



Wheelhouse

Developing community based networks of support since 2008



A Note from REALM

Do you ever feel like you're taking one step forward and two steps back? Trying to affect change in the disability community can feel like that. For every improvement or gain it seems like something else is lost or taken away. There is usually no discussion, request for input, no review with the people most affected. In fact, it's become so normalized, that the people who have the most to lose often tell you, "It's not very nice but it is what it is". And it's not just within the disability community. It's the elderly, immigrants, refugees, the economically disadvantaged, the homeless, the bullied, the lonely.

It is estimated that more than 6 million Canadians live an isolated experience and it's been called the "hidden epidemic of loneliness". According to a recent study by Dr. Anne Snowden, 53% of children with physical and developmental disabilities have no friends. When friendships don't develop in childhood they are even less likely to develop in adulthood. And this is happening in our community. Regina was one of 3 cities surveyed.

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If you wish to be removed from our mailing list or would prefer to receive information electronically, please contact us at info@realmfoundation.ca

Faces of REALM

Keith's Network- Their Passion Project

What does living on an acreage, gravel roads and a large power wheelchair have in common? Keith Lucyk.

Prior to a diving accident in 1991, Keith loved driving his ATV and being outdoors whenever possible. A spinal cord injury changed the accessibility of that but not the desire. Passionate about his independence, the outdoors and a love of technology, led Keith to teach himself computer aided design. His goal? To build an ATV that he could back into and drive away so that he could ride for hours with Rider, his dog, running at his side.



This ATV isn't only Keith's passion project; it's become a passion project for his support network.

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REALM is 100% supported by donors like you; we do not receive government support.

Donations can be made on-line at www.realmfoundation.ca or by cheque mailed to REALM, 315 Victoria Avenue, Regina, SK S4N 0P5

DO YOU WANT OR NEED A SUPPORT NETWORK?

If you think a support network might be right for you or someone you know, we would love to hear from you. For more information or to be added to our mailing list, please contact Amanda at 306-537-5991 or email info@realmfoundation.ca.

On behalf of everyone at REALM, the Board of Directors would like to thank you for generously donating resources and time. Your support has a lasting effect and we are grateful.

Donalda Jones, Verna Mang, Elaine Kyrilchuk, Lois Fritzler, Kelli MacDonald and Ken Pilon.



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A Note from REALM

REALM helps people with high physical disabilities build volunteer networks of support. Support Networks help break the cycle of isolation. REALM founder, Donalda Jones, recently reminded us of a quote by Elie Wiesel, concentration camp survivor, Nobel Peace Prize winner and founder of the Elie Wiesel Foundation for Humanity,

"The opposite of love is not hate. It's indifference. The opposite of art is not ugliness. It's indifference. The opposite of faith is not heresy. It's indifference. And the opposite of life is not death. It's indifference."

If we want to continue taking more steps forward than backward, affecting positive change for all, reducing isolation and truly being inclusive, please don't be indifferent!

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Faces of REALM

Since 2009, Keith has embraced the diversity of his network. "My network helps me brainstorm ideas and problem solve. I can do most things myself but each person brings a different set of skills to the table. Whether it's helping me write letters or helping me build relationships with other people who want to support my ATV project, my network is important to my success." When Keith became a part of REALM one of the benefits he wasn't expecting was the collaboration with other networks; sharing experiences and ideas. This connection has become as important to Keith as his own network.


It's not everyone who can say his dog inspired an innovative ATV design that might change the lives of people all over the world. Not bad for Keith's best friend!



"Every once in awhile a dog enters your life and changes everything." Anonymous

Contact Us

A REALM volunteer commits to 2-4 hours a month. If you're interested in volunteering on a network, please phone us at 306-537-5991 or send an email to info@realmfoundation.ca. Visit us online at www.realmfoundation.ca or

 Like us on FaceBook.