

May/June 2019

The Ripple



SRSAN
South Region Self-Advocacy Network

AISH Index Increase

AISH (Assured Income for the Severely Handicapped) has received an increase after seven years of remaining at the same level. AISH has increased nearly \$100 dollars from \$1588 to a maximum basic cash amount of \$1685 per month. If you are a single person with two children, your monthly AISH income will increase from \$1788 to \$1985. The changes took effect on January 1st, 2019. People may also have assets (cash, home, car value). AISH still ends at the age of 65, when Old Age Benefits start. AISH will increase again in January 2020 to match the cost of living, and again each following year.

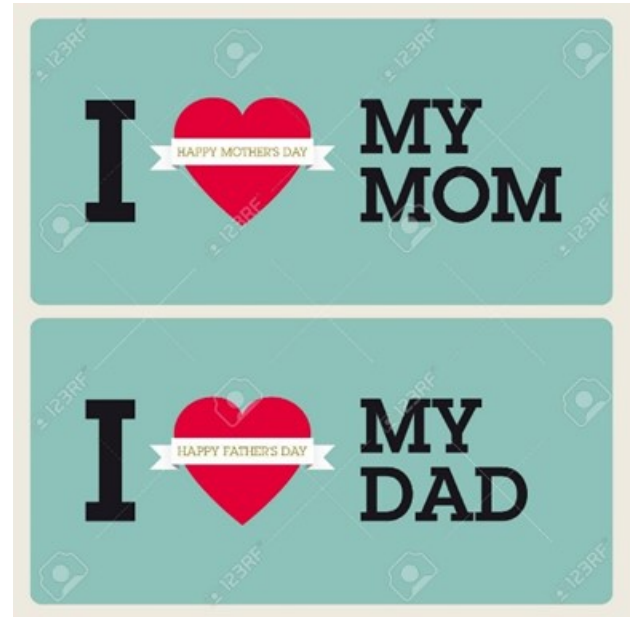


For those who are working, you can now make up to \$1072 per month before AISH benefits are effected. If you make more than \$1072 and less than \$2009, 50% of that money is untouched, and 50% is taken off your monthly AISH benefits amount. AISH medical benefits have remained the same. Michael Phair of End Poverty Edmonton says "As the economy grows, as the cost of living increases, those most in need also benefit from our growing economy."



Mother's Day & Father's Day

Mother's Day is on Sunday, May 12, and Father's Day is on Sunday, June 16. Celebrations of mothers and motherhood goes back to the ancient Greeks and Romans, but Mother's Day in the United States of America was started by Ann Reeves Jarvis in 1908 and became an official holiday in 1911. Father's day started on June 19, 1910 in Washington by Sonora Smart Dodd. She heard a sermon in church about Mother's Day and she felt Fathers should be celebrated as well. Americans did not want the holiday for the first few decades, but in 1966, President Lyndon B. Johnson made the third Sunday in June as Father's Day.



We celebrate Mother's Day and Father's Day to show how much we appreciate, love, and respect them. We want to thank them for having us and raising us as kids and into adults.

You can show your parents how much you love them by taking them out for dinner, buying them flowers, making them a gift, paying for them to go on a trip, or treating them to the movies. You could take them to a sporting event that they are interested in, you could help with the house cleaning and chores, or make them breakfast/brunch in bed.

Here is what some of our newsletter crew said they would like to do for their mother or fathers this year!

Scott: I would take my mom and dad to a hockey or curling game

Danielle: I would take my mom for dinner and buy her a dozen roses

Randy: I would take them somewhere warm for a ball game.

Shannon: I would call my mom and visit with her



The Importance of Voting & How

Voting is an important way of having your say on issues that you care about. It gives you the opportunity to be part of decision making that affects your life. Your federal and provincial government control things like healthcare, education, better roads and transportation, and fair taxes.

With your vote, you can send a message to your government of what you want or expect from these services. Everyone has a voice and wants to be heard, and this is your voice!



To vote in an election, you must be a Canadian Citizen, and be at least 18 years old. You must be on the list of Electors to vote. To get on the list, you have to do one of 3 things. The first option is to register online using 'Voterlink.' On 'Voterlink', you will be asked where you live, your age, and your citizenship. You will also have to provide your ID and address.

The newsletter crew feels it is important to vote because you get to have a say in the government you want to lead the province or country, and it makes us happy that we get to voice our opinion through voting. We believe every vote matters and can make a difference!



The ATB Financial Lethbridge Rotary Dragon Boat Festival

The ATB Financial Lethbridge Rotary Dragon Boat festival is taking place on June 21 - 24, 2019 at Henderson Lake, Lethbridge. Attendance is free and you can attend at any time! The Dragon Boat races started on a weekend in June, 2002. They originally started with 17 racing crews. The races have become so popular, there are now over 65 teams that attend every year.



To have a team, you have to have a minimum of 16 paddlers (with maximum of 20 paddlers), a drummer, a steer, and a crew manager. If you have a mixed crew, you must have a minimum of 8 female paddlers. The race course is approximately 500 meters in length.

The Ripple Newsletter crew has learned that Lethbridge Family Services has a dragon boat team. We wanted to know more about what goes into making a team, so we contacted Tanya Jans from Lethbridge Family Services for an interview:

We believe that the drummer has an important job. How do you pick the person for that position? What skills do they need? What commands do they need to know?

Anybody who has an interest can be the drummer, someone who is confident and can yell with a loud voice and who does not mind being in charge, some athletic experience, and coaching experience are assets. Some commands are “Paddles up” – ready to paddle, “take it away!” – Start to paddle, “let it ride” – stop paddling, “brace the boat” – for an emergency.

How many people are on your team? Is it a mixed team?

Usually 22 people, 1 drummer & 1 steer, and 20 paddlers. There is a general manager who runs the team who stays on shore and plans for the event. It is a mixed team.

What is your team name, and why did you choose that name?

The LFS brave hearts, it is our 10th anniversary year, started in 2009. We had a meeting where everyone threw out names and we all picked the best one. We dress up in kilts with a Scottish theme.

Why does LFS participate in the races?

Health and wellness is a big initiative here, it was another way to pursue that. And to be part of the community and be more visible.

Do you have to have a disability to be on the LFS team?

The team is made up of staff, some members are husbands of the team members. No client team as of yet but that would be something to look into.



How did the LFS dragon boat race team start?

One person had an idea and heard about the festival, we looked into it and it seemed interesting. LFS has upwards of 400 staff, we thought it would be something we could put together.

How do you pick your steer? What skills do you look for? What commands do you need to know?

Same as the drummer, someone who has an interest. They have to do extensive training as the steer is the safety on the boat. They are the eyes and also lead the boat. They have to be wanting to do the job, and willing to complete the training. The steer and the drummer work together, drummer is backwards at the front of the boat, and the steer is facing the drummer at the back, one is eyes at the front and one is eyes at the back to make sure the boat is safe.

What do you do to train for the Dragon Boat races? Do you do any specific exercises?

A lot of us go to the gym throughout the year, most members are in good shape. When the date gets closer we tend to go to the gym more to prep. We try to keep our core, back, and legs strong. We are using more of the big muscles for paddling instead of our arms. Have to be flexible in the hips, yoga is a good exercise. Someone will plan for us to do group exercises as well before the race.

What does your team uniform look like? Are there any pictures?

Usually we wear a red shirt, logo is LFS and brave heart is 2 yellow hearts side by side. Plaid fabric kilts, some of us do the "brave heart hair" from the movie with blue dye and braids.

What does your team do to celebrate after the race is over?

A lot of celebrating with other teams, giving each other high fives and congratulating each other whether we won or not. We are very big on sportsmanship and respect for other people. We will debrief at the end of the day and talk about the race, and once we are done racing for the day we will go celebrate in the beer gardens for a bit. A lot of teams from across Canada participate so it is fun to get to interact with them.



Meet your Newsletter Crew!

Your bi-monthly newsletter is brought to you by the newsletter crew. This group is made up of members of SRSAN who meet once a week to bring you the latest in local news for self-advocates. If you are a member of SRSAN and would like to help create the next newsletter please contact the SAIPA office by calling 403-320-1515 or by emailing jamie.wald@saipa.info

This newsletter was brought to you by:

Randy Chandler

Shannon Kehler

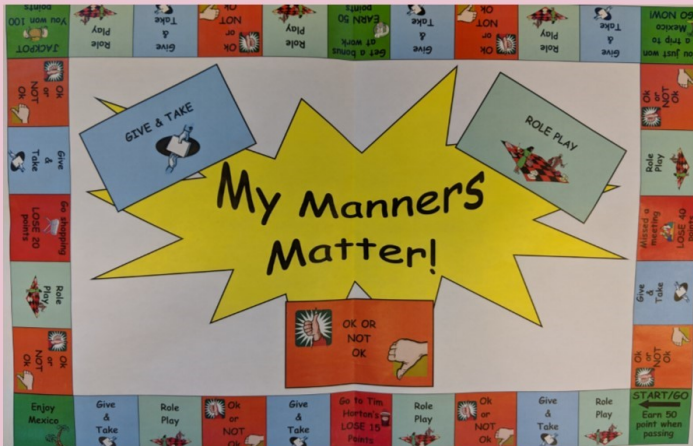
Scott Nickel

Danielle Petersen

Tiffany Preete



Resource of the Month: April 2019



What is it?

My Manners Matter Etiquette Board Game

What is it about?

This game will help people learn the importance of good manners at home, at work, and in the community.

The purpose of the game is to be used as a discussion about general

etiquette in everyday situations.

You can borrow this game for **FREE**
by contacting the SAIPA office at
403-320-1515

Who is it for?

Anyone who would like to know what good and bad manners are and have fun at the same time!

Check SAIPA's Facebook and Twitter (@SAIPA1986) for information on upcoming workshops

Upcoming Events!

SRSAN

-SRSAN Meeting/Retreat, May 8th, 2019

Brooks, 10:30am - 2:00pm



Community Events

Lethbridge:

- **May 3**, Zumba Dance Fundraiser at Southminster United Church
- **May 4 & 5**, Nikka Yuko Kite Festival
- **May 7 & 8**, Taste of Downtown with Galt Museum
- **May 11**, Kidney Walk from 9:00am – 12:00pm at Henderson Lake
- **June 14 & 15**, Lethbridge Festival of Quilts at Lethbridge College
- **June 15**, Street Eats Festival in the Enmax Centre parking lot from 11:00am to 7:30pm
- **June 21**, National Indigenous Peoples Day at Fort Whoop Up



Medicine Hat:

- **May 10 & 11**, Monsters 7 Mayhem at the Canalta Centre
- **May 11**, Suddenly Mommy at the Esplanade Arts & Heritage Centre at 7:00pm
- **May 22**, Paint the Eiffel Tower at Eisenbarth Art Studio from 6:30pm to 9:30pm
- **May 26**, Won'Ma Afrique at the Esplanade Arts & Heritage Centre at 4:00pm
- **June 8**, Wingapalooza at the Canalta Centre at 6:00pm
- **June 22**, Thunderbuck in the Badlands PBR Event at the Canalta Centre at 7:30pm
- **June 29**, The ABBA Show at the Esplanade Arts & Heritage Centre at 8:00pm

To see the full calendar visit <https://www.southernalberta.com/content-events.asp>



MACKENZIE
TOUR



The 2019 Lethbridge Paradise Canyon Open will take place June 17th-23rd at Paradise Canyon Golf Resort in Lethbridge AB!

To get your tickets, visit www.lethbridgepcopen.ca

Tournament Schedule

Monday June 17 - Qualifier round at Picture Butte Golf Course – top 10 advance to Thursday play, Kickoff VIP reception and concert at Enmax Centre

Tuesday June 18 - Morning Pro-Am at Paradise Canyon, Afternoon Pro-Am at Paradise Canyon

Wednesday Jun 19 - Practice rounds for competitors

Thursday June 20 - Round 1 of Tournament play begins – tee times starting at approx. 7:00 am

Friday June 21 - Round 2 of Tournament play begins – tee times starting at approx. 7:00 am, Cut to top 72 and ties

Saturday June 22 - Round 3 of Tournament play begins – tee times TBA

Sunday June 23 - Final round of Tournament play begins – tee times

The Ripple Newsletter raises awareness about SRSAN, self-advocacy and inclusion. We welcome comments, questions and ideas! If you have something to share with us, contact SAIPA at 403-320-1515 or mail@saipa.info