The Lighter Side

Vol. 70 Issue 1 February 2021

CP Kids and Families Celebrates 70 Years

2021 is special as it marks 70 years since Cerebral Palsy Kids and Families opened its door to serve some of the most vulnerable people in our community. We were founded by a group of parents in 1951 to meet the needs of a few children with cerebral palsy. Although we have grown since 1951, we are still a group of compassionate parents who strive to make a better life for children with physical disabilities, including CP. Today, Cerebral Palsy Kids and Families continues to meet the needs of our community through our unique, specialized programs, and services. Look how far we've come!



To celebrate this milestone we are:
- *Fundraising $70,000 with 1,000 people donating $70*
- *70th Anniversary Memorial Project*
- *Launching CP Ambassador Program*
- *Walk & Roll Fun Run Virtual Event*
- *70th Anniversary Celebration Event (TBD)*
- *Celebrating with other people and business turning 70!*

**If you are turning 70, contact us! We want to celebrate with you!*



Past Christmas Party



Christmas Party, Calgary , Alberta, 2019



Cerebral Palsy Christmas Party, Calgary, Alberta, 1954





Zoom calls with Santa and Curbside Christmas Party 2020

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In 2021, we now are a group of over 850 members. We could not have reached this important milestone without the support of our families. From the original 6 parents, that sat around a kitchen table in 1951 and formed the agency, the individuals that stepped onto the positions of the board of directors, those who helped us sell lightbulbs and red carnations at Stephan Avenue Mall and all of you who have volunteered at our Casinos and the numerous fundraising ventures – thank you for your amazing, ongoing support. As a result of our members' strong advocacy, children with physical disabilities started attending school and were integrated into neighborhood classrooms. Our agency helped found the Cerebral Palsy Clinic at Alberta Children's Hospital, to ensure that our kids could receive the best medical treatments in Calgary. When there were limited recreation programs, our organization created the Pink Pelican Club which now operates as Between Friends Club. As a close group of parents, we supported one another, provided a shoulder to cry on and worked hand in hand and advocated to ensure that our children would live a full and happy life.

These past seventy years have seen many changes and yet our goals are still the same. We continue to be a place of understanding, support and resources for our families. Thank you to all of our members. We look forward to another 70 years as we strive toward continuing to support individuals living with a physical disability.

BENEFITS OF MEMBERSHIP

Membership offers many benefits to both you and your family. This includes information, support, resources and referrals. You will join a growing community of individuals and families living with a physical disability including cerebral palsy. Together we become a collective voice and initiate positive change for individuals living with a physical disability. Members have access to our:

- *Adapted Bike Program*
- *Adapted Equipment Lending Program*
- *Travel Rental Program*
- *Virtual Programs*
- *Adult and Youth Summer Camp*
- *Wheelchair Accessible Home Tour and Van Event*
- *Counselling from our Social Worker*
- *Family support from parents who have gone through or are going through similar challenges raising a child with a disability*
- *Connection to other members of the community raising a child with special needs*

NEW THIS MONTH

- *Register for our 2021 Adapted Bike Clinic*
- *Register for Winter In A Box for February*
- *Book a Driveway Dance Party facilitated by Bloom Wellness Collective*

light up a child's life

PROGRAMS

Adapted Bike Program

Registration is open now for the 2021 Adapted Bike Clinic . Bookings are by appointment only. Space is limited and bikes are loaned out on a first-come / first-served basis. The cost is $50/year to borrow a bike. Due to COVID restrictions, the clinics will only run in March and April 2021.

All kids physical disabilities can know the simple joy of riding an adapted bike



Equipment Loan Program

CP Kids has an assortment of great adapted equipment items available to members to borrow FREE of charge. Check out our website to see what is available to borrow. Contact us if you have any equipment that you are no longer using that could be donated to our lending program.

Summer Camp!

We are planning to re-launch our Summer Camps for 2021. These day camps will take place in our office and will offer a small group camp experience. Details to be announced.

Winter In A Box - Virutal Programs

Check out our Winter In A Box PLUS virtual activity program for February and March. Register on the website, pick up your free box of items at the office and then log onto our amazing virtual programs.: Bingo Nights, Karaoke Nights, Dance Parties, Music Parties, Games Nights, and Movie Nights. All activities start at 6:30 pm and are FREE! Your child can meet up virtually with friends to enjoy their favourite, fun activities!



Driveway Dance Parties

in partnership with
Bloom Wellness Collective

Book a Driveway Dance Party. Beat the Winter Blues and book a Driveway Dance Party through Bloom Wellness Collective! for Tuesday, Thursday or Saturday. The cost is $15/dance party approx. 30 minutes. To register visit www.bloomwell.ca





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FAMILY SUPPORT

Family Counselling, Mental Health Resources, Coffee Socials, Wellness Walks, and More!

Join us for our Winter Wellness Walk!

Connect with other parents, while maintaining social distancing and following COVID-19 guideline. Registration is not required, but appreciated. Check out the calendar on our website for more information and to register!





Patient at Cerebral Palsy Clinic, Calgary, Alberta

FAMILY COUNSELLING

Our Clinical Social Worker is here to provide counselling to families raising children with disabilities and equip them with the skills to thrive as they journey through parenthood. Instill hope for a positive future for you, your child and your family. Contact emily@calgarycp.org to request a session.

BLOG

Join Candice on her family's journey as she shares personal insights and exchanges tips with other parents who are raising a child with a disability. Stay tuned for equipment reviews, tips on using your February in a Box and ideas for making this season fun + accessible for the whole family. Together we hope to build an even more amazing community.

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70TH ANNIVERSARY FUNDRAISING PROJECT

As we embark on our 70th year of service, we are excited to announce our community fundraising campaign. Our goal is to secure 1000 special donors to give $70 for our 70th Anniversary. We will be sharing more info in the coming weeks on how you can get involved to help us reach – or hopefully surpass - our goal of raising $70,000.

COMING SOON

Send Us Your Photos!

As we continue to acknowledge our 70th anniversary throughout 2021, please send us photos and great life moments that capture your story as well as the story of Cerebral Palsy Kids and Families. The history of our agency will be highlighted on our website at www.calgarycp.org

DONORS

Over the last 70 years we have had numerous donors who have supported our agency. From corporate sponsorship, businesses and personal donors, to our members, friends and neighbours, we just want to say a HUGE thank you, for helping us Light Up a Child's Life! Our donor wall is a work of art and we look forward to adding more names to our gears. Thanks to a successful collaboration with our good friends at Tetra, we are able to showcase those who contribute to our organization.



FEATURED

70TH ANNIVERSARY MEMORIAL PROJECT

June 13, 2021 will mark Cerebral Palsy Kids & Families, 70th Anniversary. To celebrate this milestone, staff and the Board of Directors at Cerebral Palsy Kids and Families would like to pay respect to all our members who have passed by creating a memorial wall. This tribute will be on a visible wall within the CP Kids & Families Community space. The memorial wall will display a photo of the child who has passed along with their name and the date of their passing.We hope to have an unveiling of the project late spring/early summer. If you would like to participate in this memorial project, please email sheralee@calgarycp.org





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70TH ANNIVERSARY FUN FACTS!

Cerebral Palsy
KIDS AND FAMILIES
Celebrating 70 years of
Lighting up a Child's Life

WE STARTED "HANDIBUS" IN 1972



Did you know, our name has changed multiple times throughout our existence!

1950: Southern Alberta Cerebral Palsy Association

1984: Calgary Cerebral Palsy Association

2013: Cerebral Palsy Kids & Families

THE CALGARY FIRE DEPARTMENT HAS BEEN INVOLVED IN OUR ORGANIZATION SINCE 1954



Calgary Fire Department, 1954



Calgary Firefighters at our 2019 Summer Camp