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# Perspective

## Newsletter

for RCD Donors

### Hot, Hot, Hot...

#### We all scream for ice cream....



The demand was this hot as the weather outside during one of RCD's most recent fundraising campaigns. The event featured handmade ice cream by J Squared Ice Cream of Richmond BC. Our special thanks to company owner James Hsu for making this opportunity possible.

People were given the opportunity to choose between four unique flavors: Lychee Mango, Black Sesame, Shanghai fog and Vietnamese Ca Phe (Coffee). A total of 116 pints were sold and \$460.62 was raised. All evidence of this fundraiser is likely to be quickly eaten by our enthusiastic supporters.



A second opportunity to order has brought in \$198.60 and counting. Thank you for your support!

#### You just cannot replace the human touch...

One of the strengths of the Centre has always been that it is about people helping people. This is true when it comes to our Accessible Parking Permit (APP) Program. For many who come through the door to get their placard, this is their first introduction



to the RCD. The help offered is often reciprocated by a donation towards the running of the Centre. COVID-19 safety protocols forced us to implement more of a mail-in or on-line version of this service. This and COVID itself, appears to have had a direct impact upon the donations received through the program this year. To date, the income has dropped from \$ 74,061 in 2020 to just over \$42,000 to date this year. When considering where we were at this point last year, this marks a considerable drop in revenue at this point in time. This proves that a friendly smile has a much greater impact than the mail in pledge sheet. Of course, we are not eliminating the use of these forms. Everything has its place. Order forms sure helped our ice cream sales! Still, we are looking forward to a return to normal, as things open over all post pandemic.

#### RCD Thrift Store Welcome

Speaking of warm welcomes, the Centre is pleased to welcome long-time member Pacey to the team. If

you drop by our little shop, you will see that Pacey is there to answer people's questions and to assist with sales. This past quarter our thrift store generated \$1,594.00 in sales. When not in the store, she can be found working to keep the office clean and sanitized for the staff and members. Welcome Pacey!

#### A few new faces

Over the past few months, the Centre has had a few new faces around the place. Melody has joined us as a summer student and has been helping at reception. Yazan is a co-op student. He came all the way from Ontario to join us! When not helping at reception or with the APP Program, you will find him working along Ian's summer assistants Amber and Aries. These two ladies have been focusing on video editing for our YouTube content. Their swift and able assistance was much appreciated in the production of a couple of clips featuring two of our IM&M+ graduates. These clips will be used to help promote the IM&M+.



#### New project puts participants on the path to their preferred futures.

Between February and May 2021, a group of brave explorers (RCD participants), set out on a journey of discovery during the Centre's first ever offering of the In Motion & Momentum+ program. This pre-employment course was developed by the Canadian Career Development Foundation. RCD was pleased to be one of many different organizations serving differing populations to test the effectiveness of the curriculum with our members.

The 13-week, three module course was offered through zoom due to COVID-19 restrictions. This adjustment to a normally in-person program proved to be advantageous for people with disabilities. Participants were able to attend from across the Lower Mainland from the comfort of their homes. Besides learning about their strengths, interests, and values, students learned skills for effective goal setting. Additionally, participants forged supportive connections with each

other, which resulted in the group wishing to form an ongoing online group amongst themselves. The First-Class RCD IMM+ group plans to meet monthly.

As part of the course, the group of 6 participants collaborated on a community project. This group chose to create an online video letting seniors know that they were thought of during the COVID -19. They also wanted to thank all the healthcare professionals who have served us all during the pandemic.

You can watch their video at <https://www.youtube.com/watch?v=vvUX3UQRcyQ> (A Letter of Hope)

Speaking of his experience during the course, participant Minseong Park says that an “aha moment” for him was when he suddenly saw his future in his mind’s eye during a visualization exercise.

If you or someone you know might like to join the September 14-December 13, 2021 offering of IM&M+, contact Louise Gaudry ([louise@rcdrichmond.org](mailto:louise@rcdrichmond.org)) or Dina McInnes ([dina@rcdrichmond.org](mailto:dina@rcdrichmond.org)) for further details.

will allow us to accommodate even more people in the office.

Visit the RCD website to donate online towards the running of this activity.

**See you in September!**

The Centre has a full slate of activities planned for you starting in September. Be sure to check our website for the posted activity calendar and announcements inviting you to register. Remember, some activities like Public Speaking will require registration and a participation fee, while others like Games Club are free. Be sure to register early and save your spot!



**Do you remember the 3 Rs of the RCD?**

Richmond Centre for Disability

**New In-Person Activity**

# RESTART PARTY

July - August  
Tuesday 2:30- 3:30 PM

In conjunction with **Games Club**  
welcome to join games and socializing  
Watch videos & Enjoy Refreshments

**Space Limited  
Registration Required**

For enquiries: Tom at [tom@rcdrichmond.org](mailto:tom@rcdrichmond.org) / 604.232.2404

When most of us think of the 3 Rs that we learned in school we think of Reading, wRiting and aRithmetic. Well, during the pandemic to the present, here at the RCD, the 3 Rs have come to stand for Restricted, Ran Anyway and Restart.

At the start of the pandemic in March 2020, we quickly had to adjust to the health restrictions

and switch to delivering many of our services through Zoom. Thanks to this popular app, classes like Reading and Writing, Life Skills and Games Club ran anyway. Now, our Games Club is leading the way in our move toward welcoming our members back into the office. How?

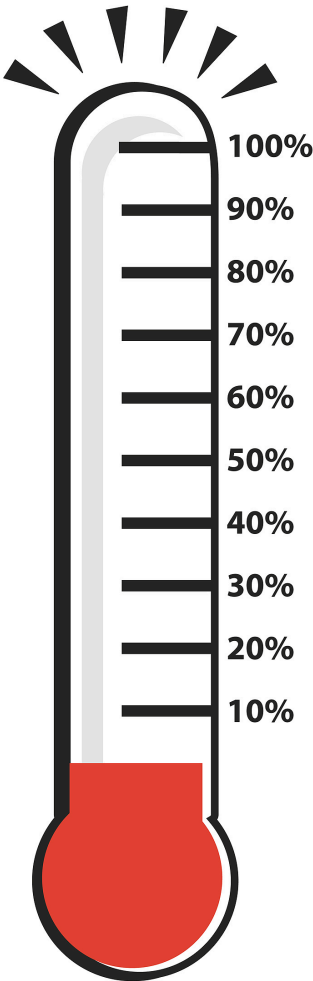
Throughout July and August, Games Club is hosting a weekly Restart Party. Participants are given the opportunity to take turns attending a party in-person as part of a small group of six or via Zoom. By September, our expectation is that the health orders



**Income Tax adjustment a success**

Just as with the delivery of our Accessible Parking Permit program, during the COVID-19 restrictions, we had to adjust things up with the offering up of our Tax Clinic this year. Instead of offering the usual in office appointments, most tax filers chose to email in their documentation and pick-up their completed return later. Using this safe distancing measure, we were able to assist 177 families or 253 people in March and April 2021.

**You won’t want to miss this!**



Mark your calendar for our second annual on-line fundraising concert: November 19, 2021.

If you were part of the excitement during last years’ fundraising concert, then you will definitely want to join us again. All watched in awe as the glass of the fundraising thermometer was shattered beyond expectations thanks to the generosity of ,a global audience. This year we have an equally talented musical line-up to treat your listening ears. Performers include: RCD’s Wilson Tam, Samantha Siu and the Mom’s dance club. You will also enjoy music from members of the BC Orchestra, the Happy Singers and more!

✓Friday November 19th 2021 (7-9 PM)