



# The Ripple

June/July 2016

## 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.

## *Safety Standards Stopped! By The Newsletter Crew*

Last edition of The Ripple, we did an article about PDD Safety Standards; these are rules the last government put in place to keep people safe after a woman died in a house fire.

We wrote about how a lot of people didn't like the standards and thought they were unfair. Last fall, a new

government came into power in Alberta, and decided to listen to people's concerns. They put together a team of people to travel across the province to hold conversations in different communities. After this, the team wrote a report which resulted in the Safety Standard regulations being stopped!

At the Ripple, we think it's important that the government asked for our opinion.

We think it's amazing that the government took the time to listen and hear the voices of self-advocates. If we would have kept quiet, the change wouldn't have happened.

This doesn't happen often because even though self-advocates try to speak up, they are not always heard.

Not everyone agreed with the decision though. Some people liked the Safety Standards and thought they kept the home safe. Others were glad that the standards are gone, but thought some parts were good, like fire extinguishers, smoke detectors, and education and workshops in our homes.

To us, safety means having big enough windows to get out of the house and having a meeting spot for emergencies. People who keep us safe include helping professionals like firefighters, the police, and staff. Personal people like friends, family and guardians play an important part, too.

From now on, we hope the government continues to let people with disabilities have a voice on big issues that will affect them. We are excited to see what ideas for safety come out of phase two of the consultations.

Our message to Minister Sabir and the consultation team:

Thank you for listening to self-advocates across Alberta!



## Finding fun in Lethbridge! By Shannon Kehler and K.S.



The Ripple interviewed Lori Harasem because she is running a really cool program that we want people to know about. The program helps people who don't have a lot of money do activities in Lethbridge. Here's what she had to say.

**The Ripple:** Where do you work?

**Lori:** I work for the City of Lethbridge in the Recreation and Culture department on the third floor at City Hall.

**The Ripple:** What do you do there?

**Lori:** I help groups raise money and help the community to understand their services. I make sure that people can participate in the community through activities such as: the new leisure centre, swimming, sports, or anything that involves being active.

**The Ripple:** What is the Fee Assistance program?

**Lori:** This new program started November 9<sup>th</sup>, 2015. It helps people who cannot participate in activities because it might cost too much money. This program will help people participate by paying up them up to \$150 twice a year towards the cost of activities.

**The Ripple:** Why did you start this program?

**Lori:** There have always been programs for kids playing sports. But, there wasn't a lot of help for people wanting to do activities in the community.

The program was created for all ages.

**The Ripple:** Where can the money be used?

**Lori:** It needs to be a Lethbridge organization or business such as CASA, swimming pools or the YMCA. Money can also be used for equipment like soccer balls or hockey sticks, if people can't think of an activity to they want to do.

**The Ripple:** Who can use this program?

**Lori:** This program is open to anyone who uses supports like: AISH, PDD, Lethbridge Housing, Income support, Employment Insurance, or has refugee status.

Lori told us hundreds of people have used the program so far.

**The Ripple:** What have you heard from people about the program?

**Lori:** People are really excited. A lot of people ask if it's new because they've never heard of it before. People are very appreciative and thankful.

**To apply for this program, people need to make an appointment to see Lori at City Hall. This will be a short 20-minute appointment where you will need to fill out an application form. For the appointment, you will need to bring something that shows proof of address (where you live), and proof that you qualify for the program (example: AISH or PDD stub).**

After this, Lori said approval usually takes a few days. If you need help accessing this program, you can also call the SAIPA office at 403-320-1515.

---

## Movie Review: Norm Of The North By Shannon Kehler

This movie is about a polar bear named Norm who doesn't hunt. He wants to help save his country from the mean guy who wants to put hotels on his land. I thought this movie was cute. I thought the animals were so cute. The girl who works for the mean guy quit and helped Norm find his father. Norm then becomes the king of Antarctica.





## Interview With An Advocate *By The Newsletter Crew*



The Ripple had a chance to talk to Randy Chandler and this is what he had to say about how he stays active in the community.

Randy told us he has been getting support from Quest Support Services for so long that he can't keep track! At Quest, there are many things for people to do.

Randy likes to play air hockey and be part of Games Night every week. Randy also plays a variety of sports in Special Olympics, which include curling, 5 pin bowling and bocce ball. Randy's favorite part of bowling is going to the tournaments every year. Randy has been in Special Olympics for 17 years; during those years, he has won many awards in bowling, in both singles and doubles.

Randy's busy schedule doesn't stop there! He works at Save-On-Foods three times a week, and takes community dance classes. Randy got to be part of the mixed abilities play Unlimited at the university

last year.

Randy's favourite part of the play was wearing his Captain Hook jacket and asking a fellow actor if she would like to dance.

During the show, Randy got to act as a homeless person to show everybody that no matter what the person looks like, they are still human. He loved performing on stage so much that last fall, the person who created the dance scenes for Unlimited started another class called Limitless. This gave Randy a chance to expand his dance ability even more.

How does Randy relax? Randy told us that his favourite time is when his family gets together at the family cabin.



# The Lethbridge and District Humane Society; pet care tips

By The Newsletter Crew

The Lethbridge and District Humane Society is a non-profit organization which has been part of the Lethbridge community since the early 1970s. It was started by a small group of volunteers.

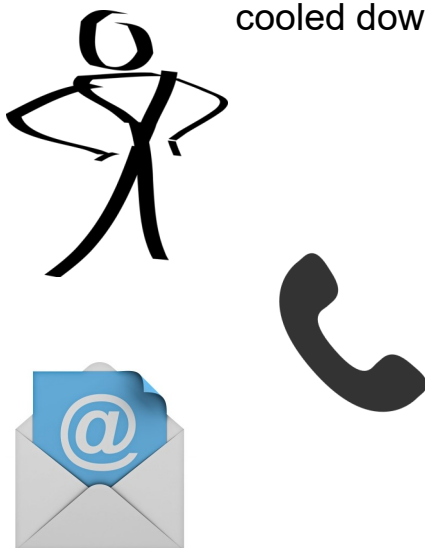
- The Humane Society stays in business because volunteers take time to look after the animals and help with whatever is needed. The Humane Society's main goal is to find the best possible home for dogs and cats.
- The Humane Society is a no-kill shelter, which means they do not put down animals.
- The Humane Society teaches the public why is it important to spay, neuter and vaccinate pets. They also help people understand responsible pet ownership.

To the Ripple, responsible pet ownership means:

1. Feeding your dogs or cats.
2. Playing with your dogs or cats.
3. Walking the dog every day.
4. Giving pets plenty of water.



The summer is a great time to walk your dog, but be careful of the weather, especially when it is above +25. Make sure that your pet has plenty of water to drink. If the temperature is above +25, you might want to take them for a walk when the temperature has cooled down.



**How to contact the Humane Society:**

**Visit:**

**2920 – 16th Avenue North**

**Lethbridge, AB**

**Telephone: 403-320-8991**

**Email: [pets4you2@hotmail.com](mailto:pets4you2@hotmail.com)**

## Building Your Budget By Gwen Rowley

This is Gwen, your roving Ripple reporter, bringing you a great article on budgeting. For this interview, we talked to Linda Rawbon and Heather McIntyre from JobLinks Employment Centre. JobLinks teaches a monthly Budgeting Dollars and Sense workshop that helps people learn how to keep track of their money. We asked Linda and Heather some questions about this, and this is what they told us.



**Gwen:** What is a budget?

**JobLinks:** A budget is a plan or a process to help you with your savings and to keep you on target with your spending and expenses.

**Gwen:** Why is budgeting important?

**JobLinks:** I think it's very important because if you don't have a budget, you don't have a plan. You don't know where your money is coming from or where it is being spent. You have responsibilities that have to be taken care of, like your rent, food and bills. A budget helps you keep track of your money so you have enough for the month, and maybe some money left over for the next month. It is important to have money left over at the end of the month to take care of any surprises you didn't expect.

**Gwen:** What difficulties do people have when they are trying to budget?

**JobLinks:** They haven't been taught how to budget. Money can control our lifestyle. There might be some habits that are hard to break, but once you get into it you will see some big changes.

**Gwen:** What do you teach in the Budget Dollars and Sense workshop?

**JobLinks:** Everything that is taught in the workshop comes from a book called *Stretching Your Dollars: Basic Budgeting Workbook*. The workshop teaches why you would have a budget and what a budget is for. We have a conversation about why you would want to save. We give tips on how to go grocery shopping; it can be as simple as writing a list of the things you need and taking it with you. It's



important to stick to the list! When grocery shopping, you can also use coupons and look at grocery flyers for things that are on sale. In the workshop, we show how easy it is to spend money without keeping track.

**Gwen:** Who can take the workshop?

**JobLinks:** Anyone who wants to begin budgeting. This workshop can change your life, but you have to be ready to make that shift.

**Gwen:** What can make budgeting easier?

**JobLinks:** Having it written down. If you write things down, your goals happen faster. Make an appointment with yourself in the middle the month to see how you are doing on your budget. Get a receipt for everything you buy and write it down. Then, you can sit down once a week or once a month with your receipts to see what you have spent money on. You could discover there are things you need to spend less on, or you could find out that you are doing OK. To register for the workshop, people need to call **JobLinks at 403-317-4550.**

This has been Gwen, the roving reporter. We hope this article helps you make cents of budgeting! Check out page 8 for a budget template you can use to help you create your own!

**Dollar Dilemma:** If you bought a coke and a bag of chips every day for a year, how much would you spend?



**\$1.94** + **\$1.77** = **\$3.71 per day**

If you bought this every day, **you would spend \$1,350 a year!**

Small purchases add up to **BIG bucks... spend wisely!**



# Sample Budget Template

Below is an example of things you could include in your budget. Keep in mind that while everyone needs housing and groceries, you might not have the same expenses as another person. It is important to create a budget that works for YOU. \*Template taken from *Stretching Your Dollars: Basic Budgeting workbook*.

## Paycheque Planner/Money Tracker Worksheet

Here is a blank worksheet that you can use to create your own paycheque planner.

In the first column, list any money you have in cash or in the bank as your opening balance. Your closing balance in the first column becomes your opening balance in the next column.

	BUDGET				
<b>OPENING BALANCE</b>					
<b>Income</b>					
Paycheques					
Child tax credit					
Child/spousal support					
Other regular monthly income.					
<b>TOTAL INCOME</b>					
<b>Monthly regular expenses</b>					
Housing					
Utilities					
Groceries					
Child care					
Transportation					
Personal allowances					
Loans/credit payments					
Savings					
Medical					
Insurance (car)					
Insurance (life)					
Household incidentals					
<b>Savings for annual irregular expenses (clothing, education, etc.)</b>					
<b>TOTAL EXPENSES</b>					
<b>CLOSING BALANCE</b>					

**CLOSING BALANCE** (total income minus total expenses): this is now your opening balance for the next payday.



## What happened at the SRSAN meeting *By Shannon Kehler*



On Wednesday, May 4, I went to a SRSAN meeting in Blairmore, AB. Melodie Scout introduced people to start off the meeting. Then, Ben Rowley spoke about health and wellness. He spoke about what is healthy and what is not. I learned that it is important to check food labels; this lets you know how many calories, fat and sugar the food has.

Ray Remington talked about what it means to be a self-advocate.

Sharon Rempel spoke about a self-esteem workshop happening at SAIPA.

Melodie Scout told everyone where to buy tickets for wrestling. She told us you can buy them in Lethbridge at the King of Trade, at Holiday Bowl or at the door.

Kelly Tower told everyone that he was done with his position on AACT and was stepping down.

The meal was good. There were sandwiches, soup and salad. My favourite part of the meeting was when Ben talked about being healthy. I learned a lot!



### Fort McMurray fire, by the numbers

Everyone is talking about the fires in Fort McMurray. Since the fire started on May 1, many people have lost their homes. The fire caused the largest evacuation in Alberta's history. Here are some facts about the fire, as of May 10th, 2016.

**80,000:** people evacuated from Fort McMurray

**229,000 hectares:** the size of the fire

**1,600:** buildings and homes lost

**1,100:** firefighters helping to put out the fire

**\$60 million:** raised by the Red Cross to help victims

On May 18, Premier Notley announced that the government would be helping people slowly return to Fort McMurray between June 1 and 15.

If you would like to help those affected by the fire, contact your local Red Cross.

# Upcoming Events in Lethbridge

**June 4: Care For The Kids Golf Tournament**

**June 9: Community Grand Opening: Family Outdoor Gym, Nicholas Sheran Park**

**June 9: Throwback Thursday, Nikka Yuko Japanese Garden**

**June 11: Target Hunger!**

**June 15: World Elder Abuse Day Celebration**

**June 18: Neighbour Day**

**June 19: Father's Day**

**July 8: SRSAN Carwash Fundraiser**



**If you have an event you would like highlighted in The Ripple, contact us!**



---

## **Right 2 Love: What do parents think? *By Gwen Rowley***

For the past two issues, The Ripple has interviewed parents about their thoughts on love and disability. This is my last interview with a parent.

I interviewed Dani Hanna. She has a 13-year-old daughter living with Down Syndrome.

Dani wants to teach her daughter to understand what boundaries are so she's safe in a relationship. She wants to educate her daughter so she can learn to make safe choices. Dani's dream for Payton is that one day she'll find that special man.

# SAIPA WORKSHOPS PRICING

Workshop Name	Description	Price
Abuse Prevention	2 Hours	\$50/ session (up to 20 participants)
A Needed Boost to Your Self Esteem	2-5 hours	\$50/ session
Healthy Relationships & Sexuality	30 hours	\$450/ session (up to 15 participants)
Know Your Rights	2-4 hours	\$50/ session (up to 20 participants)
Self-Determination Workshop	8 hours	\$120/ session (up to 15 participants)
Computers for Beginners	10 hours	\$150/ session (up to 5 participants – SAIPA will provide computers)
Self Advocacy Training	16 hours	\$240/ session (up to 15 participants)
Boards, Committees & Meetings	8 hours	\$120/ session (up to 15 participants)

**WWW.SAIPA.INFO**  
**MAIL@SAIPA.INFO**  
**403.320.1515**

## 2016—2017 FREE WORKSHOP SCHEDULE

### ABUSE PREVENTION

Lethbridge—December 6/ 16 (evening)

### SELF ESTEEM

Lethbridge—June 29/ 16

Medicine Hat—October 3/ 16

### SEXUALITY

Crowsnest Pass—March 1 through May 31/ 17

Lethbridge—October 11 through December 19/ 16

### RIGHTS

Brooks—March 30/17

### COMPUTERS

Medicine Hat—October 5 through 26/16

### SELF ADVOCACY

Lethbridge—January 2 through 23/16

### BOARDS COMMITTEES MEETINGS

Medicine Hat—October 4/16

Lethbridge—October 13/16



# Warm Potato Salad

## Ingredients

1-1/4 pounds new waxy potatoes, unpeeled  
1 cup shelled peas  
1/4 lb(s) bacon, cut into pieces  
1 medium red onion, chopped  
1 garlic clove, minced  
1/4 cup white wine vinegar  
1/4 cup chicken stock  
1/2 cup grapeseed oil  
salt and pepper to season



## Directions

Boil the potatoes in a large pot of salted water until tender. Drain, peel, and slice into a large bowl. Meanwhile, cook the peas in a saucepan of boiling salted water until tender. Rinse immediately under cold water, drain, and set aside.

Fry the bacon in a frying pan. When crisp, add the onion and garlic, and stir to warm through. Pour over the vinegar to deglaze, scraping up the good bits from the bottom of the pan. Stir in the stock and oil. Add the peas to warm through. Then combine all with the potatoes in bowl. Season with salt and pepper, and serve.

This newsletter raises awareness about self-advocacy, inclusion and community. It also provides information on how to be a better self-advocate, how to speak up and how to help other advocacy groups and their friends. If you have information, events or ideas you would like to see in the newsletter, please contact us!



Write:  
#200 Deveta Place  
410 Stafford Drive South  
Lethbridge, AB T1J 2L2



Phone: 403-320-1515  
Toll Free: 1-866-320-1518  
Fax: (403) 320-7054



Email:  
Coming soon!