

The Ripple



SRSAN
South Region Self-Advocacy Network

Disability Employment Awareness Month

The Ripple did an interview with Melissa Luini and Miranda Braun from Lethbridge Family Services. We wanted to talk to them because Disability Employment Awareness Month is coming up in October.

Why is having the chance to work important for people with disabilities?

Miranda: It's important for everyone to have equal opportunities when it comes to equal employment. Employment is a way for people to use their skills and strengths to contribute to the community. It brings a sense of purpose along with money to do things you want to do.

Melissa: Work is important to learn how to be independent and to get out and do things that you need and want to do.

How does Lethbridge Family Services help people find jobs?

Miranda: We meet with individuals and find out what their skills and interests are. We also work with businesses to make partnerships in the community. We match individuals with employers to make sure it works for everyone. There is lots of opportunity for people to try different things to see what will work for them.

What is the biggest challenge to helping people with disabilities find jobs?

Miranda: The biggest challenge are the limited opportunities in the community and things that are out of our control. There might not be jobs available that fit a person's skills. The minimum wage increase can be a challenge because employers expect you to do more for the money.

Changing the attitudes of employers to see the potential of people with disabilities is also an ongoing challenge. There are a lot of success stories.



Employment Awareness Month (continued)

Melissa, what do you like most about your job?

Melissa: I love my job at Costco with Club Demonstration Services handing out food samples. I like working with people! I am very friendly and help others out when they need me. It's a wonderful job that gives me experience!



We know disability employment awareness month is coming up in October. Why is it important to celebrate and will there be any events happening in Lethbridge?

Miranda: Disability Employment Awareness Month is important to recognize employees with disabilities and the employers. The more employers we can recognize, the more awareness it brings to inclusive hiring for people with disabilities.

It's important to talk about it and celebrate it because it's important to the community. People with disabilities haven't always had the opportunity to work and they need to be able to show they can do the same things as everyone else.

We are not sure if there will be community celebrations, but at LFS we recognize some of our own individuals and the employers we partner with.

When you get a job, what do you need to do to look professional?

Melissa: Brush your hair, have a shower, wear professional clothes. But, you need to dress to fit the job you're applying for. For example: if you have an outdoor job, make sure you wear clothes that are comfortable. Some jobs, like construction, require you to have steel toed boots or closed shoes.

Community Living Month



Community Living month is celebrated every year in October. It was a way to celebrate people with disabilities coming out of institutions and living in community. Now, being part of community means being able to work, live, learn and play together with other members of the community. The Ripple Newsletter Crew came up with some ideas of why community living month is important.

Why is Community Living Month important to self-advocates?

- It is important that we don't have institutions anymore. People should live in community and be included. People with disabilities should be treated equally.
- Community Living Month is important to keep people safe because it raises awareness.
- Community living helps people learn where to go to access different things in the community.
- Community living teaches society not to use labels on people with disabilities.
- Community living shows what people are capable of. Sometimes people just need more time.
- Community living helps people trying to find jobs in the community. This is important because people can make money to buy things they want such as a house or a car.
- People can make friends when involved in the community. It is important to have friends and be nice to them. It is also important to have friends that you can trust.

Moving from friendship to more

Last newsletter, we talked about how to make friends. But, what if you like someone as more than a friend? We can sometimes get extra feelings for people we are attracted to, and have a crush on. This means you like certain things about them, like:



- Their smile
- Their eyes
- Their uniforms
- Their hair
- The way they make you laugh
- Their personality
- How they treat you (with kindness and respect)

What is attractive varies from person to person. So, what can you do if you like someone as more than a friend?

If you're brave, you can introduce yourself and ask them on a date. If they say sure, set a time and place for the date. Ideas could be dinner and a movie, a picnic lunch at the park, a walk or bike ride, or go for coffee and just talk. You will both need to figure out how you are going to get to the date.

If they say no, it can be disappointing. But, maybe they are not ready to date and need some time to think about it. Don't rush; you can't force someone to date you if they're not ready.

If you are too shy to ask them on a date, you can still let them know you like them by flirting. This means you give the person compliments like:

- "Your hair/eyes look pretty"
- "Your uniform looks nice"

Moving from friendship to more

- “Your shirt looks good on you”
- “I like your smile”

Flirting first can help you find out if the person likes you back before you ask them on a date. If the person accepts your compliments, says thank you for the compliment or flirts back, chances are, they like you too. If the person doesn't say thank you or respond to your compliments, that means that they might not feel the same way. It's important to look at a person's body language: if you give them a smile or a compliment and they don't smile back or say anything, that might also mean they don't feel the same way. They might also ignore you. If this is the case, it's important to respect the person's choices and walk away. If you're not sure, you can always ask the person.

Relationships can be tricky, and it can take more time to get it right. If you have questions about relationships, contact SAIPA at 403-320-1515.



**Healthy Relationships
&
Sexuality Workshop**

12 weeks
Beginning September 10, 2018
1—3:30 p.m. SAIPA Office

Topics Include:

- Types of relationships**
- Affection: Private or Public**
- Moving from Friend to More**
- Being in a Relationship**
- Anatomy**
- Sexual Feelings, Attractions & Acts**
- Avoiding Pregnancy & STI's**
- AND MANY MORE!**



If you would like to register for this workshop call the SAIPA office at 403-320-1515 or email mail@saipa.info

Inspiring people with developmental disabilities to drive change in their communities as engaged and empowered citizens

Halloween Costumes

There are two Halloween stores in Lethbridge: Spirit Halloween and Halloween Alley. They will open sometime in September. Halloween Alley will be in Park Place Mall, making it easy to access by bus. If you don't have the money to buy a costume, you can always make your own!

How to have a 'Do It Yourself' costume

You can buy clothes and materials at: Value Village, More for Less, MCC thrift Store, King of Trade, Progress Clothing, Michaels, Walmart, Party City, Party Central, Dollarama/Dollar Tree.

Costume ideas

The bat

- One Umbrella (any colour) to be cut in half
- One hoodie (preferably black)
- One Skirt/pants (preferably black)
- Glue, Pins



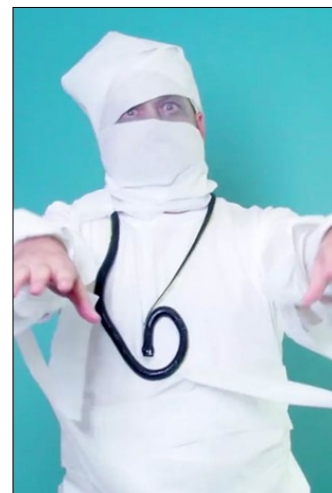
Cup of Coffee

- 1 Trash Can (white if possible)
- Pair of Scissors
- Paint



Mummy

- White Shirt
- White pants
- White/yellow toilet paper
- White makeup
- Rubber snake



September/October

Citizen Walk About 2018

On September 28, SRSAN will host the 9th Annual Citizen Walk About. This is an opportunity for all citizens of Lethbridge to walk in celebration of who they are and where they come from. We interviewed Anna Olson and Ben Rowley about this. Ben is the chair of the Citizen Walk About Committee.

We found out that the event will be happening from 10 a.m. to 1 p.m. on September 28. At 10 a.m. the community is invited to gather at city hall. “From there, we will walk to Galt Gardens,” says Anna. “During the walk, people will be able to carry signs with messages that matter to them.”

There will be different speakers at city hall and Galt Gardens including a representative from SRSAN, Dave Lawson, Dory Rossiter, Chris Schamber and a representative from Rachael Harder’s office. A representative from MLA Maria Fitzpatrick’s office will also be there. The theme will be “Weaving Your Own Path”, the same theme as this year’s SRSAN conference.

“We wanted to continue with that theme because there will be more opportunity to share what weaving your own path means to people through their art and their talent,” says Ben.

At Galt Gardens, there will be a talent show, display tables and a hot lunch provided by Will at Model T Smokies. For \$5 people will be able to buy a hamburger, a bag of chips and a drink. For the talent show, PEAK Support Services will be doing a skit. In the past, talent has included dancing, singing, rapping and a comedy routine. There has also been Indigenous dancing.

“Now that we have funding, we are hoping there will dancing again,” says Anna. “SRSAN has several members who are Indigenous, so it’s important to continue building on that relationship.”

“That was a big highlight of the conference, so it’s a great connection to have,” adds Ben. There will be arts and crafts tables, and SRSAN will have a table set up to sell Citizen Walk About T-shirts. You can buy your shirt on the day of the event or ahead of time.

“Lots of people come to this event, including people with disabilities and community members,” says Anna. “There are always new faces. We have built relationships with city officials like MLAs who have said they want to participate. People really appreciate the talent show, the opportunity to perform or show their artwork.”

Dinosaur Discovery

Dinosaurs appeared around 243 million years ago. There were many different kinds. But, more than 1,000 dinosaurs went extinct over 66 million years ago. Humans began studying dinosaurs in the 1970s. But, how did they disappear from our planet?

There are two ideas about how this could have happened:

1. An asteroid 5 to 15 kilometres long may have hit earth. The dust the asteroid created blocked out the sun, destroying food and making it too cold for the dinosaurs.
2. Volcanoes in West India all erupted at once, causing dust and other stuff to block the sun. This caused plants to die off and leave the dinosaurs with no food.



However it happened, people have been discovering dinosaur fossils for many years. Many have been found here in Alberta!

In 2011, a mummified dinosaur called a Nodosaur was found 17 miles north of Fort McMurray! The Nodosaur was an armoured dinosaur that ate plants.

The Nodosaur is believed to be 112 million

years old, making it the oldest dinosaur fossil found in Alberta.

It took staff 7,000 hours to get the fossil ready for display at the Royal Tyrell Museum in Drumheller. The display is called "Grounds for Discovery."



This **nodosaur** would have been about 18 feet long and weighed some 3,000 pounds

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 SRSAN at 403-320-1515