



www.footprints4autism.org
905-420-0388

Mission Statement

FOOTPRINTS is a charitable, volunteer-driven dedicated to the provision of respite care for families with children age 13 years and under who have been diagnosed with Autism Spectrum Disorders.

Steering Committee

- Corrine Brook-Allred, Chair
- Rev. Glenn Brown
- Bev Crane, Vice-Chair
- Krista Dunlop
- David Green, Treasurer
- Jim Hinnecke, Secretary
- Sandy Mackenzie
- Todd Smith
- George Tatem
- Ellen Thomson

Program Consultants

- Emma Gayton
- Angela Grylls
- Amanda Kennedy
- Michelle Lounsbury
- Ashley To
- Denise Wilson

Marketing, Fundraising & Admin Consultant

- Heather Johnson

Strategic Consultant

- Tom Little

FUNDS FOR FAMILIES: Team FOOTPRINTS marches to great results in Toronto Marathon!

What happens when you put a group of enthusiastic people together, give them t-shirts, arm them with an on-line fundraising website and ask them to walk 5km on a Sunday morning? You get Team FOOTPRINTS!

The 24 member Team FOOTPRINTS took to the streets in the Scotiabank Toronto Waterfront Marathon Charity Challenge on September 27, 2009 for a day of fun and fundraising in support of FOOTPRINTS.

Members of Team FOOTPRINTS walked, ran and strolled their way along the 5km course from Exhibition Place to Nathan Philips Square. Each Team Member set their own goal for the day and everyone finished with smiles and cheers (and, I'm sure) a few sore feet! And every step they took raised funds for FOOTPRINTS. Together the team raised \$6,750! Go Team!

The Scotiabank Toronto Waterfront Marathon offers smaller charities like FOOTPRINTS a great fundraising opportunity as the Marathon absorbs all the administration fees on behalf of the charity. Every dollar raised by Team FOOTPRINTS members goes directly to FOOTPRINTS to offset the program and operating costs associated with the program. Some of these costs include volunteer training sessions, provision of skill appropriate games, materials and toys, and program expansion to help more families in Durham region.



Team FOOTPRINTS members ready for the race!

FOOTPRINTS honoured by the City of Pickering with Civic Award

FOOTPRINTS received a great honour when, in May 2009, the program received the City of Pickering's *Access Award for Disability Awareness*.

Presented by Mayor David Ryan, the *Access Award for Disability Awareness* recognizes the contributions of an individual or organization which has made significant or on-going contributions to the well-being and

advancement of people with disabilities in Pickering.

Ten members of the FOOTPRINTS team accepted the award on the program's behalf.

For more information on the Pickering Civic Awards, log onto www.cityofpickering.com.



TALKING, TODDLING and TEACHING: Volunteer Emma Gayton marches FOOTPRINTS into Whitby to help families

Please do not use the word “impossible” with Emma Gayton. In her seven years as a Communicative Disorders Assistant (CDA) at TLC Inc. in Whitby, ON, she has worked with individuals, teaching them to talk and communicate when others had their doubts.

Working with children with Autism Spectrum Disorders (ASD) has been her passion since she was a student at Brock University. Emma first learned about FOOTPRINTS in November 2006 and was immediately drawn to the program as another way in which she could use her education and desire to assist families in the community.

Emma quickly established herself as one of the programs’ most dedicated volunteers. With her experience and training, Emma became a mentor to the volunteers and a great support to lead Program Consultant Denise Wilson.

In 2009, FOOTPRINTS began a partnership with St. Mark’s United Church to expand the respite program into Whitby. The Expansion Team knew they needed an experienced, confident Consultant to lead the program and Emma’s name was the one on everyone’s lips. Since September 2009, she has directed the program at St. Mark’s with terrific results. (See the article on page 5 for more information on the program expansion).

Soon there will be talking, toddling and teaching in the Gayton household! Emma and her husband Jeff (also a FOOTPRINTS Volunteer), will become first-time parents in 2010.



Emma staffing the FOOTPRINTS booth at the Walk for Autism in June 2009

“LOVING-CARING-INCLUDING”: Teaching inclusion

FOOTPRINTS and Westminster United Church partnered in early summer 2009 to present two “Loving-Caring-Including” workshops for church school teachers and youth group leaders.

In response to requests from volunteer church school and youth group leaders in the area for information about autism and tips on how to create inclusive

programs, FOOTPRINTS gathered together a group of local experts for these workshops. Participants were given an overview of the variety of challenges children participating in their program might present (including autism and ADHD) and then worked together to put together a tip sheet of doable

tips and tricks to use to create inclusive programs for children of all abilities.

Many thanks to Shelly Gauvreau and Westminster United for hosting the workshops!

The workshops gave participants practical tips to create inclusive programs for children of all abilities.

FOOTPRINTS’ NEW NUMBER—85600 1201 RR0001

If you think that’s the strangest phone number you’ve ever seen, you’d be right—if it was a phone number! It’s FOOTPRINTS’ newest number, the number registered with the Canada Revenue Agency (CRA) confirming FOOTPRINTS as a charitable organization.

Granted charitable status in March

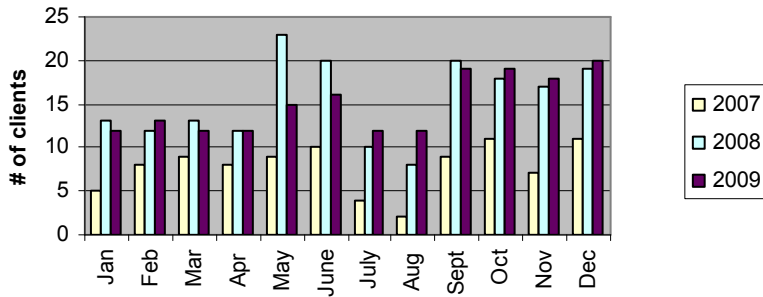
2009, FOOTPRINTS is using its new number to its full potential. Having charitable status independent of its host organization (Dunbarton-Fairport United Church) allows the program to request funding from organizations that might otherwise shy away from what they perceive as a religious program. In 2009, FOOTPRINTS was granted over

\$5,000 in funds from organizations that normally would not fund a “church program”. It also allows the program to issue charitable tax receipts for donations received from foundations and individuals.

To make an online donation, log onto www.CanadaHelps.org, search for FOOTPRINTS and follow the links.

Serving the community in 2009

CLIENTS ATTENDING PER MONTH 2007- 2009



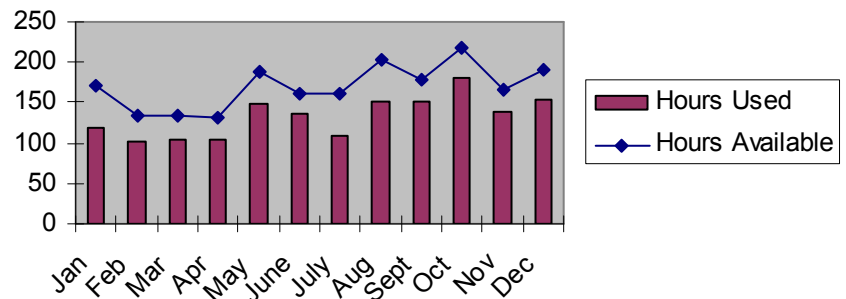
In 2009, FOOTPRINTS provided respite services for a total of 26 children, many of whom returned month after month. A maximum of 15 children per week can be served at one of three weekly sessions.

When FOOTPRINTS extended its Saturday hours in Pickering, a few children were able to participate for the full eight-hour period, giving their families a substantial block of weekend time for other activities.

In 2009, FOOTPRINTS made 1,700 hours of respite care available on a total of 81 program days.

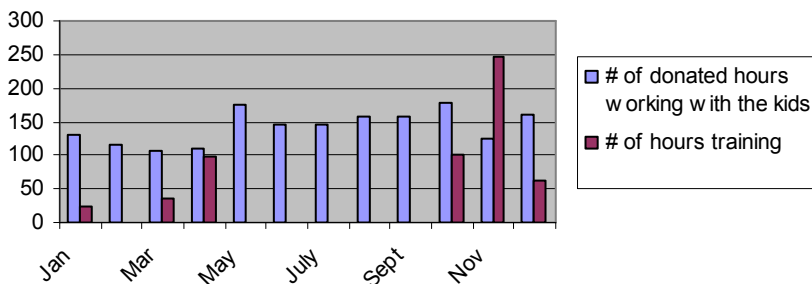
Saturday sessions are the more popular with families. 85% of available hours were used in Pickering and 91% in Whitby for the Saturday sessions, compared with 53% for Friday evenings. However, utilization of the Friday sessions did improve as the year progressed, and in October 2009 reached 90% of capacity.

2009: HOURS USED VS HOURS AVAILABLE



Volunteers: Working one-on-one with the kids

DIRECT CARE VOLUNTEER HOURS: 2009



FOOTPRINTS hit a milestone in 2009 by having 73 volunteers involved with the program. Thirty-five of these volunteers were new in 2009.

Their direct care contribution amounted to 1700 hours, with an additional 600 hours for training purposes. Every FOOTPRINTS volunteer gave an average of 31.5 hours of time in direct support to the children.

What are families saying about FOOTPRINTS?

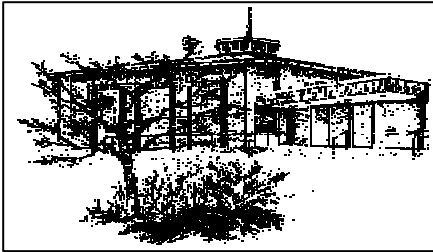
“My daughter (non-verbal) squeals with delight when she sees the church (building).”

“FOOTPRINTS has been a blessing to us all.”

“Because my child enjoys this day, it helps her at home. She is quite happy to attend FOOTPRINTS on a Saturday.”

TAKING STEPS TO MOVE FORWARD: THANKS FOR WALKING ALONG WITH FOOTPRINTS!

In 2009, the community came forward in support of FOOTPRINTS. The program exceeded its fundraising goal by 25%, raising just over \$20,000 to complement the core funding support provided by the Ontario Trillium Foundation. Our heartfelt thanks to all our supporters and partners. With your help and support FOOTPRINTS is making great strides for-



Dunbarton-Fairport United Church is the host for FOOTPRINTS Pickering. In 2009, the Congregation, the United Church Women (UCW), along with proceeds from their Annual Golf Tournament and a reading of "The Christmas Carol", provided FOOTPRINTS with in-kind and monetary support.



Mr. Don Terry and his team stepped forward to support FOOTPRINTS' program expansion with a donation. Many thanks to Don, Leslee and OPG for their support of families affected by ASD in Pickering.



The Ontario Trillium Foundation continues to support FOOTPRINTS with program and operating funding. With OTF support, FOOTPRINTS grows better each year!



For 2009, the Durham Community Foundation granted a total of \$1,750 to FOOTPRINTS to realize expansion in Whitby, ON. Many thanks to Janet and her team for their support!



The Pickering Rotary Club made possible the revisions to the FOOTPRINTS web site. Launched in September 2009, the web site is now more user-friendly and interactive.



Team FOOTPRINTS raised over \$6,750 for FOOTPRINTS through the Scotiabank Toronto Waterfront Marathon. Many thanks to Anh and the entire team for their support of Team FOOTPRINTS in our 1st Charity Marathon event.



The Harry Foster Foundation answered the call for support in 2009 with a donation of \$1,700. This will provide 8-weeks of FOOTPRINTS programming to families in Durham Region. On behalf of the families, Thank You!

FOOTPRINTS also wants to thank the following people and organizations for their financial and in-kind donations:

The F. K. Morrow Foundation
The George Lunan Foundation

Ashley To
Tene Charles

STRIDING FORWARD: FOOTPRINTS expands in Whitby

Carole Beam, RN, knew that it would be a great benefit to the community that she serves. Sandy Mackenzie felt that it would be a great addition to outreach programs already in place. Dorothy Pierce wanted to get involved to make a difference for families with children affected by ASD.

What is "it"? It is FOOTPRINTS Whitby, proudly housed at St. Mark's United Church in Whitby. This is FOOTPRINTS' first expansion into West Durham – a direct response to requests for an affordable, respite program for children affected by



ASD in the Whitby-Oshawa area.

After learning about FOOTPRINTS and its desire to expand to help more families in Durham, Carole Beam swung into action. The minister at the time had a child diagnosed with ASD so Carole and the St. Mark's congregation were aware of the 24/7 demands placed on families when raising a child with ASD. Working with members of the Health and Wellness Committee, Carole invited FOOTPRINTS to put forward a proposal to the Church Council to establish a FOOTPRINTS program at St. Mark's.

On September 26,

2009, FOOTPRINTS Whitby opened its doors welcoming five children for bi-weekly respite sessions. By December 2009, it was very clear that the need for this service was growing in Whitby. In January 2010, St. Mark's Council accepted FOOTPRINTS' proposal to expand to weekly respite sessions.

Under the guidance of Program Consultant Emma Gayton, FOOTPRINTS Whitby provides respite care and volunteer opportunities for the local community. Families participate from Whitby, Oshawa, and Brooklin, and volunteers from Oshawa to Scarborough give of their time each session.

For more info on FOOTPRINTS Whitby, go to www.footprints4autism.org

LOVING AND SUPPORTING PEOPLE OF ABILITY: Meet longtime volunteer and Supply Consultant Angela Grylls

Angela Grylls is no stranger to volunteering. For many years, she has worked and volunteered in the area of respite care and has seen the irreplaceable value of such care for the individuals and their families. Guided by her faith and with an understanding that she is to offer love, support and friendship to people of all abilities, Angela is one of FOOTPRINTS' longest-serving volunteers. Angela joined the

FOOTPRINTS team in November 2006, not only to give of her time as a volunteer, but to also learn more about autism and to acquire more experience interacting with children who have this diagnosis. Anyone who has volunteered alongside Angela understands her dedication and passion for the work she does for the kids in the program.



An occupational therapist since 2001, Angela currently works with the Canadian Mental Health Association, working with adults with severe mental illnesses. Her experiences at FOOTPRINTS have encouraged her to explore future opportunities of working with individuals with autism, especially in the area of Sensory Integration.

WWW.FOOTPRINTS4AUTISM.ORG: Funds from the Rotary Club of Pickering help redesign of web site

Nowadays, if you do not have a web site, it's almost as if you don't exist. FOOTPRINTS had a web site and it needed a face-lift. Thanks to the Rotary Club of Pickering, FOOTPRINTS not only strides forward but does so with a smile on the world-wide web.

Following a request for support to allow for a review, redesign and relaunch of the FOOTPRINTS website, the Rotary Club of Pickering contributed \$500 to the project. FOOTPRINTS web master, Drin Brown, set to work and in September 2009, the new newly revised FOOTPRINTS web site,

www.footprints4autism.org was launched.

And the Rotary Club of Pickering must have liked what they saw. In December 2009, they made a second donation of \$3,000 to FOOTPRINTS for program and operating needs.

THANK YOU ROTARY!

THE IMPORTANCE OF TIME: Why volunteer Michelle Lounsbury works with FOOTPRINTS

Michelle Lounsbury can run. This was discovered by several of her Team FOOTPRINTS running mates at the 2009 Scotiabank Waterfront Marathon Charity Challenge. Michelle finished the event in under 30 minutes and raised over \$240 for FOOTPRINTS. Her passion for helping families who are dealing with children diagnosed with autism is evident in everything that she does—including running!

Michelle moved to Toronto in 2005 to pursue her career as a public school teacher. In this role, Michelle became aware of an increase in the number of students

identified with autism and wanted to better understand how to work with them to make their classroom experiences more rewarding.

Receiving a brochure about FOOTPRINTS in 2007, she realized that volunteering with the program would be a great way to give back to the community while gaining the experience she was looking for to help make her a better teacher. She's been volunteering with FOOTPRINTS ever since. As Michelle says,

I now volunteer my time to FOOTPRINTS because I see how important that time is for the families.

“When I started volunteering with FOOTPRINTS, it was to gain experience for my own use. I now volunteer my time to

FOOTPRINTS because I see how important that time is for the families”.

Marrried in 2008 to Adam, Michelle now shares her home with him and their dog and four cats. She volunteers at FOOTPRINTS Pickering and also

does Supply Consulting for the program.

WANT TO VOLUNTEER? You'll need to take “The Course”

Around here, it's called “The Course”. It includes an orientation and on-the-job training. And yes, Virginia, there is a test.

FOOTPRINTS strives to be the best provider of respite services in Durham Region. We achieve this through the team of dedicated volunteers who go through up to 20 hours

“We have supreme confidence in one another for any situation that may arise”

of training to ensure that the children in their care are safe, happy and eager to return for another FOOTPRINTS session.

In 2009, Consultants Denise Wilson and Emma Gayton developed a comprehensive orientation and training program for all new volunteers.

Trained in a team environment, volunteers learn how to work together to prevent and defuse any potential crisis situation while maintaining a great socially stimulating program for the kids.

“We have supreme confidence in one another for any situation that may arise”, says one volunteer. Clearly, “The Course” is working—in 2009, 35 new volunteers signed up for training and volunteer duties.

CHALLENGES & REWARDS: Volunteer Amanda Kennedy

As a teacher, Amanda Kennedy is all too aware of the challenges that children with autism can face in the classroom. As a mother of two, Amanda is also aware of the challenges and rewards of being a parent. As a FOOTPRINTS Volunteer and a Program Supply



Amanda with daughter, Claire

Consultant, she has found a way to combine her passion for education with a strong desire to give back to her community.

After teaching in both New Brunswick and Ontario schools, Amanda is now a home daycare provider, allowing

her to raise her two girls at home, as well as helping families in her area.

FOOTPRINTS allows her to share her educational training with others in a capacity that provides an important service for families with children diagnosed with autism in our community

HOW YOU CAN HELP

YES! I want to help FOOTPRINTS continue making great strides for families with children affected by Autism Spectrum Disorders.

Enclosed is my donation of: ___ \$20 ___ \$35 ___ \$50 ___ Other: _____

NAME: _____

ADDRESS: _____

CITY: _____ PROV: _____ POSTAL CODE: _____

TELEPHONE #: _____ E-MAIL: _____

Cheque in the amount of \$ _____ (payable to FOOTPRINTS).

Mail to: FOOTPRINTS
 1066 Dunbarton Road
 Pickering, ON L1V 1G8



To make an on-line, secure donation using your credit card, log onto www.Canadahelps.org and enter FOOTPRINTS in the search field. Click "Donate Now" and follow the instructions to make your donation.

HAVING FUN AT FOOTPRINTS!



Looking forward to 2010

The FOOTPRINTS program has grown in huge steps since a small group of people came together in 2003 to address the needs of those living with Autism Spectrum Disorders in Pickering. With the expansion to a second location in 2009, FOOTPRINTS will need to concentrate on fundraising to maintain and grow the programs to meet the current and expected demand for service in 2010.

Plans for 2010 include an expanded marketing and communications program with more community presentation and education sessions. Volunteer recruitment, training and retention will continue to be a key part of the program as FOOTPRINTS strives to continue providing affordable and reliable respite care for families with children diagnosed with ASD throughout Durham Region.