

# YKACL NEWSLETTER

MARCH 26 2018

Yellowknife Association for

Since 1962

COMMUNITY LIVING



**YKACL CLIENTS AND STAFF** donned blue and painted the snow in front of the Abe Miller Building last spring in recognition of World Autism Awareness Day. Next week, the team plans to colour our workplace in blue to again help to promote awareness about Autism Spectrum Disorder.

YKACL/photo

## World Autism Awareness Day (April 2)

adapted from [autismspeaks.org](http://autismspeaks.org)

### **What is autism spectrum disorder?**

**ASD, or autism spectrum disorder**, refers to a range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication, as well as by unique strengths and differences. We now know that there is not one autism but many types, caused by different combinations of genetic and environmental influences.

The term “spectrum” reflects the wide variation in challenges and strengths possessed by each person with ASD.

ASD’s most-obvious signs tend to appear between 2 and 3 years of age. In some cases, it can be diagnosed as early as 18 months. Some developmental delays associated with autism can be identified and addressed even earlier.

### **Facts about autism**

- The Centers for Disease Control and Prevention (CDC) estimates ASD’s prevalence as 1 in 68 children in the United States. This includes 1 in 42 boys and 1 in 189 girls.
- Around one third of people with autism remain nonverbal.
- Around one third of people with autism have an intellectual disability.
- Certain medical and mental health issues frequently accompany autism. They include gastrointestinal (GI) disorders, seizures, sleep disturbances, attention deficit and hyperactivity disorder (ADHD), anxiety and phobias.

**For more information, please visit:**  
[autismspeaks.org](http://autismspeaks.org)

**YKACL  
EMPLOYMENT  
SERVICES  
CLIENT CLARA  
TUTCHO** has  
worked at  
McDonald's in  
Yellowknife for  
more than  
a decade.  
YKACL/photo



## Inclusive hiring makes good business sense!

**HIRING INDIVIDUALS** with intellectual disabilities reduces turnover, improves attendance and either maintains or improves overall organizational performance.

In Yellowknife, we have an untapped resource in unemployed and underemployed individuals with intellectual disabilities and Autism Spectrum Disorder.

Clara Tutcho, a client of YKACL Employment Services, has worked at the Yellowknife McDonald's location for more than 10 years. Manager Alex Bornilla says Clara makes an important contribution to his restaurant.

"Clara is awesome. She does a great job in maintaining the cleanliness in the lobby and greeting customers with a smile. She is part of the team," he said. "For us, having Clara work with us is a privilege. We give her the independence she needs and she makes money for herself and does not rely on everybody else. She is doing things for herself."

This winter, Alex issued a challenge to other Yellowknife businesses to promote workplace diversity.

"Don't steal Clara from us, because she's amazing, but I recommend you consider doing the same thing we have done here," he said.

For more information about inclusive hiring in Yellowknife, contact Junn Gesmundo, manager of YKACL Employment Services, at 920-2644

**Raise money  
for your **SUPER** team  
in a single bound!  
Earn a charitable  
tax receipt!**



**1 BE OUR HERO!**



Bring up to 10 bags  
of beverage containers  
to the Bottle Shop  
recycling depot  
on Old Airport Road

Open your personal  
Drop&Go account  
with assistance  
from friendly staff  
(one-time step)



- Enter YKACL code (our phone #): 9202644
- Enter # of bags
- Select "DONATE"
- Enter your Drop&Go code (your phone #)

The computer  
will print a bar code  
sticker for each bag  
- stick them on each  
bag and go!  
We will contact you  
by email to issue your  
charitable tax receipt!



## YKACL news

**Sponsor one of these  
Gumboot Teams!**



**THE SUPERHERO TEAM**  
is on a quest to raise \$600  
by picking up large bags  
of refundable recycling!  
SuperYKteam@gmail.com

**AS OF THIS MORNING**, six  
Gumboot Rally teams have  
registered online:

The Tai Chi Tigers:  
\$500 goal

The Superhero Team:  
\$600 goal

Team Super Awesome:  
\$1,000 goal

CBC North:  
\$2,000 goal

Beyond a Reasonable Trout:  
\$5,000 goal

To support any of these  
teams, or to register your own  
team, visit the Association's  
website at **YKACL.CA**

## Peer Support Group coming events

The YKACL Peer Support  
Group meets every Tuesday  
from 5:15pm-7:15pm at the  
Abe Miller Building (4912 53rd  
Street).

Coming events:

- March 27: Walking track
- April 3: Guest speaker
- April 10: Meal budgeting
- April 17: Cooking class
- April 24: Game night

**YoungADULTS  
GROUP**

**YAY FUSION!**  
Yellowknife Youth Fusion Group

**Badminton night! Friday, April 13  
Meet at Abe Miller Building at 6pm  
Avengers Movie! Friday, April 27  
Meet at Abe Miller Building at 6pm  
RSVP to Michael: 920-2644**

