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- Staff profile: Halima Ali
- "Love you a Latte" appreciation campaign kicks off!

PUBLIC SPEAKING under fire in the DRAGONS' DEN! page 4



STILL STAND
2 METRES
APART

STILL COUGH INTO
YOUR ELBOW!

since 1962

Inclusion NWT

WASH HANDS
OFTEN FOR
20 SECONDS

IF NEEDED,
SELF-ISOLATE
ALWAYS KEEP
ACTIVE

We provide lifelong support for individuals with disabilities and their families in the NWT, since 1962.

inclusion nwt newsletter 02/11/2021

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Inclusion NWT news

DOCUMENT DISPOSAL



Katie Miller

SHREDDING services are available weekdays through the Inclusion NWT Business Services Team.

Team members will shred bankers boxes full of documents for \$15 per box.

If you cannot deliver your shredding to our office yourself, the Team will pick-up your shredding for a flat-rate \$5 delivery fee, no matter how many boxes you have.

Call: 920-2644

Inclusion NWT on social media



LIKE AND FOLLOW Inclusion NWT on Facebook and Twitter!

Visitors will see almost-daily photos depicting our clients in action – on the job, at home and in the community, along with current news and events.

Invite your friends to like Inclusion NWT, too!

THANK YOU!

THANK YOU
for your support!

THANK YOU
for hiring our
service teams!

THANK YOU
for following our
Covid-19 protocols!

Feb. 11-14

On Feb. 11-14, visit our friends at Javaroma, Gourmet Cup, and Barren Ground Coffee to celebrate Valentine's Weekend together, but apart.

Coffee sleeves feature inspirational quotes from us to you.



WINTER PARENTING GUIDE
INCLUSIONNWT.CA

For wizards and scientists

Sebastian and Elizabeth shared this fun activity with a surprise ending! For children, science is akin to magic! Let your budding wizards, or scientists, test their powers with this eggcellent egg-speriment:

What you need:
1. A drinking glass or other container
2. Water (room temperature)
3. A teaspoon
4. Table salt
5. One egg, uncooked, in the shell (careful not to drop it!)

Instructions:
1. Put the egg in the water
2. See what happens (the egg sinks)
3. Take the egg out and 1 or 2 teaspoon salt to the water and stir it. Put the egg back in. What happens?

SPOILER ALERT: the eggs float!
(An egg is denser than fresh water, so it sinks. When you add salt to the water, its density increases!)



Parenting tip
#6

WINTER PARENTING GUIDE
INCLUSIONNWT.CA

Fox & Goose

This is a game your Great Grandma might have played! Using your boots, stamp a large circle in the snow with a big X in the centre, as pictured. One player is the fox and everyone else is a goose. The fox is "it" and the geese must flee the fox. The geese may only run around the circle,

Parenting tip
#6

WINTER PARENTING GUIDE
INCLUSIONNWT.CA

Volunteer with your teen at the SPCA!

Teens don't always enjoy hanging out with their parents after school, but they might really love sharing time with shelter dogs or cats! Teens and parents are invited to volunteer at the NWT SPCA together by walking the dogs, cuddling with the cats and kittens to socialize them to human touch, or other tasks. Walk the dogs and chat with your teen about their week, or just let your teen listen to music on their ear-buds while you both enjoy a dog walk together. Make it a weekly routine you both look forward to! Pretty soon your teen will know all the shelter dogs' or cats' names and personalities and - BINGO - you'll have a fun subject for conversation that'll stay fresh and engaging all week long! Volunteering also inspires a sense of pride and accomplishment in teens while exercising their empathy muscle. Volunteer orientations are held every week at the shelter.

Contact orientations@nwtspca.com to book an appointment.

Parenting tip
#3

WINTER PARENTING GUIDE 2021

...a resource-in-progress for Moms, Dads & caregivers

Send us your parenting tips! Activities, crafts, recipes and more to: YOUTH@InclusionNWT.ca

PARENTING IN A YK WINTER is tons of fun... until it isn't.

That's why staff at Inclusion NWT are developing a new online Winter Parenting Guide to help Moms, Dads and Caregivers keep the good times rolling through to spring - and they want parents' creative input!

Launched on Jan. 27, the new parenting resource is now available online through the InclusionNWT.ca website. The organization will add entries to the guide each weekday as they come in from Moms, Dads and Caregivers until Valentine's Day.

Kitchen table chat

"Our parenting guide is meant to be experienced much like a chat one might have around the kitchen table with other moms and dads," said Abby Goodwin, Youth Facilitator with Inclusion NWT.

"Toddlers constantly underfoot? White-knuckling the steering wheel on the drive home from school? Well, this

guide offers some creative ideas to occupy, distract or redirect children so the adults can take a breath and have a cup of tea at some point during the day."

Activities in the community

The guide includes information about organizations and activities available in the community, along with links and contacts of interest to Moms, Dads and Caregivers.

"We're hoping the resource will grow over the next couple of weeks as residents chime in with their own parenting tips and ideas, which we will share on our social media pages and website," said Goodwin. "Bannock recipes are particularly of interest, so please send those in!"

Parents can submit their recipes, games and other parenting tips by emailing Abby at:

YOUTH@InclusionNWT.ca



...don't forget our
**ASK AN EXPERT
PARENTS NIGHT**
on the final
Wednesday of
each month!

This month, join
us via ZOOM at
**7:30pm on
Weds., Feb. 24.**

Pre-register at:
YOUTH@InclusionNWT.ca



CAITLIN Vandermeer pitched her idea for a T-shirt design service. (See page 5 for information about February Yay Fusion events.)

Enter the Dragons!



LYNN



TAYLOR



DONNA

YAY Fusion! holds Dragons' Den entrepreneurial workshop Youth present business ideas

by Inclusion NWT Staff

YAY FUSION! Young adults group held a Dragons' Den-style entrepreneurial workshop on Jan. 22.

Participants pitched ideas for a candy shop, a catering business, a dog-walking service, a T-shirt design service and a business idea to market a local peaceful retreat space, among others.

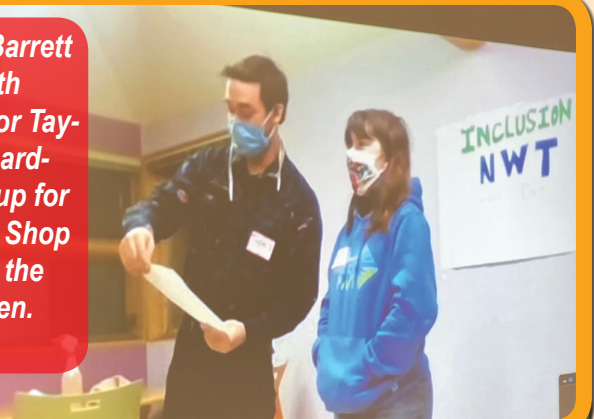
Everyone presented in front of three "Dragons" who asked questions regarding setting up and running each business.

"There were lots of nerves – but the entrepreneurs did a great job," said Abby Goodwin, Inclusion NWT Youth Co-ordinator. "It got the youth out of their comfort zones, thinking about entrepreneurship and gave practice with public speaking."

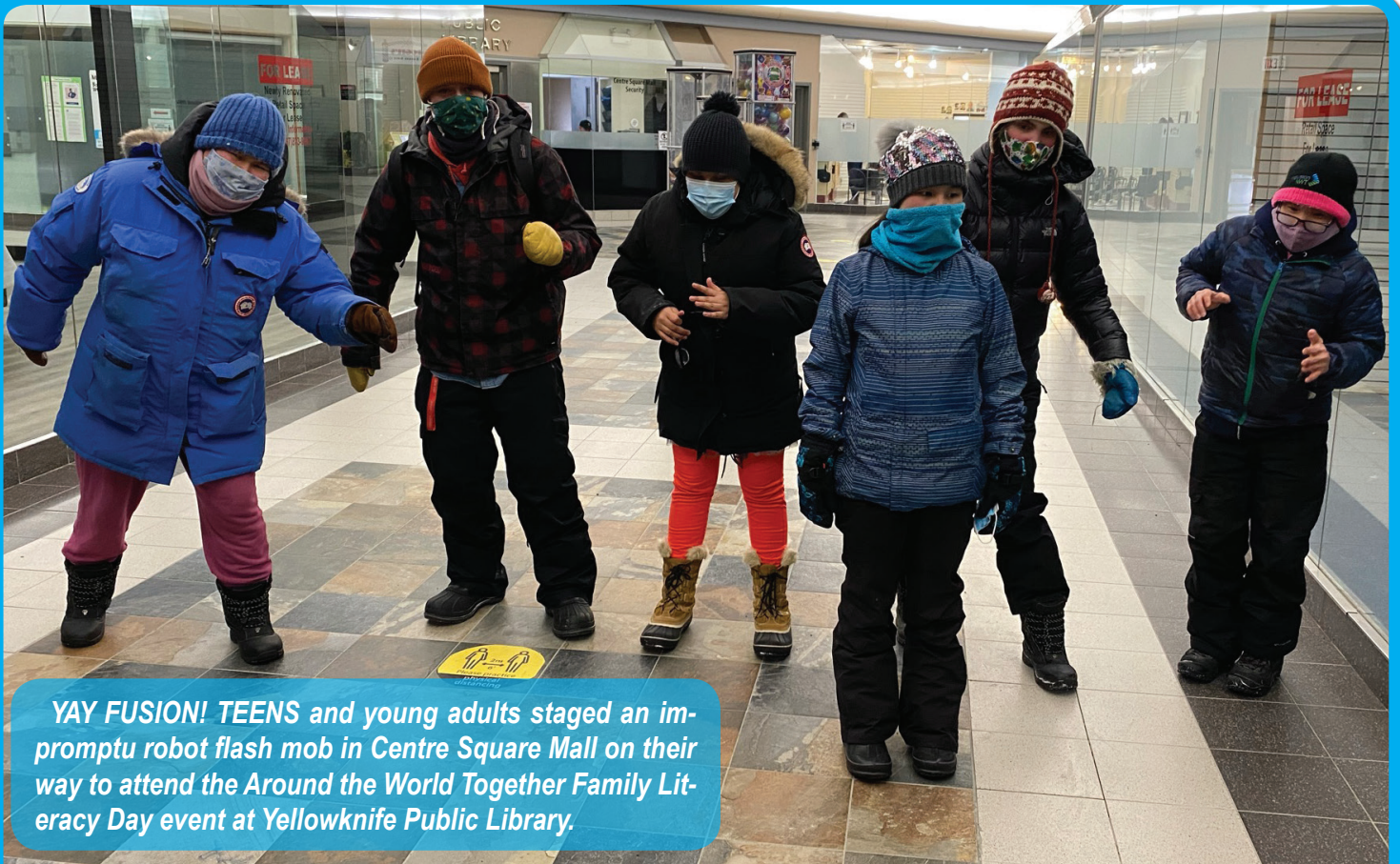


LOIC BURNS sets up his Dragons' Den presentation to market a peaceful retreat space for Yellowknife. Other presenters pitched a dog-walking service and a home-style catering business

AZYA Barrett and Youth Facilitator Taylor Shepard-teamed up for a Candy Shop pitch on the big screen.



To pre-register for ICE FISHING Feb. 19, contact Abby at: (867) 446-1772 or email: YOUTH@InclusionNWT.ca



YAY FUSION! TEENS and young adults staged an impromptu robot flash mob in Centre Square Mall on their way to attend the Around the World Together Family Literacy Day event at Yellowknife Public Library.

Robot flash mob!

Yay Fusion! attends pop-up event at Yellowknife Public Library

by Inclusion NWT Staff

YAY FUSION! teens and young adults attended the Around the World Together event hosted by the Yellowknife Public Library earlier this month.

The exhibit featured five book displays. Each display represented a different country. Participants learned about Brazil, Bo-

tswana, Greece, Japan, and Mexico.

The youth learned about culture, food, animals, and stories that made each country unique.

Library staff handed out recipe kits (including all ingredients) for biscuits from Botswana (yum!).

We thank library staff for organizing this fun Family Literacy Day event!



YAY FUSION! members got creative during the international craft activities held at the Yellowknife Public Library's event.

To pre-register for Minute-to-Win-It Feb. 12,
contact Abby at: (867) 446-1772
or email: YOUTH@InclusionNWT.ca

Inclusion NWT news

ROTARY Radio Day!



INCLUSION NWT will participate in Rotary Radio Day on 100.1 True North FM on Feb. 24.

The annual broadcasting event is a collaboration between Rotary Club of Yellowknife and 100.1 True North FM to fundraise for Rotary local, regional, and international projects.

Inclusion NWT will use the event to promote our **FREE** snow shoveling service for seniors age 65+.

Inclusion NWT is hiring!

HELP WANTED

send resume to:
ed@InclusionNWT.ca

APPLY TODAY to work with us at Inclusion NWT!

- Job Coaches (f/t & p/t)
- Supported Living Workers (F/t & casual)
- Respite Workers (p/t & casual)

All applicants require a Class 5 driver's licence (standard licence).

Odd Job Squad completes 144 jobs in January

Online grocery order pick-up becoming increasingly popular

by Inclusion NWT Staff

THE ODD JOB SQUAD was hired for 144 separate jobs in January.

Dozens of customers hired The Squad for a wide variety of jobs in Yellowknife, Ndilo and Dettah, with snow shoveling among the most popular tasks (63 individual jobs).

Other jobs customers hired The Squad for include: dump runs, pet waste removal, wood-stacking, courier pick-up and delivery, small furniture moves, and general labour.

Online grocery order pick-up

A new odd job The Squad is increasingly being hired to perform is picking up online grocery orders and online orders from Canadian Tire, The Brick, Staples and Wall-Mart.

To hire The Odd Job Squad, please call or text 24-48 hrs ahead:

(867) 445-6967

or email: info@InclusionNWT.ca



AZYA BARRETT, left, and Jaimee-Lynn Clouston, centre, shovel a customer's driveway alongside Skills Facilitator King Marlou dela Cruz, as members of The Odd Job Squad.

Alan pursues his goals!



Alan McKerrall works a cleaning shift at Black Knight.

LIFELONG YELLOWKNIFER Alan McKerrall says Yellowknife residents' "stubborn" approach to the subarctic winter prepared him for shoveling with The Odd Job Squad these past few weeks.

Growing up, he used to play for hours outdoors in the bush around Parker Park, building survival shelters and tree forts at almost -50°C.

As a teen, Alan refined his building skills with guidance from industrial arts staff at St. Patrick High School, where he helped build sheds and benches, and

alongside his "Jack-of-all-trades" Dad in his workshop.

In this way, Alan has learned about welding, carpentry and has had opportunities to use large machinery with supervision.

During his time off from The Odd Job Squad, Alan enjoys gaming – building and exploring new worlds in the videogame Minecraft. He plans to save some of his paycheques for a PS5 console, while building his on-the-job experience in pursuit of his goal to work a permanent job in the future.

Clients/staff receive first round of Covid-19 vaccinations

SAM PAMEOGO-RAK receives his first Covid-19 vaccination, holding hands with Ghyslain Letourneau, Supported Living Co-ordinator



Second round of vaccinations expected in coming weeks

by Inclusion NWT staff

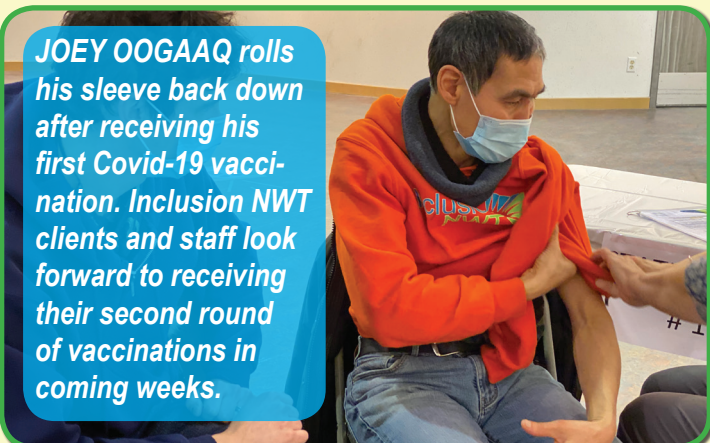
ALL CLIENTS and staff at Inclusion NWT had the opportunity to be vaccinated with the Moderna Covid-19 vaccination on Jan. 22.

Staff accompanied clients to the vaccination site in Centre Square Mall, practicing

social distancing and preventing crowding with staggered arrivals during the four-hour clinic.

All Inclusion NWT clients and staff continue to practice all Covid-19 safety protocols as advised by the Chief Public Health Officer of the NWT.

JOEY OOGAAQ rolls his sleeve back down after receiving his first Covid-19 vaccination. Inclusion NWT clients and staff look forward to receiving their second round of vaccinations in coming weeks.



MINUTE TO



Win it!



Friday, February 12, 2021

Minute to win it games are short and fun mini games that will be played on teams. All you need is a positive attitude!

4:30 pm - Drop off at the Fieldhouse

4:45 - 5:45 pm - Minute to Win it! activities

6:00 pm - Pizza & board games at CLC (4919 53rd Street across the street from Abe Miller Building)

7:00 pm - Pick up at CLC

Let us know you are coming! E-mail youth@inclusionnwt.ca or call or text: **(867) 446-1772**
Yay Fusion is a free social group for youth living with or without a disability.

YAY FUSION!



ICE FISHING

Young ADULTS



Friday, February 19, 2021

Young Adults, a part of Yay Fusion, is going Ice Fishing with Yellowknife Sport Fishing Adventures.

4:30 pm - Meet at Abe Miller

5:00- 6:30 pm - Ice Fishing (dress warm!)

7:00 pm - Pick up at Abe Miller

Spots are limited. Book a spot by e-mailing

youth@inclusionnwt.ca

or calling or texting: **(867) 446-1772**



Yay Fusion is a free social group for youth living with or without a disability.



Loves a challenge

Why I work at Inclusion NWT...

by Inclusion NWT staff

HALIMA ALI has earned a reputation as a hard worker who cares for her clients' independence and personal growth.

Halima started working with Inclusion NWT in 2017 and now serves as a Supported Living Home Lead, supervising other team members and working closely with clients.

"Halima cares deeply for our clients. She is made of 100-per-cent patience. She

is very strong and very respectful. She is trusted and reliable. She always puts clients' interests first," said Mahasi Ortega, Supported Living Manager. "She will never say 'no I can't.' She will always try first. She is amazing and she loves challenges."

New graphic novel

Outside of her role as Home Lead, Halima recently embraced a new creative challenge by collaborating

with Yellowknife authors Erika Nyyssonen and Jay Bulckaert as an advisor on their graphic novel, *King Warrior*.

"I was first approached by Erika and Jay to step in as a cultural consultant for their new book *King Warrior*," said Halima. "After hearing a synopsis of the graphic novel I was eager to get involved and share my knowledge of Somali culture."

Halima assisted the authors by sharing pictures of traditional Somali clothing,

names and her knowledge of Somali practices.

Creative process

"The process of creating the graphic novel with Jay and Erika was a wonderful experience and I am grateful to have been a part of such an incredible and imaginative storytelling adventure," she said. "I hope to share this novel with my clients, many of whom are avid readers and enjoy visual literature."



HALIMA bakes with clients.

HALIMA ALI served as a cultural consultant on the graphic novel: *King Warrior*.



Art enthusiast wanted

- Good conversationalist
- Patient & kind
- Avid reader
- References

Inclusion NWT

ed@InclusionNWT.ca