

Henson Trust

A Henson Trust is put in place as a way for people with disabilities to save money and not have some or all of their AISH taken away. Currently in Alberta, if someone has any money or assets (cash, tax free savings, inheritances, retirement savings) over \$100,000 then some or all of their AISH is taken away.



We feel that this trust is very important because we want to be able to save money and have assets like everyone else and not have the every day benefits of AISH that we need taken away. The Henson Trust makes self advocates more safe and secure financially. Everyone, whether they are on AISH or not, should have the same opportunities to save money or have assets.



The Henson Trust was first used in Ontario in the late 1980s and we still do not have them in place in Alberta.

Recently, there was an open house where many self advocates voiced their opinions and concerns to our government. If you want to have your opinion heard you can write letters or talk to your MLA about your support for this change. It is also important to make sure that other self advocates know about the Henson Trust and to bring awareness to the fact that Alberta does not have a Henson Trust.

We hope that people across Alberta who are receiving AISH continue to advocate for this law to change in Alberta. This is very important to all of us and we are grateful to those who push this work forward.



**To find out who your MLA is,
you can put your home
address into this website:
streetkey.elections.ab.ca**

Exciting NEWS!

In July, Self Advocates had the opportunity to meet with Deputy Minister, **Shannon Marchand**, to discuss the future of Disability Services and Self Advocacy.



Pedestrian Safety

Now that summer is coming to an end we are all going to be starting new activities and are going to be out more in the community. Here are some reminders that Ripple Writer, Shannon Kehler, found on how to be safe while out walking:

- Always walk on the sidewalk. Only cross at crosswalks. If you have to walk where there is no sidewalk, make sure you walk facing traffic.
- Cross at intersections. Most people are hit by cars when they cross roads where there is not a corner or intersection.
- Look left, right, and then left again for traffic. Stop at the curb to let drivers know you want to cross. Obey crosswalk signals.
- Be seen. Stay where drivers can see you. Make eye contact with drivers. Wear bright colors or reflective clothing at dark. Carry a flashlight at night.



History of *The Ripple*

**Recently, we asked SRSAN members to ask us at *The Ripple* any questions they wanted! There were so many questions about *The Ripple* newsletter that we decided to dig into our history and answer them all!
Here is a small look into how *The Ripple* came to be.**

In 2005, a group of self advocates wanted to volunteer their time to help SAIPA. Several advocates came in on Wednesday and Thursday mornings to put together the SRSAN newsletter which was later (June 2006) named "The Ripple".

Throughout the years, we have had several dedicated volunteers from many different agencies write articles on things that matter to them, and to the community!

Naming Our Newsletter



From June 2006 Newsletter.

Why is *The Ripple* important and what do we do?

The *Ripple* comes out every other month and is written by self advocates. The newsletter raises awareness about self advocacy, inclusion and the community.

Articles can be written on:

- Current events
- Opportunities within the community
- How to be a better self-advocate; tips on speaking up
- Other advocacy groups within the south region



The newsletter also gives self advocates an opportunity to showcase their skills, talents and abilities! We are proud to share artwork, photos, poetry or stories! We know every single self advocate has something to offer; we want to nurture that!

History of *The Ripple* continued



Though our layout and style may have changed quite a bit over the years, our purpose remains the same. Last year we did a review of our year as a whole and took in some feedback to try and make our newsletter great for everyone!

These are some of the topics we are going to continue writing about:

- Self advocate victories
- Advocacy
- Government
- Life skills
- Interviews with community members
- Ask the Ripple, Poems, What A Song Can Say, Keelae's Korner



Who writes for The Ripple? How many people receive The Ripple?

Currently, we have 5 very dedicated self advocates in our Ripple Crew. They work along side the Community Engagement Coordinator from SAIPA to write, edit and distribute The Ripple to over 500 self advocates and community members in Southern Alberta. We also have other volunteers that help us out with submitting articles, taking pictures and mailing out our newsletter 6 times a year!

Did you know? In addition to mailing out our newsletter to SRSAN members and agencies, we also print 100 copies and deliver them in our community! We deliver to City Hall, the Library and the University of Lethbridge, to name a few.

Do you want to write for or join The Ripple?

The Ripple crew meets Thursdays from 9:30 -11am at the SAIPA office (#210 410 Stafford Drive). Advocates also have the option to write on their own and send their work in. If you have an article, poem or artwork you would like to share and cannot attend our regular meetings. These can be submitted in person at the SAIPA office or you can email us!



If you have an idea for the newsletter crew or wish to join us, contact us!
(contact information on the back page)

Best F.R.I.E.N.D.S

-poem written & submitted by K-

Fight for you

Respect you

Include you

Encourage you

Need you

Deserve you

Stand by you

**A rainbow of friends
is a dream we can share.
Where everyone's treated
with kindness and care.**

Who wants to win some CASH??

SRSAN members are doing a 60/40 draw!

**If you do not know someone selling tickets and
want to buy some contact the SAIPA office at:**

403-320-1515



SAIPA
#210-410 Stafford Drive South
Lethbridge, AB T1J 2L2

60/40 RAFFLE

Draw Date: Nov. 29, 2017 @ SAIPA

Ticket price: \$2.00

2000 Tickets Printed

Must be 18 years or older
to purchase

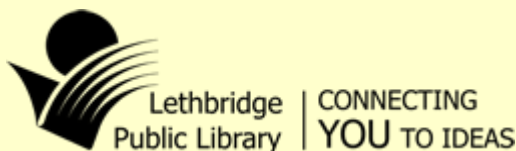
Raffle Licence #



Do you use services at our public libraries? They offer some really great programs. We found out some helpful information recently and thought you would all like to know.

Our public libraries offer self-serve printing for only .15¢ or you can purchase an Easy Card and load it with \$10.00 at a time for printing. This is very helpful for those of us who don't have easy access to a computer or printer.

Information and questions about library services and programs for the Main Branch and The Crossings Branch can be found at:



www.lethlib.ca

Upcoming Events

New Connections Dances

The New Connections dance season starts September! Dances take place at the Nord-Bridge Seniors Centre (1904 13th Ave N in Lethbridge), usually the first Friday of the month. Doors open at 6:30 and the dance goes until 8:00pm. Lots of times there are doors prizes too! The admission cost is \$10.00 but if you want to be a member, it costs \$50.00 and that covers the whole dance season from September 2017 to June 2018. While you are there they serve drinks like coffee, juice and water. You can also bring outdoor food in if you want a snack. The New Connections Dance is a friendly place to meet new pals and everyone is welcome to attend.

NEXT DANCE:
September 1: 6:30 – 8:00pm



SAIPA is offering a **NEW** workshop that is based on making great **First Impressions!**

A first impression is what someone thinks when they first meet you. Whether you are going for a job interview, working or making new friends; these skills are helpful to know!

Free sessions offered in:

- Medicine Hat (October)
- Lethbridge (November)

You will learn about:

- Hygiene, Grooming, Dress, Attitude, Manners & Social Skills

Call 403-320-1515 to register in this and other great workshops!



Ask The Ripple

Reader Question: What are the benefits of being physically active?

- Helps you have a healthy body weight
- You can enjoy the outdoors and fresh air
- Keeps body, muscles and bones strong
- You feel less tired
- Can help improve mental health
- It feels good
- Gives you a chance to socialize
- Can help you live longer
- Helps reduce the risk of some diseases; like heart disease, stroke and high blood



The Canadian ParticipACTION website recommends that adults aged 18-64 should exercise at least two and half hours per week.

<https://www.participaction.com/en-ca/home>

We enjoy being physically active and we know that it is important for everyone to get some type of physical activity in their day. Start small and set some goals.

Involve a friend and get active!

September Workshops: Abuse Prevention (SAIPA) & Boards, Committees & Meetings (SAIPA)

Labor Day: September 4

SRSAN Meeting: September 13 in Crowsnest Pass

Citizen Walk About (& Talent Show): September 27

Community Living Month: October (events TBD)

Thanksgiving: October 9

October Workshops: Building Self-Determination (SAIPA) & First Impressions (Medicine Hat)



The Ripple Newsletter raises awareness about self advocacy, inclusion and community. We are self advocates who try to speak up for ourselves and help others to do the same.

We want to answer your questions!

If you have a question that you would like us to answer in The Ripple contact us at:

403-320-1515 or via email at mail@saipa.info