

The Ripple

Fall 2011



Picture This...

The *Picture this...film festival* is an international disability film festival that is held in Calgary, Alberta every February. *Picture this... on the road* goes out from Calgary to other locations near and far taking selections of films to audiences that are not able to attend the main festival in February. Lethbridge College is one of these locations that they come to and has partnered with Southern Alberta Individualized Planning Association (SAIPA) for the past two years to make this happen. Karl Rejman, who works as an Adaptive technologist/Alternate Format Producer from Lethbridge College, has been involved in the *Picture this...on the road* for a number of years and was interviewed.



Mission

We teach people with disabilities to advocate on behalf of themselves and others. We are a united voice which promotes equality, opportunities, and inclusion for us, by educating the community about our dreams and what we can achieve.

Vision

The vision of the SRSAN is a world where:

Everyone has the opportunity to make informed choices and participate.

We can be leaders in helping people with disabilities achieve their own goals.

There is respect and equality for all.

We believe in ourselves and we can take pride in our accomplishments.

We work together to succeed in making positive changes in our communities.

1. What is the Picture this...film festival (PTFF) about?

From the PTFF website: "The festival features films that are about disability and/or films on any subject that were produced, directed and/or written by people with disabilities... We want everyone to participate in this event and feel they have been entertained, learned something new or have a greater understanding of disability around the world."

http://www.ptff.org/ptff_main/about-ptff.html

These are my words... the actual Film Festival in Calgary is a way to use a very mainstream and extremely popular medium for people to tell stories. These stories may be about disabilities, by people with disabilities or otherwise disability-related, but fundamentally this is story telling that is very moving. Through those stories audiences may laugh or cry or be surprised while learning about disabilities. Films have broad and deep reach so the PTFF is an effective way to promote understanding of disabilities. And we are thrilled to be able to bring that here to Lethbridge.

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2. Why is the film festival so important and how does Lethbridge College and SAIPA partnership help to make this happen?

Lethbridge College has been presenting films from the PTFF for a number of years now and partnered with SAIPA in 2010 for the first time. SAIPA assists individuals with developmental disabilities to grow as valued and participating members of the community and the films shown from the PTFF festival show the whole community how valuable people with disabilities are. Lethbridge College is thrilled to partner with fellow community organizations like SAIPA. We believe that our partnership with SAIPA is instrumental in bringing about awareness and education about people with disabilities to a broader audience in our community.

3. What films have been shown in the past?

The films shown in the past span the gamut of comedy, animation, documentary, drama, etc. My favorite film was from 2008 called "The Man Who Couldn't Dance." It starts off with a man dreaming about ballroom dancing and having a magical time. The man wakes up and falls out of bed, struck with the reality that he is missing his legs. The film continues with the man's quest to become a dancer. It is a comedy that really shows the spirit of the PTFF film festival because the main character has a disability, and much of the content is about disabilities, but at the heart of the film it is just a great story about a person's dream to dance, told through comedy.



4. What films are you expecting to show this year?

Film selection is currently underway. However, we do hope to show a film that shows what it is like for a few students with Asperger's Syndrome to be in grade school and college. Also, we want to show a film done by a person with ADHD whose creative way of telling his story helps the audience experience what the world is like through the filmmaker's eyes. Also we want to show a film about a person who was in trouble with police but the judicious thinking by the police got the person some life-saving help; a moving film that teaches us about understanding and treating people as people.

5. When will the film festival be?

Hopefully late September! Date is to be announced.



Benefits of..



By Kent Pedersen

“Listening to the radio makes me happy and keeps me informed with what is going on in my community and in the world” - Kent Pedersen

I asked the question *“In your opinion, what information do we receive on Self-Advocacy through your radio station?”* and this was the response from our local radio stations....

107.7 The River & 106.7 Rock — *“Radio makes any listener think, it makes them laugh, it informs and it makes them comment on just about anything! Radio stations target groups of listeners in a broad demographic without any bias. It is great in that it treats all listeners equally and can be of value to any listener regardless of their personal situation.”* - Terry Voth

98.1 CKVN — *“We have a weekly visit with either the Mayor of Lethbridge, Rajko Dodic or one of the city aldermen on my morning show to talk about the issues that are affecting all residents of the city. Our parent company Golden West radio has always been a proponent of local, rather than national issues.”* - Mike LeBlanc

Country 95.5 & B-93/93.3 — *“We are ‘committed to advancing the reflection and promotion of talent from diverse backgrounds’—including persons with disabilities. This is done through the music we play, the words we speak, the community outreach, and the way we run our staff and station. We understand that what we say and what we play contributes to a better understanding of just how diverse our listeners are.”* - Tony Deys

94.1 CJOC — *“Listening to your favourite music is also beneficial for keeping up the personal ‘happy’ factor. Great music makes you feel better. And if you are entertained by radio personalities, that is also a bonus.”* - Mark Campbell



Tribute to Jeremy Lozano



August 13, 1983 - July, 27 2011

A wonderful friend

A great listener

Always makes you smile and laugh

Full of energy

Always had a joke

A great memory– shared stories from the past

Sports fanatic Go FLAMES!

Tim Horton's lover

Avid Days of Our Lives and Home improvement and WWE watcher

Amazing self-advocate

Tribute to Jeremy Lozano continued:

Always aware of current events

Known by all

Met life's challenges head on

Always willing to help anyone

Encouraging of others

Artist

Inspirational

Caring

Friend to all

And Above All...

“You’re Fired”

and

“I’m Innocent”

Jeremy Lozano— You will be Missed!

The purpose of this newsletter is to raise awareness about self-advocacy, the contributions of people with developmental disabilities, inclusion and community living. It is also to provide educational information on how a person can be a better self-advocate, how to speak up for one's self, how to help self-advocacy groups and their allies. If you have information, events or ideas you would like to share or see in the newsletter, please contact us as we will help you get the message out.



Our contact information is on the back of this newsletter if you want to send us your information to share with others. We look forward to hearing from you!

Adult Guardianship and Trusteeship Act:

What to know - Part Two

By Ben Rowley and Anna Olson

In this article we will be talking about the personal decision making options. These are decisions about you but not your money. There are long term options available which are supported decision making, co-decision making and guardianship.



1. Supported decision making is when you make decisions with help when you ask for it. You can make decisions on your own. You can choose someone to help you find information, talk with others about your choices and advocate for yourself. There is a form that needs to be signed by you and the person you choose to help you.
2. Co-decision making is where you make decisions together with someone else. You are able to make decisions if you have good help. You and the co-decision maker (person you choose to help you) make decisions together. If you want a co-decision maker, you will need to give information to a judge in court. If the judge decides this is best for you, you will get a co-decision making order. You can end the co-decision making order. Having a co-decision maker is a good choice if you have a family member or friend who you trust to help you make decisions. The office of the public guardian cannot be the one chosen to be the co-decision maker.



Adult Guardianship and Trusteeship Act: What to know - Part Two continued

3. Guardianship is where you are not able to make your decision or you need a lot of help to make decisions. The judge picks someone to make personal decisions for you. It can be a friend or family member. The Office of the Public Guardian can become your guardian if there is no one else who can do the job. The court decides what personal decisions you need help to make. A guardian can help you with these types: where you live, who you live with and spend time with, social activities, health care, legal matters, education, work and any other decision you need (except money).

If you are already a guardian you are still a guardian under the new ACT. You need to do the review of Guardianship on the date given. After the review the court will set a new date to review the guardianship order based on what you need. This may not always be every 6 years. You will need a capacity assessment (your doctor will ask you questions about how you make decisions). Your doctor will then fill out papers for the judge and tell the judge if you need help. The person who is your guardian will take the papers to the Office of the Public Guardian, who then takes it to the judge.



If someone wants to be a guardian they need to send in or hand in the papers to the Office of the Public Guardian, not the court. They need to have two people say they can do the job and get a police records check. They need to write a guardianship plan which tells others how they will make decisions. Someone from the Office of the Public Guardian will visit the adult to ask how they feel about having a guardian.

In the next issue of the Ripple we will be talking about personal decision-making options – short term or emergency and trusteeship.

What a song can say...

By Shannon Kehler

You've Got a Friend by James Taylor

"You just call out my name
And you know wherever I am,
I'll come running,
To see you again.
Winter, Spring, Summer or Fall,
All you have to do is call
And I'll be there,
You've got a friend!"

This song says to me, that you have a friend in me, and you can count on me to be there for you. When I listen to this song it tells me friends will always be there for you. A friend helps you out, every day, any time of the year.



Chilli recipe for Fall—Warm up with a Healthy bowl of Chilli

Ingredients

- 2 teaspoons extra-virgin olive oil
- 1 small onion, finely diced
- 1 small sweet potato, peeled and diced
- 2 cloves garlic, minced
- 1 tablespoon chilli powder
- 2 [teaspoons ground cumin](#)
- 1/4 teaspoon ground chipotle chilli, (see Note)
- 1/8 teaspoon salt, or to taste
- 1 1/3 cups water
- 1 15-ounce can black beans, rinsed
- 1 cup canned diced tomatoes
- 2 teaspoons lime juice
- 2 tablespoons chopped fresh cilantro



How to Make

Heat oil in a large saucepan over medium-high heat. Add onion and potato and cook, stirring often, until the onion is slightly softened, about 4 minutes. Add garlic, chilli powder, cumin, chipotle and salt and cook, stirring constantly, until fragrant, about 30 seconds. Add water, bring to a simmer, cover, reduce heat to maintain a gentle simmer and cook until the potato is tender, 10 to 12 minutes. Add beans, tomatoes and lime juice; increase heat to high and return to a simmer, stirring often. Reduce heat to maintain a simmer and cook until slightly reduced, about 4 minutes.

Danielle's Pet Facts

Interviewed: Kelly Van Oene, House Care Aide, Extendicare

- 1) How long have you worked at Extendicare?
5 Years
- 2) What type of patients do you work with?
The Elderly
- 3) How does Pet Therapy benefit the patients?
I love to see people bring in pets. The elderly love them so much, it makes them very happy.
- 4) How often does Extendicare have Pet Therapy?
Every Thursday
- 5) What kind of pets are best for Pet Therapy?
All pets
- 6) What's the most common pet that is brought into Extendicare?
Dogs
- 7) Are the patients allowed to have pets live in their rooms with them?
No
- 8) What other information can you provide me for Pet Therapy?
Pet Therapy is one of the best ways to bring elderly happiness. I have seen residents who do not communicate well or talk much, will become very excited and will become very excited and will talk non stop with a pet on their lap. We have a petting zoo come every spring with baby calves, baby pigs, rabbits, horses, pot belly pig. The residents love that day and look forward to it.



Human Rights

United Nations Universal Declaration of Human Rights - Article 25

"Everyone has the right to a standard of living adequate for health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.

Motherhood and childhood are entitled to special care and assistance. All children are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same social protection."



This article means that people with disabilities have the right to live independently in community and to be included in the community. In many places, people with disabilities do not get equal treatment. Many countries still run large institutions to house people with disabilities and many live in poverty.

People with disabilities do have rights. In 2007, the United Nations passed a new law that says people with disabilities have the same rights as everyone else. It also says that people with disabilities have the right to live on their own and to have the right to the support needed to live well.

The new law also says:

- That you can decide where to live, how to live and with who to live with
- You should have key information to help you decide what is best for you.
- You have many support choices to live in the community. This could mean in-home, residential and other community support services that will help you to be included in the community.
- Your choice is respected.
- That you have enough food, clothing, clean water and a place to live.
- Services and buildings in the community are accessible by everyone and meet their needs.



What Self-Advocates Say about Article 25

I have the right to be involved in my community

What would you like to be involved in, in your community?

Ripple Crew Says: I want to have a job in the community and be able to go to the movies, shopping, museums, parks, pools, restaurants and bars.

What things need to change so you can participate in these facilities?

Ripple Crew Says: Buildings need to be accessible (inside and out), identification cards need to be obtained, transportation needs to be accessible, items need to be placed within reach.



What are some things you would like to see added or changed in your community?

Ripple Crew Says: I would like to see pools have better lifts so they are accessible to everyone. Have transportation available all hours of the day (taxi service with lifts) so that we can attend events after normal hours of transportation.

How do you make these changes happen in your community?

Ripple Crew Says: Do a letter writing campaign and send the letters to the City or applicable individuals. Attend city council meetings and voice your concerns. Get together with other advocates and organize rally's and celebrations of success. Meet with organizations such as SAIPA and LACL to find other avenues.



Community Living & Citizenship

October is Community Living Awareness Month!

Every individual has a place to fill in the world and is important in some respect whether he chooses to be so or not.

~Nathaniel Hawthorne

The month of October is celebrated across Canada as Community Living Awareness month. It is a time to reflect on the many opportunities there are in the community to have all people with disabilities included and recognized for their many contributions as participating and valued citizens. We all have a responsibility to help schools, employers and the community to recognize that all people need to be included within our social fabric that makes up your community.

When communities embrace everyone and their contributions, it becomes complete. Take time in this month to help others to understand that all people have the right to be included in their community fabric.

"We peer so suspiciously at each other that we cannot see that we Canadians are standing on the mountaintop of human wealth, freedom and privilege."

~ Pierre Elliott Trudeau



Fall 2011

October 10-14 is Citizenship Week!

"Canadian pride may not rest on our sleeves, but it resides in our hearts." ~

Steve Miller

At the heart of many people is their citizenship to their community and country however many times we forget about it or take it for granted. For some people, being recognized as a valued and contributing citizen has been a big undertaking as they have been excluded due to their disability. This awareness week is to encourage all Canadians to reflect on the value of citizenship, what it means to be Canadian and what rights and responsibilities there are that go along with being a citizen.

This year, the Citizen Walk About is scheduled to take place on October 14 at the end of this week to celebrate our citizenship within our community. Come out and show your pride in being a citizen of Lethbridge, Canada and a community which includes all people.



"I am a Canadian, free to speak without fear, free to worship in my own way,. Free to stand for what I think right, free to oppose what I believe wrong, or free to choose those who shall govern my country. This heritage of freedom I pledge to uphold for myself and all mankind."

~ John Diefenbaker (From the Canadian Bill of Rights, July 1, 1960)

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Did You Know?

Global Warming

Did the Earth get Hotter?

Yes. Since 1900 the average temperature increased by 0.7 degrees Celsius.

What was the warmest year on record?

2006 broke the records with an average of 1.7 degrees warmer than any other year

What can we do to prevent global warming?

- Drive less– Walk or ride your bike
- Unplug your electronics when they are not in use
- Wash your clothes in cold water instead of hot water
- Recycle



Fire Prevention Month

October is Fire Prevention Month. It is important to have a fire drill plan in case of fire so you know how to get out of your house quickly.

Every house should have a fire extinguisher and know where it is located and how to use it. To use a fire extinguisher you need to PASS. PASS stands for:

Pull the pin

Aim at the base of the fire

Squeeze the trigger

Sweep the extinguisher back and forth slowly on the base of the fire

If the flames do not go out, leave the building and call 911.

It is good to practice fire drills at your home to ensure you can make it out from anywhere in less than 3 minutes.

Practice makes perfect!



Health Zone

Health includes mental, spiritual, emotional and physical well being. It means that you feel good in every area of your life.

This month we will talk about your emotional well-being and how to make sure you are emotionally healthy!

How would you know if you were emotionally healthy? What would that look like?

Someone that is emotionally healthy would be able to show their emotions. They could be happy, sad, angry or anywhere in between, but would be able to express themselves and their emotions in an appropriate way. You don't have to always be happy to be emotionally healthy!

What would it look like if you were emotionally unhealthy?

You would have little to no control over your emotions. You could cry and yell at people for no reason and have difficulty changing your mood to a positive one.

What are some ways that you can help yourself to be emotionally healthy?

Take time to relax, talk to a counsellor or a friend if you are feeling stressed and need help. Do activities that you enjoy and have fun!



Calendar of Events

Fall 2011

Schedule of Events

- September 15 - LFCA Morning of Reality** 10:30 am starting and ending the City Hall Foyer. Please let Tara Yagos know if you are able to attend by calling 403-381-4676 or email info@thefamilyvillage.ca by September 8, 2011
- September 21 - SRSAN Meeting** 10:00 am - 3:00 pm in Brooks. Please send your attendance to Anna Olson by September 14. Lunch will be provided. Call 403-320-1515; toll free 1-866-320-1518 or email anna.olson@saipa.info
- September 22 - Persons with Developmental Disabilities South Alberta Board Open Meeting.** 1:00 pm—3:00 pm, location to be announced. If you are planning to attend, please call 403-381-5458 or email Leah Bruder leah.bruder@gov.ab.ca to confirm date, location and time.
- September 29 - SAIPA Annual General Meeting** 7:00 pm—9:00 pm. If you are planning to attend, please call 403-320-1515 or email Judy Brown judy.brown@saipa.info to confirm date, location and time.

September 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
September is awareness month for Big Brothers Big Sisters, Breakfast for learning, Cancer (Men's, Childhood, Ovarian & Thyroid), Muscular Dystrophy. Look at your local town or city website or paper for more localized events.						
4	5 Labour Day	6	7	8 International Literacy Day (UN)	9	10 World Suicide Prevention Day
International Suicide Prevention Week						
11 Terry Fox Run Day	12	13	14	15 LFCA Morning of Reality Alzheimer Coffee Break Day	16 International Ozone Day	17
18	19	20	21 SRSAN Meeting International Day of Peace (UN)	22 PDD Board Meeting	23	24
Learn at Work Week; National Prostate Awareness week						
25 National Police and Peace Officer Memorial Day AIDS Walk Canada	26	27	28	29 SAIPA AGM	30	
National Forest Week						



Schedule of Events

- October 4 - SAIPA & SRSAN SAVE-ON-FOODS Fundraising**
BBQ 11:00 am - 2:00 pm 1112 - 2 A Avenue North, Lethbridge. \$2.00 hot dog & pop; \$3.00 smokie & pop
- October 14 - SAIPA & SRSAN Citizen Walk About in Lethbridge**
from 10:00 am—1:00 pm. Show your pride as a citizen and walk with others celebrating your right to be included in your community! Speeches to begin at Lethbridge City Hall and the walk to end at Galt Gardens. Please send your attendance to Anna Olson by October 7. BBQ fundraiser to follow Citizen Walk About in Galt Gardens.
 Call 403-320-1515; toll free 1-866-320-1518 or email anna.olson@saipa.info
- October 27 - Persons with Developmental Disabilities South Alberta Board Open Meeting.** 1:00 pm—3:00 pm, location to be announced. If you are planning to attend, please call 403-381-5458 or email Leah Bruder leah.bruder@gov.ab.ca to confirm date, location and time.



October 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
October is awareness month for Autism, Brain Tumour, Breast Cancer, Canada Library, Car Safety, Child Abuse, Community Living, Eye Health, Innovation in Eye Care, Investor Education, Islamic History, Learning Disabilities, Lupus, National Flu Prevention, National Occupational Therapy, Sudden Infant Death Syndrome, Celiac, Women History, & Healthy Workplace. Look at your local town or city website or paper for more localized events.						
2	3 World Habitat Day	4 SAVE-ON-FOODS BBQ Fundraiser	5 International Teacher's Day	6	7	8
Be Kind to Animals Week/Animal Health Week; Mental Illness Awareness Week						
9	10 Thanksgiving Day World Mental Health Day (UN)	11	12	13 World Sight Day	14 Citizen Walk About	15
Citizenship Week; National Family Week; Fire Prevention Week; World Space Week						
16 National Boss Day World Food Day	17 International Day for the Eradication of Poverty	18 Persons Day World Menopause Day	19	20	21	22
Amnesty International Week; Foster Family Week; National Cooperative Week; National School Safety Week; YWCA Week without Violence						
23	24 United Nations Day	25	26	27 PDD Board Meeting	28	29
National Block Parents Week; Waste Reduction Week						
30	31 Happy Halloween					
Red Ribbon Celebration for a drug-free world; International Brain Tumour Awareness Week						

Schedule of Events

- November 2 - SRSAN Meeting & Elections** 10:00 am - 3:00 pm in Medicine Hat. Please send your attendance to Anna Olson by October 26. Lunch will be provided. Call 403-320-1515; toll free 1-866-320-1518 or email anna.olson@saipa.info
- November 24 - Persons with Developmental Disabilities South Alberta Board Open Meeting.** 1:00 pm—3:00 pm, location to be announced. If you are planning to attend, please call 403-381-5458 or email Leah Bruder leah.bruder@gov.ab.ca to confirm date, location and time.

Where do you find out what current events are happening in your area?


Take a look at the:

- Local newspaper
- Internet
- Local T.V. stations

By reading the paper and watching the news, you know the issues going on in your community and this helps you to be a better advocate for you and others.

For easy access to events, tape the calendar of events to your fridge!

November 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 All Saints Day 2 SRSAN Meeting & Elections 3 International Volunteer Manager Appreciation Day	4	5		
6	7	8	9	10	11 Remembrance Day 	12
13	14 World Diabetes Day	15	16 International Day of Tolerance	17	18	19 World Day for Prevention of Abuse and Violence against Children
20 International Children's Day (UN)	21	22	23	24 PDD Board Meeting	25 Stop Women's Violence Day International Buy Nothing Day <small>November 25 Dec White Ribbon Campaign (Men against men's violence against women)</small>	26
27	28	29	30			

November is awareness month for 4-H, Adoption, Huntington Disease, Heart & Stroke, Crohn's and Colitis, Diabetes, Family Violence Prevention, Lung Cancer, Movember (Prostate Cancer), Community Safety & Crime Prevention, Osteoporosis, Pulmonary Hypertension, Pancreatic Cancer, Christmas Seal Campaign, Woman Abuse Prevention. Look at your local town or city website or paper for more localized events.

Ripple Horoscopes



Capricorn (December 22-January 19th): This will be a good time for you to make a friend. Flash your smile and be friendly!



Aquarius (January 20-February 18): Take time to show the people in your life that you love them. Do something special for someone this month.



Pisces (February 19-March 20): Search for luck in greener pastures as the snow clears. Share your luck with a friend.



Aries (March 21-April 19): Find a hidden gem in the actions of another and shower them in compliments.

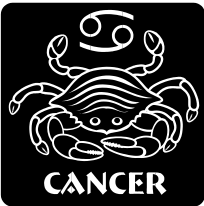


Taurus (April 20-May 20): Celebrate your victories and leave the past behind you.



Gemini (May 21-June 20): Relax your mind and broaden your horizons. Try yoga, meditation or tai chi.

Ripple Horoscopes



Cancer (June 21-July 22): Celebrate the beauty in life. Get out there and enjoy your community.



Leo (July 23– August 22): Enjoy the sun and have fun! This is your time to share an activity with a friend.



Virgo (August 23– September 22): Give back to your community. Volunteer or donate to your local food bank. You will feel good about helping and your community will benefit.




Libra (September 23– October 22): Learn a new craft, recipe or hobby. Don't give up and follow through.



Scorpio (October 23– November 21): Plan ahead...busy times are upon us. There isn't much time left to make sure your name is on the "Nice List". Do something nice for someone.



Sagittarius (November 22– December 21): Create your memories and reflect on the year through words and pictures. Get ready for next year.



“Do not follow where the path may lead. Go instead where there is not path and leave a trail”

Harold R. McAlindon




SRSAN GEAR SALE



1 T-Shirt for \$15
or
2 T-Shirts for \$10

Hoodies for \$25



“Freedom is not worth having if it does not include the freedom to make mistakes.”

Gandhi



Tell Us What You Think



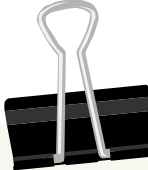
Write:
527 - 6 Street South
Lethbridge, Alberta T1J 2E1



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The Ripple was created with pride for you by the following self-advocates:

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