



Life Without Limits
for Individuals with Disabilities

2022

ANNUAL

REPORT

Making a difference
Together





Table Of **Contents**

greetings	3
our vision	4
our operations	5
our performance & results	6
our volunteers	7
our programs	8
our support services	9
our fund development	10
our testimonials	12
alberta ability network	13
cp canada network	14
our donors	15

We acknowledge that what we call Alberta is the traditional and ancestral territory of many peoples, presently subject to Treaties 6, 7, and 8. Namely: the Blackfoot Confederacy – Kainai, Piikani, and Siksika – the Cree, Dene, Saulteaux, Nakota Sioux, Stoney Nakoda, and the Tsuu T’ina Nation and the Métis People of Alberta. This includes the Métis Settlements and the Six Regions of the Métis Nation of Alberta within the historical Northwest Metis Homeland. We acknowledge the many First Nations, Métis and Inuit who have lived in and cared for these lands for generations. We are grateful for the traditional Knowledge Keepers and Elders who are still with us today and those who have gone before us. We make this acknowledgement as an act of reconciliation and gratitude to those whose territory we reside on or are visiting.

GREETINGS

CP Alberta is pleased to present our 2022 Annual Report, from the vantage point of now living in post-pandemic times. The World Health Organization has declared that the virus no longer is a global emergency, and so, we are able to reflect on 2022 as the last year of the past three challenging years that is behind us.

Despite the challenges encountered during the pandemic, 2022 was also a time that helped us grow stronger as an organization. By 2022, we became more experienced with adapting to the new ways of serving the community during a pandemic, and from there, we quickly pivoted to navigating the lifting of pandemic restrictions. A “return to normal” in 2022 looked different for every person and family that we serve, and we were there to support the diverse needs of our community.

With the ability to return to our regular in-person programs and services after two years, our staff, and some of our volunteers, clients, and families were finally able to interact face-to-face once again, which was a long-awaited, heartwarming experience. Our return to in-person activities became even more special, as we returned to a newly renovated, accessible building – The Life Without Limits Abilities Center in Calgary – host to several of our programs and services, and an office space for staff. This return marked the completion of an 18-month long renovation project, which was supported in-part by two government grants.

At the same time, we ensured that online programs and support services were sustained to meet the needs of the individuals and families who were not yet comfortable returning to in-person activities, or for those who prefer to participate in virtual activities. Moreover, we committed to sustaining online programs and services for the foreseeable future, as demand for this accessible way to participate remains strong, even beyond its lingering need as a Covid protocol.

As the pandemic lifted in early 2022, we began to regain our footing and navigate the road ahead with learnings gathered that shaped our organization to best respond to the evolving needs of the disability community over time. We returned to our annual fundraisers and began to reimagine them, looked at new ways to build our Go Green for CPAA social enterprise in a post-Covid landscape, and continued to advocate and collaborate with other disability organizations in our network initiative, Alberta Ability Network (AAN). We hope you will enjoy learning more about our journey in this report.

In closing, we would like to sincerely thank all our generous grantors, donors, sponsors, volunteers, staff, Board of Directors, and most importantly, the individuals and families who continued to support us during these challenging times, and look forward to a new chapter.

Sincerely,



A black ink signature of Joanne Dorn, written in a cursive style.

Joanne Dorn
Executive Director



A black ink signature of Sean Crump, written in a cursive style.

Sean Crump
Board President

OUR VISION

Cerebral Palsy Alberta is committed to social change and progress for individuals in the disability community.

We strive to ensure the inclusion of individuals with disabilities in every facet of society – from the web to the workplace, and from the classroom to the community. We provide services such as individual and family supports, social inclusion and wellness programs, assistive technology, referrals, a funding request program and advocacy.

The CPAA is an influential and strong organization that is a recognized leader in the development of collaborative programs and initiatives to ensure that individuals with disabilities are able to achieve equality of opportunity, social and economic participation. We continually strive to build a better world for tomorrow – today.

Our vision is to create a Life Without Limits for individuals in the disability community.



OUR OPERATIONS

Since 1995, Cerebral Palsy Alberta has been running a successful clothing donation program to generate revenues that provide funding for the valuable programs and services offered to our clients. Over the years, the CPAA has collected millions of pounds of donated clothing and small household items that have been turned into revenue through our partnership with Value Village. We have also been collecting recyclable containers since 2008 when we established a partnership with ABCRC.

45 outdoor clothing bin locations

31 indoor clothing donation bin locations

26 community clean ups

9 garage sale pickups

8 clothing drives

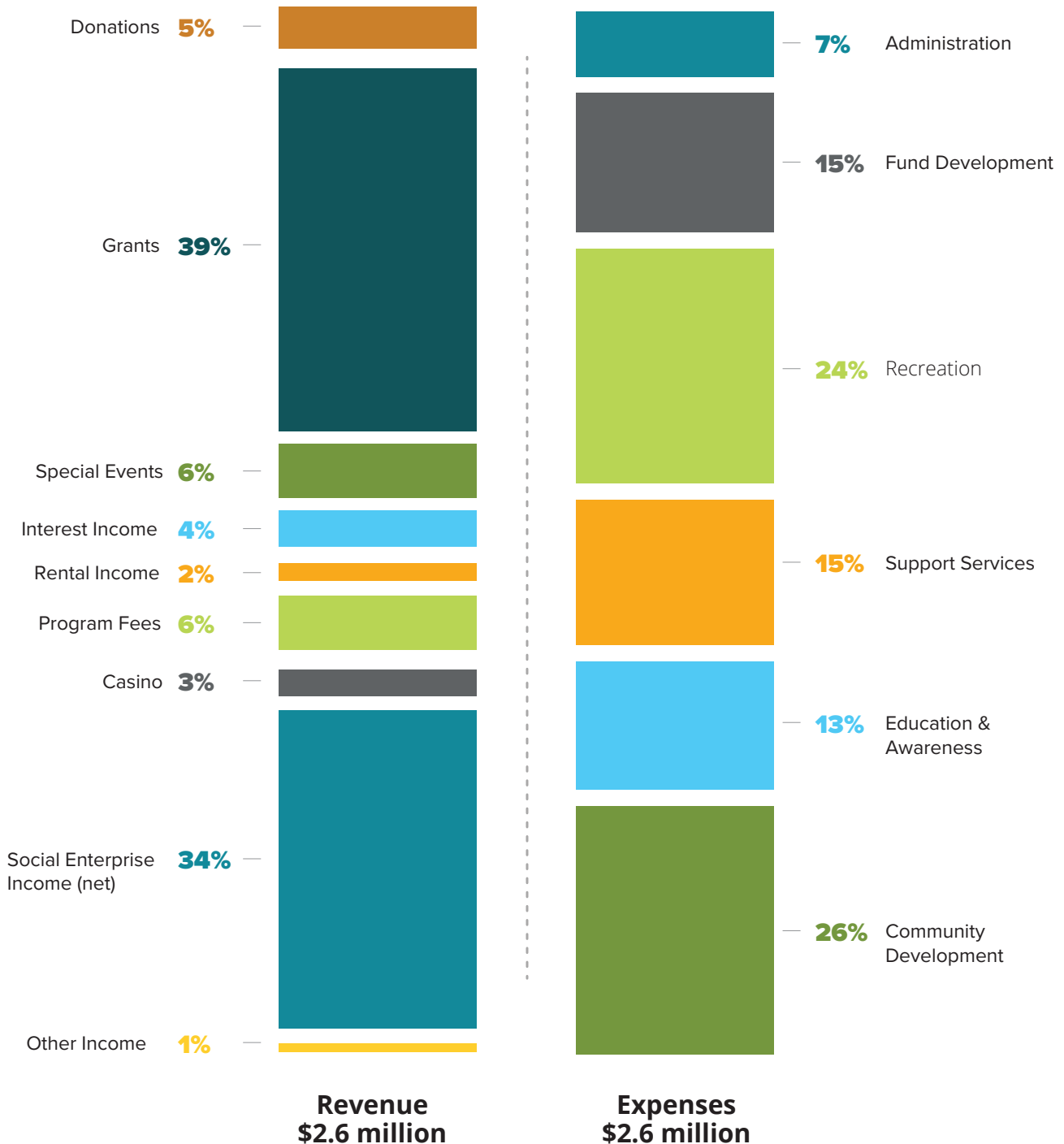
123,521 beverage containers collected

2,071,699 lbs. of clothing collected

2022 saw lingering effects of the pandemic. Our drop-off locations had reduced donations compared to pre-pandemic years. We continue to augment our business through increased home pickup service, placement of indoor donation bins and beverage recycling containers. An increase to our contracted price per pound of donations offset downward pressure on our net income, allowing us to provide continuing support for the CPAA's programs and services.



OUR PERFORMANCE & RESULTS



OUR VOLUNTEERS

With the return of in person programs in 2022, the CPAA was excited to see more volunteers return than the previous year. We saw some familiar faces and welcomed some new ones to join the volunteering team and to resume support in the Programs, Operations and Administrative departments. Volunteers worked closely with the CPAA to navigate a safe return post COVID-19 pandemic and we continued to see an increased need of volunteer support across the Organization.

Total number of volunteers: **67**

Number of new volunteers: **48**

Total number of hours: **1,167**



OUR PROGRAMS

In 2022 we were happy to be able to return to our in-person programs, while still offering online classes. This transition was challenging not only for the Programs and Services team, but also for our clients. The unknown of what would happen after the pandemic and if it was really safe to participate in person again, left some clients with anxiety and hesitancy to leave their homes. Online programs are also easily accessible for clients from outside of the main cities – Edmonton and Calgary – so we decided to run both online and in-person programs to accommodate our growing clientele.



Total number of clients registered in those classes: **3,043**

Total number of classes offered **770**

In-person classes: **299**

Online classes: **471**

We offered 17 in-person programs in both Calgary and Edmonton including: Music Therapy, Aqua Therapy, Swimming, Art, Yoga, Gardening, Dance and ComputAbilities Programs. We also offered 7 online programs, including: Boogie Shake Zumba, Whole Notes Music Wellness, ComputAbilities, Friday Fun Connections and Alberta Meet Up Groups as well as Creative Souls Art and Tranquil Movements Yoga & Meditation.

All of our special events in 2022 were offered in-person and included Dinner Nights for our Alberta Meet Up Groups and the CPAA Picnic. All events were hosted in both cities: Calgary and Edmonton.

Total Participants: **170**

OUR SUPPORT SERVICES

After a season of not seeing clients in-person, the CPAA opened their doors to welcome clients for one-on-one meetings, in Edmonton and Calgary as well as being available for online meetings. Our priority remained the same: supporting our clients, their families and caregivers. The Social Workers were connecting with clients for annual check-ins, counselling sessions, referrals, networking and helping them navigate through struggles and challenges of everyday life.

Post Covid struggles were focused mostly on mental health, anxiety, as well as financial challenges.

2008 clients/families received one on one support

606 new clients were supported

27 parents were registered in the Parent Support Group who meet virtually on weekly basis

23 Funding request were processed for the total amount of **\$20,326.00**

33 CP Care Packages were delivered

213 Gifts from the Heart were delivered to kids in needs at 2 special education schools in Calgary

OUR FUNDRAISING DEVELOPMENT



Over 200 guests joined us down the Rabbit Hole for a night of whimsy and Wonder at the Looking Glass themed HUSH Gala at the Sheraton Suites Eau Claire on October 1st, 2022. This simply MAD event left us WONDERstruck as over **\$75,000** was generated through the Silent and Live Auctions, 50/50 and First Chance Silent Auction Draw ticket sales!





100 golfers tee'd off for our 4th Annual Golf Without Limits Tournament, which took place on June 20th, 2022 at Sirocco Golf Club. They knocked our socks off by helping us raise over **\$32,000.**



Third Party Fundraising Events

13 events were hosted throughout the province raising over \$48,000

Alberta SheSleds
 Calgary Hitmen Teddy Bear Toss
 Facebook Fundraising Events
 Fundscrip
 Geenees
 Gifts From The Heart
 Giving Tuesday
 Lois E. Hole Elementary School
 Shaw Charity Classic - Birdies For Kids
 Skip The Depot
 Spirit of Giving
 State of Art Society
 United Way



OUR TESTIMONIALS



I would like to thank all the staff at Cerebral Palsy Alberta for a smooth transition to in-person programming. I know it must have been very stressful for everyone. I also want to thank you for continuing the online classes. Laryssa has really enjoyed participating online. We live too far away to take part in person.

Susan Muhlethale



I would like to say thank you for always making clients and Support staff feel welcome to CPAA. The clients enjoyed the gardening class. They love the music class on Fridays and my client liked the Art class as she likes painting. It is nice to have in person programs in a clean location with lots of room to spread out. Coming to programs at CPAA is a great experience for all. Thank you

Claire Ritter



The funding offered by CPAA to my child to buy and access the TouchChat communication app and a compatible Tablet device really made a difference at the time when I have been laid off from my job post-COVID-19 and surviving on a tight family budget. It offered me financial leverage without compromising to make a timely decision according to the assessed needs of my child before the start of the school year in 2022. That being said, we as a family with a child who needs developmental support humbly extend our utmost gratitude for the financial support offered by sponsors and the coordination rendered by Cerebral Palsy Alberta. Thank you very much!

Parddhu Gadiraju



It is with much thanks and gratitude I express my sincere appreciation to the Cerebral Palsy Association of Alberta for stepping up since the outbreak of Covid-19. The upstart was very quick with the online zoom classes providing routine, enabling my son and others to see friends, and to continue to have fun; while maintaining some normalcy during this very trying time.

In addition, the online zoom classes have facilitated a safe, caring, and welcoming environment for the numbers reached in this very inclusive platform. As opinions vary with respect to in-person participation, we for one are very hopeful this online platform continues going forward. Thank you again Cerebral Palsy Association of Alberta for the care you have shown towards your members.

Sincerely. Kate Guey

ALBERTA ABILITY NETWORK



An initiative of Cerebral Palsy Alberta, **Alberta Ability Network (AAN)** represents a strategic partnership of a broad base of stakeholders with a shared vision to influence policy, increase social prosperity and decrease inequities for the disability sector.

2022 was set against the backdrop of an ever-changing societal landscape; one that is becoming increasingly aware of the importance of advocating for people with various abilities to achieve greater access to services, resources and opportunities. Through its advocacy efforts and policy recommendations, AAN continues to push for inclusivity by advancing rights and opportunities for those with disabilities across communities throughout Alberta.

AAN's 5 working tables- Human Rights, Poverty Reduction, Accessible & Affordable Transportation, Recreation, Newcomers with Disabilities

Activities in 2022 included:

- The Poverty Reduction table initiated a Cost-of-Living survey and made recommendations based on its findings to the government.
- The Adaptive Inclusive Recreation table made presentations to several municipalities on how best they can make their recreation spaces more adaptive and inclusive.
- Advocates from the Accessible, Affordable Transportation table collaborated with municipal authorities throughout Alberta to promote the Low-Income Transit Pass program and shared recommendations and successful strategies to make transportation more accessible and affordable.
- It is important for stakeholders who support Newcomers with Disabilities to understand the intersectionality between the disability and settlement sectors. Newcomers with Disabilities-Navigating the System table focused on providing resources and research on how the two sectors intersect.
- Human Rights table members advocated for the implementation of robust accessibility legislation in Alberta. The Act would make certain that employment opportunities would improve, ensure adequate access to affordable transportation, and housing, and remove barriers from the built environment while enhancing communication channels.

Alberta Ability Network continues to drive systemic changes which will advance both opportunities and rights for those living with a disability.

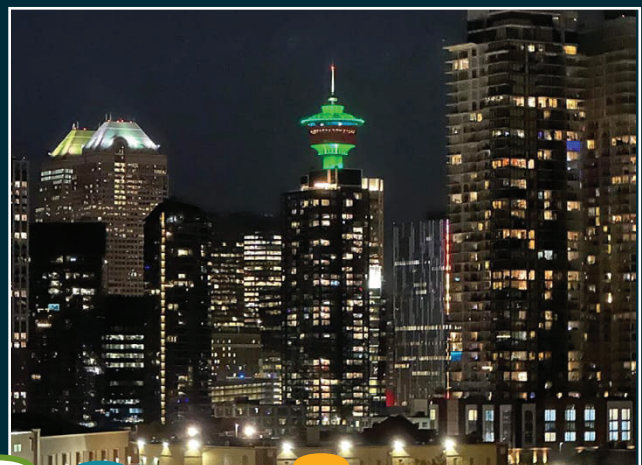
CP CANADA NETWORK



The CP Canada Network (CPCN) is an initiative of Cerebral Palsy Alberta. The CPCN has aimed to enable and empower individuals, families, community associations and service providers by providing accessible, credible information on new research discoveries & initiatives, educational opportunities, provincial services, resources, and personal connections. We provided shared best practices, advocacy initiative connections, and enabled access to connect to funding, opportunities and services that pertain directly to them.

The Networks connection to those requiring CP service resources was instrumental to the Prince Edward Island and Nova Scotia Cerebral Palsy Associations and communities. Information regarding advocacy, funding initiatives and services were requested, and needs met through communication and connection to the organizations. Additionally, CPCN participated in initiatives implemented through research institutions such as Kids Brain Health Network's Transition Hub, CanChild, KITE, ChildBright Network, Holland Bloorview, Better Nights Better Days, and Educational Institutions such as the University of Alberta, University of Toronto, IWK, McMaster University, and the University of British Columbia. These initiatives established partnerships enabling best practices and bridging individuals and community associations with opportunities for advancement and implementation.

By providing connection to community services, we have enabled disabled individuals by providing resources that support their independence and participation in society. This includes the assistive technology project with Guided Hands technology, accessible transportation, employment, and healthcare services. By removing barriers and creating more inclusive environments, we have helped people living with cerebral palsy and disability to play an active role in their communities and truly live a Life Without Limits.



OUR DONORS

We would like to thank the following major supporters.

Endless Possibilities (\$50,000+)

Government of Alberta
Government of Canada
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Partners Without Limits (\$10,000+)

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A Charmed Affair

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Beverly Reeves
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**Thank you to our anonymous and in-direct
 donors, event supporters & attendees,
 volunteers as well as our community partners.**



United Way
Alberta Capital Region



**Canada Post
Community
Foundation**



**TD Friends of the
Environment
Foundation**



CPALBERTA

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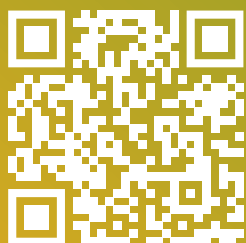
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Every time you **donate**
it **makes a difference**
in the life of an individual
with a disability