

November/December 2019

# The Ripple



**SRSAN**  
South Region Self-Advocacy Network

## PDD Eligibility Review 2019



“Members of Albertans Advocating for Change Together (AACT) attended the discussion on PDD eligibility that was held in Calgary. Brad Robertson (member of Disability Action Hall) from Calgary Region and Keelae Blackwood (member of South Region Self-Advocacy Network) from the South Region represented AACT. Heath Birkholz and Florence Burton represented Self-Advocacy Federation and are also members of AACT. Keri McEachern from Edmonton Region and Anna Olson from South Region were the ally supports. **AACT would like to thank Honourable MLA Rajan Sawhney, Minister of Community and Social Services for the invitation and including self-advocates in this very important topic.**”

# International Day of Persons with Disabilities

International Day of Persons with Disabilities (IDPD) was started in 1992 by the United Nations to promote the rights and well being of all individuals with disabilities across the world. Many places have taken it upon themselves to promote awareness on this day including the a local committee in the City of Lethbridge. As International Day of Persons with Disabilities gets closer, the Ripple Newsletter crew wanted to take the time to interview one of the lead organizers Dylan Adkins about the upcoming event!

## **What is your role here in Lethbridge for IDPD?**

*I am chair of the organizing committee for the event. We have a bunch of different organizations that take part in helping out on the event. We work together to try to bring a great event each year and to promote the Lethbridge Inclusion Awards!*

## **What is the theme of the event this year in Lethbridge?**

*This year we decided to look at what Lethbridge can bring us in the future to make Lethbridge a more inclusive place. We ultimately decided on the theme of “New Decade, New Direction.”*

## **Where is the event being held this year?**

*The event is being held at CASA, Tuesday December 3<sup>rd</sup>*

## **What time is the event?**

*This time we decided to do a luncheon event this year so that more people have an opportunity to attend. It will be going from 11-2pm.*

## **What are some of the things being featured at the event this year?**

*This year, we have a great chance to show what Lethbridge is planning for the future. Sometimes people do not get recognized like they should be for their contributions that will lead to a better place for everyone. Some people we have confirmed to have as part of a panel to show off and answer questions about their work include representatives from the city of Lethbridge itself, a representative from the newest YMCA facility in town, and some others from a local committee called Lethbridge Diversity and Inclusion Alliance (LDIA).*



International  
Day of  
Persons with  
Disabilities

3 DECEMBER

## **Is this event open to everyone in the community?**

*This event is for everyone and includes a free lunch as well. There is no cost to attend and there are no invites. Anyone can attend.*

## **Are there awards being handed out at the event?**

*There are actually a number of awards that we hand out each year. This includes the Innovator award which is given to a business that has dedicated itself to inclusion and removing barriers in the work place. The Collaborator award which is given to a community group that has made a difference in the lives of people with disabilities. We also have the Supporter award which is given to an ally of a person with disabilities who supports or advocates on their behalf and the Champion award given to an individual with a disability that has distinguished themselves through personal or professional excellence. Anyone from the community in Lethbridge and area can nominate people for these awards. The nomination deadline is October 31<sup>st</sup>. To find the forms you can go to [inclusionlethbridge.com/IDPD](http://inclusionlethbridge.com/IDPD).*

## **Additional comments**

*I think we got a lot of the details. But one thing I wanted to mention, this will be the 10<sup>th</sup> year that I have been a part of committee. Not sure how many years before me this committee has run, possibly 13 years. We have been around for a while and we want people to know the event is here and that we will continue to do our best to bring an amazing event to the community. We hope people come out and have fun this December 3rd!*



**SAIPA & SRSAN  
CHRISTMAS POTLUCK**

**Join us on Friday December 13th from 11am-2pm @ the SAIPA office to celebrate the holidays! This will be a potluck event so please bring some food to share. We look forward to seeing you!**

**If you have any questions or concerns please contact Mark Davids by email or phone**

**[mark.davids@saipa.info](mailto:mark.davids@saipa.info)  
403-320-1515**

# The Flu: How to avoid it!

The flu is an illness that is different from a cold or the stomach bug. Some signs of the flu include fever, muscle aches, chills, sweats, headache, cough, sore throat, stuffy nose, and feeling very tired. Every fall we see ads everywhere telling us to get our flu shot. The Ripple crew wanted to know more about the flu and why it is such a big deal.

The flu comes around every year during the cold weather. Because we spend so much time indoors, we can get sick more easily. The flu is spread by coughing, sneezing, and talking. You can also get sick if you touch your face after touching things like phones, doorknobs, someone's hands, and television remotes. Health Canada says the number one way to prevent the flu is getting the flu shot.

The flu shot has been around since 1946. Because it has been used for so long, it has saved millions of lives. Most people do not

have any reactions to the flu shot, but some people get redness, swelling, and aches. Really bad reactions to the shot are very rare. Not only do you win when you get the shot because you do not get sick, other people win because they also do not get sick from you spreading the bug. You can get the shot from almost any pharmacy in the months of October and November. Cities like Lethbridge and Medicine Hat also host clinics from Alberta Health Services to get the shot. This year, flu shots are available to everyone starting on October 21<sup>st</sup>, 2019.



If you do get the flu, there are a few things you can do to help relieve the symptoms;

1. Stay home and get some sleep. Make sure to also drink plenty of fluids like water, orange juice or tea.
2. Treat the aches and pains using medication if recommended by your doctor.
3. If your nose is stuffed, boil some water, put in a cup or bowl and inhale the steam. This can also be done by using your shower if you do not mind the water bill. You can also use a humidifier to moisten the air around you to help with a stuffed nose and sore throat.
4. If you have a sore throat, try a lozenge. It will help soothe the scratchy part of your throat.
5. If your symptoms get worse over time and do not go away, make sure to call a doctor!

# Daylight Savings: Where did it come from?

Ever wonder why the clock likes to “Fall back” or “Spring forward” every year here in Alberta? The Ripple Newsletter crew was curious too and decided to dig into why we change our clocks! Turns out, a man named George Hudson came up with the idea of daylight savings (DST) in 1895. However, the first countries like Germany and Austria Hungary did not use it until April 1916 and what would become Canada started as early as 1908! Canada continues to use daylight savings across most of the country to this day. It officially Started on March 10th and ends on November 3rd. On November 3rd our clocks will “Fall back” which means we get an extra hour of sleep that we have been saving all summer. Again on March 8th, 2020, our clocks will go forward one hour, losing one hour of sleep. In Canada, daylight savings always starts/ends on the Sunday before the official start and end of day light savings

Originally, daylight savings was used to help farmers use more daylight while they worked. However, after machines became more common, we did not need DST the same way anymore. Instead of getting rid of daylight savings we decided to keep doing it as it could provide other benefits. For example, one reason we still use daylight savings is to increase the amount of time we can use BBQ grills and sports/recreation equipment. However, some people feel that it does not benefit us and that we should stop doing it. Some studies have found that gas use (for heating) increases due to daylight savings. Television providers do not like DST either as it means fewer people watching TV (about a 10% loss on the Monday after). DST can also affect mood and health due to sleep deprivation. When we lose an hour, it can cause sleep loss. Heart attack risks are increased by 24 percent when we spring forward an hour in time. However, they fall 21 percent when we gain one hour as we get more sleep. Do we need daylight savings? That’s for you to decide!

## Resource of the Month: November 2019

### Managing Emotions



This program teaches people helpful ways to manage the four basic emotions: anger, sadness, fear, and joy. You will learn the four-step C.A.L.M. System for knowing and reacting to “feelings” . This workbook and DVD are designed to help you feel better about your emotions, have good relationships, and improve your self-esteem.

With this program you’ll learn:

- to calm down before acting on feelings.
- that having feelings does not mean they have to be acted out.
- to express anger without blowing up or resorting to violence.
- how to cope with sadness and compensate for loss.
- how to handle fear by taking action instead of withdrawing.
- how to understand what makes people happy, including the “Seven Steps To Happiness.”



To borrow this new book, call  
403-320-1515 or email  
mail@saipa.info



Follow us on:



November/December

## 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 [mail@saipa.info](mailto:mail@saipa.info)

**This newsletter was brought to you by:**

Brooklyn

Shannon Kehler

Scott Nickel

Danielle Petersen

Tiffany Preete



## Winter Safety: Frostbite

Frostbite is a cold injury common in the winter time here in Southern Alberta. This is especially true in windy cities like Lethbridge and Medicine Hat. In 2018, Southern Alberta's coldest day was  $-37.8^{\circ}\text{C}$ . However, with windchill, that night it got to  $-50^{\circ}\text{C}$ . This is so cold that water freezes instantly. Because it can get so cold, it is important to know the signs and symptoms of Frostbite. One of the first signs is cold and tingling skin. This can happen even if you are wearing gloves, ski masks, scarfs, winter coats, or toques. Eventually, your skin will go numb, turn red in colour and begin to hurt. This is a sign that you need to go somewhere warm as soon as you can. If you are still stuck in the cold, your skin will then eventually turn hard/waxy in colour and your joints will become stiff. If you do not warm up at this point, your skin will then begin to blister and go black. If this happens, you need to go to the hospital immediately.

However, Frostbite can be prevented. Here are some tips from the newsletter crew to help yourself stay safe:

1. Limit the amount of time you stay outdoors during extreme cold.
2. Dress in layers to help keep yourself warm like coats and touques!
3. Wear mittens instead of gloves. This will help keep your fingers warm and protected.
4. If you know it is going to be cold, try to avoid alcohol as it causes your body to lose heat faster.

The Ripple Newsletter Crew would like to take this time to wish everyone a happy and safe winter!

# Upcoming Events!

## SRSAN

-SRSAN Meeting, November 7th, 2019

Lethbridge, 10:30am - 2:00pm @ CASA



## Community Events

### Lethbridge:

- Blackfoot Language Class (Galt Museum), Nov. 14th, 7pm
- Wartime Oatmeal Jam Bars (Galt museum), Nov. 9th, 1-2pm
- Holiday Market at SAAG, Nov. 15-16th
- Christmas at CASA, Nov. 15th-16th
- Winter Light Festival Opening Night (Japanese Gardens), Nov. 29th, 5pm
- CP Holiday Train, Dec. 10pm, 7-7:45pm
- SAIPA Christmas Potluck, Dec, 13th, 11am-2pm



### Medicine Hat:

- Film: Ghostbusters (1984) @ Med Hat Public Library, Thursday, October 31, 6:30pm
- Police Hockey Tournament, Nov. 1-3rd (Kinplex 1 and 2)
- Annual Heritage Christmas Market, Medalta museum, Nov. 22-23rd
- World Under 17 Hockey Challenge, Canalta centre, Nov. 9th, 3pm
- KalTire Family Movie Night (Home Alone), 2802 Box Spring Way, Dec. 14th (6pm)

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

# LETHBRIDGE INCLUSION AWARDS



Tuesday, December 3rd

CASA Art Gallery

230, 8 St S

11 AM - 2PM

**Lunch and Beverages Provided**



International  
Day of  
Persons with  
Disabilities  
3 DECEMBER

In celebration of the **International Day of Persons with Disabilities**, we are proud to invite the citizens of Lethbridge to the Lethbridge Inclusion Awards. These awards recognize businesses, individuals, and community groups who make Lethbridge a more welcoming and inclusive place for those with disabilities.

We are **open for nominations** for each of these awards until **October 31st**. If you wish to nominate someone for their exemplary support of persons with disabilities, please submit a nomination letter to the IDPD Committee Chair, Dylan Adkins at [dylan.adkins@sci-ab.ca](mailto:dylan.adkins@sci-ab.ca)

[inclusionlethbridge.com/idpd](http://inclusionlethbridge.com/idpd)

## ABOUT THE AWARDS

### INNOVATOR

Awarded to a **Business** that has dedicated itself to inclusion by removing barriers by creating an accessible space for patrons with disabilities and/or hiring employees with disabilities.



### COLLABORATOR

Awarded to a **Community Group** that has made a difference in the lives of people with disabilities through acceptance and equal opportunity.



### SUPPORTER

Awarded to an **Individual** who has been a strong ally of people with disabilities and their success through advocacy or encouragement.



### CHAMPION

Awarded to an **Individual with a disability** who has distinguished themselves through personal or professional excellence, creating a positive impact on the community with their attitudes and efforts.



CITY OF  
*Lethbridge*

*Alberta*  
Premier's Council on the Status  
of Persons with Disabilities

*BAVARU*  
EVENTS AND CATERING



@IDPDLethbridge



@IdpdLethbridge

**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](mailto:mail@saipa.info)**

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