



Wheelhouse

Developing community based networks of support since 2008



A Note from REALM

"Alone we can do so little; together we can do so much."

Helen Keller

REALM has been helping people with high physical disabilities build community based networks of support since 2008. Guess what? No one else does what we do and that's something to be proud of.

You could say that building volunteer support networks is in our wheelhouse!

The role of a network is to support people with disabilities (we call them Centres) by listening and learning who they are and what they want in order to grow and live their best life.

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In Memoriam

"When he shall die, take him and cut him out in little stars, and he will make the face of heaven so fine, that all the world will be in love with night and pay no worship to the garish sun."

William Shakespeare

Steven Dale Ripplinger

November 21, 1984 – June 21, 2016

Clayton Matyjanka

March 24, 1975 – May 18, 2016

Faces of REALM

Justin's Network-Opening New Doors!

In 2004, Justin was 13, an energetic and enthusiastic young athlete and he broke his neck in a dramatic hockey accident. During his stay at Wascana Rehab Centre, Justin met Paralympian, Clayton Gerein. Clayton taught Justin that his life might look different than he imagined but it could still be a really good life. In 2012, with the support of REALM, Justin started his support network to help him live his best life.

Now in his mid twenties, Justin is working and an active participant in his network. "In the past year, we have accomplished many great things that support me in every aspect of my life. With help from my network, I can now hire and manage my own attendant care, manage payroll, maintain a standard of care employee manual, liaise and advocate with healthcare caseworkers and medical personnel, and track and manage my equipment needs. Individually, these successes are significant but together, they give Justin what he needs to determine and live his best life.

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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

A Note from REALM

It isn't always easy letting a group of people into your life. It requires courage, vulnerability and trust. For everyone! But without exception, the rewards are enormous. For everyone!

One network member shared "I didn't know what to expect joining a network. As we started to trust each other and work towards the goals important to the Centre, I knew it was making a difference in his life but I wasn't expecting what a difference it would make in my life."

As we celebrate the first edition of our newsletter we encourage you to ask questions, challenge accessibility standards and consider how each small act of inclusion can change the world.

2017 Network Development Course

DO YOU want to be more active in the community but not sure how to do it?

DO YOU need help managing the logistics of your daily life or activities?

DO YOU have life goals and dreams but not sure how to achieve them?

DO YOU need help figuring out "what your best life" looks like?

If you answered 'YES' to any of these questions a support network might be right for you. If you would like more information or want to be added to our mailing list, please contact Amanda Lewis at 306-537-5991 or email to info@realmfoundation.ca.

Faces of Realm

Justin's network is made up of a facilitator and several volunteers. They meet monthly for an hour and contribute another hour or two as they can. Justin describes his facilitator as "the glue that holds the network together and guides everyone in the direction I want to go."

"My network has shown me the value of taking responsibility which helps me become more independent. Together everyone brings their unique perspective and experience to help identify issues, brainstorm solutions, connect me to resources, or simply lend a helping hand. They listen to me, advocate for me, and help me accomplish goals that are important to me."



"I am happy to have my network in my life and I appreciate the work we do together. My network helps open new doors and I can only imagine where this will lead."

Contact Us

For more information on how you or someone you know can become a REALM network or how you can become a volunteer or supporter, please email us at info@realmfoundation.ca, call us at 306.537.5991, visit our website at www.realmfoundation.ca or visit us on .