



## Pink Shirt Day

By Melody Scout

### 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.

February 29, 2012 is Pink Shirt day. We will all be wearing pink in support of anti bullying. We should all spend some time and think how we treat each other and the impact that can have on someone else. There are many ways that we can promote anti bullying such as being nice to others, being helpful in the community, helping others across the street, being friendly, smiling at people and not staring at people because they are different. We can also say “no” to bullying by sticking up for others, confronting those who are bullying others and by not getting involved with bullying.

There are different types of bullying that happen at all ages which are:

- being aggressive
- being mean
- internet bullying
- hurting someone physically, emotionally, financially and sexually

We all need to be aware of what bullying is and take steps to prevent it from happening. Pink shirt day is a way to bring awareness to the issue and have people think about their actions towards others. Remember that bullying occurs all year round and we should be aware of this and put a stop to bullying all of the time. Come out on Pink Shirt day and show your support by wearing pink. If we work together we can put a stop to bullying.



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# Diversity

By Ben Rowley and Chris Rowley

We had the opportunity to attend the Diversity Conference that was held in Lethbridge on February 2 and 3, 2012. This conference celebrates diversity in our community while bringing awareness to some very basic human issues such as poverty, homelessness, society as a whole getting along and employment.



The keynote speaker was Dr. Adam Seligman from Boston. He had talked about feeling discomfort when meeting people who are different is normal, but that we need to get beyond that. He told a story of when he had a guest in his house that he had offered grape juice because he knew the person didn't drink, even though he always had a glass of wine with dinner. This felt uncomfortable for a bit, but then it was ok. He related this to the fact that we will feel uncomfortable when we come in close contact with other ethnic groups we are not used to, but after we take the time to get to know them we become more comfortable. I have had personal experiences with this where I have felt discomfort with people and was unsure why. I had to look at myself and think about my thoughts first. Once I realized that I was uncomfortable I was able to be around the person. This can relate to people with disabilities as well. Many people are uncomfortable around people in wheelchairs. Sometimes people are unsure of what to do, or will think they don't have a voice to speak their minds. If people are willing to look beyond the wheelchair and being uncomfortable they can get to know a very diverse population with many contributions to society and the ability to contribute.



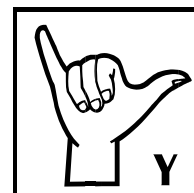
Dr. Ian De Jong presented on Discrimination and ending homelessness. He presented the idea that the government and society as a whole needs to change their mindsets of what people living in poverty need and how to give them the help. He suggested that transitional housing is pointless and that people need homes, not spaces to learn how to live. We need safe places to live and connections within our community, but sometimes this can be difficult when you get pushed aside on a regular basis and society deems you not valuable. We need to be where the issues are in order to be able to understand it. We also need to be open minded and question our own thoughts and ideals on homelessness, poverty, discrimination and racism if we want to affect change.

# Did You Know?

Today, there are more than 2,700 different languages spoken in the world, with more than 7,000 dialects. In Indonesia alone, 365 different languages are spoken. More than 1,000 different languages are spoken in Africa. The most difficult language to learn is Basque, which is spoken in north-western Spain and south-western France. It is not related to any other language in the world. Mandarin is the most spoken language in the world, followed by English. But as home language, Spanish is the second most spoken in the world.

## Ripple Newsletter Crew Says:

Language is one form of communication barrier we come across as self advocates. It can be difficult to understand speech patterns in people that have accents, we may have physical complications such as hearing impairments or speech impairments that can cause difficulty communicating, some people communicate with sign language and we may not know how to communicate in that manner. We face these barriers head on and adapt to find ways to communicate with other advocates the best we can by using methods such as using body language, movement, pictures, slower talking and various other methods.



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!

# A Valued Role

By Dorothy Durksen

I am a person with disabilities and have worked in paid employment most of my life. I found them hard to handle at times and never liked the idea that all I was able to do was domestic type work because of not having proper schooling or the right type of experience.

During my school days I was put into special classes for slow learners and medical issues, but yet I was integrated into a normal school setting environment. The sad part of this was I never graduated or went to a prom. Having to attend school through the Catholic system was very hard and strict. I also hated school because I was bullied most of the time so I would skip a lot because I felt I never had any support from my peers or other teachers.

I was able to take work experience while going to school but still I was always put into job sites such as a dishwasher, bus person, chambermaid, laundry, and janitor, variety of factories, offices, and day cares. I was left with feeling miserable with working at jobs I never liked and thought I could have better jobs. As I got older and looked for my dream job still I was told I was not qualified because of my lack of schooling and not enough experience. There were many careers that I wanted such as being a teacher, a nurse, and a receptionist.

I love learning different things and happy that I learned how to operate a computer. This has helped me to stay connected to others, be informed and learn more. I wish I was more of a technical wizard, but I am still learning different things from the computer. I have written my own biography and book of poems. This made me feel important because I have been able to accomplish something that I really enjoy. Beginning of 2000 I started working towards having a home based business of my own as I was tired of working for someone else and at jobs I did not like. I have now become an independent consultant for Tupperware and Tri-Chem Products as well as handicrafts and pottery. I find value in these jobs because I like to meet people, I am good at selling product, I am my own boss and am out in the community. I feel like a valued and contributing citizen because of having my own home based businesses.



I am still working towards having my dream come true. I eventually want to go back to school to help me with my business and to develop public speaking skills. I want to feel valued, accepted and treated equally amongst everyone in the community. I am still striving to accomplish goals, to be treated with dignity and respect, to learn new skills and to be the best person that I can be for me and for others. I just want to be recognized as a human being and capable of accomplishing goals. Being able to have home based businesses and being involved with self-advocacy has helped me to achieve this.

# What a song can say...

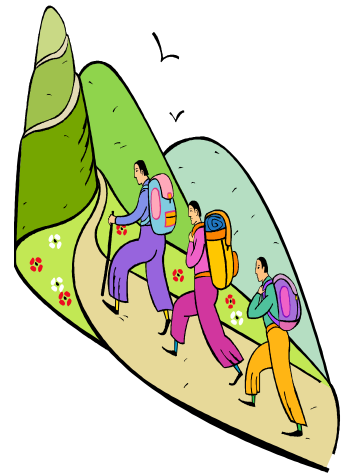
By Shannon Kehler

“You raise me up” By Josh Groban

When I am down and, oh my soul, so weary  
When troubles come and my heart burdened be  
Then I am still and wait here in the silence  
Until you come and sit awhile with me

You raise me up so I can stand on mountains  
You raise me up to walk on stormy seas  
I am strong when I am on your shoulders  
You raise me up to more than I can be

This song means to me that as self-advocates we can help to raise each other up and not put each other down. As self-advocate's if you have a problem we can stand together and help solve the problem to keep it from getting bigger.



## Benefits of...

By Kent Pederson

In this issue I will be talking about the benefits of hockey. There are different types of hockey such as ice hockey, floor hockey, street hockey and fun league. You can start at a very young age and play all the way through until you are a senior. Here are some of the benefits.

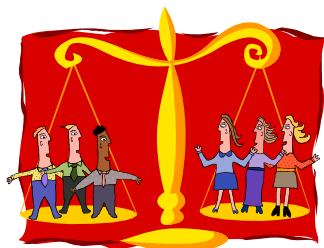
- As a self advocate, we can help to organize teams, time to play and where to play
- It is a good form of exercise
- We get to share a common interest of the sport and talk about our favorite teams and players
- We are out in the community and meeting new people and making new friends
- It is a great chance to learn new skills like leadership, teamwork and a new sport
- It is a good way to get outside during the winter





# Human Rights

## United Nations Universal Declaration of Human Rights - Article 2



*“Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status.*

*Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country or territory to which a person belongs, whether it be independent, trust, non-self-governing or under any other limitation of sovereignty.*

This article says that everyone is equal or the same and that we all should have respect for all people no matter:

- what country they are from
- if they have different coloured skin
- are female or male
- speak different languages
- have a different religion or no religion at all
- what political party they support or what their view on a topic is



We all have the same human rights and nothing about us or what we believe in will change our human rights. This also means that people can not deny us those rights because of where a person lives. This is the same if you have a disability. You have rights because you are human, not because of where you live or because of your disability.



It also says that governments can not discriminate against their citizens in their laws or programs, and people should not treat other people differently. Discrimination is when someone has problems getting services or is not provided opportunities open to others because of a personal quality such as their culture or religion.

# What Self-Advocates

## Say about Article 2

**Question 1: Does living in a staffed home give you any less rights than someone that lives in their own home by themselves?**

Living in a staffed home does not give you any less rights than someone living on their own. It is important to remember that with rights comes responsibility and we need to be respectful of the rights of those we live with, to ensure that we are not compromising their rights by actively using our own rights.

**Question 2: If someone has different colored skin than you should they be treated any differently than you are?**

No, although we need to be aware of differences in cultures such as language barriers, different forms of communications and other sensitivities that people may have that are different from our own norms in our society.

**Question 3: Should you change the way you are around someone if they are religious and you are not?**

We all need to be respectful of others. For example, if someone has a religious belief and do not feel comfortable being around inappropriate conversations, try not to have these conversations when that person is around.



# Convention on the Rights of Persons with Disabilities

## Article 1 - Purpose

The reason for the Convention is to support, protect and make sure that all persons with disabilities are treated like everyone else. People can enjoy all the human rights and key freedoms and this Convention helps to promote respect for their natural dignity.

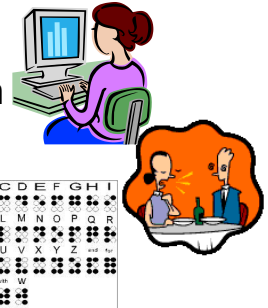
Persons with disabilities include those who have long-term physical, mental, intellectual or sensory impairments. Their disability and barriers in the community may hold them back from participating equally and fully in society.

## Article 2 - Definitions

This article gives an understanding on what they mean by:

- Communication
- Language
- Discrimination on the basis of disability
- Reasonable accommodation
- Universal design

In “**Communication**” they say this includes many ways people talk with others. This can be through language, writing, braille, large print, use of computers or other technology, plain language, and/or having someone speak or translate what is being said. It says that all forms of communication and access to information is accepted.



“**Language**” refers to spoken and signed languages and other forms of non spoke languages.

In the area of “**Discrimination on the basis of disability**” it talks about that no one can discriminate, exclude or stop someone from accessing their human rights based on their disability. It includes all forms of discrimination, including not making the necessary changes to help a person have access to their human rights and freedoms or “**Reasonable accommodation**”. This means that people or a business must make the needed changes to help a person with a disability to have access to their human rights and freedoms.

“**Universal design**” means that if possible products, environments, programs and services can be used by all people without making it a special design. It does not mean that they can not use assistive devices to particular groups for example a large washroom can be used by everyone, even a person in a wheelchair especially if there is a push button that opens the door to get in.







# KEELAE'S

## Why is it important to support and protect the rights of people with disabilities?



It is important to support and protect the rights of people with disabilities because for so long they have fought to have the same rights as everyone else. This convention helps to make everyone aware of the rights of people with disabilities.

## Why are the definitions so important?

The definitions explain how people or businesses can communicate with people that have disabilities and that there are many different ways to communicate. This may be by writing, braille, computer, plain language, having someone communicate for them, sign language and using the person's language of choice.



The Convention is to help prevent people from turning down human rights based on disability. A person or business can not discriminate or exclude someone based on their disability and they must make the needed changes to their program or services so that a person with a disability has access to their human rights and freedoms. Universal design means that the services or programs must be designed so that everyone can access it.

It means removing any barrier so that people with disabilities have access to their human rights.



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# Adult Guardianship and Trusteeship Act:

## What to know - Part Three

By Ben Rowley

In this article we will be talking about personal decision making options - short term or emergency options. Specific decision making is where a doctor, nurse or dentist needs someone to make a one-time decision for you. Health care staff need someone to make a decision for you in these areas only; health care treatment and if you need to stay at a hospital or care centre or if you need to leave the hospital or care centre to stay somewhere else. This decision is only a temporary decision. You might need this if you do not have a guardian, co-decision maker or personal directive. A doctor, nurse or dentist can choose your “nearest family member” to make the decision for you. There is a list they follow so they know who to pick to make decisions for you.



Emergency health care is where a doctor needs to make a decision for you because you are hurt really bad and you cannot tell the doctor what you want. A doctor can make the decision or they may talk to a second doctor or nurse about the decision because they want to make sure it is best for you.

Temporary guardianship is where decisions need to be made by a guardian for you because you are at risk and you cannot make decisions. A judge will make a fast decision for your safety and the person that becomes your temporary guardian is given the job for just 90 days.




If someone wants to be a trustee they need to send or hand in the papers to the office of the Public Guardian, not the court. They need to have two people say they can do the job, get a police records check and a credit check. They need to write a trusteeship plan which tells others how they will make decisions about your money. Someone from the Office of the Public Guardian will visit the adult to ask how they feel about having a trustee.

# Calendar of Events

## Schedule of Events

- March 8 - SRSAN Meeting**  
 10:00 am - 3:00 pm in Taber. Persons with Developmental Disabilities South Alberta Board will be presenting the change initiatives and asking for SRSAN member input to a few questions in the afternoon. Please send your attendance to Anna Olson by March 1. Lunch will be provided. Call 403-320-1515; toll free 1-866-320-1518 or email [anna.olson@saipa.info](mailto:anna.olson@saipa.info)

## March 2012


Sun	Mon	Tue	Wed	Thu	Fri	Sat
March is awareness month for National Colorectal Cancer, National Epilepsy, Easter Seals, Fraud Prevention, Juvenile Arthritis, Kidney, Help Fight Liver Disease, National Nutrition, Polio, Red Cross, Youth Science Festival. Look at your local town or city website or paper for more localized events.				1 Self-Injury Awareness Day	2	3
4	5	6	7	8 SRSAN Meeting 10-3 pm Taber; UN Day for Women's Rights and International Peace	9	10
National Pharmacy Awareness Week						
11 Spring Ahead - Daylight Savings Time	12	13	14	15	16	17 St. Patrick's Day 
Canadian Agricultural Safety; National Social Work; World Glaucoma Awareness Week						
18	19	20 Spring Begins International Francophone Day	21 International Day for the elimination of Racial Discrimination	22 World water Day	23	24 World Tuberculosis Day
National Francophone Week; Consumer Awareness Week						
25	26 Purple Day (Epilepsy)	27 World Theatre Day	28	29	30	31
National 30-hour Famine						

# Calendar of Events

## Schedule of Events

- April 13-14 AAFL Annual Conference - Edmonton. Registration deadline March 25, 2012. For more information visit AAFL's website [www.aacl.org](http://www.aacl.org)

# April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 World Autism Month	3	4	5	6 Good Friday	7 World Health Day
8 	9 Easter Monday	10	11	12	13 AAFL Annual Family Conference	14 AAFL Annual Family Conference
National Wildlife Week; National Dental Hygiene Week; World Homeopathy Awareness Week						
15	16	17 National Law Day International Hemophilia Day	18	19	20	21
National Soil Conservation Week; National Volunteer Week; Screen-Free Week						
22 Earth Day	23 World Book and Copyright Day	24 World Meningitis Day	25 Administrative Professionals Day	26	27	28
Arts & culture Week; National Organ Donor Awareness Week; National Victims of Crime Awareness Week						
29 International Dance Day	30	31	April is awareness month for the Daffodil (Cancer), National Oral Health; Irritable Bowel Syndrome (IBS); Parkinson; Poetry and Records Management.  Look at your local town or city website or paper for more localized events.			





# Calendar of Events

## Schedule of Events

# May 2012

- **May 2 - 4 ACDS Spring Conference**  
Edmonton. For more information please take a look at ACDS website [www.acds.ca](http://www.acds.ca)

- **May 16 - SRSAN Meeting**  
10:00 am - 3:00 pm in Lethbridge  
Please send your attendance to Anna Olson by May 9. Remember to bring a bag lunch as there will be no lunch provided. Call 403-320-1515; toll free 1-866-320-1518 or email [anna.olson@saipa.info](mailto:anna.olson@saipa.info)

May is awareness month for Asian Heritage; National Asthma; Speech and Hearing ; Blood Pressure; Car Care; Celiac; Cerebral Palsy; Cystic Fibrosis; Dignity; Huntington Disease; Leave a Legacy; Multi Sclerosis; Physiotherapy; Red Shield; Sexual Abuse/Assault Prevention; Vision Health.

**Where do you find out what current events are happening in your area?**

Take a look at the:

- Local newspaper
- Internet
- Local T.V. stations

By reading the paper and watching the news, you know the issues going on in your community and this helps you to be a better advocate for you and others.

For easy access to events, tape the calendar of events to your fridge!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 World Asthma Day	2 ACDS Spring Conference	3 ACDS Spring Conference World Press Freedom Day	4 ACDS Spring Conference	5
Allergy; Emergency Preparedness; Hospice Palliative; international Youth; National Composting; Spinal Health; National Astronomy; National Mental Health Awareness Week						
6	7	8 World Red Cross Day	9	10 World Lupus Day	11	12 World Fair Trade Day Canada Health Day
Esophageal Cancer; Juvenile Arthritis; National Nursing Week; Naturopathic Medicine ; Oral, Head and Neck Cancer Awareness Week						
13	14	15 International Day of Families	16 SRSAN Meeting 10-3 Lethbridge	17 International Day against Homophobia	18 International Museums Day	19
Safe Boating; National Road Safety; National Victorian Order of Nurses Awareness Week						
20	21 World Day for Cultural Development	22	23	24	25 World MS Day National Missing Children's	26
National Access Awareness; National Sun; National Aboriginal; National Water Safety Awareness Week						
27	28 National Multiple Births Awareness Day	29	30	31 World No-Tobacco Day		



# Ripple Horoscopes



**Capricorn (December 22-January 19th):** This will be a good time for you to make a friend. Flash your smile and be friendly!



**Aquarius (January 20-February 18):** Take time to show the people in your life that you love them. Do something special for someone this month.



**Pisces (February 19-March 20):** Search for luck in greener pastures as the snow clears. Share your luck with a friend.



**Aries (March 21-April 19):** Find a hidden gem in the actions of another and shower them in compliments.

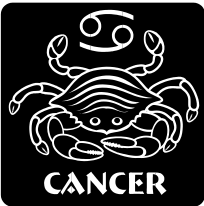


**Taurus (April 20-May 20):** Celebrate your victories and leave the past behind you.



**Gemini (May 21-June 20):** Relax your mind and broaden your horizons. Try yoga, meditation or tai chi.

# Ripple Horoscopes



**Cancer (June 21-July 22):** Celebrate the beauty in life. Get out there and enjoy your community.



**Leo (July 23– August 22):** Enjoy the sun and have fun! This is your time to share an activity with a friend.



**Virgo (August 23– September 22):** Give back to your community. Volunteer or donate to your local food bank. You will feel good about helping and your community will benefit.



**Libra (September 23– October 22):** Learn a new craft, recipe or hobby. Don't give up and follow through.



**Scorpio (October 23– November 21):** Plan ahead...busy times are upon us. There isn't much time left to make sure your name is on the "Nice List". Do something nice for someone.

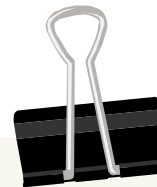


**Sagittarius (November 22– December 21):** Create your memories and reflect on the year through words and pictures. Get ready for next year.



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

Harold R. McAlindon



### SRSAN GEAR SALE



1 T-Shirt for \$15  
or  
2 T-Shirts for \$10  
  
Hoodies for \$25



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

Gandhi



### Tell Us What You Think!



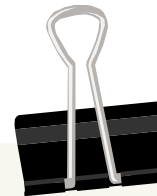
Write:  
527 - 6 Street South  
Lethbridge, Alberta T1J 2E1



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



Email:  
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[newsletter@saipa.info](mailto:newsletter@saipa.info)



The Ripple was created with pride for you by the following self-advocates:

- Kent Pederson
- Shannon Kehler
- Chris Rowley
- Melody Scout
- Dorothy Durksen
- Ben Rowley
- Keelaee Blackwood