

Charities of Choice

Following are the charities/community organizations, selected by the authors, that will be supported by the proceeds from sales of this book.

Alzheimer Society - Music Project

<https://alzheimer.ca/en/ww/We-can-help/Programs/musicproject>

Supported by: Lisa Browning

The Alzheimer Society Music Project was created in response to overwhelming evidence showing the beneficial effects of music and stimulation on people living with dementia.

Studies across the world have shown the overwhelming effects of music on the brain, in both healthy people and those experiencing neurological changes. Music has been shown to not only decrease stress levels and anxiety in healthy brains, but also in those showing signs of dementia. Music can also contribute to increased brain function, memory recall and other benefits – allowing those living with dementia to rediscover the world around them.

The Music Project provides a music device with a personalized playlist created by our staff and volunteers, to an individual living with dementia. The music device is free of charge, and theirs to keep, listen to, and use to share moments with their family members and friends – helping them to live their best day.

Alzheimer Society - Research Project

<https://alzheimer.ca/en/Home/We-can-help/Resources/For-health-care-professionals/dementia-research-for-hcp>

Supported by: Nadia Tahir

The Alzheimer Society Research Program (ASRP) is a collaborative initiative of our Alzheimer Society Federation, in which all the provincial Alzheimer Societies, the Alzheimer Society of Canada (ASC), partners and donors pull together to support research directed at both eradicating dementia and improving the lives of those affected by it.

CMHA Waterloo Wellington

www.cmhaww.ca

Supported by Claire Knight

The Canadian Mental Health Association Waterloo Wellington (CMHA WW) provides a full care system for those with addictions, mental health or developmental needs. They serve everyone from children to adults to seniors, all under one roof. Their programs help individuals and families to lead lives filled with meaning and promise. They have 350 staff at offices in Cambridge, Waterloo, Kitchener, Guelph, Fergus, and Mount Forest, and also provide visiting/satellite services in Arthur, Shelburne, Erin and Palmerston.

Caregivers Alberta

www.caregiversalberta.ca

Supported by Dave Derraugh

Caregivers Alberta promotes an Alberta where caregivers are valued, recognized and supported, while empowering them and promoting their wellbeing through support, information, education and leadership.

As Alberta's only dedicated caregiver organization, they improve the lives of Alberta's caregivers by:

Charities of Choice

- providing group and one-on-one supports that help caregivers connect with others, navigate the system and look after themselves while providing care
- increasing communities' capacity to support caregivers by educating professionals, promoting networking and referrals, and sharing programs
- advocating for policy changes that will make a difference in caregivers' lives

Cystic Fibrosis

<https://www.cysticfibrosis.ca>

Supported by Fran Black

Cystic Fibrosis is the most common, fatal genetic disease in Canada but, for most of us, it is unknown and may remain so unless it strikes one's family or friends. This was the case in our family back in 2008 when our twin grandsons were both born and diagnosed shortly thereafter with Cystic Fibrosis. All provinces in Canada now have a screening program for CF and this is essential to early diagnosis and intervention. Our grandsons attend a Cystic Fibrosis Clinic, quarterly, in London, Ontario and their health and wellbeing has been maximized as a result of this support. We participate in the annual Cystic Fibrosis Walk (May 31, 2020) and find various means to raise funds throughout the year. We always dream of a cure but, at the very least, discovering new medications and treatments will enhance and extend the lives of all who live with this disease.

Elmira District Community Living (EDCL)

<https://www.facebook.com/Elmira-District-Community-Living-180079192329934/>

Supported by Tanya MacIntyre

EDCL is a non-profit, charitable association founded in 1961 to ensure that persons with an intellectual disability could live in a state of dignity,

Care for the Caregiver

share in all elements of living in our 'community' and have the opportunity to participate in a full and active life within a caring, connected community.

The purpose of this Association is to ensure that people with an intellectual disability will receive such education, training, and guidance as will enable them to develop to their fullest potential. To assist families to understand and aid their relative and to foster awareness within the community of the abilities and needs of its citizens who have an intellectual disability.

FEDS Special Needs Soccer

<http://www.fedssoccer.ca/>

Supported by Deb Hillis

FEDS Special Needs Soccer is a non-profit program for adults with intellectual and/or physical challenges. This soccer league provides the players a comfortable environment to learn basic soccer skills, while experiencing team play, social interaction, friendships, exercise and most important – FUN!

Pat and Irene, the founders of Special Needs Soccer, along with all the coaches are incredibly caring and dedicated volunteers. Every Wednesday evening in the summer, the team gathers in Elora for a practice, followed by a non-competitive match. The coaches ensure that everybody has an opportunity to join the game. Each player participates at their own skill level and are encouraged according to their ability. Both teams cheer when a goal is scored.

The annual Special Needs Soccer festival is held in July. The fun tournament starts with friendly games of soccer with teams from neighbouring cities. A BBQ, live music, photo booth and games, along with awards for every participant are part of the celebration.

Guelph Giants Special Needs Hockey Foundation

<https://theguelphgiants.org>

Supported by Brenda Connelly

The Guelph Giants Special Needs Hockey Foundation is a non-profit organization composed of differently abled athletes. The Club was inaugurated in 2006 and is entering its 12th season. Guelph athletes are given the opportunity to play and be a part of a hockey team regardless of gender. The experience gives the athletes a chance to form close and important friendships with their peers and permits them to develop sportsmanship that would not have otherwise been possible. Skating improves gross motor development in a fun way! The athletes are able to develop at their own rate with the help of a very dedicated group of volunteer coaches that emphasize fun while learning.

Guelph Wellington Parkinson Support Group

<https://www.parkinson.ca/support-groups/guelph/>

Supported by Theresa Daly

Guelph Wellington Parkinson Support Group is a local support group of Parkinson Canada. Every month approximately 40 people with Parkinson's disease [PD] and their care partners gather at Dublin Street United Church to listen to speakers, share information, hope and support. People with Parkinson's bravely suffer with physical, emotional and sometimes, cognitive changes. Their care partners valiantly take on extra tasks, becoming the driver, advocate, appointment maker, cook, nurse and personal care worker.

Inclusion Alberta

www.inclusionalberta.org

Supported by Dave Derraugh

Inclusion Alberta is a family based non-profit federation that advocates on behalf of children and adults with developmental disabilities and

their families. Together, they share a dream of meaningful family life and community Inclusion for each special individual and each caring family member. As an advocacy organization, Inclusion Alberta supports families and individuals in their desire to be fully included in community life, while making a valued contribution to their community and province.

KidSport (Waterloo Region)

<http://www.kidsportcanada.ca/ontario/kitchener-waterloo/>

Supported by Leilan Grace Adair

KidSport™ is a Registered Canadian Amateur Athletic Association with the Canada Revenue Agency that provides support to under-resourced children and youth 18 years of age and under across the country by removing financial barriers that prevent them from playing organized sport.

The Mark Preece Family House

www.markpreecehouse.ca

Supported by Andrew Heubner

The Mark Preece Family House is a caring place to call home for families of patients in Hamilton area hospitals. When there is an accident or illness and a loved one is in the hospital, it is a crisis for the whole family - especially if home and friends are far away. Opened in April 2011, the House offers 24 rooms located near Hamilton General Hospital, and is a place where you can find respite, comfort, and love when it is needed the most. The Mark Preece Family House depends on a team of dedicated volunteers and donations from the community in order to continue to provide a “home away from home” for families of critical care patients.

Mood Disorders Society of Canada

www.defeatdepression.ca

Supported by Clay Williams

Mood Disorders Society of Canada (MDSC) is a national, not for profit, Lived Experience led, voluntary health charity committed to ensuring that the voices of persons impacted by mental illness, family members and caregivers are heard on issues relating to mental health and mental illness; and in particular with regard to depression, bipolar illness and other associated mood disorders. MDSC manages the Defeat Depression Campaign in collaboration with the many local mental health organizations from coast to coast who host events in their communities.

North Renfrew Family Services (NRF)

<http://bright-ideas-software.com/nrfs/>

Supported by Suzanne Drouin

North Renfrew Family Services (NRF) is a non-profit agency providing confidential counselling, advocacy and support to individuals and families of all ages in North Renfrew since 1968. NRFS is a community based and supported service, a member of Family Service Ontario and the Renfrew County United Way. They are located in the Medical Building at the Deep River and District Hospital. The office is open Monday to Friday from 9 am to 4 pm and the number is 613-584-3358.

Parents for Community Living

www.pclkw.org

Supported by Tania Buko

Parents for Community Living (PCL) is a not for profit charitable organization offering meaningful services and supports to over 160 children and adults with exceptional needs in the Waterloo region. PCL provides respite and residential services in 11 locations throughout the Waterloo region, as well as day programs and a computer apprenticeship program.

Recovery Speaking

URL

Supported by Pat Lanfranchi

Recovery Speaking's stated mission is to provide advocacy and physical, spiritual, emotional and financial resources to assist those of limited means to recover from the profound trauma they have experienced at some point in their lives by a person(s) or institution(s) in a position of significant power, influence or authority towards them.

Ronald McDonald House Charities®

South Central Ontario (RMHC®SCO)

www.rmhc.org

Supported by Dee Doering

Ronald McDonald House Charities® South Central Ontario (RMHC®SCO) serves as a regional resource for families of seriously-ill children who are being treated at local hospitals. Their programs are committed to providing accommodations, nutritious home-cooked meals, laundry services and specialized programming. These comforts of home provide a sense of normalcy when their lives are anything but, and ensure that the only thing their families need to focus on is each other.

Charities of Choice

They support families from across South Central Ontario, and every year, their 41 bedroom house provides a home away from home for hundreds of families and their Ronald McDonald Family Rooms® located at McMaster Children's Hospital, will welcome over 150,000 family visits.

Sunnyside Home

<https://www.regionofwaterloo.ca/en/health-and-wellness/sunnyside-home-long-term-care.aspx>

Supported by Mary Beth Sloane

Sunnyside Home is a long-term care home owned by the Region of Waterloo in the Stanley Park area of Kitchener. The 263 residents are part of a vibrant community in a park-like setting on a campus of services for older adults. The grounds have gardens, walkways and courtyards to enjoy. There are also many opportunities to get involved so you can continue doing things that make you happy or try something new..

Sunnyside is accredited with Exemplary Standing by Accreditation Canada, the highest level of accreditation for a long term care home in Canada, demonstrating excellence in quality improvement.

The Stephen Lewis Foundation

www.stephenlewisfoundation.org

Supported by Christine Nightingale

The Stephen Lewis Foundation (SLF) works with community-based organizations working to turn the tide of HIV & AIDS in Africa. Since 2003 they have funded over 1800 initiatives, partnering with over 325 community-based organizations in 15 countries.

Youth Haven

www.youthhaven.ca

Supported by Phae Eckhart

Youth Haven began in 1987, when a group of concerned citizens realized there was nowhere in Barrie for a youth experiencing homelessness to go for shelter. They began taking kids into their homes, and quickly realized that the need required a better response.

Youth Haven has worked diligently towards providing homeless and abused youth between the ages of 16 and 24 with the love, support and life skills needed to foster their sense of well-being and security. As Simcoe County's only youth shelter, Youth Haven provides to approximately 300 youth every year. We meet friends from all over Simcoe County and beyond, from Niagara Falls to Timmins.