# August CNIB Foundation Saskatchewan Newsletter

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# Staff Profile

Getting to know Christall Beaudry, Executive Director of CNIB Foundation Saskatchewan

**How long have you worked for CNIB?**

I started working for CNIB seven years ago in 2013. Shortly after I started, we had the major flood in our Saskatoon building! It was a little test of my endurance right from the start.

**Why did you want to work for CNIB?**

I had applied to the same position a few years before and they approached me two years later and asked if I would be interested. In those two years between, I had been working on getting my MBA and one of the papers I wrote was about how charities should co-habitate and work under one roof and share like resources – payroll, meeting spaces, etc… to gain efficiencies. CNIB was one of the organizations I interviewed for the paper I wrote and I was intrigued. I always thought I would be with the organization two years and move on….well, seven years later and I am still here!

**What did you do before you worked at CNIB?**

I have worn many hats – which is what you do when you work for a charity. I worked in the Governance office at the University of Regina managing a policy project and student disciplinary cases, as well as, supported the Executive of Council. I was the Director of Communications at the First Nations University and I have also been self-employed. I was an Immigration Consultant for seven years and I am also currently a life coach. I also worked 10 years in international trade for Saskatchewan Trade and Export Partnership.

**What is the favourite part of working at CNIB?**

I enjoy the diversity of the organization. I am a lifelong learner and I have never stopped learning at CNIB, whether it is about people, accessibility, eye conditions, advocacy, etc. there has never been a dull day!

**What would you like people to know about your position at CNIB?**

I am just a member of the team like everyone else. I like to be involved and get to know people in our community. I like to learn new technologies and new things and I am not scared to get my hands dirty. I really enjoy being involved in CNIB advocacy issues – if we can even make one persons life just a little better, that is a success to me.

**What would you like people to know about you personally?**

I am a person first and a leader second. I think often people might think that because you are a leader you are not approachable, and I hope that isn't the case. On the flip side of that, I am also vulnerable and have fears too (height is one of them!).

**What is your favourite thing to do when you aren't working?**

I like to read, I am an avid non fiction reader and challenge myself to read about 50 books a year. I also like to walk with my husband and go cycling – I love when my daughter comes with us…but she is 13 so she does that less and less! I guess we aren't that cool! We are music fans too, so we like to go to rock, country and pop concerts. I have two older daughters (ages 27 and 24) as well and 2 granddaughters (ages 5 and 18 months), so I enjoy spending time with my family.

**What has been your biggest lesson while working at CNIB?**

Passion. When I joined CNIB I did not have an affinity to the organization, but I quickly learned about the amazing people that work for the organization and the amazing clients we serve. I will AWAYS be an advocate for the blind and partially sighted community because I have so much respect for everyone's passion for change and equality.

# Client Profile

For Joshua Schramm participating in the Regina Alpine Adaptive Ski Program has increased his confidence and created new experiences.

"I have gained more independence and friends. I have become braver and this gives me courage to try more things. When I do well, it makes me believe I can do anything I set my mind to." said the 16-year-old.

Joshua was born premature at 23 weeks old and spent 150 days in the neonatal unit. As a result, he developed an eye condition called Retinopathy of Prematurity (ROP). Josh can see a little out of his right eye and nothing out of his left eye as it is prosthetic.

Because of his eye condition other people wanted to put limits on Joshua while he was growing up but his mother, Christina, wouldn't let that happen.

"I got Joshua involved in skiing because when he was three years old a music therapist said that he was really good with music which was a good thing because he probably wouldn't play sports. I said, to myself, challenge on. From that point forward, I tried to find different sports for Joshua to try and he really enjoyed a lot of sports such as soccer. He got so much out of the sports that I thought we need to continue that and find where his passion really lies."

His mother also felt a variety of activities were important for his development, as was being around other children with sight conditions and began his involvement in CNIB Foundation programming. Since he was five, he has participated in the CNIB summer Camp program. Last year, he was selected to participate in the Lake Joe Leadership Camp in Ontario. In April he joined the Youth Zoom Hangout sessions and in July will do the Youth Employment Skills Camp.

"It is important to meet new people and meet other kids who are blind or partially sighted who share my experience. Participating in CNIB programs has helped me to understand there are others going through the same experience as me," said Joshua.

Eventually his mother heard about the adaptive ski program with the Regina Alpine Ski Club and at ten years old he began skiing. At 12 years old he moved into the competitive ski program with his first race in the Sasktel Challenge Cup.

Last year, he was the only para skier from Saskatchewan who is blind or partially sighted that competed in the 2019 Canada Winter Games in Red Deer where he placed fourth in the Slalom and sixth overall in the Giant Slalom.

Only some minor adaptations are necessary for him to ski without sight. His guide, Patrick Young who is a former Canada Winter Games athlete, skis in front of Josh wearing a bright orange jacket and calls out directions like turn right and left.

"I think if you want to do something and you have a disability and there are sighted people that do it, you can do it too. We just need to do it in a different way."

Connecting with and seeing how others who are blind and partially sighted participate in activities and sports has built confidence that has helped him be more motivated in school.

"I believe by giving him opportunities and challenges it prepares him with the life skills. All of these experiences are going to help him in the future in whatever he decides to do as a career and in life in general to be a strong successful man," said his mother.

For Josh being involved with skiing has made him more aware of the infinite possibilities in his future. "I don't want any limits. I like to travel different places and would like to see more of the world. My dream is to get a guide dog, live on my own, go to the paralympics."

# Staff Advice

**Tips on How to Advocate Effectively**

For Christall Beaudry and Ashley Nemeth advocating on behalf of people who are blind or partially sighted with the aim of smashing social and systemic barriers is something they do on a daily basis in their roles at CNIB. Over the last few years, they have successfully advocated for change in a number of areas such as advocating to create more accessible public spaces. Now Central, Wascana and Victoria Parks in Regina can be navigated by using the BlindSquare App. and beacons.

Along the way they have learned a few things. Here are some of their tips on how to advocate for change.

1. **Advocacy is about building relationships and trust**.  Like any relationship, there is give and take.  Be prepared to answer “What’s in it for me?”
2. **Like the old saying goes, you get “more bees with honey”.**  It is best to go in with a positive attitude, perhaps complimenting on what has gone well and then discuss ways to work together on areas that need improvement.
3. **Be prepared.**

Do your research and do some work.  Know the facts and have them readily available.  Be prepared with a good written brief that includes the issues, opportunities and options for solutions – something you can leave behind and would like a response on.

Don’t just complain, have solutions.  When you advocate for a particular service for example, have an example of how this service can be improved and what options there might be to make it better.  It might also be a stages approach to make the change over time.

1. **If you get an opportunity to meet to discuss the issue, welcome it, it is the best way to build relationships and credibility**.  Be courteous and mindful of the individuals time.
2. **Make sure the issue you are taking to the decision maker is a decision they have the ability to make or influence**. For example, don’t take a city transit issue to your MLA as this is an issue for the city – your City Councilor would be more appropriate.
3. **When you go into advocating on a systemic issue make sure that you go into it knowing it will take a significant amount of time to create change.** Every meeting, phone call, email is a step toward that change.
4. **When advocating use your story as a way to create the why this issue matters.** They need to put a personal story to an issue to care. Make sure there is a way to show how it will not only benefit you but, many other groups. For example, shoveling sidewalks affects those who are blind or partially sighted, but it also affects seniors, moms with strollers or young children going to school and those with mobility challenges.
5. **Make sure to maintain relationships.** Don't only go to them when there is a problem, acknowledge that they have done something good without asking for more. Relationships are the key to good advocacy.
6. **One voice can make a change**. There is a misperception that you as an individual do not have the ability to change minds and that is in fact not true. You have the power and the ability to create change. One voice is stronger than no voices and it may motivate or inspire others to come forward as well.

Did you know CNIB has a section on the website about advocacy? For more information on how to advocate go to [advocacy](https://cnib.ca/en/support-us/advocate?region=sk) and if you are interested in becoming a CNIB Champion to advocate for change in Saskatchewan please contact Ashley Nemeth, email: [ashley.nemeth@cnib.ca](mailto:ashley.nemeth@cnib.ca) or call 306-807-8418.

# Announcements

## CNIB Foundation and Vision Loss Rehabilitation Saskatchewan offices are operating in a limited capacity due to COVID-19. Wherever possible programs and services will continue remotely via phone and virtually. In person appointments are by appointment only to ensure your health and safety. For more information call 1-800-563-2642.

# Saskatchewan government commits to new funding for deafblind services. The funding will allow CNIB Deafblind Community Services (DBCS) to work in partnership with Saskatchewan Deaf and Hard of Hearing Services (SDHHS) to provide deafblind Saskatchewanians with one-on-one support from sign language interpreters and intervenors. The funding will also allow Saskatchewanians who are deafblind to access a 24-hour interpreter and intervenor line for emergency support. For more information go to [Read more.](https://cnib.ca/en/news/saskatchewan-government-commits-new-funding-deafblind-services?region=sk)

**Save the date:** The 2nd Annual CNIB Guide Dogs with Purpose Gala will take place on Saturday, January 30, 2021 at the Conexus Arts Centre in the Convention Hall. For sponsorship opportunities email: [nannette.ermel@cnib.ca](mailto:nannette.ermel@cnib.ca) .

**CNIB along with other organizations for people who are blind or partially sighted are holding their conferences virtually.** To access a list of conferences and their websites click here: <https://www.cnib.ca/sites/default/files/2020-07/Virtual%20conference%20list.docx>

**Social media changes** - All of CNIB Foundation's social media accounts have been merged. What this means is the CNIB Saskatchewan Facebook, Twitter and Instagram accounts are closed and there is one National account for each. Under the CNIB Foundation’s Facebook page there is a Saskatchewan Group you can join to receive local content. The link to join that group is here: [https://www.facebook.com/groups/919065771888259/?source\_id=108635379686](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2Fgroups%2F919065771888259%2F%3Fsource_id%3D108635379686&data=02%7C01%7C%7C08ae092aec7e46272f5d08d80d87d2a6%7Cfbd8a8d99ca948378d3ba5982af51080%7C0%7C0%7C637274224310929230&sdata=dMWVo%2FGQMXbF42TxmC%2FmOjBBcJQfwtr24afgAzyiOmY%3D&reserved=0). Please follow the National CNIB Foundation’s  [Facebook](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2FmyCNIB%2F&data=02%7C01%7C%7C08ae092aec7e46272f5d08d80d87d2a6%7Cfbd8a8d99ca948378d3ba5982af51080%7C0%7C0%7C637274224310939216&sdata=YoT11bX5kDKOdh8NxmAh37O6IC0JOIYpt2hEMTetQHg%3D&reserved=0), [Twitter](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Ftwitter.com%2FCNIB&data=02%7C01%7C%7C08ae092aec7e46272f5d08d80d87d2a6%7Cfbd8a8d99ca948378d3ba5982af51080%7C0%7C0%7C637274224310939216&sdata=Nvd%2FKWAmOjQFzv2Bohi1hPxoV%2Fibo7K%2BldYoNmLvIXo%3D&reserved=0), [Instagram](https://can01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.instagram.com%2Fcnibguidedogs%2F%3Fhl%3Den&data=02%7C01%7C%7C08ae092aec7e46272f5d08d80d87d2a6%7Cfbd8a8d99ca948378d3ba5982af51080%7C0%7C0%7C637274224310949211&sdata=KZM%2FOHjcRTsIXqHMQ3os4jH1hR7%2FEySuTGDJcJXP%2F00%3D&reserved=0) accounts.

## Phone It Forward

Donate your old smartphone to the Phone it Forward program and change the life of someone with vision loss. Prepaid donation envelopes available at any Saskatchewan Scotiabank, Vogue Optical in Saskatoon and FYidoctors in Regina on Grant Road or CNIB office. Or go to [**Donate your phone**](https://bit.ly/2MVRY7L)

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# CNIB Saskatchewan Support Programs

**Guide Dog Handlers Group**This group is for guide dog handlers and individuals who are interested in getting a guide dog or in the process of applying for a guide dog. The group discusses topics that are relevant to the handlers like winter gear, working through airports and dealing with problematic behaviour. The members of this group are also a great source of information and support and have many years of experience. You can be a part of this group no matter where your dog is from as the group supports all handlers.

**Date:** Third Tuesday of the month (subject to change depending on availability) **Location:** Zoom until further notice  **Time:** 6:00 – 7:00 p.m.

To register for this program, or for more information please contact Ashley Nemeth at [ashley.nemeth@cnib.ca](mailto:ashley.nemeth@cnib.ca) or call 306-807-8418.

**Regina, Saskatoon and Rural Peer Groups (Teleconferencing options available for rural participants)**These groups are for seniors who are experiencing vision loss the topics discussed are relevant and chosen by the group to make sure that participants are getting the information that they require to live a full life. The groups are a way to support those with vision loss and socialize and enjoy the company of those who understand what it is like to live with vision loss. Guest speakers are brought in to discuss things like nutrition, working with your pharmacist, personal safety, fraud and many others.

**Regina**

**Dates:** Every second and fourth Tuesday of the month   
**Time:** 1:00 – 2:30 p.m.   
**Location:** In person starting September with restrictions   
**To register for this program, or for more information,** contact Ashley Nemeth at [Ashley.nemeth@cnib.ca](mailto:Ashley.nemeth@cnib.ca) or call 306-807-8418.

**Saskatoon**

**Dates:** Every first and third Tuesday of the month   
**Time:** 1:00 – 2:30 p.m.   
**Location:** In person starting September with restrictions   
**To register for this program, or for more information,** please contact Paige Andreas at [paige.andreas@cnib.ca](mailto:paige.andreas@cnib.ca) or call 306-514-0558.

**Rural Participants can join either the Regina or Saskatoon sessions via teleconference. The in-person meetings are on hold due to COVID-19.**

**Saskatchewan Advocacy Group**The CNIB Foundation is committed to building stronger communities by educating and advocating – to break down barriers and create an inclusive society in which people with vision loss can thrive. This group meets monthly to discuss the issues that are important to them and the sight loss community.   
Participants will come together and work toward changing systematic barriers and educating the public on issues regarding sight loss and accessibility.

**Dates:** Second Wednesday of each month starting in September. **Time:** 7:00 – 8:00 p.m.

**Location:** Zoom meeting  **To register for this program, or for more information** please contact Ashley Nemeth at [ashley.nemeth@cnib.ca](mailto:ashley.nemeth@cnib.ca) or call 306-807-8418.

**Young Champions Program**Join Ashley Nemeth and Danika Blackstock and learn how to become effective advocates. For youth ages 13-18, this program assists youth in gaining the knowledge and skills to become confident self-advocates, as well as, how to advocate systemically. Topics discussed in the session will be on what accessibility is, your rights as a student and employee, disclosure, steps to self and systemic advocacy, conflict resolution, and much more. **Maximum number of participants is 15.**   
**Date:** Once a month from October 21, 2020 – March 24, 2021.  **Time:** 8:00 – 9:30 p.m. EST  **Location:** Zoom Meeting  **Registration is required. For more information, or to register** contact Ashley Nemeth at [Ashley.nemeth@cnib.ca](mailto:Ashley.nemeth@cnib.ca) or 306-807-8418.

Vision Mate/Virtual Vision Mate Program   
Our Vision Mate Program matches individuals living with vision loss with specially-trained volunteers who offer companionship and one-on-one assistance with day-to-day tasks and errands.

Vision mate volunteers assist individuals with a variety of activities, including reading mail, grocery shopping, errands, labeling and organizing household items, as well as enjoying leisure and recreational activities together – like playing cards and going for walks.

**This program has gone virtual due to COVID-19.** Virtual vision mates make phone calls to chat socially or assist with tasks like ordering groceries online. They can also assist with grocery pick up.

**South Saskatchewan**

To register for this program, or for more information please contact Ashley Nemeth at [ashley.nemeth@cnib.ca](mailto:ashley.nemeth@cnib.ca) or call 306-807-8418.

**North Saskatchewan**

To register for this program, or for more information please contact Paige Andreas at [paige.andreas@cnib.ca](mailto:paige.andreas@cnib.ca) or 306-514-0558.

**Youth Leadership – Youth Zoom Hang Out**In Youth Leadership the goal is to increase the participants confidence and knowledge about transitioning to post-secondary and work environments. The group also nurtures independence and helps the youth find out what they are capable of, while having fun and learning to support themselves and others.   
There will be opportunities for the youth to take on leadership roles and be involved in projects, as well as, listen to guest speakers and learn from them.   
**Date:** Every first and third Tuesday  **Time:** 6:30 – 8:00 p.m.  **Location:**  Zoom for rural participants and participants from outside the province and in person for Regina and Saskatoon participants.

**To register for this program, or for more information** please contact Paige Andreas at [paige.andreas@cnib.ca](mailto:paige.andreas@cnib.ca) or 306-514-0558.

Family Fun DaysThe family fun days are an opportunity for families with children who have vision loss to get together and learn from each other and support one another. This is also a great time for the kids to be able to play with other children who have vision loss as well as children who do not have vision loss but understand the struggles they are facing. Family Fun Days will be run three times a year each one with a different type of activity or outing.   
**These are on hold right now due to COVID-19. As soon as we are able to bring these events back, we will send out an email.**

**Regina**

**If you are interested in being on the email** list please contact Ashley Nemeth at [Ashley.nemeth@cnib.ca](mailto:Ashley.nemeth@cnib.ca) or call 306-807-8418.

**Saskatoon**

**If you are interested in being on the email** list please contact Paige Andreas at [paige.andreas@cnib.ca](mailto:paige.andreas@cnib.ca) or call 306-514-0558.

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# CNIB Saskatchewan Sports and Recreation Programs

**Kettle Bell Kickboxing**

Join Jodi Barrett from Kettle Bell Kickboxing Canada and try out an exciting new class. She will lead the participants through the basics of kettle bell kickboxing, as well as, a workout geared to your abilities. All levels of fitness are welcome to come out and try this fun new program. **Maximum of eight spots available due to social distancing.   
Date:** Thursday, October 8, 2020 **Time:** 7:00 – 8:00 p.m.  **Location:** 2135 Broad St. Regina

**Cost:** $26.25 per participant **For more information, or to register** pleasecontact Ashley Nemeth at [Ashley.nemeth@cnib.ca](mailto:Ashley.nemeth@cnib.ca) or 306-807-8418.

**Personal Training – info and Q&A session**

Join Kristy Ware, a personal trainer, in a question and answer session. She will answer questions like what do you look for when hiring a personal trainer? She will also provide some tips on how to get started on a fitness journey.   
**Date:** TBA **Time:** TBA  
**Location:** TBA **For more information, or to register** please contact Ashley Nemeth at [Ashley.nemeth@cnib.ca](mailto:Ashley.nemeth@cnib.ca) or 306-807-8418.

**Regina and Saskatoon Walking Clubs**Being able to get outside and exercise is always more fun with friends. Join other individuals who want to get out and enjoy the outdoors. If you prefer having a sighted guide, you can bring some one or we can find you a sighted guide.  **Dates:** Saturday mornings from August to October   
**Time:** 9:00-10:00 a.m.   
**Regina location and contact:** Wascana Park – gardens across from the legislative building,pleasecontact Ashley Nemeth at [ashley.nemeth@cnib.ca](mailto:ashley.nemeth@cnib.ca) or call 306-807-8418.

**Saskatoon location and contact:** Location TBA, contact Paige Andreas at [paige.andreas@cnib.ca](mailto:paige.andreas@cnib.ca) or call 306-514-0558

Kids Camps  
Join usfor a Zoom interactive camp. Each participant will receive a camp in a box with all the supplies that you will need to participate.

**Dates and location:** August 10-14, 2020 via Zoom, youth ages 12-15 from 1-2:30 p.m. daily and for children ages 5-11 from 10-11 a.m. daily.

To register for this program in Southern Saskatchewan, or for more information please contact Ashley Nemeth at [Ashley.nemeth@cnib.ca](mailto:Ashley.nemeth@cnib.ca) or 306-807-8418.

To register for this program in Northern Saskatchewan, or for more information please contact Paige Andreas at [paige.andreas@cnib.ca](mailto:paige.andreas@cnib.ca) or 306-514-0558.

**Saskatoon Art Group**This art group is for those who are interested in expressing themselves creatively want to participate in an art group to create and learn new techniques and art forms. The group meets monthly and is open to all individuals of all skill levels.   
**Dates:** Second Thursday of each month  **Times:** 1:30 – 2:30 p.m. **Location:** CNIB Multipurpose Room, 1149 8th St. E  **To register for this program, or for more information** please contact Paige Andreas at [paige.andreas@cnib.ca](mailto:paige.andreas@cnib.ca) or 306-514-0558.

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**CNIB Saskatchewan Technology and Educational Programs**

**iPhone Training**This program supports our Phone It Forward program that puts iPhones in the hands of those who are blind or partially sighted at no cost to them. Once they have the iPhone that has been loaded with accessibility apps we provide training to allow them to increase their independence through the use of a smart phone.

**\*\*Virtual or in person by appointment only.\*\*\***

**South Saskatchewan**

For more information, or to book an appointment please contact Ashley Nemeth at [Ashley.nemeth@cnib.ca](mailto:Ashley.nemeth@cnib.ca) or 306-807-8418.

**North Saskatchewan**

For more information, or to book an appointment contact Paige Andreas at [paige.andreas@cnib.ca](mailto:paige.andreas@cnib.ca) or 306-514-0558.

**Regina Learn to Braille Group**Have you ever wanted to learn basic braille? We have the perfect opportunity for you to come out and learn grade one braille and be able to keep your skill up once you complete the training. Once you are well versed in grade one braille, we will have the group practice their braille skills by brailling cards people bring in for their loved ones to be able to read. We will provide the braillers and everything you will need to learn braille. All you need to bring is curiosity and an eagerness to learn braille.

**Date:** Session 1 – October 3 to November 28th Sundays  **Time:** 10:00 – 11:00 a.m.  **Location:** CNIB Regina 2158 Broad St. **(Social distance protocols in place)  
Registration required.** To register for this program or more information please contact Ashley Nemeth at [Ashley.nemeth@cnib.ca](mailto:Ashley.nemeth@cnib.ca) or 306-807-8418

**Regina Learn to Code**Is a program for youth ages 6-10 to increase their knowledge of coding utilizing a tactile coding system called Code Jumper. This program will walk the youth through the basics of coding and gradually getting more difficult to learn the basics that come with coding. They will at the end of the session be able to show off their code that they created to family and friends.

**Dates:** From October to May onthe second and fourth Thursdays of the month   
**Time:** 6:00 – 7:30 p.m.   
**Location:** CNIB Regina 2158 Broad St. **(Social Distance protocols in place)   
Registration required.** To register for this program, or for more information please contact Ashley Nemeth at [ashley.nemeth@cnib.ca](mailto:ashley.nemeth@cnib.ca) or call 306-807-8418

**Better Health Series- Nutrition Session**This session will be held via Zoom Meetings with Sara Langley who is the Regional Nutritionist with Indigenous Services Canada. Sara will debunk some of the myths around nutrition for us and give us the information that we should be following. She will also answer your nutrition questions.

**Date:** August 19, 2020 at 1:30 p.m. CST.via Zoom**To register for this program, or for more information** pleasecontact Ashley Nemeth at [ashley.nemeth@cnib.ca](mailto:ashley.nemeth@cnib.ca) or 306-807-8418.

**Better Health Series – Reflexology Session**

Learn what Reflexology is and how it benefits you. Join Becki Zerr a certified Reflexologist will be answering your questions in a lively session. Becki can also answer any questions about how to get started in Reflexology for someone who is blind. Becki is a person who is blind that has been successful in obtaining her certification and would like to help others get into Reflexology if it interests them.

**Date:** September 17, 2020 at 1:00 p.m. CST.via Zoom **To register for this program, or for more information** pleasecontact Ashley Nemeth at [ashley.nemeth@cnib.ca](mailto:ashley.nemeth@cnib.ca) or 306-807-8418.

**Better Health Series – Essential Oils 101**

Learn the basics of essential oils, as well as, how to get started. Topics of discussion will be the difference in oils, what to look for, the benefits of essential oils, what to do and not to do when using essential oils. Chanelle Morin a very knowledgeable essential oil user from Saskatchewan will run the session.

**Date:** October 7, 2020 at 6:00 p.m. CST.via Zoom **To register for this program, or for more information** pleasecontact Ashley Nemeth at [ashley.nemeth@cnib.ca](mailto:ashley.nemeth@cnib.ca) or 306-807-8418.

**Better Health Series – Meditation and Mindfulness**

In this session participants will learn what a meditation and mindfulness practice is and how to get started. Robin Hilton-Bowden will discuss how to take the first steps toward a meditation and mindfulness practice and answer any questions you may have and how these practices can benefit you and your life.

**Date:** November 18, 2020 at 7:00 p.m. CST.via Zoom

**Cost:** $100 for the session **To register for this program, or for more information** pleasecontact Ashley Nemeth at [ashley.nemeth@cnib.ca](mailto:ashley.nemeth@cnib.ca) or 306-807-8418.

**Regina Tech Training**

The participants of this group will learn to use JAWS along with Microsoft Office applications. If you are just learning JAWS or are thinking it is time to learn how to use a screen reader this is the group for you. We will also answer questions and go over basic iPhone gestures using Voice Over.

**Dates:** Every Second Wednesday of the month from September to May **Time:** 7:00 to 8:00 p.m. **Location:** CNIB Regina 2158 Broad St. **(Social distance protocol in effect)**To register for this program, or for more informationpleasecontact Ashley Nemeth at [Ashley.nemeth@cnib.ca](mailto:Ashley.nemeth@cnib.ca) or 306-807-8418.

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# Community Associations, Groups, Sports and Recreation Programs

Canadian Council of the Blind (CCB): The CCB is a national self-help consumer organization whose membership consists of persons who are blind, deafblind, or who have significant vision loss. They offer social, recreational, informational, and awareness-building programs. For more information on the CCB Moose Jaw White Cane Club and the CCB Regina Chapter, contact the Regina CNIB office at 306-525-2571.

Canadian Deafblind Association (Saskatchewan Chapter): The organization is committed to assisting all persons who are deafblind to achieve, with intervention, the best quality of life. For further information on the Saskatchewan Chapter contact Dana Heinrichs, Executive Director at [cdba.sk@shaw.ca](mailto:cdba.sk@shaw.ca) or by phone at 306-374-0022.

**Lions Wilderness Experience: For anyone, of any age and any ability, who has special needs. The camp usually runs for two weeks starting the Monday after the August long weekend at the Northern Lights Lodge in Hanson Lake. The camp is presently on hold due to COVID-19. For more information about the cost or to apply for sponsorship call Ken Schuster at 306-744-2481 or Paul Danis at 306-233-4858.**

**Moose Jaw White Cane Club:** The Moose Jaw White Cane Club usually meets the first Tuesday of every month but due to COVID-19 the meetings are on hold but will resume when possible. For more information call Kelly at 306-692-2215.

**Regina Public Library’s Audio Book Club:** For those living with vision loss. Every month discuss a new book. **Stay tuned for details as we resume programming due to COVID-19.** For more info call 306-777-6019.

Regina and Saskatoon Tech Ease Drop-in/Getting Together with Technology Group: This is a group run by VIRN (Vision Impaired Resource Network) in collaboration with CCB. Each week a different pre-determined topic is discussed and explored around technology and how it can enhance the lives of those with vision loss. Friends and family are welcome as well as those living with any degree of vision loss.

Where: Virtual meetings via Zoom due to COVID-19.

When: TBA.

Time: 2:00 p.m. to 3:30 p.m.

For more information on times and dates contact Michelle Busch at 306-526-6129.

Saskatchewan Blind Sports Association **(SBSA) was founded in 1978 and is a volunteer based not-for-profit organization that facilitates provincial, national and international sports opportunities for Saskatchewan residents who are blind or partially sighted. The following are (but not limited to) the core sports that SBSA facilitates: Dragon boating, goalball, lawn bowls, curling, bowling, and golf.** **Programs are presently on hold due to COVID-19. For more information call 1-877-772-7798 or email** [sbsa@shaw.ca](mailto:sbsa@shaw.ca) **or visit** [www.saskblindsports.ca](http://www.saskblindsports.ca)

**Saskatoon Book Club: Everybody's Book Club is a drop-in program for readers of all abilities. Books are available in many formats audio, ebooks, large print and regular print. The book club doesn't run through the summer.** **Stay tuned for details as we resume programming due to COVID-19. For more information call 306-975-7558.**

Saskatoon Blind Skiers: Is always looking for new members. An Accessible Activity for People with Low Vision. The group meet on Saturday mornings at 10:00 – 12:00, and ski (or walk) for one hour, followed by having coffee and socializing together for one hour.  After the snow melts, they continue weekly walks until the middle of May. Membership fees are $45 annually. **Programs a re presently on hold due to COVID-19 but will resume when possible. For more information please contact:** Conrad Lange at 306-477-2227 or Joanne Ferguson at [joanne.ferguson@sasktel.net](mailto:joanne.ferguson@sasktel.net) or Judy Prociuk at 306-931-1981.

**Unique Like Us:** Is a social group for people who are blind or partially sighted in Regina. The group meets once a month to do an activity or listen to a guest speaker. All activities are predetermined by the group. For more information contact Thelma at 306-569-0235.

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# Technology and Rate plans

## Sasktel Discount Rate Program

Through CNIB’s stewardship, SaskTel has created a Wireless Accessibility Credit ($15 Wireless Credit) for customers who identify as Blind, Deaf, or hard of hearing. The Wireless Accessibility Credit provides customers with the flexibility to choose a converged rate plan with a data bucket that best suits their data consumption needs. The credit was created to offset the costs of components of a plan that a customer may not able to use. A Self-declaration form must be filled out in order to receive the credit. You can find the form here:

<http://www.sasktel.com/special-needs/vision-solutions>

## Telus Discount Rate and Accessible Services

Telus has a rate plans for people with disabilities and services that are accessible. For more information go to: <http://www.telus.com/en/sk/get-help/accessibility/topic.do?&INTCMP=TcomFooter_accessibility>

# Volunteer Opportunities

* Vision Mates – Volunteers to work with someone who is blind or partially sighted. Helping with shopping groceries, opening mail and organizing household items.
* Rural Peer Group Leaders - Volunteers helps to facilitate meetings that are outlined by CNIB and the participants.
* Admin/Shop CNIB Volunteers – answer phones and perform administrative tasks, demonstrating shop items, sales and customer service.

If any of these opportunities sound like something you would like to try please contact:

In Regina and South Saskatchewan contact, Ashley Nemeth at [ashley.nemeth@cnib.ca](mailto:ashley.nemeth@cnib.ca) or call 306-565-5413.

In Saskatoon and North Saskatchewan contact, Paige Andreas at [paige.andreas@cnib.ca](mailto:brian.thorkelson@cnib.ca) or call 306-374-4545 etx. 6443.

Thank you to our partner:

