



The COMMUNICATOR

January 2004

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Golf Tournament Glory

Thanks to Pat Frederick, Team Ford and Roger Royer for their donations towards special projects as a result of their good fortune during a couple of local golf tournaments. Parker Stewart House and Residence 4 (Dovercourt) now have some very nice flooring and furnishings as a result of Pat and Roger's lucky hole-in-ones!



Dennis Stockman, Executive Director, accepts a cheque from Neil Reid, Managing Partner of Team Ford

MISSION IN THE MALL

THE ULTIMATE
TEAM CHALLENGE

Mission in the Mall, which was held on October 5th 2003, was a huge success. Over 100 teams from all over Alberta joined in to compete in Survivor and Amazing Race like challenges throughout West Edmonton Mall. Teams combined inspiration with perspiration by completing a number of exciting physical and mental challenges. This new and unique fund raiser definitely created a great deal of awareness of the Association and its programs! A big thank you goes out to the over 200 volunteers who helped make this event possible.

The winners of Mission in the Mall were a group of teachers from Spruce Grove. They were happy to take home the grand prize of 4 home theatre systems. David Oldham, captain of the team said, "We can't wait until next year to defend our title. Mission in the Mall was one of the best events I have ever taken part in." All the results of the event are posted on the mission in the mall website and photos are also included for anyone interested in seeing what some of the events were like.

Next years Mission in the Mall will be held on October 24, 2004. We are

excited to have our partners West Edmonton Mall, CFRN and The Edmonton SUN back on board! We are now in the process of confirming next year's sponsors. Please contact Cherry VanderHoek at 453-6707 if you would like to become involved.

Our thanks to partners and sponsors who made the event possible:

Venue Partner-

West Edmonton Mall

TV Partner- CFRN Television

Print Partner- Edmonton Sun

Gold Sponsor-

Corporate Projects

Silver Sponsors-

- Canuck Industrial Sales
- Corporate Express
- Edmonton Eskimos
- IGL/Neptune Coring

Bronze Sponsors-

- Canadian Western Bank
- Moneta Systems
- Expressions and Images
- Red Arrow
- VIA Rail

Copper Sponsors-

- Halls Pharmacy
- Condon Barr

Door Prizes Provided by:

- Snowbird Galleries, MacEwan Centre for Sport and Wellness, Marmot Basin, Purdy's Chocolates, Forzani's, Shear Simplicity and Cookies by George.

Parker Stewart Update

On July 2nd, 10 individuals moved into our new second Assisted Living Home, Parker Stewart House. Since that time many exciting things have happened. New friendships were formed and old friendships were rekindled among the 10 roommates. Over the past 5 months each resident's everyday routines were strengthened and everyone seems to have settled nicely into their new home.

Of the 10 individuals, 3 continue to access day programs through the Association and others are offered recreational choices to participate in on a daily basis. A formal recreation program was implemented a few months ago and is proving to be very positive. The residents of Parker Stewart House and Winnifred Stewart House join together to share staff and resources throughout the week to participate in scheduled recreational



activities such as Music Therapy, cooking, exercise and craft classes. There have also been community access activities planned for those individuals who are able to participate. Plans are also underway to incorporate a Pet Therapy class into the schedule.

The special features of the house are benefiting the residents in many ways. The open floor plan allows lots of space for those individuals who like to wander. The special adaptive Jacuzzi tub allows easy access to those individuals who have difficulty stepping into a regular bathtub and wheelchair accessibility gives individuals who are reliant on wheelchairs complete freedom in their home. The

staffing model is of benefit as individualized support is always available during the day or night.

The feedback from the residents and their families has been very positive so far. One guardian has said, "Parker Stewart House is a lovely place" and feels that her daughter is quite happy living there. There are several residents that are quite proud of their new home and invite family and old roommates over for visits.

Staff of the home have gone through training on supporting persons with dementia and aging concerns and are using their knowledge to provide quality support to the 10 residents of Parker Stewart House.

The month of December was targeted to survey the residents, their families and the staff who work in the house. The results of the survey will help us provide the best care to the residents by identifying areas for improvement and building on our strengths.

Cheryl Ackimenko
Residential Supervisor

Scrapbook Class

We are always looking for new and valuable programs to enhance the level of service that we provide. One such program is our in-house scrap-booking class. Throughout October and November a facilitator ran a weekly program that allowed several clients to design and construct personal



scrapbooks. Each individual in the class brought in several pictures ranging from childhood to the present and carefully built an album to present them in. The result was wonderful and the experience fantastic for all those involved. Clients had the opportunity to explore and express their creative side and at the end were able to take home a memorable keepsake. We look forward to continuing this project in the future!



Let's Get Fit!

The Recreation and Leisure program has put a greater emphasis on physical fitness over the last few months. Aqua size has been added to the weekly schedules and a number of groups who have been attending these classes have found it to be successful and

beneficial and are very positive about the new implementation. Another newly implemented initiative is our morning physical activities. In addition to a once a week aerobics class, we have been facilitating a weekly sports program in our gymnasium. Each month a new sport will be chosen and individuals will have the opportunity to participate in a variety of activities.

Announcements

Mark Your Calendars!

The Annual General Meeting will be held on May 31, 2004. More information will be available in the May issue of the Communicator.

Valentine's Day Dance!

The dance will be held on February 13, 2004. Information for ticket sales will be posted at a later date.

Blitz

The first mail out of Blitz will be on May 1, 2004.

Easter

We will be closed for Good Friday and Easter Monday. Happy Easter!

Sales and Promotions

Are you low on garbage bags? Don't forget, sales and promotions sells very durable bags. Call 451-5142 or go to www.winnifredstewart.com.

New Partnership!

An exciting new partnership has been developed between Save-On-Foods and The Winnifred Stewart Association - Work Opportunities Program. The partnership began in September as a client was hired in a Part-time Service Clerk position. The individual works one to two four hour shifts a week and is responsible for packing bags, returning buggies and hand baskets, and doing product returns and price checks. The support and flexibility Save-On-Foods has offered to the client has been greatly appreciated and in turn has given the individual opportunities to shine with his abilities and great personality.

The Legacy Corner

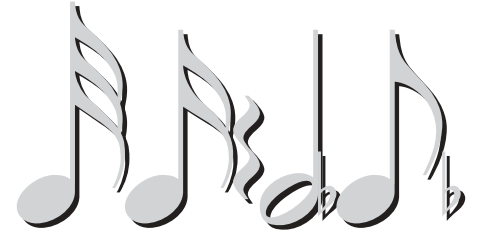
WHAT SHOULD BE THE GOALS OF A WELL PLANNED ESTATE PLAN

The most common goals and results of your deliberate estate plan are:

1. To clarify your values about property and passions
2. To preserve or increase an inheritance for enjoyment by others after death
3. To ensure your wishes are carried out upon death regarding
4. To avoid disputes among family members (or, at least, to decrease the possibility of your estate being sued)
5. To protect you and your family in case illness or injury leads to incapacity
6. To save as much tax as possible

If you wish to know more please call Nena at the Winnifred Stewart Foundation to receive an information package at 983-5104.

Choir!



The recreation and leisure program has been running a weekly musical therapy program for some time now. It has been a wonderful opportunity for many individuals to learn and express themselves in a musical environment. Having been witness to several of the music therapy sessions, it has been great to see the excitement in the room as everyone connects with a song, a rhythm or with their peers. In November, because of the music programs success, we decided to expand music therapy and put together a choir. These sessions are similar to the music therapy except that they have been slightly more structured. The class has the opportunity to learn specific songs and to bring their individuality together and perform as a group. It has been a big hit for all those involved!

Shawn Ewasiuk
Community Access Coordinator



**TAX SAVINGS AND
NEW DEVELOPMENTS THAT MAY AFFECT YOUR
RRSP OR RRIF AND YOUR DEPENDENTS GOVERNMENT SUPPORT**
(and things you need to know before revising your Will)

This seminar is a must for Winnifred Stewart Association
MEMBERS, PARENTS AND GUARDIANS

Presented by
Dianna Muise, CA and tax expert, Kingston Ross and Pasnak
Doris Bonora, LL.B., Reynolds Mirth Richards & Farmer

and
Winnifred Stewart Foundation

Wednesday, January 24, 2004

At
7:00 p.m. to 9:00 p.m.

Please RSVP to Beverley at 453-6707
Transportation is available if you register early!

Adult Care will be provided
RSVP top Beverley at 453-6707 as seats fill up quickly!

The Winnifred Stewart Association has been enhancing the quality of life for people with developmental disabilities since 1953. Today we are innovators in working with aging adults with developmental disabilities to design customized programs that address the unique needs of our clients and their families.

Publications
Mail Agreement
40662034

Our core services include:

- Community-based residential housing
- Employment training and placement services
- Recreation and leisure support programs
- Planning and support services



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