

The Ripple

Fall 2012



Social Policy Framework

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.

The Alberta government is seeking information for a new social policy (guidelines) to reduce poverty and to create hope and opportunity for all Albertans by gathering information from the people who it will help or effect.

The focus will be to achieve improved child well being, better health, improved employment and income security. As well as safer and more inclusive communities, increased community and individual participation. With the goal of making Alberta one of the finest places in the world to live.

It is anticipated to promote dignity and accountability between Albertans and their government.

Some possible principles that may be included in the framework based on input already received will be:

- * Promoting dignity as the most important goal
- * Peoples culture to be acknowledged and respected during the creation and incorporated into the service delivery
- * Placing funds more effectively based on positive results
- * Collaboration between governments, non-profits, community groups, citizens, clients will be encouraged and maximized at every opportunity

These are just a few though. Your input is needed greatly to come up with more.

INSIDE THIS ISSUE

Social Policy Framework	Page 1 and 2
Benefits of...	Page 3
Registered Disability Savings Plan	Page 4
What a Song can say...	Page 5
Human Rights Article 4 What Self-Advocates say about article 4	Page 6 and 7
Convention on the rights of persons with disabilities - Article 4 Part 1	Page 8, 9 and 10
Keelae's Corner	
Health Zone	Page 11
Calendar of Events	Page 12-14
Ripple Horoscopes	Page 15
Newsletter Developers Contact us	Page 16

Social Policy

Framework continued



Taking into consideration we should think about issues that effect a large number of people as well as issues that significantly effect a smaller number of people. We should address issues that are important now and ones that will be in the future. Suggestions that promote collaboration between individuals government and communities which could effect more than one outcome in a positive way are encouraged as input.

The framework will help to provide a plan for eliminating child poverty and reducing poverty everywhere else.

With everyone's help the policy could:

- Make it easier to get more skills and a better education.
- More employment opportunities and better working conditions for all Albertans.
- Promote early childhood education by providing more access for child care opportunities
- Improving access to affordable housing
- Encouraging social inclusion, more community involvement helping people to feel more welcome and that they belong.

The Social Policy when finished will be flexible and have the ability to adjust to the needs of Albertans as they change over time.

For more information and where to give your advice or express any concerns for our future please go to the following website. This is a great opportunity to have your voice heard by the government and help improve our daily living.

<http://socialpolicy.alberta.ca/>



Benefits of...

By Kent Pedersen

I had the opportunity to interview Angela Irvine from Family Voices. She is the Community Development Advocate for Family Voices South West.

1. What is Family Voices?

Family Voices is a network of families that is working toward making a good life for people with disabilities. It is family led by Angie Irvine. The most important thing is families monitor other families.

2. How would you connect with other families?

You would get connected through Angie and she can get them involved in meetings.

3. Why is it valuable to be involved in family voices?

One family is strong and having many families makes it stronger. It is also an opportunity for families to share experiences. We focus on leadership and capacity on families.

4. How can you get information on Family Voices?

You can get it through Angie herself or you can go online and get it from the Alberta Association for Community Living (AACL) website: www.aacl.org

5. Do you have anything else you would like to add?

We are always looking for NEW families and EVERYBODY is welcome.

For more information or to get involved contact Angela at:

Angela Irvine, Ph.D.
Community Development Advocate
Family Voices South West
403-892-1772
airvine@aacl.org



Registered Disability Savings Plan

By Kelly Tower

The Registered Disability Savings Plan is now available to help people with disabilities and their families save for the future.

What is RDSP?

Long term savings plan to which can be provided and support families.



How to apply for RDSP?

1. Go to your bank to pick up a T2201 form
2. Take the T2201 form to the doctor to fill out
3. Take the form the doctor filled out to your bank



Make an appointment with the bank manager to setup a RDSP account

Who should open a RDSP account?

Anyone with a disability can apply for a RDSP account. Parents of children with disabilities can apply, as well as adults and authorized caregivers to adults with disabilities.

Why is it important to have an RDSP account?

It is important to have a plan fro retirement age as you do NOT receive AISH after that. Canada Pension Plan is too low for anyone to live off of, sometimes not even enough to cover rent for some. To start an RDSP account means you will be closer to living comfortable after age 65. It is also being responsible for your own well-being.



What a song can say...

By Shannon Kehler

Let it grow - The Lorax (Dr. Seuss) By Ester Dean

Let it grow, let it grow
Like it did so long ago
It is just one tiny seed
But it's all we need
Time to change your life with deed
Time to let it grow



This song means that if you plant a seed and give it love, care, and respect that it will grow. Just like if you give a person love, care, and respect the person will grow into a wonderful person.

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!

Human Rights

United Nations Universal Declaration of Human Rights - Article 4

“No one shall be held in slavery or servitude; slavery and the slave trade shall be prohibited in all their forms.”



This article says that no one should be a slave. This means one person cannot treat another person as a slave.

Slavery is when one person controls or limits another persons freedom for profit or personal gain.

This article means that a person should not be held or owned by another person as property.



This article reflects the “1927 Slavery Convention” that was created by the League of Nations. This was meant to stop slavery and not allow the slave trade to continue.

We often think that slavery does not exist anymore, but it continues today. Some areas are:

- Forced labour - This means that you have to work, it is not a choice. Someone is making you do it.
- Debt bondage - This means that a person must exchange a personal service because they owe money.



Remember that no one has the right to put someone in a position of slavery and no human should be someone else’s slave. All people deserve to be free of slavery!

What Self-Advocates Say about Article 4

What does this article make you think about or how does it make you feel?

This reminds us of the story of Cinderella and when her step sisters were mean to her. Everyone should be treated equally.

What can we do to end slavery in the future?

Educate people of their rights, arm them with skills and help to create more job opportunities.

How would it make you feel if you were a slave/exploited by slavery?

We would feel inferior or below other people. Not as important. We would have no freedom to live like we wanted and unhappy about being told what to do.

What did you know about slavery before we talked about it today?

Some people studied about it in school through social studies class, and others only knew what they have heard on the news or have seen in movies.

What kinds of slavery can you think of? What things can you think of that are like slavery?

Being forced to marry someone you do not love chosen for you by someone else is like being a slave. People or children forced to work in clothing factories over seas is slavery.

Why do you think anyone would participate in slavery, why would a country condone slavery?

A country that did not care about people's rights and wanted to keep the power in the government would want slavery and work hard to keep the people down.

Who is at risk of being a slave/ exploited by slavery?

People in minority groups who are less fortunate, live in poverty, and less educated about their rights and seem powerless are at risk.

Convention on the Rights of Persons with Disabilities

Article 4 - General Obligations - Part 1

This section provides you with the obligations or commitments of the Convention. This will be divided into 2 parts. This is part 1. Those obligations or commitments are:

1. The countries promise to make sure that all human rights apply to all people, without discrimination because of disability. To fulfill this promise, they will:
 - a. Do what it takes to make sure that the rights from this agreement are put into laws, policies, and practice in their country;
 - b. Take action: for example, adopt new laws and rules, change old rules and laws where necessary, and get rid of other laws and stop actions that discriminate against people with disabilities;
 - c. Make sure that the human rights of people with disabilities are included in all policies and programmes;
 - d. Not do things that do not support the agreement, and make sure others respect the agreement;
 - e. Take action to stop individuals, organizations or businesses from discriminating because of a person's disability;
 - f. Work on and encourage the use of goods, services, equipment and facilities that can be used by all people with disabilities all over the world, at the smallest cost to the person;
 - g. Work on and encourage new technologies in all aspects of life that are useful for people with disabilities, especially those that are low cost;
 - h. Provide information about all types of assistance, including technologies, and other forms of assistance, in a way that can be understood by people with disabilities;
 - i. Promote trainings about the rights in this agreement for those who work with people with disabilities to make sure they can work better with people with disabilities.



KEELAE'S

Article 4 - General Obligations - Part 1

Do what it takes to make sure that the rights from this agreement are put into laws, policies, and practice in their country - This means that all people's human rights are acknowledged and not violated.



Take action: for example, adopt new laws and rules, change old rules and laws where necessary, and get rid of other laws and stop actions that discriminate against people with disabilities - This means that you need to use your voice and speak out against what is wrong and raise awareness. For example sterilization laws were changed years ago because people spoke out against this practice.

Make sure that the human rights of people with disabilities are included in all policies and programmes - Every policy should include rights of people with disabilities. Programmes should be accessible by all.



Not do things that do not support the agreement, and make sure others respect the agreement - This means people need to be aware of the convention and ensure that others follow the agreement.

Take action to stop individuals, organizations or businesses from discriminating because of a person's disability - We need to be aware of what discrimination is and report it when it does occur or speak out against it to ensure it does not happen to others.



C

O

R

N

E

R

KEELAAE'S CORNER CONTINUED...



Work on and encourage the use of goods, services, equipment and facilities that can be used by all people with disabilities all over the world, at the smallest cost to the person - This means that things need to be accessible for all people all over the world and should be a minimal cost to the person accessing services.

Work on and encourage new technologies in all aspects of life that are useful for people with disabilities, especially those that are low cost - This means that new things should be available to people with disabilities such as new wheelchairs that can help a person be more mobile, Ipad to help people communicate, computers and make sure these are affordable to people with low income. This helps the average person have a better life.



Provide information about all types of assistance, including technologies, and other forms of assistance, in a way that can be understood by people with disabilities - To me this means to have information accessible for people to understand and in forms they can understand, such as brail, talking computers, plain language, information on tape, I phones, large print, and skype.

Promote trainings about the rights in this agreement for those who work with people with disabilities to make sure they can work better with people with disabilities - This is important because people need to understand the rights of people with disabilities as this helps people to receive better supports. People with disabilities need to be treated with respect and dignity just as everyone else. Disability is just a label and by training staff on a regular basis about people's rights this helps to get rid of this label and keep information current.





Health Zone

Local Fall Seasonal Fruits & Vegetables & Their Nutrition Highlights

Product	Known For
Sunflower Seeds	Fibre & Iron
Sweet Potatoes	Vitamin A
Saskatoon Berries	Fibre & Antioxidant
Potatoes	Vitamin C
Tomatoes	Vitamin C
Peas	Fibre, Iron, Vitamin A & C
Apples	Fibre
Raspberries	Vitamin C & Fibre

Product	Known For
Beans	Vitamin C
Onions	Vitamin C
Choke Cherries	Fibre
Carrots	Vitamin A
Cucumber	Vitamin C
Squash	Vitamin C
Zucchini	Vitamin C
Corn	Vitamin C
Pumpkin	Vitamin A

This is a list of a few things that are coming into season and can be grown and bought locally. Some benefits to buying locally as opposed to big box grocery stores are supporting local farmers markets and small businesses owned and operated by people right in your own neighbourhoods. The fresher your food is the less preservatives there are likely to be. Sometimes supporting your local community can even cost less than the grocery store.

Here is a list of some places to buy local produce in Lethbridge:

Farmers Market – Exhibition Place Saturday 8:30 am till Noon

Farmers Market – Downtown at 6th St & 3rd Ave South Wednesdays
10:00 am till 3:00pm

London Road Market – 13St South

Green Haven Nurseries – South Sunnyside rd

Broxburn Vegetables & Café – South on Broxburn Rd



Calendar of Events

SEPTEMBER 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labor Day Office Closed	4	5	6	7	8 International Literacy Day
9	10	11	12	13	14	15
16	17	18	19	20 SRSAN Meeting Medicine Hat	21 International Day of Peace	22
23	24	25 PTFF Travelling Show Lethbridge	26	27 PTFF travelling show Medicine Hat SAIPA AGM	28	29
30						

Schedule of Events

September 20 - SRSAN meeting in Medicine Hat at Hillcrest Church from 10 am - 3 pm.
Bring your own lunch! Please confirm attendance by September 13, 2012. Call
 403-320-1515; toll free 1-866-320-1518 or email anna.olson@saipa.info

September 25 - Picture this travelling film festival at Lethbridge College

September 27 - Picture this travelling film festival at Medicine Hat Public Library from
 1 pm - 3 pm

Calendar of Events

OCTOBER 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 International Day for Older Person	2 Save-On Foods BBQ	3	4	5	6
7	8 Thanksgiving Office Closed	9	10 World Mental Health Day	11	12	13
14	15	16	17 International Day for the Eradication of Poverty	18 Persons Day	19	20
21 Citizenship Week	22	23	24 United Nations Day	25 SRSAN Conference	26 SRSAN Conference	27
28	29	30	31			

Schedule of Events

October 2 - Save-On Foods BBQ at Northside location in Lethbridge from 11-2 pm; \$2.00 hot dog; \$3.00 Smokie and it includes a pop!

October 25 and 26 - SRSAN Conference and retreat at Sandman Hotel in Lethbridge. [Registration due by October 5, 2012. Please send to 527 6th street South, Lethbridge AB, T1J 2E1](#) For more information please contact Anna at 403-310-1515; toll free 1-866-320-1518; or email anna.olson@saipa.info

Calendar of Events

NOVEMBER 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5 Veterans Week	6	7	8	9	10
11 Remembrance Day	12	13	14	15	16 International Day of Tolerance	17
18	19	20 Universal Children's Day	21	22	23	24 Ukrainian Famine and Genocide Memorial Day
25 International Day for the Elimination of Violence against Women	26	27	28	29	30	

Schedule of Events

Please note there is no SRSAN meeting this month due to the conference in October.

Ripple Horoscopes



Capricorn (December 22-January 19th): Expand your horizons, open a book and absorb the information.



Aquarius (January 20-February 18): This month is the month to plan activities with family and friends.



Pisces (February 19-March 20): The company of loved ones is a high this month.



Aries (March 21-April 19): Quit being a couch potato and get up and get active.



Taurus (April 20-May 20): Join new groups and meet new friends.



Gemini (May 21-June 20): This month plan a vacation with family or friends.



Cancer (June 21-July 22): This month donate of something to a charity of choice to help your community



Leo (July 23– August 22): This month volunteer your time to help out in the community.



Virgo (August 23– September 22): This month plan a hiking and camping trip out of town.



Libra (September 23– October 22): This month plan a dinner and a movie with family or friends.



Scorpio (October 23– November 21): Take time out to nurture a friend that needs you the most.



Sagittarius (November 22– December 21): Research a community group or organization, for example The Red Hats.



“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!



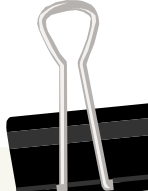
Write:
527 - 6 Street South
Lethbridge, Alberta T1J 2E1



Phone: (403) 320-1515
Toll Free: 1-866-320-1518



Email:
srsan@saipa.info or
newsletter@saipa.info



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

Keelae Blackwood
Kelly Tower
Kent Pederson
Shannon Kehler
Liz Sera