



Address: 842-5300 No. 3 Road  
(Lansdowne Centre)  
Richmond BC V6X 2X9

Tel: 604-232-2404

Fax: 604-232-2415

Web: [www.rcdrichmond.org](http://www.rcdrichmond.org)

# Perspective

## Newsletter

for RCD Donors

### GO Team RCD Go...



Most of you are used to RCD bringing to you the Krispy Kreme Fund-raiser with delicious doughnuts in May every year. Well, this year, we are doing something different. We are indeed inviting you to get into shape and join us at the **2024 BMO Vancouver Marathon Run 4 Hope**.

You can participate by:

1. Joining the RCD team to run the Marathon and collect individual sponsorships to support the RCD through your running.
2. Sponsoring participants on the RCD team.
3. Making a general donation to the RCD team on our web- site.

The **2024 BMO Vancouver Marathon Run 4 Hope** will take place on May 5, and the runners will be at the starting line at 9:30 AM. Your donation and support will help fuel our team members through the grueling 8-Km course.

For more information about the RCD teams/individuals, visit RCD website at [www.rcdrichmond.org](http://www.rcdrichmond.org) and click on the Run4Hope button to get to the poster. Then click on the QR code on the left side at the bottom of the poster.

#### Race Details

Time: 9:30 am

Gear Check: Downtown – Burrard & W Hastings St

Start Line: Stanley Park – Lagoon Drive

Finish Line: W Pender St between Bute & Thurlow St

Course Time Limit: 1.5 hours

Age: 11+



### Moving near or far...



Did you know that it can cost just as much to move close by as it does to move far away? Although the RCD will only be moving offices across the hall in May, we still must pay for all the same things that we would if we were moving across the city. Some Tenant Improvement needs to take place in our new units, movers need to carry desks over, addresses must be officially changed, and electricity needs to be cancelled and started up again. These are just a few examples.

To contribute toward our relocation expenses, just click on the "Keep moving forward" button on the RCD website and complete the form.

When people think of the RCD of course the first thing that comes to mind is our members and our programs and services. Those we serve are why we do what we do! We cannot do anything though, without a place to call home.



Our new address will be 968-5300 No. 3 Rd. Richmond BC V6X 2X9.

Over the past 38 years, the RCD has played a crucial role in our community by providing vital services, resources, and support to person with disabilities. Our commitment to improving the quality of life for these individuals has been unwavering, and we have seen remarkable transformations as a result of our efforts. In 2022 the RCD provided 55,405 direct service hours to 30,464 people on disability supports.

### Thank you. Your investment matters!

In mid-January the Centre started its latest term. Naturally, many of our popular classes and activities are once again up and running. Arts and Crafts, Games Club and Life Skills never have trouble finding eager participants, and of course, this is not all that is on offer. This term, we were pleased to be able to offer a new Kalimba class taught by our very own colleague Carmen Lee. A total of 5 students have taken up the challenge of learning this interesting musical instrument.

As the facilitator of the Centre's **Work Or Community Participation Class (WORCC)**, also known as Job Club; I, Louise, am pleased to see a growing interest in this course. From humble beginnings of just four participants per class, this January 2024 term we have 12 individuals enrolled!

On the next page, a past Support for Independent Living (SIL) / Job Club participant speaks of her experience in the class and tells a bite about what she is doing now.



"I began attending SIL / Job Club in April 2023. SIL / Job Club included one-on-one sessions and weekly group meetings. During the one-on-one sessions, Louise and I discussed my background, education, interests, and abilities. Then we spent our time job-searching, fine-tuning my resume, and discussing interview etiquette. I cannot express how exciting it was to land my first interview.



Job Club let me meet other members of RCD, and Louise taught us many useful job-seeking skills, such as how to network, how to describe oneself and skillset for employers, how to create an elevator pitch, and much more. We had Dave Thomson visit Job Club as an inspirational guest speaker, and our group was encouraged to participate in the National Disability Week online.

When I attended one of the webinars, I learned about exciting volunteering opportunities related to accessibility and sport.

After about 5 months of participation in SIL/Job Club, I was incredibly fortunate to be offered a contract with the Richmond Poverty Reduction Coalition (RPRC), which in turn has led to a chance to start work as a Community Services Connector at Ironwood Library. In my work for the RPRC, I write our community newsletter. Our newsletter is bi-weekly, uses plain language, covers news sent in by our members, and includes topics relevant to poverty reduction issues.

I also perform some admin tasks for our bi-monthly Vision Zero Project, under the Richmond Advocacy and Support Group (RASC). During my work with the RASC, I engage local community service groups to schedule meetings, and have recently helped to give our first group presentation with my project coordinator.

Even one year ago, I would be astonished to know how much my life would change for the better. I am forever grateful to the RCD's SIL/Job Club for all the support they have provided."

Submitted by: Laina



It was the season for giving.

For the past number of years, Lansdowne Mall has graciously allowed the RCD to be the recipient of the proceeds of the gift-wrapping booth. Staff and volunteers worked at the booth and this year, thanks to the amazing generosity of mall shoppers, the Centre was able to raise a record \$4,249.50 (Dec 4 - Dec 24). Many thanks to the Lansdowne Mall Community.



Deck the walls.



We may be past the season to deck the halls but there is still time to deck your walls. Are you looking for something different to give for Chinese New Year's, Valentine's Day, or Easter? Well, there are still a few attractive art pieces for sale on the RCD walls. Stop by for a look and pass the word among your family and friends.

Further fundraising facts (since the last newsletter)



General donation:	\$17,273
Thrift Store:	\$12,322.55
T-Shift Sales:	\$1,150
Ice-cream Fundraiser:	\$1,090
Fundraising Dinner Gala:	\$20,000 in net proceeds
Interim Relocation Fund-raising:	\$23,150 (nearly 50% of targeted \$50,000)
BMO 8KM Marathon:	\$2,039.82 raised, 13 registered charity runners.



Moving Forward: Dates and Events to watch for.

Specific dates will be posted on our website as the time approaches.

May 2024	Centre relocation to unit # 968 (and 970, 974) 5300 No. 3 Road Richmond, BC
July-August 2024	Lansdowne Job Fair with RCD and others
November 2024	RCD Annual Fundraising Gala
December 3, 2024	UN Day Celebrations honouring People with Disabilities.