



**ELVES SPECIAL NEEDS SOCIETY**

**Administrative Offices**

10825-142 Street

Edmonton, AB T5N 3Y7

Phone: 780.454.5310

Fax: 780.454.5889

Email: [info@elves-society.com](mailto:info@elves-society.com)

Web: [www.elves-society.com](http://www.elves-society.com)

**Business No:** 118898360RR0001

---

April 30, 2020

Dear Elves' Families, Caregivers, and Staff

As nearly all of Elves' community remains under self-isolation, it is important to maintain both physical and mental well-being. This is an ideal time to access some free resources that will maintain and promote overall well-being during a time of social distancing.

Elves' Adult Program is pleased to launch a website with digital resources and activities to parallel some of the on-site recreational or therapeutic activities that Elves' Adult Program clients would regularly engage in. Activities that will be updated weekly, can be found at: <https://sites.google.com/elves-society.org/elvesathome/home>. The CNIB is also offering live virtual, work, and play opportunities such as Parent and Family Support Groups, Virtual Books and Podcasts, Online yoga, bingo, guitar lessons, craft groups and trivia events. The wealth of resources provided through the CNIB can be found at <https://cnib.cmail20.com/t/ViewEmail/d/08D1DBE2F6D7071C2540EF23F30FEDED>

As the weather improves, there are more opportunities to experience the outdoors. Sunshine, fresh air, flowers, birds, and the vibrant colours of the day, will stimulate all the senses. Outdoor activities are relaxing and uplifting. Physical distancing will continue to be required for all those who are outdoors.

"Meetup" is a site for those who prefer to remain inside, but wish to seek recreational, social, and educational connections outside of the home. There are also opportunities to remain socially active and connected to events around your city. It enables adults to connect to events or clubs in the Edmonton area via a digital format <https://www.meetup.com/cities/ca/ab/edmonton/social/>

Local businesses are also offering free sessions for those who sign up on their website. You may wish to sign up for free yoga at <https://yogalifestudios.ca/lets-get-digital>

There are also websites like "Ten Percent Happier" that offer access to daily sanity breaks, and free podcasts that address the management of restlessness and anxiety during this period, through meditation. Visit <https://www.tenpercent.com/coronavirussanityguide>

---

Elves Child Development Centre  
10825-142 Street  
EDMONTON AB T5N 3Y7  
Phone: 780.454.5310  
Fax: 780.454.5889  
Email: [info@elves-society.com](mailto:info@elves-society.com)

Elves Adult & Youth Centre  
10419-159 Street  
EDMONTON AB T5P 3A6  
Phone: 780.481.5335  
Fax: 780.483.5316  
Email: [adultprogram@elves-society.com](mailto:adultprogram@elves-society.com)

Elves' Satellite Location  
14205 – 109 Avenue  
EDMONTON AB T5N 1H5  
Phone: 780.484.3078  
Fax: 780.484.5903  
Email: [room9@elves-society.com](mailto:room9@elves-society.com)

For those who are artistic, there are websites such as “Skill Share” that are enabling us to learn more about crafts, including but not limited to drawing, painting, knitting, photography, candle making, and origami. Visit <https://www.skillshare.com/browse/diy> CBC Edmonton has recently introduced a “Facebook Live Series” where every Thursday, you present your questions to local professionals at “Ask an Expert”. Topics include financial literacy, medical questions related to COVID-19, or gardening advice. Program details can be found at <https://www.cbc.ca/news/canada/edmonton/community/ask-an-expert-1.5549486>

The Alberta Council of Disability Service Providers (ACDS) had developed a resource that explains COVID-19 to Persons with Disabilities. This tool which includes a plain language poster with visuals can be found at [https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf?fbclid=IwAR0YF-7Y92yn9macQ52PYBbGbrI9uwiKBWXwu0izsVxUs\\_WEG28pOTu8mqk](https://selfadvocacyinfo.org/wp-content/uploads/2020/03/Plain-Language-Information-on-Coronavirus.pdf?fbclid=IwAR0YF-7Y92yn9macQ52PYBbGbrI9uwiKBWXwu0izsVxUs_WEG28pOTu8mqk)

For those families who have older children that are musically inclined, there is the possibility to take advantage of the “SCHOOL’S OUT” initiative offered by The David Ellefson Youth Music Foundation. This nonprofit, started in 2018 by Megadeth bassist David Ellefson, has announced they will be providing free music lessons and one-on-one mentoring sessions via CISCO WEBEX from major artists, to students stuck at home due to COVID-19 restrictions. Not all applicants will be chosen but the Foundation will select and notify successful candidates via email. Parents can complete the application form on behalf of their child by visiting <http://ellefsonyouthmusicfoundation.org/schools-out-application/>

### **Alberta Government/Federal Government Information:**

- Work is also underway to support Family Supports for Children with Disabilities (FSCD) and Persons with Developmental Disabilities (PDD) Family Managed Supports providing families with access to protective personal equipment for staff who are supporting families within the home. Please access the following site to learn more about this matter, AISH, Income Support, and the Canada Emergency Response Benefit as well as other related information.  
<https://www.alberta.ca/release.cfm?xID=70176321AAD3B-9379-2D3F-F458A171A661E82B>

- Minister of Community and Social Services, Rajan Sawhney hosted a press conference to speak about supports for vulnerable Albertans including exemptions to AISH and Income Support recipients.  
[https://www.youtube.com/watch?v=LvgH\\_NvRzj4](https://www.youtube.com/watch?v=LvgH_NvRzj4)
- The most current updates from the Alberta Government, including a daily announcement from the Chief Medical Officer, can be found at:  
<https://www.alberta.ca/coronavirus-info-for-albertans.aspx>
- There are improvements made on a weekly basis to enable those not able to work, to receive some financial resources from the Federal Government. To link with the portal or read questions or answers, please go to:  
<https://www.canada.ca/en/services/benefits/ei/cerb-application/questions.html>

### Contact Elves

Elves continue to be operational and serving families through digital means. We are working toward offering supports in a different fashion. Since April 01, 2020 there have been over 280 packages of learning resources delivered to homes, and we encourage you to reach out to Elves if you have needs that may extend beyond your child's programming. We may be able to help or connect you with other supports.

All questions can be forwarded to the program that is serving your child.

School Program at [execassistant@elves-society.com](mailto:execassistant@elves-society.com)

Adult Program at [adultprogram@elves-society.com](mailto:adultprogram@elves-society.com)

Respite Program at [respite@elves-society.com](mailto:respite@elves-society.com)

Your messages will be forwarded to an Elves' staff person who will be able to assist you with access to resources.

All the best to all members of Elves' community, during the upcoming week.



Barb Tymchak Olafson  
Executive Director