

LOTP *Link*

Changing the Game

It is a fight and a battle to change the status quo. Inch by inch we push to raise the bar and set the standard for how people with intellectual disabilities are viewed and treated. It starts on the front line with our workers, in our homes and at our day programs. We strive for excellence. Our houses are homes and our day programs are places with purpose and joy.



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We better the lives of those with intellectual disabilities by raising the standard of support, building healthy relationships, and creating opportunities for them to invest in and be valued by society..



The donations you make to Light of the Prairies are what help make the dreams of many of those we support come true.

Dreams of learning to live independently, dreams of having a purposeful job, dreams of travelling to Hollywood or Disney World. All of these things require additional funds to make happen. It is the lives of those we support in our community that benefit the most by your generosity.



LOTP Comic of the Month

You can look forward to seeing a new comic every month created and illustrated by Matthew Salmon, a very talented client at the Day Program

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Never stop doing little things for others. Sometimes those little things occupy the biggest part of their hearts.





Season's Greetings from the *Executive Director*

As we approach the close of another year, I want to take a moment to reflect on the incredible journey we've shared at Light of the Prairies throughout 2024. This year has been one of growth, transformation, and celebration of the remarkable individuals who make up our community.

First, I want to express my deepest gratitude to our dedicated staff. Your unwavering commitment to providing compassionate support and fostering a sense of belonging for the individuals we serve has been nothing short of inspiring. The work you do every day is the core of Light of the Prairies, and I am continually in awe of your dedication.

We've also seen incredible growth and participation in our programs. Whether it's in our group homes, day programs, or supported independent living program, the stories of success, strength, and joy from those we serve have been truly inspiring. Your contributions as staff, families, and community members make these stories possible, and together, we continue to create opportunities for individuals with intellectual disabilities to thrive and be celebrated.

As we look forward to the new year, we remain committed to our mission of raising the standard of support, building healthy relationships, and ensuring every person we serve is valued and included in our community. I am excited about the possibilities that lie ahead and confident that, together, we will continue to make a meaningful difference.

In the spirit of the season, I encourage all of us to take time to reflect on the moments that brought us joy and the people who enriched our lives this year. Let us enter 2025 with hearts full of hope and a shared commitment to making the world a more inclusive and compassionate place.

On behalf of everyone at Light of the Prairies, I wish you and your loved ones a joyful holiday season and a New Year filled with peace, happiness, and success. Thank you for being part of our journey and for all that you do to support our mission.

Warm regards,
Sarah Koback
Executive Director, Light of the Prairies

As the holiday season approaches, we invite you to consider including Light of the Prairies in your holiday giving and planning for 2025. Every dollar raised goes directly towards enhancing and creating programs that make a meaningful difference in the lives of those we support. Your contributions help fund accessible transportation, improve accessibility within our programs, and create new opportunities for individuals with disabilities to thrive and participate fully in their communities.

[Donate Today!](#)



Due to the ongoing Canada Post strike, Christmas cards will be sent via email this year, and any mailed cards may experience delays in delivery.



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Music Therapy at LOTP



At Light of the Prairies, we are proud to incorporate music therapy as part of our mission to support the well-being and development of the individuals we serve. Emma Wood, a dedicated music therapy student, recently joined us for her practicum in Saskatoon and brought her expertise to our programs. Through creative and collaborative sessions, Emma used music to promote emotional expression, connection, and movement within a supportive environment.

Music therapy is a dynamic process that fosters communication, motor development, and self-expression while addressing various personal goals. During her sessions, Emma focused on creating group cohesion by encouraging participants to take leadership roles in music-making, validating each other's preferences, and working together to build a sense of community. Physical engagement was a key element, with participants exploring movement through dance, drumming, and interactive song-based activities, all tailored to individual preferences and comfort levels.

One of the standout moments was a session inspired by the song "If I Had a Million Dollars," where participants shared imaginative and playful ideas through music. Emma's work exemplifies how music therapy can empower individuals to express themselves authentically and connect with others in meaningful ways. We're excited to see the impact of this program continue to grow at Light of the Prairies!



LOTP Client Christmas Party

On Thursday, December 5th, 2024, the main office came alive with the holiday spirit as clients and staff gathered for a memorable Christmas party. The evening began with a delightful appetizer dinner catered by PicNic's, offering an array of delicious and beautifully presented dishes that everyone enjoyed. The warm and inviting atmosphere was further enhanced by the live musical performance of Dale and his daughter, Risha. Together, they played the keyboard and sang timeless Christmas classics, filling the room with festive melodies and creating an elegant backdrop for mingling and conversation.



As the evening progressed, the excitement grew with the arrival of a very special guest—Santa Claus! Bringing smiles and joy, Santa distributed thoughtful gifts to everyone and happily posed for photos, making the occasion even more magical. Guests took the opportunity to capture memories with their friends, colleagues, and Santa himself, creating lasting keepsakes of the night.



The event was more than just a celebration; it was a heartfelt expression of gratitude to the clients for their presence and connection throughout the year. It also provided a wonderful chance for everyone to come together, share in the holiday cheer, and strengthen the sense of community. From the festive décor to the delicious food and uplifting music, every detail contributed to an unforgettable evening that perfectly embodied the spirit of the season.





Edwards Home Update!

Happy Holidays from Edward's Home



Clarke participated in the Canada Day festivities by volunteering and ringing the bells for the Salvation Army. Alongside Noah, he also served as an ambassador at the Santa Claus parade. Both gentlemen take pride in giving back to their community, valuing every opportunity to make a positive impact, no matter how small.



Edward Home joined the "Deck the Door" contest hosted by Gladstone Home. The gentlemen were excited to showcase their festive and creative door decorations.

Edward's gentlemen take pride in giving back to the community. On National Tree Day, several of them participated in Tree Canada's tree planting event, helping to plant over 100 trees near Ellis Hall at the University of Saskatchewan.



In addition to giving back, the Edward gentlemen enjoy connecting with others and building community. They attended a social gathering organized by L'Arche, where Noah, Clarke, and John took part in the Christmas party and advent play.



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St. Lawrence Update!



Arlen celebrated his 57th birthday on November 15, 2024, with joy and meaningful activities. He loves attending music therapy, visiting the WDM museum, enjoying Friday night outings to Walter Lane, and taking peaceful mall walks. He also had a fantastic time celebrating the Christmas party with his colleagues, making lasting memories to end the year.



Blake had a fun-filled season, starting with a visit to see the pumpkins in the dark and dressing up for Halloween. On weekends, he enjoyed exploring the aviation museum and taking leisurely mall walks. Blake also visited Santa's workshop at the day program and shared a wonderful Christmas party celebration with his friends.



Devan had a wonderful season filled with creativity and celebration. He dressed up for Halloween and enjoyed the Day Program Halloween party. He participated in art therapy, working on a special Christmas art project, and visited the Remai Modern art gallery. Devan also celebrated Christmas with his friends, enjoying the festive atmosphere and good times together.





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Happy Birthday

Claire Kreiser
Clarke Potter
Theres Lafond
Sundance Vandale
Joshua Vandale
Carter McFadzen

Nathan Gyan
Anna Oliver
Anterdeep Kaur
Mariela Beadoy
Kazeem Sadiq
Mark Grams
Lisa Blanchard
Colleen Abbott

Candace Dillon
Alfin Polachan
Judith Negbenebor
Ismaila Busari
Tricia Nabe
Shanon Teichroeh
Funmilayo Kasali
Erin Xavier



Day Program & Office Holiday Closures:

December 25 – Christmas Day
December 26 – Boxing Day
January 1 – New Year’s Day

Light of the Prairies would like to expand our newsletter circulation. If you know of any family, friends or co-workers who would be interested in Light of the Prairies, please send their information to: Candace Dillon at admin@lightoftheprairies.ca



Light of the Prairies Society Inc.
925 McKercher Drive
Saskatoon, Saskatchewan
S7H 4T9
www.lightoftheprairies.ca
PH: 306-665-2745
Email: admin@lightoftheprairies.ca



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JOIN US

Join us at Light of the Prairies to make a meaningful difference in the lives of individuals with intellectual disabilities. Whether through membership, donations, board participation, or employment, your involvement helps raise the standard of support, fosters healthy relationships, and creates valuable opportunities for inclusion and appreciation within society. Together, let's illuminate brighter futures and build a more inclusive community.



Submit your Resume

If you're ready to embark on a rewarding journey where your contributions truly matter, apply now and become part of the Light of the Prairies family!

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Become a Member

By becoming a member, you will have a voice in shaping our policies and programs.

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Join our Volunteer Board

As a board member you give oversight to the agency keeping our vision and mission on track with excellence, innovation and integrity.

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Make a Donation

Bettering the lives of those with intellectual disabilities can't be done without you.

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