

# Fall Newsletter



Holly (2nd from right) and other participants at Take PART's weekly recreation sessions.

## Fall Newsletter

### Program Report

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### Fundraising

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Drop Zone  
Gala & Auction

### Volunteer Corner

Thank you WestJet!

### Ongoing Events

United Way Campaign - Support ESNS!  
Dress to Express - Casual Days for ESNS!

Hi, my name is Holly. When I was a baby I was diagnosed with myotonic dystrophy. This meant I was unable to move like the other kids. My muscles were weak.

Myotonic dystrophy is the most common form of muscle disease, affecting approximately one in 8,000 persons, worldwide. It is a disorder characterized by progressive muscle weakness and wasting and by difficulty in relaxing the muscles after they have been contracted.

Myotonic dystrophy made it difficult for me to participate in sports like other kids. Then I joined the Easter Seals Take PART Program. Take PART is where you can go to play different sports, meet new friends, have fun and be active. We play all sorts of different games like lacrosse, boccia, basketball, baseball, dancing, racing, and cool-down exercises. A lot of the games we play are ones that I play in gym class at school too, but at Take PART, Easter Seals Nova Scotia provides the sports wheelchairs so that we are better able to participate.

When I first started out I wasn't really interested in trying the wheelchairs, and when I did I had to get used to moving in them. Now my friends and I like to race around the gym, spin around in circles and do donuts! Using a sport wheelchair is easier for me than playing the games standing up.

My Dad likes that Take PART is an outside-of-school activity. He likes that I have a chance to exercise and do sports and recreation on an even playing field with the other kids – since we're all using wheelchairs it doesn't matter whether some of my friends use crutches, or wheelchairs, or walk on their own.

The people that help us at Take PART are volunteers that are very nice and do a really, really good job. Last week we played lacrosse and it was a blast for the whole hour and a half.

Thank you for helping make sure Easter Seals can keep doing Take PART. Like my Dad said, "There are some things that Holly does that she likes and some things she tries that she doesn't like as much. But Holly really, really, really likes Take PART."

*Holly and Otto VanBarneveld*

TakePART (Physically Accessible Recreation Today) is available to children and teens ages 8-21 with physical disabilities and offers weekly sports and recreation, an adventure activities program, and adapted sports camps throughout the province.





## Weekly Fall Sessions

Take PART's Weekly Recreation Fall Sessions still have spots open to new or past participants. Sessions are in Chester on Wednesdays from 6 - 7:30pm at Forest Heights Community School, and in Halifax on Sundays from 12:30 - 2pm at St. Andrew's Centre.

Take PART's Weekly Recreation Sessions include physical activities, sports and recreation for children and youth with physical disabilities. Led by a team of dedicated volunteers, each 8-week session exposes participants to a variety of adapted sport and recreation opportunities. Emphasis is placed on learning rules and skills in a social and fun atmosphere.

Register online at [www.easterseals.ns.ca](http://www.easterseals.ns.ca), or contact the Active Living Program Coordinator for more information at 902.453.6000 ext. 229.



## Christmas Baking

New Leaf Enterprises is pleased to offer our Christmas Baking this year. We are offering our Shortbreads, Peanut Butter Balls, and new items to tempt your pallets! All our Christmas Baking is made from scratch, in-house at New Leaf Enterprises - our work skills training centre for adults with physical disabilities.

Place your orders for Christmas Baking between November 9th and December 7th. Please order one week in advance for pick up at New Leaf Enterprises at 3670 Kempt Road in Halifax. Bake Sale items will also be for sale, subject to availability, from December 15 to 22.

Contact us at [newleaf@easterseals.ns.ca](mailto:newleaf@easterseals.ns.ca); call 902.455.9044 ext. 241; or visit our website at [www.easterseals.ns.ca](http://www.easterseals.ns.ca) for a quick link to our Christmas Baking order form.



## My First Summer at Camp!

"I am writing to say a very special THANK YOU to all of you who made it possible to go to Camp Tidnish this year. It was the first time being away from my Mom since I was born.

At first I was sad but I made new friends quick then I was OK. Camp Tidnish was the best! I made great new friends, got to swim everyday (but not the day it was thundering and lightning), and we went on a boat ride up the river. We also had a dance and I got to wear a pretty dress.

One day we split up in to teams to make a potion and ours was a sleeping potion and I thought it was really fun, we also had a race with sponges, water and a bucket and the losing team got the bucket of water dumped over their head.

So I wanted to tell you how much fun I had and I will never forget it. Thank You!!!" ~ Jada, first time camper this summer



Active Living  
Assistive Devices  
Family & Community Support

Nova Scotia

## Strategic Planning

Future Outlooks of Easter Seals Nova Scotia

These are exciting times at Easter Seals Nova Scotia! We welcome the opportunity to develop a new Strategic Plan for the next 3 to 5 years. This Plan will direct our decisions and actions towards a series of agreed upon goals and objectives.

It is time to re-evaluate the needs of Nova Scotians with physical disabilities, review the new challenges and opportunities that have arisen, and develop a strategy to address the changing environment and continue to best meet the needs of our community with resources available.

We look forward to updating our members on our progress and outcomes as they evolve. Stay tuned for further information on how we will be moving forward, in order to best serve our community.

