

The Ripple

Summer 2011



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.

Persons with Developmental Disabilities Administrative Review Released



The Minister responsible for the supports you receive through Persons with Developmental Disabilities (PDD) is Honourable Mary Anne Jablonski. The supports you receive from PDD is to help you live in and be include in your community as much as possible.

One of the jobs the Minister has to do is to make sure that the PDD program runs really well. In June 2010, the Minister asked that a company named KPMG talk with staff of PDD, service providers, families, and individuals to make sure PDD was using it's money well and how it can keep working well for you in the future.

On May 18, 2011, Honourable Mary-Anne Jablonski, Minister of Seniors and Community Supports, released the administrative review report and you can see the report by viewing the following website: www.seniors.alberta.ca If you do not have a computer to look at the report or that you need help with understanding the report, please talk to your guardian, support staff or someone at SAIPA.

On the next two pages, we will talk about the ideas that the PDD program will be starting to work on and what that means for you. You need to understand the changes that will be made, how that will effect you and how you can use your voice to make sure that any changes are safe and have your input. This is your chance to speak up and be heard!



INSIDE THIS ISSUE

PDD Administrative Review	Pages 1-4
Self Advocates Say...	Pages 5
Human Rights	Page 6-7
Danielle's Pet Facts What a song can say... Benefits of	Page 8-9
Clean Eating	Page 10-11
Adult Guardianship and Trustee Act RDSP	Page 12-13
Project Paintbrush	Page 14-15
Ripple Horoscopes	Page 16
Calendar of Events	Pages 17-19
Contact Us	Page 20

Persons with Developmental Disabilities Administrative Review Released

KPMG talked to many people and found that the PDD program was quite useful, but too much money was being spent on administrative costs and not on the services and support to individuals with developmental disabilities. The report also talked about what KPMG suggested the Minister should do to make the PDD program better. There were six ideas and the Minister accepted four of them. Here are the ideas that the PDD program will start to work on:

1. PDD should work as one program
2. Develop a new way of doing contracts with agencies so that they work better for you.
3. More help and information for families who want to hire their own staff under Family Managed Services.
4. A new computer system so that it is easier to do PDD business.



What do these ideas mean for you?

1. PDD should work as one program.

Right now, each of the six PDD regions work in different ways and have different ways of getting their work done. This idea will have all of the six regions working in the same way to get the work done. One specific change would be having one website for all of the six regions and the information on the PDD program will be easy to understand. Self-advocates can help PDD to let them know what information is difficult to understand and what you would like to see on the website. For some people it may mean having it in plain language or put in a video or larger print so you can read it.



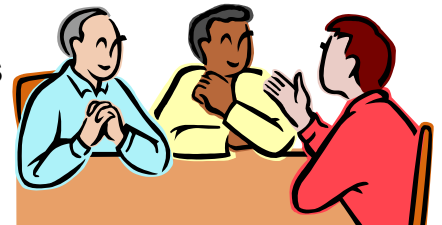
2. Develop a new way of doing contracts with agencies so that they work better for you.

If you move from Medicine Hat to Edmonton, sometimes there are different ways to apply for supports you get from PDD. This means that now matter where you move to, it will be the same way in every region and with every service provider. This way no matter where you live, you will have the same supports. PDD is going to ask everyone for their input on how this can be done.



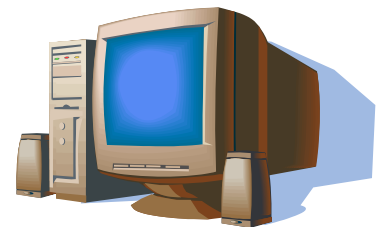
3. More help and information for families who want to hire their own staff under Family Managed Services.

There is an option for families to hire their own staff. Some families already use this option but other families don't because they need more information or help. If that help and information was there then maybe more families would use it. PDD is going to give families the help and information they need so they are successful. Families may need help with how to pay their staff, training their staff or how to goal plan for their son or daughter.



4. A new computer system so that it is easier to do PDD business.

All PDD Community Boards are different and use different ways to get the work done. This idea is to make sure that the all of the PDD Community Boards will use the same ways to get the work done. This means that there will be a new computer system that is easy to use, share and find information on the PDD supports you receive. All service providers in the province of Alberta will be able to use the same computer system.

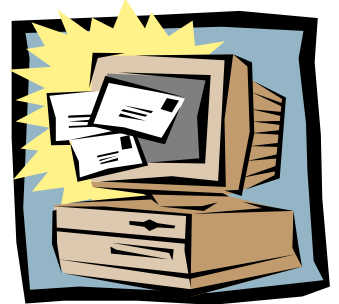


Persons with Developmental Disabilities Administrative Review Released

What is happening now?

The first thing that is happening is that the Minister has asked Ms. Genia Leskiw, a Member of the Legislative Assembly (MLA) for Bonnyville-Cold Lake, to talk with people in all of the six regions about the PDD program. She is going to talk with you about what is important for you to have from agencies that support you, and how the program gives money to agencies to support you.

In the month of June, there will be focus groups in all of the regions so that everyone's ideas can be collected on a new way of doing contracts with agencies so that they work better for you. For the South Region, the information session is on Tuesday, June 14th. If you can't make the information session, there is an email that you can send your ideas to. It is pddfocustgroups@gov.ab.ca



They will be asking you about your quality of life. Are you happy with the supports you are getting and are they helping you to have a good life? Your needs should be at the heart of all PDD decision making and the contract you have with your service provider should help to meet your needs. They will also ask you what needs to change so you can have a good life. Some times there are things we can change and others we can not but PDD would like to know what you think should change so you can have a good life.

PDD wants to know whether you are have a good life too. They want your ideas of how that can be measured or if you can talk to your service provider about the services you receive from them. They want to know how service providers can let you know how they are doing in supporting you to have a good life.

The next SRSAN meeting on Wednesday, June 15, 2011 will ask the members the questions being asked in the focus groups so that SRSAN members input can be emailed to the Minister. If you don't understand the report or want to learn more, give us a call at SAIPA so we can help you. Or, ask someone you know to help you understand the changes that will be happening. PDD says there will be no system-wide changes planned until April 2013.

This is about you so you need to understand all the information, give your input into the changes you want to see, know what is going to change and what you think about those changes. **Your voice is important!**



Self-Advocates Say...

Transportation

What kinds of transportation are available?

- Taxi
- City Bus
- Access-a-ride
- Driving vehicle



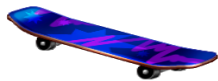
- Train
- Feet/Walking



- Airplane
- Greyhound



- Bicycle
- Rollerblades
- Skateboards



Make sure that you use the transportation that works best for your life. If it is possible to walk there and you are physically able this could be your best option! If you are going somewhere and will be out late, it might be best to use access-a-ride so you are dropped off at home to make sure you are safe. Think about all of your options and decide what works for you!

Transportation Tips

City Bus

- Remember to bring your bus pass or the correct change needed
- Bring a transit map with you until you learn the routes
- Ask the bus driver if you are unsure of where to get off of the bus

Bicycle/Rollerblades/Skateboarding tips:

- Wear a helmet and protective gear every time! This will help you not to hurt yourself if you fall

Taxi:

- Make sure you have enough money to get to your location – ask the driver before you go
- Write down the phone number for the taxi and take it with you. Make sure you are going somewhere that has a phone so you can call them to pick you up

For longer trips (Airplane, Train, Greyhound)

- Make sure that you have enough money to pay for your ticket and book ahead of time
- Bring your ticket with you when you go
- Make sure you have ID or a passport if required

Happy Travels!

Human Rights

Freedom of Opinion and Expression (Universal Declaration of Human Rights Article 19)

Question– You have the right to say what you want to say, does that mean that you can say something hurtful/abusive to someone while expressing your opinion?

Yes. You have the right to say what you want to say. With that right comes responsibility. We feel that it is our job to follow the seven responsibilities listed below to ensure we are protecting our rights and the rights of others:

A responsibility is something that is your job to do something about, or to think about. It is something that affects your lives and other people's lives.

1. I have the responsibility to follow the rules at home, work, school and in my community (I know the rules are there for my safety and to protect my rights).
2. I have the responsibility to stand up for my rights and the rights of others as much as I can.
3. I have the responsibility to be the best person I can be
4. I have the responsibility to respect the rights of others.
5. I have the responsibility to look after my own belongings and respect the belongings of others
6. I have the responsibility to learn as well as I can
7. I have the responsibility to care about others who are not as strong in the ways I am.

Question: Do you have the right to wear the clothes that you want to wear?

Yes. You have the right to express yourself, as long as you are following the laws of the area you are living in, and ensure that you are clothed, you can wear clothing that will express who you are as a person.



Human Rights Continued

What happens when people don't take on their responsibilities?

1. Other people lose their rights
2. It's unfair because other people have to do a job that is the other person's responsibility
3. There could be consequences at home, work, and school or in the community (for example: people may be arrested or fired).
4. People could become less successful and happy than they might have been.
5. People could feel unsafe or unhappy
6. People could be selfish and uncaring.
7. People won't care about their belongings or those of others.
8. People could find it hard to learn as well as they might. They could find it hard to stay on task because others are distracting them.
9. People won't care about each other's rights (for example: they might leave people out, might not let them have a chance to speak, or might hurt their feelings).

We say:

It is important to stick up for your rights, but it is also important to follow through with your responsibilities. Let's be the best self-advocates we can be without hurting others!



Danielle's Pet Facts

Service Dogs

Who can use a Service Dog?

- People who are visually impaired
- Seniors (Therapeutic)
- People with seizure disorder
- People who have autism
- People who are hearing impaired



How can a Service Dog help you?

- By pulling wheelchairs
- Alerting individuals to the presence of danger
- Retrieving items such as medications or phones
- Completing tasks around the house such as laundry
- Providing physical support/assistance with balance and stability to individuals with mobility impairments
- Assisting the police in finding missing victims
- Helping people calm down when upset
- Help people heal when sick through visiting programs

What you should know about Service Dogs

- If you see a service dog out in the community and they are wearing a vest that says “working” or “in service” never approach the dog. They are working and should not be petted or talked to.

What a song can say...

By Shannon Kehler

"I will never say never (I will fight) I will fight till forever. (make it right) whenever you knock me down I will not stay on the ground. And never say never. I never thought I could feel the power."

Shannon Says: Never Say Never by Justin Beiber tells people to keep going and not give up and to keep trying. Also this song tells you not to let other people bring you down and to keep your chin up.

Never say "you can't write for a newspaper or a magazine" because I will say "Never say never", I am writing this article for a newsletter four times a year.

Never say "You can't get a job" because I will say "Never say never" as I do have a job with the Lethbridge Herald. I deliver flyers to people. This is good for me as I get to walk and breathe fresh air, I help people by bringing their flyers to their door, and am learning responsibility and being a better person.



Benefits of....

by Kent Pederson



This month I want to talk about the benefits of Sunshine!

Sunshine makes everybody happy. It gives your body that vitamin D that you need and haven't gotten much of all winter long. Sunshine warms you up and makes everything grow. Sunshine allows us to enjoy being outside and go for long walks.

SO GET OUT DOORS AND ENJOY THE SUNSHINE!

Just remember to wear your sunscreen so that the sun doesn't cause you to burn!

Kathryn transformed her life with *The Eat-Clean Diet*®!

Dear Tosca,

I am just going to jump right in here, as I cannot contain my excitement and praise for the work, motivation, inspiration, love and commitment that goes into every one of your [*Eat-Clean Diet* books](#) and [*Oxygen* magazine](#) articles!

About two years ago, I was searching the Internet for a free program to chart my next attempt to get healthy again. I have done this a few times in my adult life and some of the web pages I found were helpful in the beginning, but what I finally understood and experienced firsthand was that having a healthy lifestyle doesn't come from the most colorful web chart with graphics and pie charts. A healthy lifestyle comes from the inner desire and motivation to personally do the work and want to make those changes.

In my frustration of searching for the "right" fitness tracker page, I came across your name and the *Eat-Clean Diet* website. I bookmarked your page and returned to it time and time again, making notes, feeling like I had finally met people who also wanted to be healthy, have energy to keep up with our kids, and just plain be the best that we could be for ourselves!

I was inspired to buy your first book, *The Eat-Clean Diet*, jumping in right away in an attempt to change my family's eating habits. I dumped all the junk and slowly added new ingredients to the cupboards. I thought that if my family couldn't see the junk, they wouldn't want to eat it. The backlash I received was not good. And in all honesty, I had not come to the place where I felt or believed that I was important and needed to take care of myself. I felt bad for my family and purchased many manufactured foods yet again.



One day, I had a life-altering moment when I totally understood and believed that I was a very important person. I wanted to be the best that I could be for me first, not anybody else. I finally figured out that if I am not the best that I can be for me, I am no good to anyone else.

Around that time I bought *The Eat-Clean Diet® Recharged!*. I kept it with me in the bag that I carried to work and the older book went everywhere I went throughout my house. Your words never get rusty and they never waver and fade away. You are continually on top of your game and maintain grace and composure. I deeply appreciate it and thank you and your hard-working team for that.

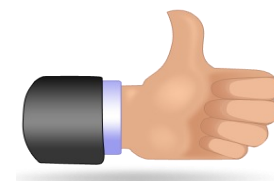
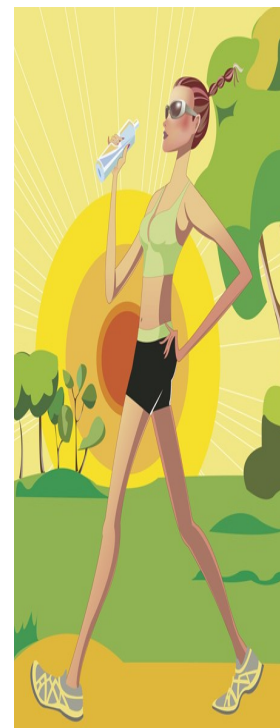
I have completely transformed my mental state to one of motivation, inspiration and innovative thought. I have made changes in my cupboards, in the rooms in my house, in the way I talk and in the way I shop. I have started a home workout and continue to grow and learn with that. I spend a great deal of well-thought-out time in the kitchen, cooking Clean meals for myself and my family. My fridge is always stocked with awesome leftovers and nobody ever complains that there is nothing to eat in the house.

My dream is to work alongside Tosca and her team, creating new meals, motivating, inspiring and teaching every generation to be the best they can be!

I say it loud and say it proud: I love to Eat Clean! I love myself!

How does this relate to Self-advocates?

-Self-advocates can gain person health, strength, and empowerment by taking charge of your eating habits and making positive changes.



Adult Guardianship and Trusteeship Act:

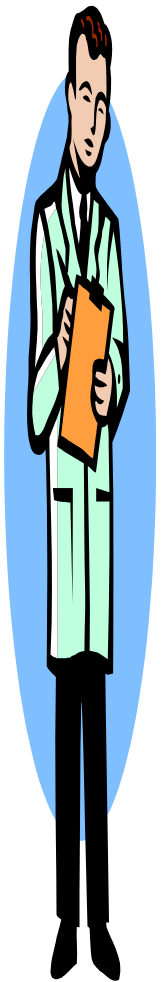
What to know

By Ben Rowley and Anna Olson

At the March 2, 2011 South Region Self Advocacy Network (SRSAN) meeting self-advocates from Red Deer came and presented on the Adult Guardianship and Trusteeship Act (AGTA). There are guiding principles that the Act follows. Everyone has the ability to make decisions. This means that you are able to make your own decisions until a doctor and judge decide you are unable to. If someone cannot communicate verbally this does not mean they cannot make decisions. They may still have the ability to decide just in a different way such as using a hearing aide, sign language, computer or write things down. If you need help to make decisions you have the right to be as independent as possible. The type of help you get should only be what you need. There are new choices for getting help with your decisions. These are called decision making support options. If a guardian is making decisions for you they should think about what you like best and what would be a good choice for you.

Guardianship, co-decision making and trusteeship are ordered by the court and you will need to complete a capacity assessment. A capacity assessment is when your doctor talks to you about how you make decisions. Your doctor will decide what type of help you need to make decisions. Capacity is your ability to understand information about a decision and your ability to understand what could happen if you make or do not make a decision. A capacity assessment helps the doctor to know if you are capable or if you are incapable. The process to decide if you can still make decisions will be done with care and detail under the new act. The doctor must see if you have any medical problems that stop you from making decisions. The capacity assessment looks at areas of your life where help is needed. A capacity assessment is sometimes performed by a doctor or psychologist. Some other health care experts may be able to do the test if they have the right training.

In the next newsletter we will be talking about the decision-making support options.



DO YOU HAVE YOUR RDSP?

The Registered Disability Savings Plan or RDSP is a unique investment program that allows savings to grow in a tax deferred environment and provides matching federal contributions of up to 300% annually.

It is possible to gain federal contributions with no contribution on the part of the family or individual.

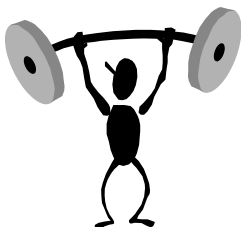
RDSP contributions are exempt from both income and asset calculations from Assured Income for the Severely Handicapped or AISH.

Assists in planning for a Secure financial future

**For more information call
The Lethbridge Association for Community Living
(LACL) office at (403)327-2911**

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!

PROJECT PAINTBRUSH



Does the exterior of your home or fence need sprucing up? We can help!

Project Paintbrush is back! This program is designed for seniors or individuals with special needs who are financially and physically unable to maintain the exterior of their home or fence. Volunteer Lethbridge invites interested individuals to apply for one of our projects for the summer of 2011! The project extends to all areas of the city, including:

- West Lethbridge
- North Lethbridge
- South Lethbridge
- Lethbridge Centre

If you are interested in applying or would like more information, please contact Volunteer Lethbridge at 403-3202044.



Canada



Volunteer Lethbridge
Suite 200 — Deveta Place
410 Stafford Drive South
Lethbridge, AB
T1J 2L2

PROJECT PAINTBRUSH



Project Paintbrush is looking for enthusiastic volunteers this summer!

This program assists seniors or special needs individuals who are financially and physically unable to maintain the exterior of their home, fence or garage.

We invite you to grab a paintbrush and have some fun! Round-up a group of friends, family or co-workers; we can also place you with a team. A smile and a one or two-day commitment during July or August is all it takes! Youth under 15 must be accompanied by an adult.

If you are interested in volunteering, please contact Kip Krogman, Project Paintbrush Co-ordinator at 403-320-2044 or projectpaintbrush@volunteerlethbridge.com.



Volunteer Lethbridge
Suite 200 — Deveta Place
410 Stafford Drive South
Lethbridge, AB
T1J 2L2

Ripple Horoscopes



Inspirational Horoscopes for Self-Advocates



Capricorn (December 22-January 19th): Be very active this month. Go for a big walk and breathe in the fresh air. This will help you to feel strong and powerful.

Aquarius (January 20-February 18): Go on a trip this month. Go sightseeing and relax. This will help you de-stress and refocus.

Pisces (February 19-March 20): Learn to play an instrument or take some time to listen to the music you enjoy. This will make you feel happy and relaxed.

Aries (March 21-April 19): Try out a new sport this month. Be adventurous. Not only will this improve your health, but you can make some new friends and have fun.

Taurus (April 20-May 20): Exercise your mind and read a good book this month. Sit under a tree on the grass and enjoy the sunshine.

Gemini (May 21-June 20): Do a random act of kindness this month. Someone will really appreciate it and you will feel good about helping others.

Cancer (June 21-July 22): Plant some flowers this month. This will brighten your day. Don't forget to water them!

Leo (July 23- August 22): Spend time with people that you care about this month. Enjoy making memories.

Virgo (August 23- September 22): Be a good friend this month. Show them you care by phoning them or going out for coffee.

Libra (September 23- October 22): Try something new this month. Join a club or start a new hobby. You will learn something new about yourself in the process.

Scorpio (October 23- November 21): Give someone a compliment this month. You will feel good about yourself and they will feel good too.

Sagittarius (November 22- December 21): Focus on your strengths and positive qualities this month. You are awesome!

Calendar of Events

June 2011

Schedule of Events

- **June 14 PDD Focus Groups on Alternate Contracting; 1:30-3:00 pm**
- **June 15 - SRSAN Meeting**
10:00 am - 3:00 pm in Crowsnest Pass. Please send your attendance to Anna Olson by June 7. Lunch will be provided. Call 403-320-1515; toll free 1-866-320-1518 or email anna.olson@saipa.info
- **June 29 - Boards, Committees & Meetings Workshop 9:00-4:00 pm**
SAIPA is presenting this workshop to individuals and support staff. It is limited to 20 people. Registration deadline is June 22, 2011. There is no charge for this opportunity. To register email Judy Brown at judy.brown@saipa.info or call 403-320-1515; toll free 1-866-1518
- **June 29 - 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.**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June is national awareness month for ALS, Brain Injury, Spina Bifida and Hydrocephalus, Thyroid.			1 Hunger Awareness Day; Inter-generational Day	2	3	4 National Big Sisters Day; Clean Air Day
5 National Cancer Survivors Day; World Environment Day	6	7	8	9	10 Canadian Environment Week	11
12	13	14 PDD Focus Group Meeting 1:30-3:00; World Blood Donor Day	15 SRSAN Meeting & BBQ; Elder Abuse Awareness Day	16	17	18
19	20 World Refugee Day	21 ALS Awareness Day; National Aboriginal Day	22	23	24	25
26	27 Canadian Multi-culturalism Day	28	29 Boards, Committees & Meetings Workshop PDD Board Meeting 1:00 - 3:00	30		



July 2011

Schedule of Events

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 Canada Day	2
3	4	5	6	7	8	9
10	11 World Population Day	12	13	14	15	16 Parks Day
17	18	19	20	21	22	23
		National Drowning Prevention Week				
24	25	26	27	28 World Hepatitis Day	29	30
31						



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August 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Civic Holiday	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			





“Do not follow where the path may lead. Go instead where there is not a 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!



UPDATE

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




Call Me!

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



E-mail
→ Me ←

Email:
srsan@saipa.info or
newsletter@saipa.info



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

Kent Pederson
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Ben Rowley