

THE KAMLOOPS SELF ADVOCATE NEWSLETTER



January 2016

Issue # 26

This month's newsletter is about the New Year and goal setting. Hope you enjoy the sweet potato chips recipe and the New Year's jokes that will tickle your funny bone! Lisa's article is on participation in the community for January and has wonderful ideas. This is a great addition to the events you can always find at the end of the newsletter. There is an interview about New Year's and goals with Gina, who has lots to say about her fun plans. There are even quotes about New Year's from celebrities. Tyler's article is on the Registered Disability Savings Plan (RDSP), which is definitely something that is useful for most people with disabilities. Hope you had a wonderful Christmas and happy New Year!

The Kamloops Self- Advocate:

**A Newsletter for
People with
Diverse Abilities**

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Participation in the Community is Valuable to You and Others

By Lisa Coriale

After all the celebrations of the holidays, many people find it difficult to become motivated to participate in the community. January is a great time to begin something new. People with different abilities should attempt to immerse themselves in different activities. There are a variety of events happening in the Kamloops community. Many of these functions are art-related and promote creativity and encourage inspiration. These activities can allow a person to be vulnerable and release the creativity within them, giving them the strength to cultivate their own path, expressing deep thoughts and feelings.

There are many events available to Kamloops residents. They are accessible to people from all walks of life. Most of these events are affordable or free. People with different abilities can be apprehensive about venturing out in the community, but it is important that other people see that we have goals to contribute, and have something valuable to offer.

The Kamloops Arts Council has a few groups that people can join. One is the Kamloops Photo Arts Club which runs from September to June. It is held at the Henry Grube Education Center on Wednesdays. This group promotes different types of art that a person may want to share. There is an upcoming event on January 20th, 2016 called the “Motion CAPA Competition”. This competition allows people to create a photograph that illustrates motion. Membership only costs \$40 per year.

The Kamloops Art Council is also putting on an exhibit called “Art Exposure”. A person can enter a piece of art in the exhibit, whether it be a painting or a photograph. If art is not your forte, you can take this opportunity to attend the event and enjoy an evening of inspiration. It will be held at the Old Courthouse on Friday, March 11th to Saturday, March 19th, 2016.

For those who love music and are able to carry a tune, feel free to join the Kamloops Power Choir. It is every Wednesday, at 7pm at the Old Courthouse. People of all ages and abilities are welcome. A \$5 drop in fee is needed.

The Art We Are is a great, accessible and enjoyable environment for everyone. They have delicious and healthy food available. For those who enjoy writing and

performing, here is an event for you. The Art We Are has a poetry slam every 2nd and last Wednesday of the month. It runs from 7-9pm. It is \$2 donation fee at the door and if a person is interested in displaying their talent, every style and level is welcome. Also come and enjoy a variety of live music featured at The Art We Are almost every Saturday night at 7pm.

There are many author talks coming up in the New Year at the Thompson-Nicola Regional District Library in Kamloops. One of the first author talks will be given by Danielle Mathieson Pederson on January 23rd, 2016 at 1pm. Pederson is a local writer and primarily writes fiction. Pederson is currently working on a collection called The Mer Archives. This would be a great experience for the aspiring writer.

There are many opportunities available in the Kamloops community for everyone. Do not be afraid to try new experiences. There is a variety of events to choose from. People with different abilities should take every opportunity possible and show their creativity to others in the community. For more information about the events in this article and more, visit these websites:

The Art We Are:
<http://www.theartweare.com/>

The Kamloops Art
Council:

<http://www.kamloopsphotoarts.ca/>

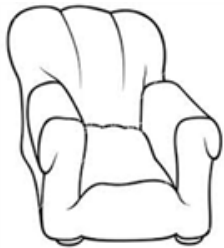
<http://kamloopsarts.ca/>

Thompson-Nicola
Regional District Library
in Kamloops:

<http://www.tnrldlib.ca/?p=/pages/home/>

Kamloops Power Choir:

<http://www.kamloopspowerchoir.com/>



Krystian's corner

This New Year's Eve I watched a show started by one man named Dick Clark and it is called New Year's Rockin' Eve from New York City. I don't like staying up and can't stay up until midnight usually so I love watching New Year's shows on TV and relaxing. It is broadcast from New York City's Times Square annually on ABC television. I love seeing music stars and I love celebrating the New Year at 9 pm our time, then I can go to bed right after it's over.

I believe it's important to set goals for yourself all year, not just New

Year's. One of my goals is to have fun with friends, family or by myself. My other goal is to keep the newsletter going for years to come and to keep it entertaining. I want to keep educating others about people who are differently abled because we all have diverse abilities. I love the recipes, jokes and quotes in my newsletter. I love all my readers, advertisers and the people who contribute articles to keep it going.

I enjoy educating society on people with disabilities and letting them know how we have more similarities than differences. I also love working in the disability field. It's a dream come true for me. I love helping people out like myself. Barriers and stigma and stereotypes need to be reduced because it can ruin lives and make people with diverse abilities feel alone. We can do just as much as what other people can do. And we feel love, kindness and compassion for others just like we enjoy others to feel the same way towards us.

Watch out for the February newsletter. It is my first full newsletter on people caring about each other! It will be about valentines and online dating safety tips and tips for the first date and ideas for friends so you don't feel so alone on Valentine's Day! Having a date isn't the only way to not feel alone. A group of friends can also make Valentine's Day enjoyable. Valentine's Day doesn't have to be just about romance. Enjoying time out with friends can also enrich your life. Everyone deserves equality in their life and if you don't have romance at this time of year, then look for love elsewhere with your family and friends. Just remember, having fun and sharing love with others is what's most important for a truly fulfilling life.

CLBC'S Annual Satisfaction Survey

Every year, CLBC does a Service Satisfaction Survey to help make our services for individuals and families better. The survey is done by telephone with a random group of self advocates and family members

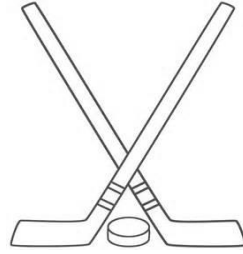
from across BC.

The next survey will start in January 2016. The survey is done by an independent organization called Mustel Group. CLBC gives Mustel Group a list of individuals and family members who get CLBC supports. Mustel Group only uses this information during the survey, and will delete it when the survey is completed.

If you are contacted about the survey, you can say “no” if you do not want to participate. For anyone who does participate in the survey, all answers are completely private and your name will not be provided to CLBC with the results. If you have questions about the survey, please contact Lynn Bruce, Manager of Quality Assurance, at Lynn.Bruce@gov.bc.ca.

*All of us every single year,
we're a different person. I
don't think we're the same
person all our lives.*

Steven Spielberg



Jenna's Blazer's Report

The Kamloops Blazers are doing extremely well! They have lots of games coming up, but there are some exciting extras to mark on your calendar. The first week of February is going to be really busy! On Feb. 4th, there is an alumni game with NHL players who used to play with the Blazers. On Feb. 5th, there is a hockey musical, and then Feb. 6th is **Hockey Day in Canada!** This is the 16th Hockey Day and only the second time it is being held in BC. Ron Mclean will be broadcasting live from Kamloops during the event! What a great way to kick off 2016 and to begin to celebrate 50 years of the Blazers. Check out sportsnet.ca or Scotiabank.com for more information about Hockey Day.



Sweet Potato Chips

Enjoy this easy snack that is full of vitamins, as well as addictive. The chips are as easy to make as they are delicious, served on their own or with the dip.

Recipe developed by Emily Richards, PH Ec. © Heart and Stroke Foundation 2011.

2 sweet potatoes, about 1 kg/ 2lbs, peeled
15 mL (1 tbsp) canola oil
10 mL (2 tsp) mild chili or curry powder
2 mL (1/2 tsp) cumin seeds (optional)
1 mL (1/4 tsp) freshly ground black pepper

Yogurt dip:

60 mL (1/4 cup) 0% plain Greek yogurt
30 mL (2 tbsp) mango chutney
Pinch ground coriander
15 mL (1 tbsp) chopped fresh mint or Italian parsley

Directions

1. Thinly slice sweet potatoes crosswise into 3 mm (1/8 inch) thick slices and place in large bowl. Add oil, chili, cumin and pepper; use your hands to toss them gently to coat evenly.

2. Spread potato slices in a single layer over 2 large parchment paper lined baking sheets. Bake in bottom and top thirds of 250 C (450 F) oven, turning once and switching pans for about 20 minutes or until sweet potatoes are golden brown. Keep an eye on the chips as they can become golden quickly in the last few minutes of cooking. Let cool slightly.

3. Yogurt dip: In small bowl, stir together yogurt, chutney, coriander and mint. Serve with chips.

Tip: For thin, even sweet potato slices, use a mandolin or the vegetable slicer on a food processor.

Option: Use 1 kg/ 2 lbs parsnips, peeled and thinly sliced, in place of the sweet potatoes.



Jokes

A collection of funny New Year's jokes from:

<http://jokes4us.com/holidayjokes/newyearsjokes.html>

A New Year's resolution is something that goes in one year and out the other.

What happened to the Irish man who thought about the evils of drinking in the New Year?

He gave up thinking.

What's the problem with jogging on New Year's Eve?

The ice falls out of your drinks!

What do you call always wanting a date for New Year's Eve?

Social Security



The New Year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.
Melody Beattie

I hope that in this year to come, you make mistakes. Because if you are making mistakes, then you are making new things, trying new things, learning, living, pushing yourself, changing yourself, changing your world. You're doing things you've never done before, and more importantly, you're doing something. ~
Neil Gaiman

Cheers to a new year and another chance for us to get it right. ~
Oprah Winfrey

I don't even drink! I can't stand the taste of alcohol. Every New Year's Eve I try one drink and every time it makes me feel sick. So I don't touch booze - I'm always the designated driver. ~
Kim Kardashian

Every time you tear a leaf off a calendar, you present a new place for new ideas and progress. ~

Charles Kettering

Let our New Year's resolution be this: we will be there for one another as fellow members of humanity, in the finest sense of the word. ~

Goran Persson

My New Year's resolution is to stick to a good workout plan that will keep me healthy and happy. ~

James Lafferty



Planning for the New Year

I had the pleasure of interviewing Gina about her New Year's plans

What do you usually like to do for New Year's Eve?

I like to celebrate with my family.

What are you doing this year for New Year's?

I'm going to celebrate with my roommate or go to a friend's party since she invited me to her place.

What are some of your new plans for January?

I'm starting a new job at Bedford Manor as a recreational assistant. I'm excited because I know Corinne from when I volunteered there a few years ago. I want to start singing on Wednesday evenings and find a new volunteer job.

What would you like to accomplish at work this year?

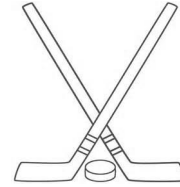
I'm interested in learning new skills and meeting new people.

What are some New Year's resolutions you have?

I have been sewing with the Community Companion Program on Thursdays and want to learn how to sew clothes and a quilt one day. I would also like to improve my score for bowling in the New Year. At People in Motion I would like to learn how to make chocolate cake. At Life Skills I want to have some self-defense lessons.

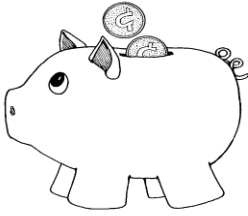
What's your favorite part of a New Year?

I like the snow and I like skating with Chelsea at Valleyview arena on Thursday nights. I like January because my Dad's birthday is on the 16th.



Jenna's Blazer's Report

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Finance 101: RDSPs Tyler Holm

For many Canadians living with disabilities, as well as their families, money can sometimes feel like a burden. Doubly so if the person with a disability acquired it as a result of an injury – losing one's ability to work at their job and earn an income is one of the greatest fears of working class Canadians.

For much of Canada's history, very little was available in the way of specialized savings for those with disabilities, and what was available were, for the most part, on a province-by-province basis. This changed in 2008 with the unveiling of the federal Registered Disability Savings Plan.

The RDSP is the first tax-deferred savings plan in the world specifically designed for people with disabilities, as it is immune to claims from other disability income assistance plans. An individual's RDSP can be contributed to by anyone, even non-relatives. As mentioned, all contributions and growth are tax deferred. This means that no taxes are

paid until the money is withdrawn. As well, any family members with RRSPs or RRIIFs can elect to roll over money from their retirement accounts into the RDSP of a family member with a disability.

In order to qualify for access to an RDSP, the process is relatively simple. The individual must qualify for the Disability Tax Credit (DTC), have a valid SIN number, be a resident of Canada, and be under age 60. For more information on qualification for an RDSP and the Disability Tax Credit, visit the Government of Canada website at

<http://www.esdc.gc.ca/eng/disability/savings/index.shtml> and <http://www.cra-arc.gc.ca/tx/ndvdl/sgmnts/dsblts/menu-eng.html>

For additional assistance and information on RDSPs and the DTC, information material is also available from your local WFG Financial Centre.

Tyler Holm is a licensed associate member with WFGIA of Canada. A local office is located at 328 Seymour Street



Safe and Secure: Seven Steps on the Path to a Good Life for People with Disabilities

This is a great resource for individuals and their families. It was put together by PLAN and has suggestions for many aspects of life planning, including finances. The latest edition also has new RDSP content, so provides lots of great information and resources. Check with your financial institution as they may have free copies available for customers.

Youth Resource Guide Survey

For anyone interested, feedback is wanted! Your input can help in the creation of a youth resource guide. This will be a tool for youth and their families as they search for local and provincial information and services available to young individuals with diverse abilities. The on-line survey is available at:

<https://www.surveymonkey.com/r/T8PC67Z>

The survey will close on January 15th, 2016.

Events
Jan 15, 2016 - Jan 16,
2016 - Kamloops

Symphony presents The Magic of Vienna @ Sagebrush Theatre

Jan 20, 2016-Alzheimer Society of BC Presents: Heads up! An Introduction to Brain Health @ Downtown

Kamloops Library – 7-8:30pm

Jan 28, 2016 - Feb 06, 2016 - Western Canada Theatre presents ‘I’ll Be Back Before Midnight’ @ Sagebrush Theatre – 2pm
February 6th Pay - What - You - Can.

Jan 31, 2016 - Kamloops Luxury Bridal Fair @ TRU Campus Activity Centre

Feb 03, 2016 - Johnny Reid "What Love is All About" @ The Sandman Centre

Ask about a Registered Disability Savings Plan.



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BRITISH COLUMBIA

Community Living BC (CLBC) is a provincial crown agency, mandated under the Community Living Authority Act, that funds supports and services through service agencies for adults with developmental disabilities and their families in British Columbia. CLBC is working to create communities where people with developmental disabilities have more choices about how they live, work and contribute.

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