



THE STEADWARD CENTRE
for Personal & Physical Achievement

ANNUAL REPORT

April 2015 - March 2016



Inspire individual achievement in **Adapted Physical Activity and Para-Sport** by conducting and applying innovative research, widely sharing **expert knowledge** and delivering highly **successful programs** for individuals experiencing disability.

VISION AND MISSION

The Steadward Centre (TSC) vision and mission support the achievement of the Faculty of Physical Education and Recreation (FPER) vision and priorities as well as those of the University of Alberta.

MISSION

Inspire individual achievement in Adapted Physical Activity and Para-sport by conducting and applying innovative research, widely sharing expert knowledge and delivering highly successful programs for individuals experiencing disability.

PRACTICAL VISION—WHAT WE ARE WORKING TO CREATE

The Steadward Centre is a hub for pioneering, high-caliber, research-based Adapted Physical Activity and Para-sport development. Supported by:

- Embedded Research and Teaching
- Integrated Continuum of Physical Activity, Fitness and Sport Opportunities
- Comprehensive Athlete Development Pathway
- Strong Strategic Partnerships
- Progressive Funding Framework

OUR PRINCIPLES—VALUES THAT INSPIRE OUR WORK

- Living with an impairment is best understood by those with an impairment
- Adapted Physical Activity and Para-sport development should be accessible by all who choose to participate
- Innovation is our expectation
- Our decisions and approaches are informed by research, and our work informs our research
- More can be accomplished in partnership than alone
- Meaningful inclusion requires communities and individuals informed about the possibilities

STRATEGIC DIRECTIONS—TO ACHIEVE OUR PRACTICAL VISION

Become a hub for high performance athlete and coach development

- Be the “gold standard” for Adapted Physical Activity across Alberta
- Broaden opportunities and access to Adapted Physical Activity with clear pathways to achieve personal physical activity and Para-sport goals
- Expand and fully integrate research, teaching and knowledge transfer into all programs, initiatives and services
- Become known by key internal and external audiences and stakeholders
- Institute a progressive and dynamic funding framework

Annual Report At A Glance

Vision and Mission

A Year in Review

Activity Highlights

Learning

Discovery

Citizenship

Adult Program

Athlete Development Program

Functional Electrical Stimulation (FES) Exercise

Free2BMe

Community Transition Program

The Steadward Centre Advisory Committees

The Steadward Centre Staff

Financial Statement

Acknowledgements



FREE2BME GREETING CARD CAMPAIGN

After hitting our 10 year anniversary milestone, Lovella Stationery (a division of AW Design Group) has designed a unique line of greeting card designs to help spread awareness of the program and raise funds to sustain a future. This collection includes ten unique greeting cards with inspirational quotes that touch the hearts of the children and parents in the Free2BMe program. Each card is hand lettered and hand painted by Lovella Stationery, a local stationery studio in Edmonton. All proceeds raised go directly to the Free2BMe program.

A YEAR IN REVIEW...

It was a very exciting year for The Steadward Centre this past year with a brand new facility, a new office location and a new five year strategic plan put into action. Our new facility, officially opening May 2, 2016, features **17,000 square feet of program, office and facility space**, designed specifically for the inclusion of sport, physical activity and fitness for people experiencing disability.

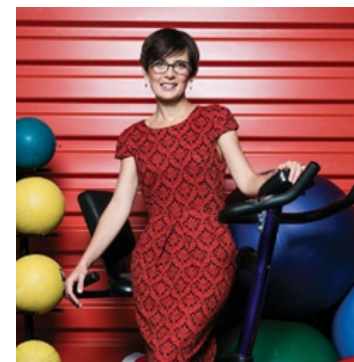
Our team of 11 full time and six part-time staff worked diligently this year to roll out our new five year strategic plan and set up partnerships and programs for long term sustainability. The strategic plan demonstrates a strong commitment to both Adapted Physical Activity and Para-sport. With focus and efforts put in place to create strong partnerships and increase awareness of the Centre and our programs, the Centre set forth to establish relationships with like-minded organizations who could support us in enhancing our visibility in the community.

Over the past year, The Steadward Centre developed 'out of the box' strategies to raise awareness of the work we do. We were involved in two online voting campaigns, bringing in \$8000 in funds and increasing

our reach across Canada. We launched a #choosethewayyoumove campaign which led us into the planning of a 10 year Free2BMe Anniversary Gala to be held June 24, 2016. In collaboration with a fantastic team of Steadward Centre staff, the University of Alberta's Office of Advancement team, AW Design Group and TL2 Event Planning, we have been successful at increasing the awareness of our Free2BMe program and the number of 'friends' supporting this unique program.

With the generous support of Alberta Sport Connection, along with external granting agencies, community foundations and individual donors,
The Steadward Centre continued to make a difference in the lives of over 850 individuals experiencing disability and 261 student volunteers through innovative programs and applied learning opportunities.

CONGRATULATIONS TO OUR AWARD WINNING TEAM:



Congratulations to our very own Director and UofA Faculty Lecturer, Karen Slater, for her well-deserved **Avenue Magazine's Top 40 under 40 award**. Karen was recognized for her years of work and leadership in the area of physical activity for kids, teens and adults experiencing disability.
<http://www.avenueedmonton.com/City-Life/Top-40-Under-40/Karen-Slater/>



Congratulations to Nathan Kindrachuk, our Centre's Head Coach for the Steadward Bears Para-swim program for receiving the **2016 Mayors Award for Outstanding Service** for his work in developing and running University of Alberta's first para-swim program. Congratulations to Nathan and his team for taking 6 swimmers to compete in the Paralympic trials just three short years after starting the program.



Congratulations to Bobbi-Jo Atchison for taking home the **Broadening Horizons Award** recognizing outstanding contribution to the advancement of the field of Therapeutic Recreation.

LEARNING

The Steadward Centre strives to be an expert in Adapted Physical Activity and Para-sport development. As a part of the Faculty of Physical Education and Recreation, University of Alberta, the Centre's strong research and education focus allow it to deliver innovative programs and to share proven expertise with community fitness and sport leaders across Alberta.

As an academic centre, The Steadward Centre provided a diverse range of learning opportunities and volunteer experiences across all our program areas, supporting students in the areas of kinesiology, physical education, recreation, science, nursing, rehabilitation medicine and coaching. Students developed skills, put learning to practice and earned certifications to support their future careers in the area of sport, recreation and fitness.

The Education Advisory Committee, in its second year was active, working to establish key priorities and activities to support the educational opportunities within the Centre. Preparation of the 2017 Adapted Physical Activity Symposium has begun.



VOLUNTEERS

In the 2015-2016 academic year, we supported 261 students in a wide variety of learning experiences across the Centre: volunteer placements, professional practicum placements and community service learning credits. Both undergraduate and graduate students gained valuable learning experiences and in return, created valuable experiences for our participants - contributing to 6648 hours of hands on work within our Centre.

UNDERGRADUATE STUDENTS

Post-secondary students studying in related fields including kinesiology, physical education and recreation received professional practicum placements through The Steadward Centre. Five full time students from the University of Alberta and one full time student from the University of Regina benefited from 14 weeks of applied work experience in Adapted Physical Activity.

COMMUNITY SERVICE LEARNING

As a designated Community Service Learning partner, The Steadward Centre supported 51 students through PEDS 471, PEDS 472, and PSYC 327 classes. A total of 1010 hours were completed by students through Community Service Learning.

CERTIFICATIONS

The Steadward Centre team holds certifications and is certified across a variety of professional provincial and national registering bodies including: Canadian Society for Exercise Physiology (CSEP), Alberta Therapeutic Recreation Association, Alberta Kinesiology Association, National Coaching Certification Program (NCCP), Alberta Fitness and Lifestyle Certification Association (AFLCA) and the Non-violent Crisis Intervention (NVCI) program. Certified Exercise Physiologists (CEP) on staff provided six students with the required amount of hours with a trained CEP for registration with CSEP.

Additionally, two staff received their NCCP Fundamental Movement Skill (FMS) Community Facilitator Training designation, thus providing FMS certifications to 21 student volunteers within the Centre.

DISCOVERY

The Scientific Advisory Committee comprised of researchers from across the Faculty of Physical Education and Recreation (UofA), Faculty of Rehabilitation Science (UofA) and the Glenrose Rehabilitation Hospital met two times this past year. A proposal was set forth to the Faculty of Physical Education and Recreation to allocate .2 FTE of a Faculty appointed position to support in the role of a Research Liaison between the Centre and the Faculty.

The Steadward Centre played host to a variety of research studies over the course of the year, supporting researchers and graduate students with participant recruitment, data collection and knowledge dissemination across a variety of topics in the field of Adapted Physical Activity.



THE CENTRE HAS SUPPORTED IN THE RECRUITMENT OF RESEARCH PARTICIPANTS FOR THE FOLLOWING STUDIES:

- University of Toronto and York University – School of Kinesiology and Health Science (Parents role supporting physical activity among children with disabilities)
- University of Toronto, York University and Abilities Centre (National Physical Activity Monitoring Study)
- University of Alberta – Identifying significant factors in sports wheelchair performance
- The Steadward Centre has been actively supporting the following studies:
 - Dr. Nancy Spencer-Cavaliere – Inclusion in the field(s) of dreams
 - Dr. Donna Goodwin – Community recreation opportunities: Hidden youth labour
 - Dr. Donna Goodwin – Setting goals beyond The Steadward Centre: Will the community be ready?
 - Dr. David Collins – Reducing fatigue of electrically-evoked contractions after spinal cord injury

PUBLICATIONS:

- Atchison, B. J. & Johnston, N. (2015). People in motion. More places. More often. Alberta Centre for Active Living - Wellspring. Edmonton, AB. Volume 26, Number 7.
- Wheeler, C. (Spring, 2015). Fostering self-determination is SMART: The importance of goal-setting for people living with impairment. The Provincial Fitness Unit of Alberta – Fitness Informer. Edmonton, AB: University of Alberta.
- Imppola, J. (Fall 2015). AltaStim: Increasing access to FES. The Provincial Fitness Unit of Alberta – Fitness Informer. Edmonton, AB: University of Alberta.
- Corrigan, B. (Spring 2016). Breaking down the barriers: Enabling all abilities to become active. The Provincial Fitness Unit of Alberta – Fitness Informer. Edmonton, AB: University of Alberta.

CONFERENCE PRESENTATIONS:

- Atchison, B. J., & Imppola, J. (2015). Is this facility accessible? Breaking down barriers in community recreation centres. Alberta Therapeutic Recreation Association, Calgary, AB.
- Imppola, J., & Atchison, B. J. (2015). Assessing recreation centres: Ensuring accessibility for all. Alberta Recreation and Parks Association. Lake Louise, AB.
- Ebert, A. (2015). Move and play the inclusive way. International Physical Literacy Conference. Vancouver, BC.
- Ebert, A. (2015) Physical literacy for every body. Physical Literacy Summit, Be Fit for Life, Grande Prairie, AB.
- Ebert, A. (2016). Community outreach program. Ever Active Schools - Shaping the Future Conference. Kananaskis, AB.
- Ebert, A. & Wright, L. (2016). Move and play the inclusive way. Ever Active Schools - Shaping the Future Conference. Kananaskis, AB.
- Liew, S. (2016). Integrated programming for children and youth with disabilities: How can we provide? Western Canadian Campus Recreation Conference. Edmonton, AB
- Wheeler, C. (2016). Adapted fitness programs for adults at The Steadward Centre. Western Canadian Campus Recreation Conference. Edmonton, AB

RESEARCH PRESENTATIONS:

- Atchison, B. J., & Ebert, A. (2015). 'What about us?' Accessing community physical activity for youth with impairments: The parental perspective. Canadian Therapeutic Recreation Association, St. Johns NL.

5 VIBRANT PROGRAMS

COMMUNITY EXERCISE
TRANSITION PROGRAM

FREE2BME
PROGRAM

ATHLETE
DEVELOPMENT
PROGRAM

FUNCTIONAL ELECTRICAL
STIMULATION (FES)
EXERCISE

ADAPTED FITNESS
PROGRAMS FOR
ADULTS

CITIZENSHIP

The abstract graphic art represents the five vibrant programs at The Steadward Centre. This artwork will also be painted on the coat wall in the facility.

878  **Participants**

219 Adapted Fitness Programs for Adults

131 Athlete Development Para-sport

81 Community Exercise Transition Program

28 Functional Electrical Stimulation (FES) Exercise Program

445 Free2BMe Physical Activity Programs for Kids and Teens with Disabilities



“There’s no judgement, just a fun and inclusive environment.”

NEW STATE OF THE ART FACILITY

For some, the new space is a much awaited improvement. Participants like Jeremy Bowers have been coming to The Steadward Centre for decades, seeing the progression of the program through the years. For others who have joined recently, they see it as a welcomed transition.

The most notable changes with the participants are the improved atmosphere, more flexible drop-in times, increased accessibility, and the new equipment. With the reduced distance from the doors to the facility, the adults in the program are now able to focus more of their energy on exercise rather than the commute to and from the previous space.

For Derek Cruz, the new facility has been life-changing. Not only does the new space provide an overall better environment to conduct his physical activity, but the improved accessibility has also made a critical impact on his work out regime. He enjoys being able to take a shower after his workout, which was not possible in the old facility. In fact, he states that the new washroom facilities are even more accessible than in his own home. He also notes the flexibility of the new drop-in times are much more accommodating, not having to worry that we wouldn’t be able to get his exercise in if he was late to his scheduled time slot.

Everyone would agree that the bright windows and spacious new state of the art adapted physical activity facility provides a wonderful atmosphere for participants to conduct their physical activity. As much as the participants are enjoying the new features, they are happy to see the familiar faces of the amazing and supportive staff that every participant speaks to.

“They are always right there to help. It’s really the people that make The Steadward Centre.”

“There’s no judgement, just a fun and inclusive environment.”

A more recent participant, Bob Coyne, joined The Steadward Centre a year ago and has no intentions of transitioning to his neighborhood gym.

“I live in Stony Plain, a forty-five minute drive from The Steadward Centre in good road conditions. There’s a reason why I continue to come three times a week, and look forward to it each time.” - Bob Coyne



ADAPTED FITNESS PROGRAMS FOR ADULTS:

Patience and perseverance pays off! After years of anticipation and a few temporary homes, adult participants were welcomed into their brand new facility this spring. Thanks to the generosity of Flaman Fitness, a state of the art fully accessible fitness facility has enhanced the health and wellness of over 200 adult fitness participants. The addition of student floor monitors this past year has enabled the Centre to open its doors over the lunch time

period and provide extended drop-in hours for individuals to exercise independently within the facility.

A brand new Introduction to Adapted Physical Activity Course, additional PALS (Physical Activity Led by Students) sessions and new instructional group programs continues to invigorate the long standing adapted fitness program for adults.



ATHLETES IN ACTION:

Six of the 24 Steadward Bears swimmers had an extra eventful year this year, starting off with a trip to Bismark, USA for the Can/Ams in December 2015. All swimmers qualified to attend the Paralympic Trials in April, and indeed set out for Toronto for a week of swimming April 1, 2016 – April 8, 2016. A significant achievement for the program in only its third year.

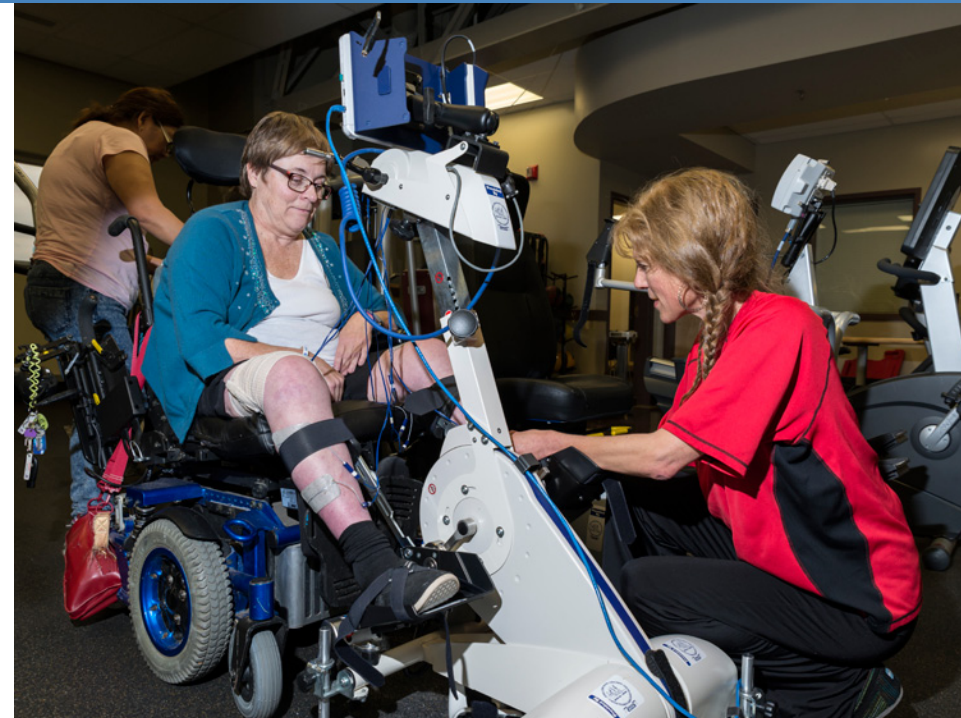
BLAIR'S ROAD TO RIO

Blair Nesbitt joined The Steadward Centre's Athlete Development Program three and a half years ago, facilitated through the sports organization he was involved with. He has noticed substantial improvements in his strength, conditioning and overall wellness, ever since beginning work with the Athlete Development Coordinator – Kirsti Van Dornick – and the staff at The Steadward Centre.

High performance Para-athlete Blair Nesbitt is now heading to Rio for National Goalball to compete in the Paralympic Games at the end of Summer 2016. Goalball is a unique sport designed for athletes who are blind. The objective of the sport is to throw a ball with bells embedded inside, into the opponents' goal. Athletes use the sound of the bell to judge the location of the ball.

"Kirsti and the staff at The Steadward Centre really care. Kirsti and her staff came out to play goalball to learn more about my sport so they can better create programs specifically for me", says Blair.

Prior to training with The Steadward Centre, Blair had only worked on strength and body building on his own. Thanks to Kirsti and the staff, he has learned a variety of different workouts that push his boundaries and help him with goalball. They also set him up with a Nutritionist, expanding his knowledge about exercise and nutrition. "The Steadward Centre has helped me become stronger, both mentally and physically", expresses Blair.



FUNCTIONAL ELECTRICAL STIMULATION (FES) EXERCISE:

FES cycling continues to grow and evolve under the umbrella of the Centre's provincial wide AltaStim program. FES participants continue to test themselves to the full limits of the equipment—completing interval training, increasing resistance and experimenting with new stimulation parameters. Some individuals have enjoyed the new freedom of choice, with FES cycling available at both Saville Community Sports Centre and now the Don Wheaton YMCA, exercising where one wants, when they want and with whom they want has become a whole lot easier.

FES YMCA ARTICLE

Beginning in 2015, The Don Wheaton YMCA and The Steadward Centre collaborated to expand the choices available for individuals wanting to access functional electrical stimulation in their communities. As of June 2016 The Don Wheaton YMCA, through the generous donation of Spinal Cord Injury Treatment Centre Society (SCITCS), became the second community recreation facility in Edmonton to receive an FES machine. After staff and participant training, the FES machine was publicly launched on October 26, 2015 and ready for participant use. Through the Community Exercise Transition program, interested participants receive 1:1 training on the FES equipment with a consultant, then progress to using the machine independently.

Deb Bosker, Fitness Coordinator Lead at the YMCA, speaks about one of the participant's experience with the FES equipment:

"The addition of the FES equipment has been life-changing. One of our female participants have only just started using the equipment, and in a few short months, started feeling sensation in her fingertips. She is now able to straighten her fingers, something she was unable to do before."

Access to FES cycling now ensures that more people can achieve all of their fitness goals in one place – their community YMCA! The Don Wheaton YMCA and The Steadward Centre are mutually excited to continue seeing more participants utilizing and benefiting from the FES equipment.





FREE2BME PHYSICAL ACTIVITY PROGRAMS FOR KIDS AND TEENS WITH DISABILITIES:

Celebrating its 10th anniversary the Free2BMe program continued to serve a unique need in our community by providing children and youth living with impairment and their families with the opportunity to play, learn and grow through physical activity and sport. Close to 450 kids benefited from the variety of program offerings—1:1 motor skill development, PALS (Physical Activity Led by Students), and a host of instructional group programs and summer camps.

COMMUNITY EXERCISE TRANSITION PROGRAM:

Creating inclusive, welcoming communities was the focus this past year. Building on the success of the accessibility resources, the community transition team continued to work with community recreation centres and organizations from across the province to build awareness and access to physical activity, fitness and recreation for individuals experiencing disability. This dynamic team delivered workshops, presentations and hands on training to over 100 community professionals.



FREE2BME SPOTLIGHT - AARON

Aaron looks forward to “Jump, jump!”, the name he has for the Free2BMe program, all the time. He recognizes the University area and immediately says to his parents “Jump, jump!” each time they are in the neighborhood. Although Aaron doesn’t quite seem to recognize the days of the week yet, he intuitively knows when his Friday session is approaching. He looks forward to his favorite activities “Jump, jump!” (referring to the trampoline), baseball and “Duck, Duck, Goose.”

Aaron’s parents enrolled him into the Free2BMe program in the Fall of 2015. At that time, his mother Maria Parades, was worried about how he would integrate into his Kindergarten classes in the next year. One year later, Aaron can now follow instructions and has even learned his colors! The program is now working with him on learning the letters of the alphabet.

The skills that Aaron has learned through the Free2BMe program have naturally transitioned back into his home environment. Now that he can throw and catch a ball, he is

able to play catch with his brothers in the backyard! His parents also note that his listening skills at home have improved since being in the program.

When asked how Free2BMe differs from other physical activity programs Aaron had attended in the past, his parents comment on a few key differences they have experienced. First, they feel the one-on-one time is invaluable for Aaron. Big groups can be overwhelming for him, but the one-on-one attention afforded by Free2BMe really gives Aaron the time and focus to help him learn and grow. Aaron’s parents also commended the structured learning plans that go along with the physical activity. It’s

been very exciting for them to see and track Aaron’s growth in the last year. Most importantly, they really enjoy the friendly and inclusive atmosphere Aaron can have fun in.

“Aaron can be himself; He can be free”.

In the Spring of 2016, Aaron was filmed in The Steadward Centre’s Free2BMe video. His parents are very proud to see how far he has come with the Free2BMe program, and look forward to getting a copy of the video to share with their family in the Philippines.

COMMUNITY PRESENTATIONS

Atchison, B. J. (June, 2015). Beat the heat. Exercising safely with multiple sclerosis. MS Society, Edmonton, AB.

Atchison, B. J. (January, 2015). Interview techniques for individuals experiencing disability. Guest Lecture, Faculty of Physical Education and Recreation, PERLS 370, UofA. Edmonton, AB.

Atchison, B. J. (February, 2015). Contraindications to exercise. Guest Lecture, Recreation Therapy Department, Norquest College. Edmonton, AB.

Durocher, S., & Wheeler, C. (November, 2015). Adapted fitness programs for adults. Guest Lecture, Faculty of Health Science, INTD 410, UofA. Edmonton, AB.

Durocher, S., & Wheeler, C. (November, 2015). MS Clinic In-service. University of Alberta Hospital, Alberta Health Services. Edmonton, AB.

Durocher, S., & Wheeler, C. (February, 2016). Adapted fitness programs for adults at The Steadward Centre. Physiotherapy department, University of Alberta Hospital, Alberta Health Services. Edmonton, AB.

Ebert, A. (June, 2015). Parent panel and lecture. Guest Lecture, EDEL 420, Faculty of Education, UofA. Edmonton, AB.

Ebert, A. (November, 2015). Parent panel. Guest Lecture, PEDS 471, Faculty of Physical Education and Recreation, UofA. Edmonton, AB.

Ebert, A. (November, 2015). Introduction to Free2BMe and interdisciplinary approach to programming for children experiencing disability. Guest Lecture, Faculty of Rehabilitation Science, UofA. Edmonton, AB.

Ebert, A., & Wheeler, C. (January 2016). Adapted fitness: Making your community fitness class more inclusive. Village Square Recreation Centre, City of Calgary. Calgary, AB.

Impppola, J. (2015). PEDS 311. Adapted assessment and neuromuscular impairment. Guest Lecture, Faculty of Physical Education and Recreation, HEED 311, UofA. Edmonton, AB.

Impppola, J. (September, 2015 & January, 2016). AIMFREE accessibility audits. Guest Lecture, Faculty of Physical Education and Recreation, PERLS 207, UofA. Edmonton, AB.

Impppola, J. (March, 2016). AIMFREE accessibility audits. Guest Lecture, Faculty of Physical Education and Recreation, PERLS 370, UofA. Edmonton, AB.

Krol, P., & Atchison, B. J. (April, 2015). Free2BMe: Physical activity for kids and teens living with impairment. Glenrose Rehabilitation Hospital, Alberta Health Services. Edmonton, AB.

Krol, P. (May, 2015). Introduction to disability awareness and game adaptations. Vimy Ridge Academy. Edmonton, AB.

Krol, P. (January, 2016). Adolescent development: Community service learning introduction. Guest Lecture, Department of Psychology, UofA, PSYC 327. Edmonton, AB.

Liew, S. (May, 2015). Integrated programming for children and youth with disabilities: How can we provide? St. James Catholic School. Edmonton, AB.

Liew, S., & Impppola, J. (November 2015 & March 2016). Community based physical activity and sport opportunities for individuals living with impairment. Panel Discussion, Faculty of Physical Education and Recreation, UofA, PEDS 472. Edmonton, AB.

Van Dornick, K., & Kindrachuk, N. (September, 2015). Athlete Development for Disability Sport. Glenrose Rehabilitation Hospital, Alberta Health Services. Edmonton, AB.

Wheeler, C. (September 2015). Adapted fitness programs for adults. Panel Discussion, Cerebral Palsy Association of Alberta. Edmonton, AB.

Wheeler, C. (December, 2015). The Steadward Centre: Past, present and future. International Day for Persons with Disabilities, Pecha Kucha. Edmonton, AB.

Wheeler, C., & Impppola, J. (February, 2016). Adapted physical activity and the certified personal trainer. Guest Lecture, NAIT personal Fitness Trainer Program. Edmonton, AB.

COMMITTEE INVOLVEMENT

Committee	Coordinating Body	TSC Representation
Exercise is Medicine	CSEP	Caitlin Wheeler
PLAY GREAT (Physical Literacy and You – Greater Edmonton)	Edmonton Sports Council	Amanda Ebert & Bronwyn Corrigan
Edmonton's Interagency Committee on Inclusive Recreation	City of Edmonton	Amanda Ebert, Scott Durocher, Bronwyn Corrigan
Glenrose Rehabilitation Accessibility Committee	Glenrose Rehabilitation Hospital	Bobbi-Jo Atchison
Bridge to Recreation Committee	Glenrose Rehabilitation Hospital & YMCA of Northern Alberta	Amanda Ebert
YMCA Children and Youth Bridging Program Development: Steering Committee	Glenrose Rehabilitation Hospital & YMCA of Northern Alberta	Karen Slater
Community Services Accessibility Committee	City of Edmonton	Bobbi-Jo Atchison
AltaStim Southern Alberta Steering Committee	University of Calgary	Bobbi-Jo Atchison
Alberta FES Interest Committee	Glenrose Rehabilitation Hospital & SCITCS	Bobbi-Jo Atchison & Karen Slater

MEDIA

Karen Slater named Top 40 under 40. Avenue Magazine, Edmonton. November, 2015.

<http://www.avenueedmonton.com/City-Life/Top-40-Under-40/Karen-Slater/>

The Steadward Centre operates rehabilitation programs for people with disabilities. CBC News. November, 2015.

<http://www.cbc.ca/player/play/2678421497>

Edmonton Oilers Community Foundation Supports Free2BMe. November, 2015.

<http://www.steadwardcentre.ualberta.ca/en/News/2015/November/EdmontonOilersCommunityFoundationsupportsFree2BMe.aspx>

Steadward Bears: Para-swimming program offers independence. March, 2016.

<http://globalnews.ca/video/2574495/u-of-a-para-swimming-program-offers-independence>

Active for Life: Special needs children: 5 ways to help their physical literacy flourish. March, 2016.

<http://activeforlife.com/special-needs-physical-literacy/>

SOCIAL MEDIA

 **414**
 **97**
 **93**

The Steadward Centre found its way to the future by joining in on the social media bandwagon. In addition to receiving a 67% increase in FACEBOOK followers, we introduced a TWITTER handle and INSTAGRAM account to reach more participants, professionals and students.

FACEBOOK – The Steadward Centre for Personal & Physical Achievement
TWITTER – @steadwardcentre
INSTAGRAM – thesteadwardcentre

COMMUNITY ENGAGEMENT

 **50**  **Community Workshops**
 **+600**  **Professionals & Students Reached**

The Centre conducted over 50 community workshops, in-services, educational tours and guest lectures over the last year. We estimate that this expands the Centres reach to include an additional 600 professionals and students who have received support from the Centre.

2015-2016 THE STEADWARD CENTRE GOVERNANCE COMMITTEES

MANAGEMENT GROUP

Dr. Kerry Mummery - Dean, Faculty of Physical Education and Recreation

Mr. Lloyd Bentz - Executive Director, Alberta Sport Connection

Judge Bradford Kerby - Chair, The Steadward Society

Ms. Karen Slater - Director, The Steadward Centre

2015-2016 STEADWARD CENTRE SOCIETY

Judge Brad Kirby - President / Chair

Mr. Wallace Whitford - Director / Secretary-Treasurer

Ms. Margaret Conquest - Director

Dr. Dhiren Naidu - Director

Mr. Neil Pierce - Director

SCIENTIFIC ADVISORY COMMITTEE

Dr. Dave Collins - Associate Professor, Faculty of Physical Education and Recreation

Vacant - Representative, The Steadward Centre

Dr. John Andersen - Psychiatrist, The Glenrose Rehabilitation Hospital/ University of Alberta

Dr. Donna Goodwin - Professor/ Associate Dean (Graduate), Faculty of Physical Education and Recreation

Dr. Michael Kennedy - Associate Professor, Faculty of Physical Education and Recreation

Dr. Trish Manns - Associate Professor, Faculty of Rehabilitation Medicine

Dr. Nancy Spencer - Cavaliere Assistant Professor, Faculty of Physical Education and Recreation

Ms. Karen Slater - Director, The Steadward Centre

EDUCATION ADVISORY COMMITTEE

Dr. Janice Causgrove Dunn - Associate Dean (Undergraduate), Faculty of Physical Education and Recreation

Vacant - Representative, The Steadward Centre

Ms. Beth Goldie - Instructor Emeritus, Adapted Physical Activity and Aging, Grande Prairie Regional College

Ms. Stacey Laing - Practicum Supervisor, Faculty of Physical Education and Recreation

Dr. David Legg - Professor, Mount Royal University

Ms. Katherine Mackeigan - Director, Provincial Fitness Unit

Ms. Joanne MacQueen - Manager, Glenrose Rehabilitation Hospital

Ms. Brandi Heather - Instructor, Adapted Physical Education Diploma, Red Deer College

Ms. Karen Slater - Director, The Steadward Centre

2015-2016 PROFESSIONAL PRACTICUM PLACEMENT STUDENTS

Patrick De Montigny (UofA)

Stephanie Knott (UofA)

Haidee Rands (UofA)

Jesse Vander Meulin (UofA)

Celia Michaud (UofR)

Anissa Lukocs (UofA)

2015-2016 STEADWARD CENTRE STAFF

Karen Slater - Director (on leave: September 29, 2015-March 31, 2016)

Bobbi-Jo Atchison - Acting Director (October – March) Community Transition Coordinator (April – October)

Gina Newell - Financial Administrator

Shirley Ewmert - Receptionist (April – November)

Tyler Gerry - Receptionist/ Administrative Support (November – March)

Kirsti Van Dornick - Athlete Development Coordinator

Nathan Kindrachuk - Head Para-Swim Coach

Scott Durocher - AFPA Team Lead

Caitlin Wheeler - AFPA – APA Consultant

Jessica Imppola - Community Transition – APA Consultant

Amanda Ebert - Free2BMe Team Lead (April – December)

Bronwyn Corrigan - Free2BMe Team Lead (January – March)

Philip Krol - Free2BMe APA Consultant

Stephanie Liew - Free2BMe APA Consultant

Katherine Hense - APA Instructor

Samantha Chaput - APA Instructor

Harshbir Kang - APA Instructor

Lindsay Tranter - Floor Monitor

Irina Simin - Floor Monitor

Vita Wong - Floor Monitor

FINANCIAL STATEMENT 2015-2016
APRIL 1, 2015- MARCH 31, 2016

OPENING BALANCE:	\$205,667
REVENUE	
Program Fees	\$148,734
GRANTS	
Alberta Sport Connection	\$535,300
Edmonton Oilers Community Foundation	\$25,000
City of Edmonton	\$17,500
Edmonton Community Foundation	\$4,629
University of Alberta Centres & Institutes	\$2,688
ALBERTA LOTTERY FUND	
Casino proceeds	\$78,629
DONATIONS	
Business	\$26,163
Equipment	\$75,000
Individuals	\$9,582
Total Revenue	\$1,133,516
EXPENSES	
Human Resources	\$857,070
Equipment	\$90,258
Operations	\$125,048
Total Expenses	\$1,072,376
BALANCE:	\$61,140

THE STEADWARD CENTRE RECOGNIZES THE GENEROUS SUPPORT OF:

Alberta Sport Connection	Dr. Thomas and Melanie Nakatsui	Goodlife Kids Foundation
Alberta Teachers Association – Edmonton Public Teacher’s Charity Trust Fund Local #37	Edmonton Community Foundation	Government of Alberta – Culture and Tourism
Angus Watt Advisory Group	Edmonton Oilers Community Foundation	John & Judy Cosco
AW Design Group	Faculty of Physical Education and Recreation, University of Alberta	Orthotic Abilities
City of Edmonton	Flaman Group of Companies	ParticipACTION
Chandos Construction		Stollery Children’s Foundation
Dr. Robert Steadward		TELUS

