



Chairs: Mezaun Lakha-Evin

Present

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| Scott Godfrey (AAFSC) | Jordan Berniquez (Prospect) |
| Leonard O’Keefe (DDRC) | Ermira Kusari (CAN) |
| Jason Kellas (Easter Seals Alberta) | Mezaun Lakha-Evin (CPA/CAN) |
| Karen Dommett (Calgary Adaptive Hub) | Elysa Sandron (Calgary Adaptive Hub) |
| Deanne Rommens (City of Calgary – Rec) | |

Item	
1	Welcome and Introductions
2	<p><u>Table chairs – update</u></p> <ul style="list-style-type: none"> - For the time being, Mezaun Lakha-Evin will be chairing the table and anyone interested in co-chairing the table is encouraged to come forward. The char/cochair positions will be reviewed again in January. <p><u>Mental Health support through recreation</u></p> <ul style="list-style-type: none"> - DDRC: the primary reason for rolling out in-person programming has been to address the mental health of members. Such supports include virtual programs as well. - AAFS: running programs in-person (for those who are comfortable leaving their homes) and virtually (for those who are not), focusing on engaging everyone and keeping them active instead of just watching a video/recording. Individuals/family members have been reporting that the situation has taken a toll on their mental health. - Special O: ran three pilot in-person programs with strict protocols in place and it went very well. Currently, all programming has been suspended until mid-January. To address the issues resulting from this suspension, coaches are connecting with athletes by phone until mid-January. The concern is greater for the members that cannot participate in programs or access services and support online. - CPA: started a buddy system; connected volunteers and members on Zoom to chat. - Calgary Adaptive Hub (CAH): have been working with the Ability Center in Ontario who have come across the challenge of reaching children and youth, especially when parents are not available during virtual programs; are as such moving to pre-recorded program however that does not tap into the engagement and mental health piece. Looking at weekly challenges where people can share results and engage socially that way. They have also been circulating pre-recorded

videos in the Children's Hospital that pop up on screens in rooms. These ideas and new ones will be discussed with the CAH partners. Looking into conducting research to see the mental health impact of the lockdown and the effect of virtual programs. Exploring the idea of virtual camps.

- Easter Seals: all programs were cancelled over the summer including camp and are uncertain about what will happen with future events, including the Christmas event.

- Prospect: Programs have been moved to virtual platforms again. Clients that were attending in-person programming until the first week of this November are struggling with moving back to virtual programs. Encouraging people to stay active through scavenger hunts, geocaching activities, and other activities that clients can do them on their own. Not able to reach everyone through the virtual programs and for those that do not have access to technology, have been engaging in one-on-one activities in the community.

- City of Calgary-Recreation: hoping to run a limited number of in-person programs in January, outdoor (snowshoeing, cross country skiing for those who can participate) and indoor, pending a potential shutdown. Arts and Crafts programs are continuing (number of participants depends on the size of the facility)

Identifying issues/concerns in the community

- A survey has been drafted by the Reentry Strategy for Persons with Disabilities Taskforce to collect data on the mental health aspect/issues that people are dealing with.

- **Suggestion:** Create an internal survey to collect questions that CAN members would like to see included in the survey that is being put together. Table members present at the meeting agreed to set up a Google Drive document where everyone can include the questions that they would like to post to the community at large (**please provide your questions by Thursday, November 26, 2020**)

Link to the CAN Recreation Google Drive Folder:

<https://drive.google.com/drive/folders/1EaareGz-2waYeiJ8iULdx42YMMb5il7Z?usp=sharing>

Link to the Survey Question document:

https://docs.google.com/document/d/13KH64_5Efu_oU4DJNT17jGQriPuYxzupqbe8oAZ7FPY/edit?usp=sharing

Recreation opportunities in the community - Calendar

- Children's Link have compiled a calendar of various events being offered in the community: <https://childrenslink.ca/events/>

CAN Recreation Table

November 19, 2020



Wrap-Up/Adjournment

Next meeting:

Date: December 17, 2020

Time: 9:00 AM – 11:00 AM

Location: Zoom
