



## Leave a Legacy

More and more Canadians are discovering estate planning is an excellent way to leave your mark on the organizations that mean the most to you.

Have you ever thought what type of legacy you want to leave at Chrysalis? To talk more about this please email:

KrishnaT@chrysalis.ca



## Features

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## Chrysalis Artist Featured at the Drawing Room

*A showcase for Edmonton client and artist, Ann Methuen Hall*

If you have been keeping up with articles in the monthly Chrysalink, you all will have witnessed the successes of our artists which represent the value and the caliber of our art programs.

To add to the list of artists whose works are displayed around their communities comes Ann Methuen Hall. Our staff here, Hayley Halverson and Shauna MacKinnon, along with Ann, had been in talks with the Drawing Room for quite some time. In mid-November we had received confirmation that Ann's pieces would be showcased at the Drawing Room for three weeks starting December 5th!

It is a huge opportunity for exposure for Ann as the Drawing Room has excellent foot traffic and promotes a collaborative environment.

It is an artist's collective and exhibition space with a mandate to inspire and empower people through interdisciplinary arts. Ann has been invited into the Drawing Room as a fellow artist and will have the opportunity to collaborate with her peers on future projects.

"By creating a place that attracts diverse emerging cultural producers to gather and work, The Drawing Room fosters creative collaboration and critical discourse. It's a place to make and think." – Drawing Room website.

The Drawing Room hosted an opening party for Ann and her family, friends, and supporters on November 27. The event was complete with drinks and hors

d'oeuvres! Ann was able to speak to her fans about her art, her motivations, and her experiences and growth as an artist.



A proud and gushing Ann with her support team, Hayley and Shauna

***On behalf of Chrysalis clients and staff - thank you for all your support in 2015!***

***Happy Holidays to you all!***



## Partnership Profile

### YMCA - Eau Claire - Calgary

YMCA Eau Claire Laundry Department has been a long-term friend to Chrysalis and embodies Chrysalis principles to provide quality service to our individuals

Since 2000, Chrysalis individuals started to volunteer on the weights floor to clean the equipment, wipe the mats and sanitize the railings. They also helped in folding the towels and deliver clean towels to each floor.

In appreciation of their dedicated hard work, YMCA gave all volunteers free passes to exercise in their facility. It has been a win-win situation. From the General Manager to individual staff, everyone has been very friendly and Chrysalis individuals and they are treated with respect and take the time to know the unique needs of our Chrysalis individuals

In June 2000, the first Chrysalis individual began volunteering at the YMCA Eau Claire Laundry. Today we have ten Chrysalis individuals volunteering there time every day of the week.

The YMCA Eau Claire has added a break room and they proudly display the artwork produced by Chrysalis clients on the walls in that break room!

The staff continually recognizes our individuals for all the work they do through appreciation lunches and they have gone above and beyond in their relationship with Chrysalis.

We are honored to have this partnership and we look forward to many years to come.

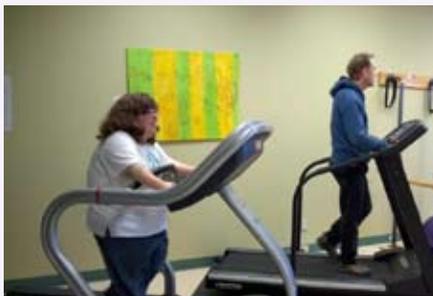
## Keeping Active!

The individuals in Calgary are working towards keeping themselves active, fit and healthy! For some their goal is to maintain their activity level, while others may want to increase their stamina or muscle strength.

Either way the active leisure centre is often buzzing with the voices of those utilizing its equipment.

Our Calgary facility is very fortunate to have such a wonderful room with so much different exercise equipment for individuals to utilize.

Each individual has their own fitness profile and program designed by physio students or a qualified trainer. This means that each individual program is designed with the person's fitness level and ability in mind while providing opportunities for the individual to challenge themselves in a safe setting. Many of the individuals have stated they are enjoying having Michelle MacKenzie, our summer student, and her interaction with individuals has been positive and including!



Pictured above, Jason rides the stationary bike, and in the picture below Justin and Allison walk on the treadmill. When asked where Jason is riding to he replies "to Banff."

Fitness can be fun and when we all have fun with it, time passes quickly and we all benefit being healthy!

Thank you, everyone, for helping our individuals meet their fitness goals and keeping our active

## Calgary Artist Wins International Award!

Please join us congratulating **Adeel Sadiq**, Chrysalis artist from Calgary, who won the 3rd Place Exhibition Winner at the 2015 Phoenix Sister Cities International Competition for Artists with Disabilities. The winning painting is Lakeside Cabin. The other three Calgary artists, Steven, Kasia and Lorra, whose paintings were also featured in the Exhibition also received a Certificate of Participation each.

Congratulations to all the artists!

*[Artwork and Adeel's picture on opposite page]*

## Thoughts from an Art Intern

We have been blessed at Chrysalis' art studio in Edmonton to have had the experience of three separate opportunities to work with students from St. Stephen's College who are in an Art Therapy practicum to complete their Art Therapy specialization as part of their degree programs.

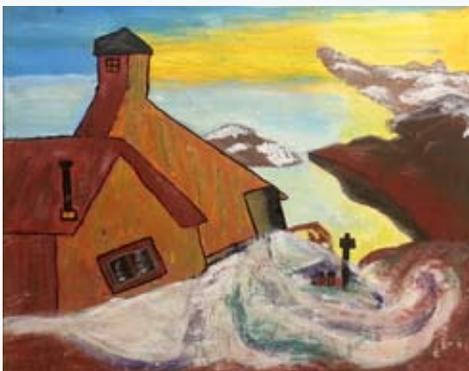
Wesdyne Otto is the most recent of these Art Therapy practicum students to spend time in the Art Room working with a number of the individual participants and the article below written by her reflects on the importance of the Art Studio at Chrysalis, and the extent of what it has to offer in terms of individual development

### Chrysalis Art Studio, by Wesdyne Otto

"Chrysalis is my last practicum. Of the over 350 hours of art therapy practicum work I have completed for a Master of Psychotherapy and Spirituality (Art Therapy Specialization) it is most fulfilling. Art Therapists usually work with clients privately; but the Chrysalis studio offers more support for art therapy clients that I can provide one-on-one. The studio promotes healthy relationships. Since June I have worked in the studio with individual clients to increase the chances that she or he will become accustomed to expressing emotions related to the artwork. It is an important lesson in learning to be alone within a group.

The range of art being produced and the various styles of art are incredible. Each artist is developing her or his own style. As an artist and former art teacher it is exciting to help individuals develop an artist identity – an identity that is separate and greater than medical diagnosis. Helping their style so they can express their experiences and perspective is fulfilling. The art can be a way to increase empathy for their experiences of living in a differently abled body, to hear their stories, to see through their eyes, and to align ourselves with their struggles and their joy.

The artists teach me to listen, to slow down and to seek clarity before I speak. I am becoming a better therapist because of my time at Chrysalis. In the beginning I was nervous but the staff's support and confidence allayed my jitters. Coming back into a studio was refreshing. It is a professional studio. The focus is on art production, support for the artists, and exchange of ideas. It reminds me of the four years I spent painting in a studio of the U of A and those early challenges of learning how to be an artist."



## CEO's Address

It is hard to believe that we are yet again at the end of another year and looking forward to what 2016 has in store for Chrysalis and the Disabilities sector.

As we reflect on 2015, and the ongoing commitment of our staff to provide quality services to the individuals we serve, we need only turn to the vast amount of material prepared for this year's Level II Accreditation through Alberta Council of Disability Services (ACDS) which was conducted over a 2-week period in Edmonton and Calgary. Policies, Service Delivery Guidelines and Position Descriptions were all carefully reviewed to ensure we met the current standards for the highest level of Accreditation at Level II. This work was a joint effort by all members of the Chrysalis team. Staff participated in knowledge quizzes throughout the year so they too could demonstrate their understanding of the philosophy, practices, procedures, and the how and why of those Best Practices we strive to implement throughout the organization.

We were pleased to see our work, the innovations implemented over the past few years in both Employment Services and Community Endeavours, and our commitment to the individuals recognized when we were awarded our Level II Accreditation on November 20th, 2015.

Congratulations to our staff and Board members for their support and commitment to continuous improvement, innovation and Best Practices and thanks to everyone for another great year.

We now look forward to 2016, and the challenges and changes it is sure to bring as our new government is introducing a new Contract procurement model for the 2016-2017 year.

Happy Holidays to everyone and all the best wishes for success, happiness, and good health in 2016.

*Lynn Groves Hautmann*

*President and CEO*

*Chrysalis: An Alberta Society for Citizens with Disabilities*

## Fostering Innovations: Lisa's Success Story

Seven months ago, Lisa Duteau became a part of the Fostering Innovation pilot project in Edmonton. By using the Human Centred Design process, the Fostering Innovation Team developed a better understanding of who Lisa is and identified key opportunity areas to explore that were of interest to her.

During the month of July, Lisa spent her time volunteering at the Edmonton International Street Performer Festival held at Churchill plaza. She was a greeter in the "Be Your Own Busker" tent, where she welcomed families and assisted children as they participated in a variety of busker activities. She did a great job independently!

Lisa also joined the Community Garage Sale at the YMCA Plaza last month. She baked her own muffins and sold them at the event. It was a huge success! She enjoyed meeting other community members at the garage sale, one of whom was Elaine- Director of Outreach in Thrive Family Church. Lisa established a good relationship with her. Elaine will be doing some volunteer work for charity downtown next month and has invited Lisa to join her. The fostering team is working on getting Lisa a permit which would allow her to sell her baked goods in markets downtown.

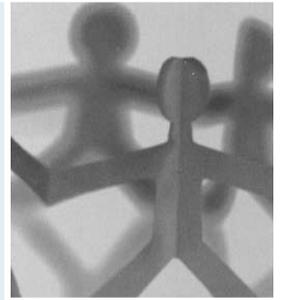
Lisa also participated in a work experience at the Bissell Center in snack preparation. More recently, the FI Team has reached out to different radio stations around the City of Edmonton in hopes to connect Lisa with someone and explore possible employment volunteer opportunities.



Lisa's social connections have already increased since becoming a part of fostering innovation and we are hopeful that they will continue to grow

Also, follow us on twitter!!

@foster\_innovate



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### From the Wings

This publication is distributed to friends and stakeholders of Chrysalis. It is an opportunity to share success stories and organizational change that has occurred over the past months. For more information or if you would like to contribute to an upcoming issue, please contact Chrysalis:

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