



EASTER SEALS NOVA SCOTIA FALL NEWSLETTER

Easter Seals Nova Scotia advocates for a barrier-free province by providing programs & services which promote inclusion, independence, and mobility for Nova Scotians with disabilities.

We work towards these goals for one simple reason:

We envision a world where everyone is included



ASSISTED MOBILITY

The Easter Seals Nova Scotia Assisted Mobility program helps to administer programs to provide clients with a wide variety of mobility equipment including, wheelchairs, seating inserts, walkers, and home safety equipment. Through this program we enhance mobility and independence within our communities.

Two separate programs are included under this banner:

Assisted Devices – helping Nova Scotians with physical disabilities in financial need acquire medical devices based on a professional Occupational Therapist's or Physiotherapist's assessment.

Nova Scotia Wheelchair Recycling Program – this program is offered to clients of the Nova Scotia Department of Community Services and provides new and refurbished wheelchairs to those in need.



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camp TIDNISH

WELCOME BACK CAMP TIDNISH CAMPERS!

It was a long two years for our Camp Tidnish campers, but we finally welcomed them back this summer!

Camp Tidnish has been providing Nova Scotians with disabilities a unique and customized camping experience since 1937. Camp Tidnish is a residential summer camp designed specifically to meet the needs of individuals with physical and cognitive disabilities. Each summer up to 270 campers stay at the fully accessible, completely barrier-free camp to enjoy a safe summer vacation filled with fun, games and laughter.

The goals of Easter Seals Nova Scotia's Camp Tidnish are:

- To provide an opportunity for children, teens, adults and seniors with physical disabilities to participate in a residential camping experience.
- To encourage emotional and physical independence among campers.
- To accentuate a sense of responsibility, self-esteem, and acceptance for the campers by encouraging active involvement in all of the daily activities.
- To provide an opportunity for respite to the parents and caregivers of these campers.
- To lessen social isolation for individuals living with disabilities through their involvement in Camp Tidnish.

Those who have spent time at summer camps know that it can be a time of incredible physical, emotional, intellectual and social development. For those with disabilities – who may have never enjoyed a swim in a pool or sat at a campfire before – these experiences have the potential for an even greater impact.

The thrill of camping also serves as an opportunity for persons with disabilities and their families and/or caregivers to have a rare break from each other. This fosters independence for the campers and provides comfort and assurance for their families to know that they are in excellent care.

Twelve-year-old Darcy was a first time camper who was very nervous about coming to Easter Seals Nova Scotia's Camp Tidnish. When he was being dropped off, his mother was overheard saying "See? There are other kids in wheelchairs here too." Darcy quickly made friends with his cabin mates and loved participating in all of the activities, especially fishing.





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take PART

TAKE PART (PHYSICALLY ACCESSIBLE RECREATION TODAY)

Most of us understand the great benefits derived from participating in team sports. It allows us to stay fit, share in a mutual passion, and create lasting social and community relationships. Statistics show significantly lower levels of participation among physically disabled persons, compared to those who are able bodied.

Much attention is being focused on obesity, physical health, and active living for all Canadians. In the disabled community, some of the statistics are rather alarming.

- 37% of disabled children and youth never take part in organized physical activities, compared to 10% of those without disabilities.
- 24% never take part in unstructured physical activities in the community, compared to 2% of their non-disabled peers.
- 73% of children and youth with disabilities never take part in group and club activities in the community, compared to 57% of those without a disability.

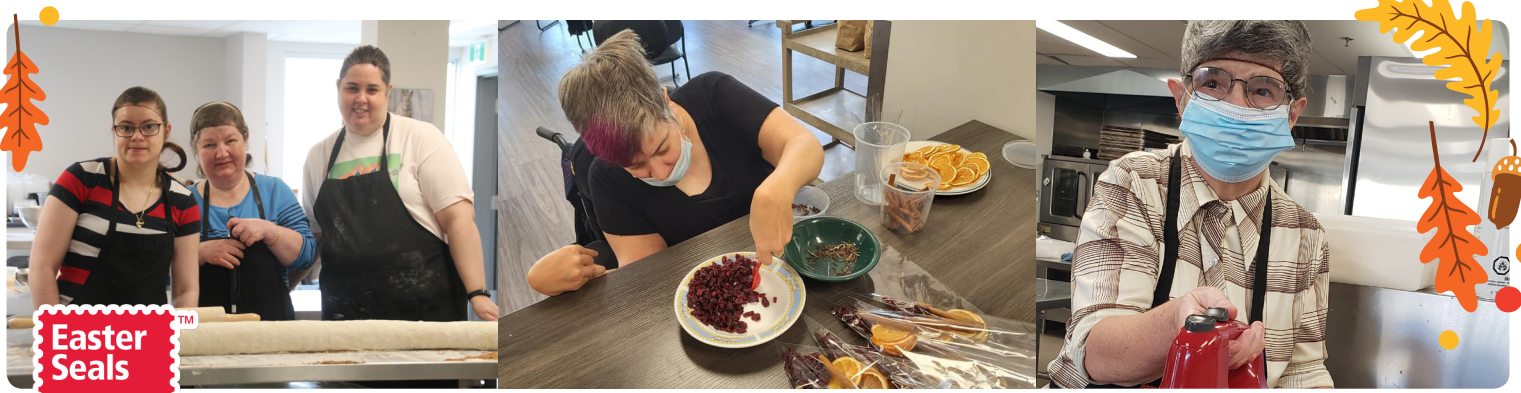
Physical activity is known to reduce pain levels and instances of secondary health complications, while improving mental health. It also appears to help overcome social isolation and establish more self-confidence and self-reliance.

Easter Seals Nova Scotia is delighted and proud to provide our Take PART program to help boost health benefits, socialization and fun for everyone! Our recreation programs for children, and youth with disabilities include:

- **Learn to Sledge** – a fun-focused sledge hockey program for children and youth of all ability levels.
- **Learn to Wheel** – a weekly, one hour wheelchair basketball program for children ages 7-15.
- **Learn to Dance** – a fun-focused, non-competitive recreational program for children and youth ages 6-21.
- **Learn to Ride** – A five-day adaptive equestrian training camp offered to children ages 6-12 and youth ages 13-21.
- **Learn to Boccia** – offered in partnership with Northwood Care Facility, this non-competitive program is offered to residents or Northwood as well as outside community members who wish to attend.

It's difficult to find words to describe how wonderful it was to find programs where Ben can be "one of the guys" and play basketball or hockey just like everyone else. Ben never complains about the long drive to get to an activity, he's excited and ready to go! Easter Seals offers a wide variety of programs that are carefully planned for children with disabilities – your child can be themselves and feel special and included.





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new LEAF

NEW LEAF ENTERPRISES

Established in 1960, New Leaf Enterprises is the oldest social enterprise in Nova Scotia. This program of Easter Seals Nova Scotia provides individuals with disabilities opportunities to participate in skill development and workplace training. Trainees of this program acquire skills and knowledge through task analysis, practical exercises, and hands on experience working in our Centre's business and food service areas. Trainees work on life, social, and employment skills that will give them confidence and independence and lead to community employment and activities.

There are three main focus areas of New Leaf Enterprises:

The Supported Employment and Training Program works with adults who are interested in paid community employment or volunteering and who can work independently in the community following a period of Job Coach Support. This program includes The Next Step program that focuses on young adults aged 17-30 who identify as having a disability and are looking for employment.

The Catering and Food Services Program works with clients to operate three cafés throughout HRM as well as a robust catering business. This program provides a variety of training and skill development for our clients such as, customer service, money skills, food handling, baking, and cooking.

The Business Services Program provides organizations and business services such as mailing, spice packaging, product folding and inserting. This program also includes our home décor products that are handmade by our clients alongside our instructors. Current products include soap, bath bombs, soy candles, wooden signs as well as seasonal items.

LEGACY GIVING

Considering a planned or legacy gift is an emotional experience. These gifts can range from the relatively simple bequests made in a will, to gifts like charitable gift annuities and charitable remainder trusts that provide major gifts to a non-profit while at the same time returning income to the donor. Legacy or planned giving helps provide you with a unique tax advantage that eases the tax burden on your loved ones. With effective planning, they will not lose your hard-earned income or assets to fees and taxes.

Have you considered giving a planned or legacy gift to Easter Seals Nova Scotia?

Each year, Easter Seals Nova Scotia helps thousands of Nova Scotians living with disabilities. Remembering us in your Last Will and Testament ensures that you leave a legacy that will make an impact on their lives beyond your lifetime. **For more information, please contact Wanda Sinclair, Director of Development at 902-453-6000 ext. 224 or email: wanda.sinclair@easterseals.ns.ca**