



YOU ARE HELPING PEOPLE **STAY CONNECTED**



Matthew using his tablet to communicate with friends

As a pandemic is sweeping across the globe, and social distancing is the new normal, the world has turned to technology to communicate and stay in contact with friends and family.

Keeping in touch is crucial. Now more than ever.

When feelings of loneliness are on the rise, we are all looking for ways to reach out. Current physical distancing recommendations have made virtual connections even more valuable.

Your generous donation purchased a tablet for Matthew, and the timing couldn't have been better.

Matthew lives in a St. Amant home and the tablet he received, thanks to your thoughtful gift, is making it possible for him to maintain contact with his family and his girlfriend. FaceTime, social media and online games are helping him pass the time, and keeps him connected with his network of support. Once this crisis has passed, Matthew looks forward to resuming his online job search.

Your generosity is keeping Matthew connected, and it has provided similar devices to many other people with developmental disabilities and autism supported by St. Amant. These devices are helping people to maintain connections while physical distancing and providing entertainment and diversions in these uncertain times.

Thank you!



YOUR SUPPORT
PROVIDED
MORE THAN
40

COMMUNICATION
DEVICES

In 2019–2020,
YOU helped raise

\$2.3 MILLION!

GETTING ACTIVE AND STAYING HEALTHY THANKS TO YOU

Everyone needs physical activity for good health. It plays an important role in maintaining physical and mental health, general well-being, and quality of life.

Disability should not have to equal poor health.

Fitness equipment is expensive. However, thanks to your generosity, several community homes now have easy access to exercise equipment in the comfort of their own homes.

One such house is Joey's. Joey is 33 and has been supported by St.Amant since he was 12. He loves the outdoors and enjoys going on long walks so access to a treadmill has provided opportunities for him to take those long walks, no matter what the weather brings.

Joey uses his treadmill every day without fail and his staff have

noticed a big change in him. His strength and endurance has improved and he is exhibiting less frustration now that he has this daily physical outlet.

In another community home, Martina and Doreen are also using their new treadmill and it is helping them to keep their New Year's resolution. They vowed to be as healthy and active as they could in 2020 and both women use the treadmill daily. They have lost weight and improved their stamina. Martina is grateful because, she says **"sometimes I eat too many potatoes and carbs."**

"I like it. It makes me happy!" remarked Doreen.

Thank you for improving the health and well-being of the people we support!



Doreen and Martina on their new treadmill



YOUR GENEROSITY PROVIDED MORE THAN **40** PIECES OF RECREATION EQUIPMENT

A PLACE TO CALL HER OWN

People with developmental disabilities living on fixed incomes have a very difficult time managing unexpected large purchases.

Your donation to St.Amant Foundation is easing the burden for many!

For Gloria Morris, who moved out on her own in May 2019, this support made a world of difference. During her move into her new apartment in the St.Amant Supported Independent Living

program, her futon was damaged and this left her with nothing to sit on in her living room.

As a full-time student in the Red River College Culinary Arts program, Gloria has an extremely limited budget. You helped Gloria purchase a new futon from IKEA. She chose blue to match the rest of her décor. She is very happy with it!

You are making Gloria's house feel more like home.



Gloria's cozy living space



YOUR GIFT PROVIDED MORE THAN **35** PERSONAL HOUSEHOLD ITEMS AND MOBILITY EQUIPMENT

SPRING IS IN THE AIR



Katelyn soaking up the sun with her flowers

Meet Katelyn Enns. She is 31 years old and since 2004, she is supported in St. Amant Community Residential Program.

Thanks to your generosity, Katelyn received some raised garden beds for her back yard last summer. Flowers were chosen based on Katelyn's color and texture preferences, and ones that would attract butterflies, another of Katelyn's interests. Marigolds and orange lilies are her favourite.

Katelyn enjoyed going into the yard after supper to water the garden. While outside, she chatted with neighbours and watched Mittens, the white cat who lives nearby.

Now that spring is in the air, she has been carefully browsing online catalogues in anticipation of the new gardening season.

"This year, I want to plant lots of orange flowers, cucumbers and fruit."

Katelyn is so grateful and she is excited to cultivate her green thumb this summer!



YOUR GIFT PROVIDED
MORE THAN
500
TICKETS TO
RECREATIONAL EVENTS

CELEBRATING A MILESTONE



St. Amant Autism Programs supports more than 130 children in the Preschool Early Learning Program, and they hold a graduation ceremony

at each of four sites in Winnipeg each summer.

Funded by your generous donations, these ceremonies are a celebration! A celebration of improved communication, social interaction, coping, self-care skills, safety skills, and pre-school academic skills.

Graduation festivities include activities for the children (bouncy castles, photo booths, cookie decorating, dress up, bubble

machines), snacks for all who attend as well as graduation hats, diplomas and a little trophy for all children.

It also honours a milestone reached. These children are headed to kindergarten more prepared, and their parents are better equipped to support their child through this transition.

That is such a triumph.

These events recognize the amazing strides each child has made as they prepare for the transition to public school. Fevan Araya can see the increased confidence that her twins, Eliana and Tiana, exhibit now that they have completed the program.

"I just feel so excited for their future," said Feven.



Eliana and Tiana playing happily



YOUR SUPPORT
BENEFITTED
MORE THAN
300
FAMILIES
SUPPORTED
BY ST. AMANT
AUTISM
PROGRAMS

CHALLENGING TIMES CALL FOR YOUR GENEROSITY NOW

When asked to identify what they need most in order to manage the immediate challenges they are facing right now, the people we support, and their families and staff told us what they need:

- Tablets and iPads to help keep family and friends connected
- Gift cards for streaming services (Netflix, Disney+) and meal delivery services to support local businesses and create opportunities for special meals at home
- Outdoor furniture and planters with flowers to provide comfort and a breath of fresh air for people who are cooped up inside

Your gift today will create: Connection, Communication and Community.

Loneliness, fear, anxiety and boredom are alleviated by the ability to connect with family and friends through social media and groups or video chats. Electronic devices will provide access to online mental health services, spiritual care resources, and diversions such as fun online games and activities. Hosting online gatherings or ordering takeout meals will reduce boredom and monotony.

Feelings of isolation and aloneness are common for people with disabilities, and the COVID-19 health crisis is heightening this for many.

Your support today will help to ensure that every person that St.Amant supports can stay in touch with the important people in their lives and find joy while physical distancing. The ability to freely connect with loved ones and friends is a human right, not a luxury.

Give the gift of connection today!



Troy enjoying a virtual music therapy session

YES! I want to create Connection, Communication and Community.

Mail this reply device or complete the donation form online at stamant.ca/connect.

NAME _____

ADDRESS _____

CITY _____ PROVINCE _____ POSTAL CODE _____

EMAIL _____

PHONE _____

- I wish to remain anonymous.
- J'aime recevoir ce bulletin en Français.
- Please send information about naming St.Amant in my will.
- Please remove my name from your mailing list.

METHOD OF PAYMENT

\$ _____

- Cheque or Money Order (Payable to St.Amant Foundation)



CARD NUMBER _____ EXPIRY DATE _____ CVC _____

SIGNATURE _____

Thank you for your generous gift. Donations of \$15 or more will be receipted unless requested.

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