



International
Day of
**Persons with
Disabilities**
3 DECEMBER

SCHEDULE

Virtual IDPD Calgary 2021

Where: Virtual Via Zoom Closed captioning (please see instructions below on page 4) and ASL provided (Interpreters will be spotlighted)

When: Friday, Dec 3rd, 2021 1pm – 3:30 pm MST

IDPD Calgary Theme: Strive towards your dreams

United Nations Theme: Leadership and participation of persons with disabilities toward an inclusive, accessible, and sustainable post-COVID-19 world.

PROGRAM- Emcee –Makrina Morozowski

1:00 pm – 1:05 pm Welcome and Introductions Makrina Morozowski

1:05 pm – 1:25 pm Paralympian Zak Madell

1:25 pm – 1:35pm Questions and Answers Zak Madell

1:35 pm – 1:45 pm JB Music Interactive Drum Circle (see drum instructions below on page 4)

1:45 pm – 2:05 pm Local Entrepreneur Sean Crump

2:05 pm – 2:15 pm Questions and Answers Sean Crump

2:15 pm – 2:45 pm Premier's Council Awards

2:45 pm – 2:55 pm Mayor Gondek

2:55 pm – 3:05 pm JB Music – Music Therapy and Your Wellness

3:05 pm – 3:15 pm Thank you for coming and wrap up words– Makrina Morozowski



Keynote Speaker #1: Paralympian Zak Madell

My name is Zak Madell, and I am a 3x Paralympian and silver medalist in the sport of wheelchair rugby as well as a certified Architectural Technologist. I have been involved in wheelchair sports for over 15 years now. Starting in sledge-hockey as soon as I was well enough to return to sport after my amputations and then being involved in everything from wheelchair basketball to rugby and tennis.



Keynote Speaker #2: Local Entrepreneur Sean Crump

Sean is a universal design and disability inclusion industry expert, while priding himself as an inclusion collaborator. After breaking his neck in 2004 from a diving accident, he now lives his life as a quadriplegic, and utilizes a wheelchair to optimize his independence.

As an entrepreneur, Sean developed proprietary internationally recognized accessibility standards and used them to launch Universal Access. From there he set his sights on doing more than just remove barriers and improve accessibility, but to reshape the way individuals living with disabilities exist within society and our communities, both from a social and economic perspective.

In his limited free time, he enjoys gardening and being outdoors with his fiancé Christine and dog Iggy, as they eagerly await the arrival of their first child in late November.



Our Emcee: Makrina Morozowski

Makrina works within the mental health field, a former competitive athlete, and an overall adventurer. Makrina is well known in her community for her welcoming presence and empathetic ear, as well as her relentless spirit and ability to encourage others. She is involved in the disability community, including Easter Seals Alberta. She has been involved in IDPD days across the province of Alberta, her first presentation was in Lethbridge, Alberta in 2015. Makrina enjoys swimming, hiking, CrossFit, and monoboarding! Makrina lives with Cerebral Palsy and it is an inherent part of who she is, though it is not the only factor. Makrina does not let her disability define her whole being. Makrina welcomes many to attend IDPD 2021 through an online format to see some great speakers, fun activities, and familiar faces!



ASL provided by Choice Interpreters.

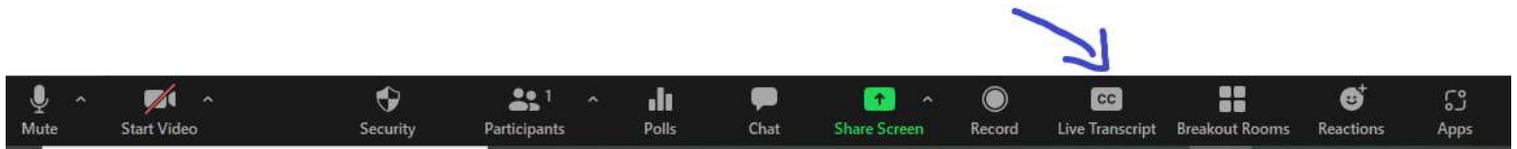


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**Thank you to the Premier's Council and our sponsors!!**

**IDPD Calgary Website: [www.idpdcalgary.weebly.com](http://www.idpdcalgary.weebly.com)**



**Closed captioning provided by Zoom. To access it, on the bottom of your Zoom menu screen you will see cc – Live Transcript. Click on that and click on “Enable Auto Transcription” just below Live Transcript. Your ASL interpreters will be highlighted on your screen. Kindly follow along if you are using ASL.**



## Interactive Drum Circle

As part of the schedule we do have an interactive drum circled planned for IDPD Calgary 2020!! It would be great if everyone could find an instrument or a makeshift drum prepared ahead of time to participate fully. Below are a few ideas of what you could prepare:

- A wooden or plastic bowl and spoon (wooden or metal, whatever you have).
- Fill a plastic Easter egg with uncooked rice, beads, or small dried beans. Then, tape all around the edges to keep the instrument secure (so you don't end up with rice all around the room).
- If you don't have any plastic Easter eggs, other small containers with a lid that can be secured and is easily held in one hand will work. A make-shift drum could be a large Tupperware container; empty hot chocolate canister; empty water jugs (the ones that can be recycled and reused).
- A box of Kraft dinner noodles.
- An empty water, juice, or milk jug to tap with your hand!
- You could find other items around your home that can also be used as instruments and provide vibration and sound - get creative and have fun!!

