide services such as individual and family supports, social inclusion and wellness programs, assistive technology, referrals, a funding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



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 2020, the CPAA had to respond to the pandemic lockdown situation when our partners put their contracts on hold. In response to the circumstances, we had to stop home pick-ups and close our Attended Donation Stations for a period of time but remained the only organization collecting from and maintaining our donation bins. We were also able to establish different avenues to sell stored product in order to decrease expenses and provide support for the CPAA's valuable programs and services.

8

ADS locations

77

outdoor clothing bin locations with

105

bins at those locations

23

indoor clothing bin locations

15

community clean ups

53,117

beverage containers collected

1,838,012

lbs of clothing collected

our volunteers



Volunteers spent their time helping in the Programs, Operations and Administrative departments and during our Bingo fundraising events prior to the pandemic. When the lockdown took place we had volunteers supporting our virtual programs and they had a huge involvement in the Buddy System Virtual Visit program

179 volunteers

55 new volunteers

1,402 volunteer hours

our programs

Cerebral Palsy Alberta provides social inclusion and wellness programs for clients of all ages and abilities. In March 2020 we had to make the difficult decision and put all of our in-person programs on hold. The team worked hard, knowing that times of quarantine and social isolation cause loneliness and can negatively affect our client's mental health. We quickly transformed the delivery of our programs to virtual platforms via zoom and successfully offered a variety of Health & Wellness programs and pop-up events to keep our clients engaged. Participation levels increased by over 4,000% creating a virtual community across the province.

4,350 clients served provincially
949 in-person and virtual classes
32 programs offered

Programs offered in 2020:

Before pandemic: ComputAbilities, Art Expressions, Art Fundamentals, Music Therapy, Tempo Gusto, Sound Connections, Treble Makers, Morning Bliss Yoga, Tranquil Movements Yoga, Horticultural / Funsclapes Therapy, Dance Without Limit, Swimming Classes, Splash Time Aqua Therapy, Friday Fun Connections and Calgary Meet-up Group

During Pandemic: ZUMBA – Boogie Shake, Cha Cha Boogie; Fitness – Moving & Grooving, Wigglin' & Wobbling, Shaking and Grooving; Yoga – Little Sprouts, Yoga Bees and Yoga Lotus; Music – Whole Notes, Half Notes and Mini Notes; Art – Fun Expressions, Creative Souls and Scribbles and Giggles; ComputAbilities; Friday Fun Connections and Alberta Meet-Up Group. We also offered virtual events, including a Halloween Party, Count Down to Christmas.



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.



117 new clients

2,431 clients/families /caregivers received resources for both mental wellness and activities to do while isolated.

58 clients participated in the Buddy System Virtual Visits program

17 parents participated in the Online Parent Support group

35 applications reviewed through the Funding Request Program for a total cost of \$20,909.63.

227 clients and their families benefitted from the CP Care Packages program

239 gifts to children with disabilities through the Gifts from the Heart program.

our fund development

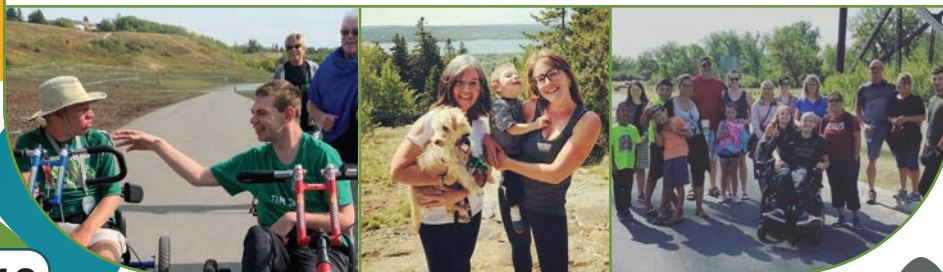
HUSH Gala

101 guests accepted our mission and attended the Spy-tacular HUSH Gala virtually and in person at the secret headquarters' location of the Sheraton Suites Eau Claire. This event left all agents Shaken Not Stirred as over **\$71,000** was generated through the Silent and Live Auctions, 50/50 and First Chance Live Draw ticket sales!



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 **\$59,000!**



In 2020, the Development Team had to pivot and come up with new ideas on how they could meet their fundraising goals for the year.

Despite restrictions caused by COVID-19, we hosted two major events that brought 230 members of our community together to generate \$130,000 to continue to create a Life Without Limits for individuals with cerebral palsy and other disabilities throughout the pandemic. Additionally, the team created a series of online raffles, a 50/50 draw and an online promotional store that helped to generate an additional \$10,000. Through the success of numerous grant applications, the development team acquired in excess of \$615,000 to fund the creation of new virtual programming and support services for the clients we serve.

Third Party Fundraising Events

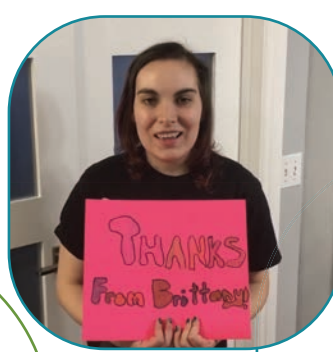
13 events were hosted throughout the province raising over \$27,000

Alberta SheSleds
Calgary Hitmen Teddy Bear Toss
Denise Ouellette – Tocara Jewellery
Facebook Fundraising Events
Fundscrip
Gifts From the Heart
Giving Tuesday
Print Machine
Quarry Park Chiropractic & Wellness Centre
Shaw Charity Classic - Birdies For Kids
Skip The Depot
St. Thomas More Jr High School in Edmonton
State of Art Society



our testimonials

CLICK TO
SEE VIDEO



"On social media I saw that the Cerebral Palsy Association had put all of their programs online to help people with disabilities feel less isolated and more connected with people. So I signed up for 3 of their online classes: Yoga Lotus, Shaking and Grooving, and Creative Souls. Wow what a difference signing up for classes with the CPAA has made. I feel more connected with people outside the 4 walls of my parents home, encouraged to exercise, and overall happier than I had been when the pandemic started."

Mary, Client

"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 for the last 10 months now. I know that I will never forget."

Mary, Skills Society

"It has been lovely to see that people who did not know each other before the start of online programs now interact as if they have known each other for a long time. That really helps everyone feel connected. 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 classes and keeping us connected to other families. And thank you for giving us parents &/or caregivers an hour of 'normality'."

Anne, 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 staff."

Shannon, Parent



Calgary Ability Network (CAN), an initiative of Cerebral Palsy Alberta, is a collaborative of 170 stakeholders, people with lived experience and those who support them, health practitioners, community advocates, and government that strives to: **Address systemic barriers facing persons with disabilities/ Strengthen the disability sector and influence policy and decision-making.**

In reflecting on 2020, and the fact that we're still faced with uncertainties related to COVID-19, Calgary Ability Network highlights the resilience of our community and the confidence that we can move forward together.

An initiative of Cerebral Palsy Alberta, The Re-entry Strategy for Persons with Disabilities Task Force began in May 2020 as a collaborative effort between community stakeholders, agency partners, self advocates, academics, and government. This forty-five person collective met weekly to address COVID-19 re-entry challenges for the disability community.

CAN's 5 working tables- Human Rights, Poverty Reduction, Accessible and Affordable Transportation, Recreation and Newcomers with Disabilities.

Activities in 2020 included:

Frontline Worker Training with the aim of bridging the settlement and disability sectors.

Community discussions around the feasibility of an Alberta Accessibility Act.

National Access Ability Week to celebrate the valuable contributions of Canadians with disabilities and to recognize the efforts of individuals, communities and workplaces that are actively working to remove barriers to accessibility and inclusion.

Human Rights Complain Process review and feedback- International Day for the Eradication of Poverty campaign raising awareness about poverty in our community and what a basic income means for people in the community.

Covid-19 relaunch and staff and volunteer training guidelines prepared as part of the CAN Recreation table.



RE-ENTRY STRATEGY FOR PERSONS WITH DISABILITIES

DECEMBER 2020



[CLICK TO OPEN DOCUMENT](#)

The CP Canada Network is a national initiative of Cerebral Palsy Alberta.

The CP Canada Network assisted a number of provincial partners with board and staff development, fundraising and agency operational support. A focus on supporting Atlantic Canada, resulted in the creation of Cerebral Palsy Nova Scotia, and revitalization of the current associations in PEI, Newfoundland and New Brunswick.

The CP Canada Network supported a number of researchers across Canada in dissemination and participation in advisory committees. Research Partners include Kids Brain Health Network, McGill University, Holland Bloorview, IWK Health Centre, CanChild, CP-NET, CP Registry and ChildBright. The CP Canada Network was featured at the CP-NET Science and Family Day on World CP Day and Kids Brain Health Annual Conference.

We recently completed a national needs survey on the complex health needs, social issues and barriers to inclusion that individuals with CP face. We are working the School of Public Policy to develop a report and infographic to present to policy makers and define the need for a National Strategy for Cerebral Palsy. A sub report was completed on the Nutritional Concerns for Persons with Cerebral Palsy.



our donors

We would like to thank the following major supporters.

Endless Possibilities (\$50,000+)

Calgary Community Foundation
City of Calgary
Community Foundations of Canada
Edmonton Community Foundation
Government of Alberta
Government of Canada
Telus Corporation
United Way of Calgary
United Way Capital Region

Partners Without Limits (\$10,000+)

ABCRC
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Goodlife Kids Foundation
Ipsen Biopharmaceuticals Canada Inc
Nestle Canada Inc
Shaw Charity Classic – Birdies For Kids
Telus Future Friendly Foundation
Weir Bowen LLP Barristers & Solicitors
The Wawanesa Mutual Insurance Co.
United Cerebral Palsy Inc.

Best Friends Without Limits (\$1,500+)

Breakfast Club of Canada
Cadillac Fairview Corporation
Calgary Properties Lions Club
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Clifford Friesen Estate
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University of Alberta - Community Service Learning
X-Calibur

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Scotiabank Charity Challenge
Shelagh McGregor
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Value Village Stores
Vithya Gnanakumar

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Canadian Rocky Mountain Resorts
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Crossiron Mills
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Dream Rocket Media
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**Thank you to our anonymous
 and in-direct donors, event
 supporters & attendees,
 volunteers as well as our
 community partners.**



welcome to holland

In the disability community, it is a tradition for other parents, families, friends, or doctors to pass this poem on to the families who have recently received a diagnosis. This poem was shared with me shortly after my son Josh was born and diagnosed with cerebral palsy. I have treasured it over the years as it has been a constant reminder of how wonderful things can be even if it wasn't a part of the plan, and a reminder to look for the silver lining in every situation. In many ways, the pandemic is similar to having a child with a disability – things may not have gone how we had hoped or intended, but I think that many of us could say there were some positive things that have come about because of it.

Joanne Dorn, Executive Director

Emily Perl Kingsley wrote the poem *“Welcome to Holland”* in 1987 to describe her journey as a parent of a child with a disability.



Joanne & her son Josh

I am often asked to describe the experience of raising a child with a disability - to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this..... When you're going to have a baby, it's like planning a fabulous vacation trip - to Italy. You buy a bunch of guidebooks and make your wonderful plans. The Coliseum. The Michelangelo David. The gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting. After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland." "Holland?!" you say. "What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy." But there's been a change in the flight plan. They've landed in Holland and there you must stay. The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place. So you must go out and buy new guide books. And you must learn a whole new language. And you will meet a whole new group of people you would never have met. It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around.... and you begin to notice that Holland has windmills....and Holland has tulips. Holland even has Rembrandts. But everyone you know is busy coming and going from Italy... and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say "Yes, that's where I was supposed to go. That's what I had planned." And the pain of that will never, ever, ever, ever go away... because the loss of that dream is a very very significant loss. But... if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things ... about Holland.

Emily Perl Kingsley



Cerebral Palsy ALBERTA

Life Without Limits



403-543-1161
toll free: 1-800-363-2807



12001 44 St SE, Calgary AB
T2Z 4G



www.cpalberta.com

