

The Ripple

Spring 2011



Travel Training Program

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.

Vision

The vision of the SRSAN is a world where:

Everyone has the opportunity to make informed choices and participate.

We can be leaders in helping people with disabilities achieve their own goals.

There is respect and equality for all.

We believe in ourselves and we can take pride in our accomplishments.

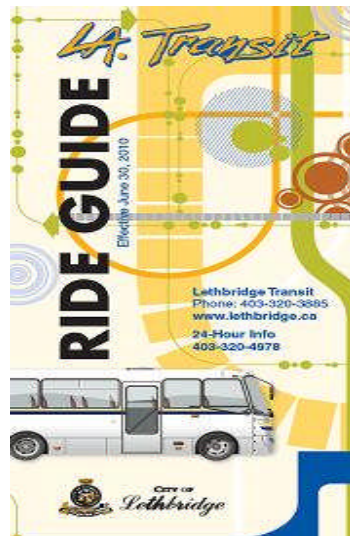
We work together to succeed in making positive changes in our communities.

The city of Lethbridge Bus Travel Training program is a free, self-paced program for people who want to learn to travel independently using our regular bus system. Training occurs one-on-one in a supportive environment.

All of Lethbridge Transit's buses are 100% accessible, They are low floor and kneel down to the street so you just walk right on. There are no steps to climb.

Travel training can give you the freedom to explore the City of Lethbridge. Use your new skills and experience riding the bus to get out and have fun! Go shopping, visit friends, and relatives, and keep appointments. Come and go as you wish - there is no need to pre-schedule rides! Keep your independence and be engaged in the community.

Find out how you can get involved. Please contact us at (403) 320-4023 or at AAR@lethbridge.ca



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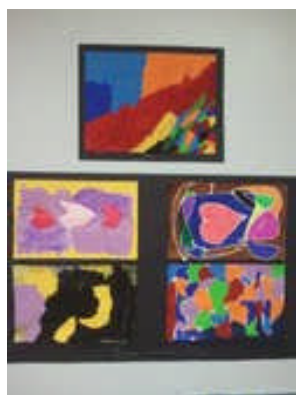
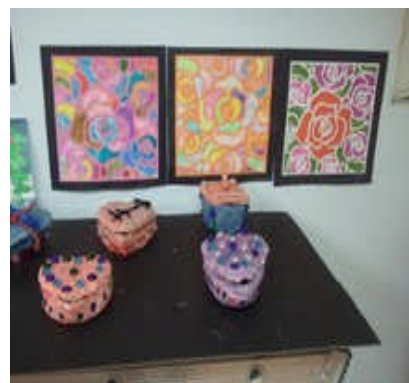
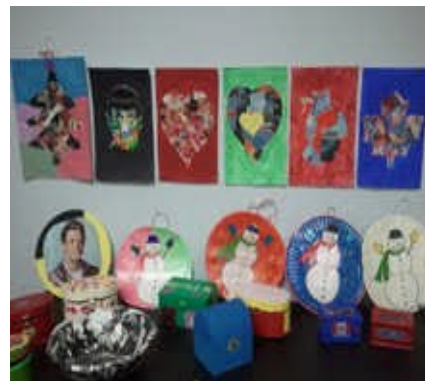
Showcase Gallery

Are you bored? Stressed out? Angry? Or any other emotion? Try doing something artistic and watch your emotions transform into an amazing project!

We are going to showcase an art piece (Painting, drawing, photograph) in each Ripple that a self-advocate has done and the story behind the piece. If you have something you wish to submit, please send a picture of it along with the story behind it to SRSAN Newsletter and we will showcase a few each issue.

Thank you from the Ripple Crew!

We look forward to seeing your art work!



Spring into Action

Definition of a true couch potato

Someone who lies on the sofa every spare moment of his/her life, watching television and normally eating.



Spring into action by taking small steps.

- Clean off the treadmill, put on a pair of sneakers and watch your favourite show as you walk for energy.



- If you do not own a treadmill, the great outdoors works just as well!



- Call up a friend, take your neighbours dog for a walk and breath in some refreshing spring air!



You can do it! Write us at SRSAN newsletter and let us know how you feel from springing into action.

Laughter for a Better Life



Things that make me laugh:

- Funny Jokes that I read or hear from other people. Jokes can be read on the internet, newspapers and joke books. All three of these items can be found at your local public library.
- I can watch America's Funniest Home Videos on TV. Other TV comedy shows that make me laugh are the Comedy Network, Home Improvement, Ellen DeGeneres, That 70's Show and Seinfeld.
- Yuk Yuk's Comedy night is another place to go and hear live funny jokes. Every Tuesday night is Comedy night with a feature comedian as well as a few guests.
- Blockbuster movie store has a huge section of comedy movies that make me laugh my head off. Some of my favourite funny movies include Mr. Bean (with Rowan Atkinson), Happy Gilmore (with Adam Sandler), Twins (with Danny DeVito and Arnold Schwarzenegger), and R.V. (with Robin Williams). Those are just a few movies that will make you laugh.

Why is laughter good for you?

- It keeps you happy and in a good mood.
- If you are happy and in a good mood, you will be more likely to get lots of things done.
- If you are happy and in a good mood, people will like you more. If you are not in a good mood, people will stay away from you. When people stay away from you, you can become very lonely.
- Laughing is also contagious. So the whole group can laugh and be in a good mood.
- It boosts your immune system, it makes your cheeks sore, and it actually increases your intellectual performance and boosts information retention.

By Kent Pedersen

I have the right to live where I want to live...

In many countries, people with disabilities do not get equal treatment. Many places still have large institutions where people with disabilities live and many live in poverty.

In 2007, the United Nations passed a new law where it says people with disabilities have the same rights as everyone else. It says that people with disabilities have the right to live on their own and have the right to the support needed to live well.



Does that mean that I have the right to live with whoever I want to live with even if they don't want me to?

Newsletter Crew Response- No. If they don't want to live with you, they can choose to say "I have the right to say no and not live with you".

If I am in a relationship and I want to live with my boyfriend/girlfriend, do I have the right to do so?

Newsletter Crew Response- Yes. Because it is your life and you have the right to make that decision and to live with whoever you choose so long as they choose to live with you as well.



Do I have the right to choose not to live with a roommate that I do not get along with?

Newsletter Crew Response- Yes. If I want to move out or find a different place, I have the right to do so. I have the right to enjoy where I am living and to feel safe.

If I have an argument with the person I am living with, should I move out?

Newsletter Crew response- No. You should talk it over with the person you had the argument with and if the problem does not get fixed talk to a family member or staff you trust. Things will get better if you make them get better by asking for help and talking about the problem. Never act when you are angry!



Quote

"You never really understand a person until you consider things from his point of view"

-Harper Lee

Self-Advocates Say...

Brielle Gauthier– Graduated in 2009

1. How long did you go to high school?
I started high school in grade 9 and finished grade 12 in 2009.
2. What was your experience like?
I had many friends there and they were very nice to me. I remember my counsellor the most.
3. If you could have changed something about your school years what would you have changed?
I would like to go back and take more cooking and art classes. I would love to go back and play badminton on the team and volleyball.
4. What was something that you liked about school?
I liked that the school was so big and the counsellors were really nice.
5. Is there anything you wish you would have learned that you did not have the chance to learn in school?
I would have liked to have taken photography class when I was in school.
6. Did you feel included or separated at school because of your disability?
I felt separated from school because I was in different classes than my sister and peers.
7. What did you think about your teachers?
My teachers were really talented and smart.
8. Would you be interested in going back to school for college or university?
Yes, definitely university. I would take acting classes so I could be in movies.



Kent Pedersen—Graduated 1994



1. How was your school experience?
I did not like school. I thought the teachers were mean.
2. What is something you would like to change about school?
I would have made the classes shorter and had the opportunity to learn other things.
3. What is something that you really like about your school?
Hanging out with friends.
4. Is there anything that you want to learn that you have not had the opportunity to learn in school?
Music— how to be a DJ.
5. Do you feel included or separated at school because of your disability?
Separated. Included with my friends but separated by everyone else. Some classes were separated.
6. What did you think about your teachers?
They were mean. They gave me bad grades and singled me out.
7. Are you planning to move on and take college or university?
No, I am done with school!
8. If you had a better experience in high school would you have wanted to go to college?
Probably. I do not want to have the high school experience again.

Danielle's Pet Facts

Munchkin Cats

There are short legged and long legged munchkin cats.

Short legged munchkin cats depend more on their owners to help them out because their legs are so short, they cannot jump high.

A good owner of a munchkin short legged cat needs to be lovable and caring, good hearted and responsible.

Long legged munchkin cats can jump much higher than the short legged so they do not have to depend on their owner as much.

A good owner of a munchkin long legged cat needs to be responsible and caring.

If you have any animals, you have to love them just as much as your kids. They eat, they sleep, they do everything that we do. You have to clean their litter box, and clean up after them. Cats need to have friends too, and socialize with people.



Memories of Spring

A collaborative poem

Childhood memories of Spring, You can do so many things.

**Like walking your dogs in the sunrise, Or puddle jumping after a May storm
surprise!**

Childhood memories of Spring, Bring to life so many things.

**Like flowers blooming beautiful and bright, Or star gazing in the silvery
moonlight!**

Childhood memories of Spring, We can remember so many things!

Can't wait to see what this year will bring!

Written by Nicole, Kathryn, Danielle and Shannon

The purpose of this newsletter is to raise awareness about self-advocacy, the contributions of people with developmental disabilities, inclusion and community living. It is also to provide educational information on how a person can be a better self-advocate, how to speak up for one's self, how to help self-advocacy groups and their allies. If you have information, events or ideas you would like to share or see in the newsletter, please contact us as we will help you get the message out.

Our contact information is on the back of this newsletter if you want to send us your information to share with others. We look forward to hearing from you!



Remember, together we are stronger!

Egg-citing Food for Thought

Eat-Clean Egg Salad

YIELD: 1 cup of egg salad

Details

Egg Salad is the perfect lunch! It is hearty, tasty and takes no time at all to prepare.

Ingredients

- 1/4 cup / 60 ml fat-free cottage cheese
- 1 Tbsp / 15 ml skim milk
- 1 tsp / 5 ml mustard
- 4 hardboiled egg whites, diced
- 1 hardboiled yolk
- 2 Tbsp / 30 ml chopped green onion
- 2 Tbsp / 30 ml chopped celery
- Dash curry powder
- 1/4 tsp / 1 ml sea salt

Preparation

1. Whip cottage cheese and milk until smooth in medium-sized mixing bowl.
2. Blend remaining ingredients except egg whites with cottage cheese mixture.
3. Add diced egg whites to cottage cheese mixture. Mix well.

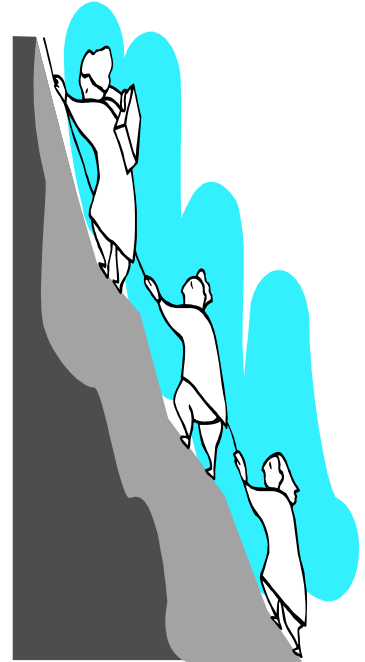


Changing "For" to "Of"

One little word can be huge.

Back in the 1940's, the Federation *for* the Blind made a small name change: it became the Federation *of* the Blind. In the 1970's, the parent's movement (a movement *for* helping their children) gave way to the self-advocacy movement (a movement *of* self-advocates).

Self-advocacy means changing *for* to *of*. Keep a close watch out for the "fors" in your life. Change them to "of".



How Physical Activity Has Improved My Life

by Danielle Petersen

What did you feel like before you became physically active?

I felt sad about my body appearance. I discovered through a Doctor appointment that I was a borderline diabetic because of the poor food choices and lack of exercise.

What steps did you take to start a healthier lifestyle?

My roommate and I worked together to establish a healthy diet. One of my favourite food choices now is a toasted tomato sandwich with cucumbers and light mayo on an all-grain toast. I started going to the YMCA where I rode the bike and I would walk my roommates dogs around the dog park. After I got used to being more active I had more energy. I started attending an aerobics class once a week, and added strength training to my workout activity when I was at the YMCA.

Since eating healthy and becoming physically active, my blood sugars have stabilized and I have lost 50 pounds!



What a song can say...

By Shannon Kehler

Different songs and kinds of music make you feel different when you listen to them. If you wanted to feel good, you could listen to upbeat music like what they play on B93.3 radio station. If you wanted to relax, you would listen to slower music with soothing sounds like what they play on The River 107.7 radio station. If you wanted to feel more like a cowgirl or cowboy, you would tune into Country 95.5 and listen to artists like Brad Paisely or Taylor Swift. For the real heavy duty music lover, the station of choice would be Rock 106!

As a self-advocate who is always wanting to be upbeat, I listen to songs such as "We Are The Champions", and "Another One Bites the Dust", both by Queen. Another great upbeat song is always "Life Is A Highway" by Tom Cochrane.

The song I have chosen for this edition is "**SHOUT**" by The Temptations. This song makes me feel good because it makes me want to shout out loud to show I have a voice that can be heard. When I speak up for myself, I am telling people that I am a self advocate and I prove to myself that I have pride in my voice. People will notice more if you lift your hands and voice and shout for what you believe in. When you kick your heels up and shout, you will get places in life!



Well, you know you make me
wanna'
(Shout) Kick my heels up and
(Shout) Throw my hands up
and
(Shout) Throw my head back
and
(Shout) Come on now
(Shout) Don't forget to say you
will

Ripple Horoscopes



Inspirational Horoscopes for Self-Advocates



Capricorn (December 22-January 19th): Embrace your self confidence this month. You are awesome!

Aquarius (January 20-February 18): Try something new. You may really enjoy it!

Pisces (February 19-March 20): Try meeting new people this month. There is power in numbers!

Aries (March 21-April 19): Follow your heart and see where it will lead you!

Taurus (April 20-May 20): Relax and enjoy this month. Take time to stop and smell the roses!

Gemini (May 21-June 20): Go out and get active! You've been cooped up all Winter it's time to get out!

Cancer (June 21-July 22): Enjoy your family and friends this month. Be social!

Leo (July 23– August 22): You deserve to do something nice for yourself this month. Go to a movie or buy yourself a coffee. Enjoy life!

Virgo (August 23– September 22): Learn something new this month. Get involved in a class or read a book! Expand your mind!

Libra (September 23– October 22): Help out a friend this month. You will feel great about helping someone and they will really appreciate it too!

Scorpio (October 23– November 21): Focus on your strengths and be positive this month! You have a lot to offer the world!

Sagittarius (November 22– December 21): Be adventurous and try a new recipe or join a class! There is always new things to learn or try!


May 2011

Schedule of Events

- May 11 - SRSAN Meeting 10:00 am - 3:00 pm** in Crowsnest Pass. Please send your attendance to Anna Olson by May 4. Lunch will not be provided so remember to bring your own lunch! Call 403-320-1515; toll free 1-866-320-1518 or email anna.olson@saipa.info
- May 26 - Persons with Developmental Disabilities South Alberta Board Open Meeting. 1:00 pm—3:00 pm.** Location to be announced. If you are planning to attend, please call 403-381-5458 or email Leah Bruder leah.bruder@gov.ab.ca to confirm date, location and time.

Check out your local city or town's website for activities or events in your area!

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	3	4	5	6	7	
8 World Red Cross Day	9	10	11 SRSAN Meeting 10-3 Crowsnest Pass	12 Canada Health Day	13	14	
15 International Day of Families	16	17	18	19	20	21	
22	23 Victoria Day	24	25 World MS Day	26 PDD Board Meeting 1:00 - 3:00 pm	27	28	
29	30	31	Aboriginal Awareness Week				<p>May is awareness month for Asian Heritage; Asthma; Speech and Hearing; Blood Pressure; Car Care; Celiac Disease; Cerebral Palsy; Cystic Fibrosis; Leave a Legacy; Medic Alert; MS; Sexual Abuse/Assault Prevention and Vision Health</p>



“Do not follow where the path
may lead. Go instead where
there is not path and leave a
trail”

Harold R. McAlindon




SRSAN GEAR



1 T-Shirt for \$15
or
2 T-Shirts for \$25

Hoodies for \$35

Lots of colors and sizes!



“Freedom is not worth having
if it does not include the
freedom to make mistakes. “

Gandhi



Tell Us What You Think!



UPDATE

Write:
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Lethbridge, Alberta T1J 2E1




Call
Me!

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



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The Ripple was created with pride for
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