# YKACLNEWSLEHLER

## MARCH 26 2018

Yellowknife Association for COMMUNITY

Since 1962



#### 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

### 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

Yellowknife Association for Community Living • (867) 920-2644 • info@ykacl.ca • www.ykacl.ca • facebook.com/ykacl

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 Mc-Donald'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 cleaniliness 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 **CIPE** team in a single bound! Earn a charitable tax receipt!



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)

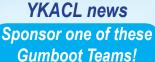


- **Enter YKACL code** (our phone #): 9202644
- Enter # of bags
- Select "DONATE"
- Enter your Drop&Go code (your phone #)

The computer bag and go! by email to issue your charitable tax receipt!









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

will print a bar code sticker for each bag - stick them on each We will contact you





