



BEST GARAGE SALE OF SUMMER!

DVDs, toys, art, housewares, school supplies and more...

by YKACL Staff

AHOY, GARAGE SALERS! Weigh anchor and set course for the Best Garage Sale of Summer on Saturday, Aug. 10!

A sea of toys, school supplies, housewares, baby stuff, DVDs, books, comics, collectibles, furniture, clothing, art and much more goes on sale from 9am-11am in the Abe Miller Garden at 4912 53rd Street.

St. Patrick High School students are on board selling gently-used goods and yummy snow-cones to raise money for their upcoming journey to Peru. Volunteers with Habitat for Humanity will also be on deck to sell raffle tickets to raise funds for their projects.

Deadline to reserve tables: 5pm

Table fees are 10 per cent of total sales to a maximum of \$20. Contact 920-2644.

**9a.m.-11a.m.
SATURDAY
Aug. 10th**

RESERVE YOUR
SALES TABLE ASAP!
DEADLINE 5PM TODAY

Table fees are 10%
of total sales to a
maximum of \$20.

SUNIL SRIRAM performs a variety of yard work for households and businesses as part of his role as a member of the YKACL Odd Job Squad. To hire the Squad, contact: 445-6967



ODD JOB SQUAD UPDATE

by YKACL staff

MORE THAN 27 CUSTOMERS hired The Odd Job Squad in May, providing temporary work for 15 YKACL clients.

Employers included:

- LCP Health
- Northwestel
- Numerous households

The variety of jobs included yard work, pet waste removal, furniture delivery, and dump runs.

The Odd Job Squad is designed to assist under-employed individuals who self-identify with a disability to derive a small income from one-time or short-term work while they search for permanent employment.

To hire the Squad, contact John Balamaga, coordinator, at 445-6967 or email employability@ykacl.ca.

BUSINESS SERVICES TEAM UPDATE

by YKACL staff

THE BUSINESS SERVICES TEAM distributed 220 posters in July for customers ranging from Samantha Stuart Photography to the GNWT.

The team also completed 130 courier assignments and almost 90 recycling and shredding pick-ups.

The Business Services Team operates through the YKACL Skills Training and Community Inclusion Service for adults with intellectual disabilities (ST&CI)

The Business Services Team offers:

- Recycling pick-up
- Courier delivery
- Mail preparation
- Poster distribution*
- Document shredding
- Special projects

Team revenue is paid in wages to the clients providing the service.

*Within 8 business days



JON PROULX AND CHANTELE BEAUCHAMP collect recycling from government offices, private businesses and non-profit organizations as part of their role as members of the YKACL Business Services Team. To hire the Team, contact Donna Meserah-Zdyb, Manager of Skills Training & Community Inclusion, at 920-2644 or email stci@ykacl.ca.



YOUTH EMPLOYMENT SERVICES GETS THE JOB DONE

by YKACL Staff

HIRE THE YKACL YES GROUP (Youth Employment Services) to get the job done for your business, government office, or organization.

YES Group provides regular cleaning services for Bella Dance Academy and Ptarmigan Ptheatrics studios. The Group also does weekly courier deliveries for the City of Yellowknife.

Members have completed special projects for Diavik Diamond Mines, the GNWT and NWT Power Corporation.



DONNA
MESERAH-ZDYB
YES coordinator



YES GROUP MEMBERS Azya Barrett (clockwise from top left), Justine Cuvelier and Kineta Michel.

ORGANIZATIONS YES GROUP MEMBERS VOLUNTEER WITH:

- Yellowknife Ski Club
- Habitat for Humanity
- Ecology North
- Bakers Centre

YES!!!

YKACL news

Lumpia & Pancit sale
5pm-7pm Tuesdays

PHILIPPINE CUISINE continues to be available for purchase in front of the Abe Miller Building (4912 53rd St) every Tuesday from 5pm-7pm during the Yellowknife Farmers Market season (weather permitting).

Chef Lian Vilan prepares the food with assistance from members of the YES Group (Youth Employment Services). Dishes include pancit (noodles with veggies and chicken) and lumpia (Filipino egg rolls with chicken). Veggie options are also available.

Lian is a Skills Training Facilitator with the Association who runs a food service in her spare time.

FREE pallets!
(while supplies last)



DROP BY the back of the Abe Miller Building (behind 4912 53rd St. next to the YK1 school board office) and help yourself to some pallets this week.

We need them gone to good homes ASAP!

TO HIRE YES CALL DONNA: 920-2644

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DELA CRUZ, King Marlou
Hired June 2019

YKACL STAFF PROFILE

by Andrew Willy
summer student

AS A YOUNG CHILD growing up in Manila, King Marlou Dela Cruz did what every kid does during summer vacation – he played ball, climbed trees and hung out playing video games with his pals, one of whom has Down Syndrome.

"He was one of us. We always made sure he had a good time," said King.

"He's one of the nicest people out there," said King.

At age 12, he moved to Yellowknife with his mom, dad, sister and brother.

FOCUS ON EDUCATION

After graduating from Sir John Franklin High School, King attended Lethbridge Community College and completed his diploma in Correctional Studies this past April.

He started working at YKACL in June.

"I love working here," said King. "It's a really nice job to have. Good

experience, good people. You learn something new every day."

His job is the floater position. Basically he goes back and forth between jobs. He fills in whatever position the Association needs him in. For example, he was doing Skills (Skills Training and Community Inclusion). He was also doing Yes Group (Youth Employment Services) and Odd Job Squad (Employment Services). Most days he works with Skills.

"I wanted to work at YKACL because my field of studies is Cor-

rections and I feel having this kind of experience working with people with intellectual challenges would refine my skills for corrections," said King.

FUTURE CAREER GOALS

He eventually wants to work with young offenders, but he plans to begin his career working with adult offenders.

"I love challenging myself and trying to get better at things," said King. "Helping people – trying to do the best I can to help them out."



KM repairs
fence with
Clara Tutchko



ANDREW
WILLY

YKACL news

Free curbside library in the Abe Miller Garden



FREE BOOKS are available in the new curbside library in the Abe Miller Garden at 4912 53rd Street.

Constructed from recycled materials by YKACL Skills Facilitator Ghyslain Letourneau and kept organized by YKACL clients, the little library features several dozen titles representing a variety of tastes and reading levels.

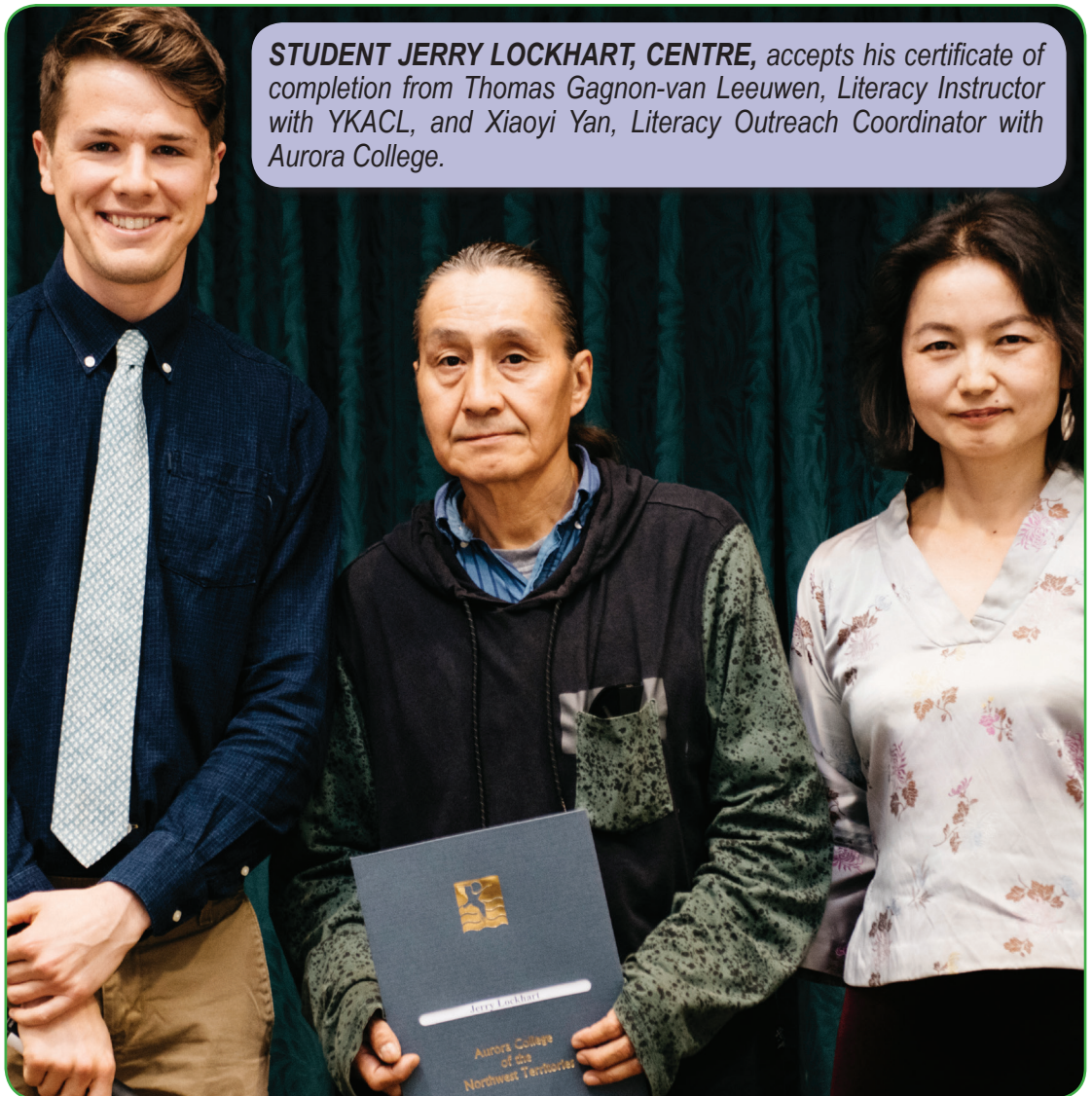
City of Yellowknife Gardening Competition



LOOK ONLINE for the Abe Miller Garden's entry in the City of Yellowknife's Best Garden Competition at www.yellowknife.ca.

Winners will be announced soon!

STUDENT JERRY LOCKHART, CENTRE, accepts his certificate of completion from Thomas Gagnon-van Leeuwen, Literacy Instructor with YKACL, and Xiaoyi Yan, Literacy Outreach Coordinator with Aurora College.



STUDENT ACHIEVEMENT

COMPLETION CEREMONY HELD AT LITERACY OUTREACH CENTRE

by Thomas Gagnon-van Leeuwen

CLIENTS FROM ALL of the Literacy Outreach Centre's programs joined Aurora College students for the annual Completion Ceremony at Northern United Place.

The June 14 event was a chance to highlight the clients' hard work and progress over the last school year.

Quinn Sanders, the LOC's intern from Computers for Schools, received an award to recognize his outstanding contribution to the LOC programs.

Established in 1997, the Literacy Outreach

Centre (LOC) is a partnership between the Yellowknife Association for Community Living and Aurora College.

We offer literacy programs in the community that are open to everyone, with or without disabilities: an adult literacy class to improve reading and math, computer classes, tutoring, family literacy for toddlers and their parents, and a book club.

**Contact Literacy Instructor
Thomas Gagnon-van Leeuwen
at loc@ykacl.ca or call 873-0607
for more information.**

HAVE A SOCIAL SUMMER!

by YKACL staff

YOUNG PEOPLE are invited to register for the second month of the 2019 YKACL Teen Summer Program!

Fun and exciting activities are scheduled from 1:30pm-4:30pm weekdays until Aug. 23.

Teens and young adults aged 13-21 may register any time throughout the program. Young people with or without a disability are welcome!

This month's schedule features golf, yoga, volleyball, dance, fishing, swimming and much more!

It's free to participate! Contact Michael Ramirez at 920-2644.



TEEN JAYDEN KOTCHILEA launches the paddle board steered by YKACL summer student **Jordyn Riou** and teen **Chelsy Makaro** on Back Bay, July 22.

YKACL TEEN SUMMER PROGRAM until August 23rd



REGISTER TODAY!

920-2644

Yellowknife Association for

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COMMUNITY LIVING



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MY SIBLING HAS A DISABILITY, BUT WHAT ABOUT ME?

LIVING WITH A BROTHER OR SISTER WITH SPECIAL NEEDS: A BOOK FOR SIBLINGS

Excerpted from:

*Living with a Brother or Sister with Special Needs:
A Book for Siblings.* Donald J. Meyer and P. Vadasy, 1996,
Seattle: University of Washington Press.)

BEING THE BROTHER OR SISTER of someone with a disability has its own set of challenges. Parents can sometimes be so focused on caring for their child with special needs that they don't give their other children as much of their time and attention. It's important to remember that every child in your family is important and needs to feel special and valued.

What siblings have to say

Here are some comments from adult siblings about the experience of growing up with a brother or sister with a disability:

- "I felt guilty because I could do things my sister couldn't."
- "I always had to look after my sister. I wanted to go on my own sometimes."
- "I wish my parents gave me more one-to-one attention."
- "It helped me become a more patient and understanding person."
- "I worry about my parents passing away – I'll be responsible for my sister."

Let siblings express their feelings

Most siblings of children with disabilities experience both good and bad feelings about having a brother or sister with special needs. Guilt, jealousy, resentment, worry, embarrassment, love, joy, protectiveness are all typical emotions.

It is important that the siblings' feelings are heard and understood. Encourage open discussion in the family where both positive and negative feelings can be talked about.

What siblings need to know

Brothers and sisters need information about their sibling's special needs. Don't assume that because

they don't ask, they don't want to know. Information helps to reassure them and to answer the questions they get from others. As they get older, siblings need to know about their sibling's future and what role they will play in it.

Give children information appropriate to their age, keeping explanations as clear as possible and make sure that young children understand they did not cause their sibling's

disability nor can they 'catch' it. Help them work out how to explain the disability to their friends.

Consider inviting siblings to meetings regarding your child's care, school or medical appointments.

Siblings can provide valuable perspective and by including them sends the message that they are important members of the child's team.

Siblings are kids, too

While it's important to keep siblings in the loop regarding their sibling's needs and care, remember that they are children and need plenty of time to play and live their own lives. Some siblings say they feel burdened with having

to care for or play with their sibling with a disability.

Allow siblings to be children. Don't expect them to assume adult roles, particularly in caring for their brother or sister with special needs. And don't give young children the impression that they will be responsible for the sibling with special needs one day.

Spend time with siblings. It's common for siblings to feel some jealousy or resentment because of the time and attention the sibling with the disability gets. Some say they feel like their parents make a big deal of their sibling's achievements, and very little of their own.

Here are some suggestions for making each child in your family feel special:

- going to church, sports, outings, community activities
- spend time with each child individually, even if it means getting respite care or help with
- looking after your child with a disability sometimes
- be sure to recognize the strengths and accomplishments of each child - when you talk to
- friends, talk about each child's achievements
- encourage your children to be proud of their sibling's achievements as well as their own
- allow siblings to be involved with your child with a disability - for example, let them help to
- choose clothes for their brother or sister
- encourage each of your children to participate in their own special interests and activities and support them by going to events or asking questions

**For more sibling resources
visit: siblingsupport.org**