



# ANNUAL REPORT

2022-2023



Cerebral Palsy  
Association of  
British Columbia

*Life Without Limits*

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## Board & Staff

### Board

President: Peter Brown  
Vice President: Martin van den Hemel  
Treasurer: Graham McGowan  
Secretary: Thomas Bell

### Members at Large:

Rebecca Cynader  
Ross McLean  
Elizabeth Langtry  
Mary Kathleen Renaud  
Karin Pasqua

### Staff

Executive Director: Elizabeth Specht  
Director of Operations: Denzil Muncherji  
Agency Services: Jeanne Morton  
Administrative Assistant: Alana Jones  
Provincial Ambassador: Howard Blank  
Provincial Spokesperson: Marco Pasqua  
Marketing & Social Media Coordinator: Dina Smallman  
CP Champion: Melissa Lyon  
CP Champion: Patrick Aleck  
CP Champion: Luka Garvin



Cerebral Palsy  
Association of  
British Columbia

# About Us



Peter Brown, President



Elizabeth Specht, Executive Director



Established in 1954, the Cerebral Palsy Association of BC (CPABC) is an independent charitable organization.

We provide free resources, programs, & support to a diverse disability community across BC. We also engage in advocacy, education, and guidance for children, families, and adults living with cerebral palsy. Our vision is to create a *Life Without Limits* for people with disabilities.

## President's Message

The COVID pandemic was very challenging in many respects to the nonprofit sector and this reality was certainly the experience of CPABC. Yet, with the passionate commitment of our incredible staff, and the exceptional leadership of our Executive Director Elizabeth Specht, we maintained a steady course towards providing British Columbians affected by cerebral palsy quality programs and a reliable resource to assist individuals and/or parents facing the many challenges this condition brings. Our mission is to empower and educate those living with cerebral palsy by identifying and assisting to meet their needs, fostering community engagement, and providing tailored support services. Here are but two examples of initiatives CPABC continues to pursue to enhance the lives of British Columbians living with cerebral palsy.

CPABC's commitment extends to clients of all ages. To that end, the association has created a Seniors Panel, which taps into the extensive and invaluable life experience of some of our older members, to discover the nuances of ageing with cerebral palsy. Such information is priceless in identifying the needs of our clients as they age.

Excellent progress and outcomes continue to flow from our Vancouver Island project, working with children with cerebral palsy and their families. The results of this relationship, which is now in its fourth year, strengthen our expectation that this model can ultimately be utilized in the development of similar relationships in other regions of our province.

I would like to thank all of our staff and Board members for continuing to ensure that CPABC remains a critical resource available to all British Columbians affected with cerebral palsy and their families. We are humbled and honoured to provide such assistance to all who reach out to our organization. As always, we are also open to learning how we can improve our services, to continue to enhance our outcomes.

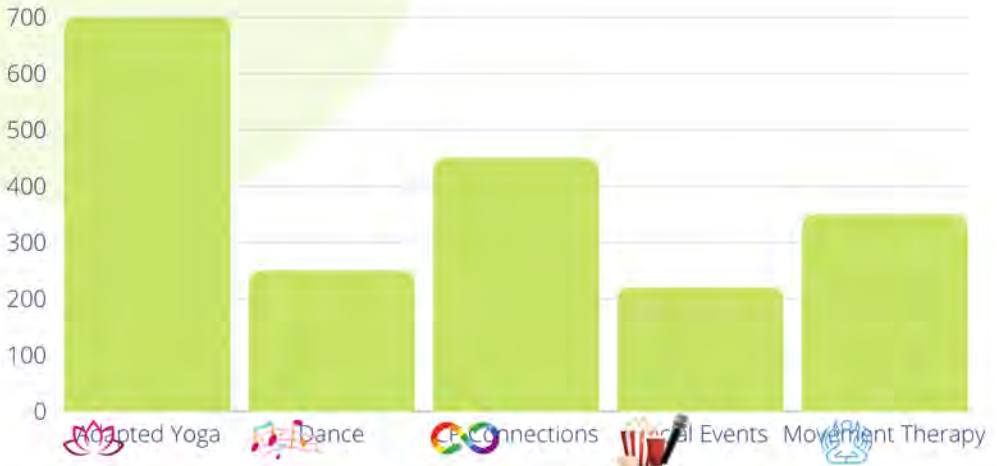
Wishing you all good health and happiness.

Peter Brown  
President, CPABC



# Total Hours by Program

The CPABC delivers programs through Zoom, therefore being able to reach even the most remote areas of the province. This chart shows the division of hours by the various programs we offer.



## 1970 hours of programs!



**Adapted Yoga** offers a safe and calm environment for people with physical disabilities to practice meditative breathing and movement



**Dance Without Limits** offers a safe and active environment for people with physical disabilities to learn about and explore dance

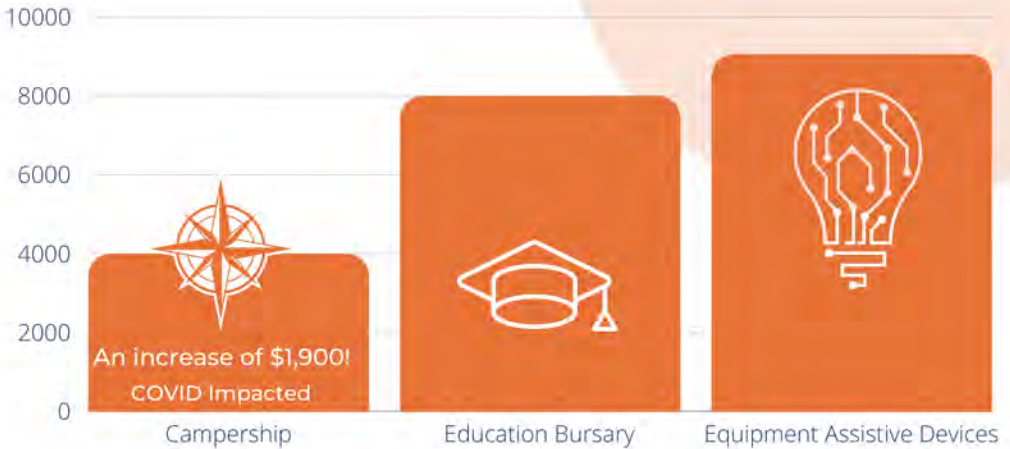


**Social Events** like Movie Night, Karaoke, and Games night is a fun night for all ages to engage with each other in a safe and inclusive environment



**Movement Therapy** offers exercises for different levels of cerebral palsy and other disabilities

# Total of Financial Resources



## \$21,060.00 of financial support given!



**Camperships:** Funding for kids with cerebral palsy attending an accessible camp of their choice within BC



**Equipment Funding:** Funding for the purchase of assistive devices for people living with cerebral palsy



**Education Bursaries:** Funding for students with cerebral palsy attending a post-secondary institution

# World CP Day 2022



October 6th, 2022

On World CP Day, CPABC celebrated, promoted and spread awareness about cerebral palsy. Numerous locations across BC lit it up GREEN for cerebral palsy. CPABC ran a #BC4CP campaign in partnership with wonderful sponsors!



## **#BC4CP Light it up Green Landmarks across BC included:**

- City of Maple Ridge Municipal Hall
- Vancouver Lookout and Harbour Centre
- Parliament Buildings
- Sails of Light at Canada Place
- North Vancouver City Hall
- BC Place

# Cerebral Palsy Awareness Project on Vancouver Island

CPABC launched 3 Resource Guides for families and children with cerebral palsy and complex needs.



<https://www.bccerebralpalsy.com/programs/vancouver-island-resource-guides/>

## The success continues!

Year 3 of CPABC's project to increase awareness of cerebral palsy on Vancouver Island and surrounding Gulf Islands has concentrated on getting our Resource Guides into the hands of parents. We have been collaborating with medical service providers to see that parents are informed of our services at the time of diagnosis. The enthusiastic response to our Parents Support Group reinforces that we are meeting a real need in their lives.



In Partnership with  
**children's**  
HEALTH FOUNDATION  
OF VANCOUVER ISLAND

Belonging Matters Framework

  
INTERCULTURAL STRATEGIES  
ENGAGE DIVERSITY. UNLEASH DORMANT TALENTS.





# Maintaining Dignity while Ageing with Cerebral Palsy



Cerebral Palsy  
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British Columbia

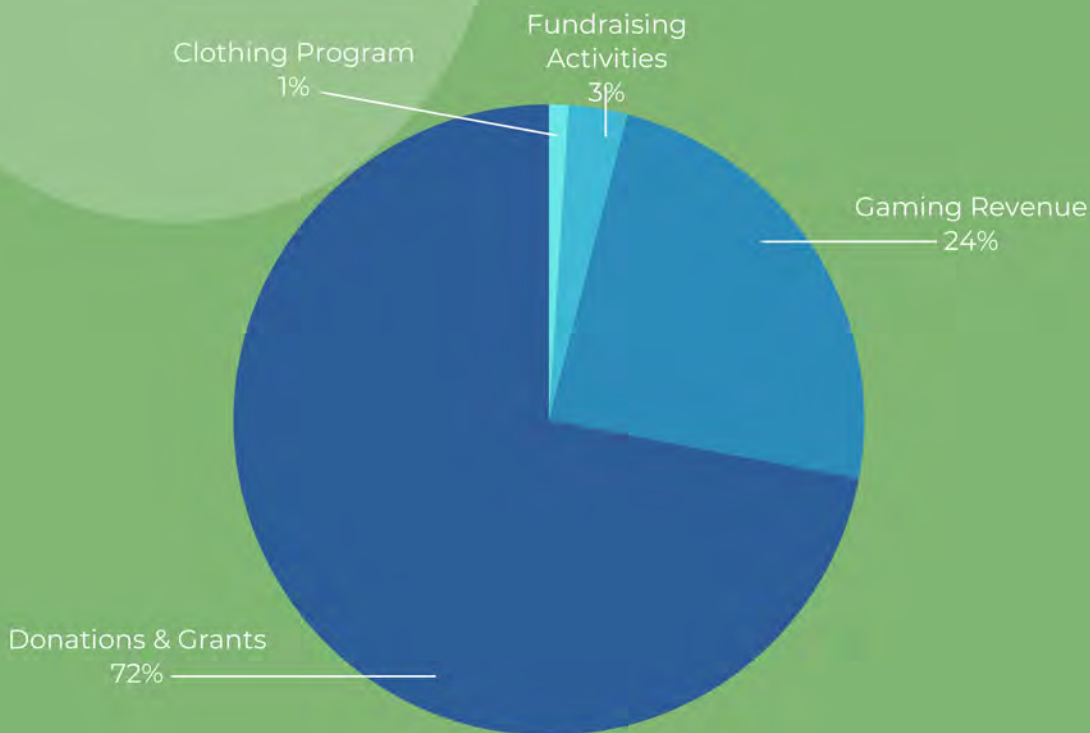
Funded by the  
Government of Canada's  
New Horizons for Seniors Program



Our Seniors Panel used a Belonging Lens to consider the implications of ageing with cerebral palsy. The resulting presentations to people with lifelong disabilities, The BC Elder Abuse and Neglect Prevention Collaborative, Social Workers' Week, and the Office of the Public Guardian and Trustee received rave reviews. The panel is partnering with United Way's *Seniors on the Move* and is available to speak to interested forums on invitation.

# Financial Report

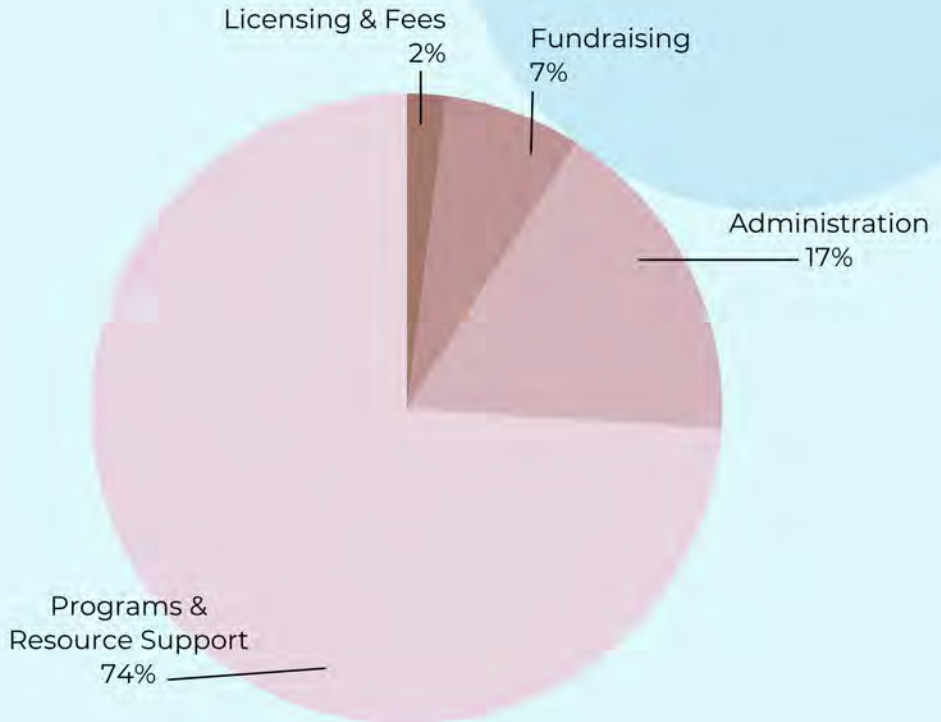
## Revenues



TOTAL AMOUNT: \$490,424

# Financial Report

## Expenses



TOTAL AMOUNT: \$516,053

# Volunteers & Partnership Organizations

## Volunteers

A special thank you to all the volunteers that have helped us throughout the year on membership engagement, events and programs including Dance, Movement therapy, Yoga, Social Nights, Boat for Hope (Variety - The Children's Charity), TMX Golf tournament, and Kinsmen Foundation golf tournament



## Partner Organizations



Funded by the  
Government of Canada's  
New Horizons for Seniors Program

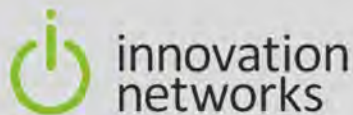


# Thank you Innovation Networks

## Volunteers

As is the usual practice in not-for-profit organizations, you will see an array of logos of partners, sponsors, and donors on the Annual Report and other printed materials from CPABC. We'd like to give you more information about one of our partners: Innovation Networks Inc. Innovation has generously donated their IT services to us for the past three years. Like everyone else, in the time of COVID, CPABC had to rapidly 'pivot' to deliver our services on-line. Innovation Networks' support was invaluable helping staff and contractors get set up to deliver programs from home, and have been readily available to set up computing systems and troubleshoot when the inevitable cyber ghouls mess us up. As helpful as these supports have been, Charmis and her team demonstrated a whole new level of their commitment to the work of CPABC when a long time member told us that his computer had stopped working and he would not be able to participate in his usual online activities. Like many with disabilities, Zoom has been this member's lifeline throughout the pandemic. Being without a computer left him, "isolated, lonely and bored". One email to Charmis set her team in motion. After determining that his machine was inoperable, they donated a refurbished unit and helped to set it up. Thankfully, our member can once again access the many sessions he enjoys every week and contribute to this winter's projects.

We are grateful for the support Innovation Networks provides.



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