



**THE KAMLOOPS SELF ADVOCATE NEWSLETTER**



**October 2016**

**Issue# 35**

# The Kamloops Self- Advocate:

**A Newsletter for  
People with  
Diverse Abilities**

Welcome to October everyone. It's community living month and it's Halloween too. There is a lot to celebrate in October, like being out and about in community. It is an important month because we celebrate people with diverse abilities and all of their accomplishments. One way to celebrate was by joining in on this year's "cash mob" – an event that supported local businesses which practice diverse hiring. Another great event is the proclamation for Community Living Month at City Hall on October 18<sup>th</sup> and "Celebrating Our Community" on October 21<sup>st</sup> – check out event details inside. We hope everyone enjoys this community living month. The KSA would love to hear how you are celebrating.

And, don't forget, there will be a peer support group starting this month so feel free to e-mail if you would like to join.

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## Musical Notes for the Soul

By: Lisa Coriale

Music helps people with diverse abilities in many ways. It has been shown to assist those with Tourette's, Dementia, Autism, brain injuries, and more. It has therapeutic properties that not many people are aware of. Many people listen to music when they are in the midst of difficult times. It has a way of bringing people to their happy place without them having to leave where they are at that very moment.

Music is very powerful. The rhythm of music has been shown to help individuals with autism and developmental challenges to remember routine steps, such as dressing or brushing their teeth. No matter how many times you may tell an individual with a brain injury to carry out a simple task, it still may not be communicated successfully. "Patients with

frontal lobe damage may also lose the ability to carry out a complex chain of actions—to dress, for example" (Sacks, 2007, p.237). Music has a special way of helping tasks become accomplished and remembered (Sacks, 2007, p.237).

Oliver Sacks was a world renowned psychiatrist and author who had many patients with various mental health issues. One of those individuals was Tobias Picker, a distinguished composer who lives with Tourette's syndrome on a daily basis. When Tobias plays, conducts, or composes music, the tics which are a symptom of Tourette's syndrome, momentarily vanish. "I live my life controlled by Tourette's, [...] but I use music to control *it*" (Sacks, 2007, p.321).

Harry S., who was also a past patient of Oliver Sacks', experienced a brain aneurism – bleeding in the brain. As a result he was void of emotion. Harry was still excelling intellectually; however, his emotion was gone. Music was significant in awakening his emotional state once again. "When he sang, he

showed every emotion appropriate to the music—the jovial, the wistful, the tragic, the sublime" (Sacks, 2007, p.303).

Music therapy has also been shown to be an effective tool for those who have dementia. In people with dementia, parts of their identity are lost, but music therapy helps them recover a significant amount of their memories. "Music therapy with such patients is possible because [...] musical memory can survive long after other forms of memory have disappeared" (Sacks, 2007, p.337).

Music is extraordinary; it soothes and helps people with a variety of disabilities. It helps in ways that we cannot explain. Music can even recover memories that have been hidden for many years. Music can help us all through difficult times no matter what type of music you enjoy. Pick the musical notes that speak to you.

### References:

Sacks, Oliver. (2007). *Musophilia: Tales of Music and the Brain*. NY, United States.



## Krystian's Corner

The first meeting of the peer support group theme is relationships. It can be about friends, family and any other kind of relationships. There was a survey for lots of different topics and this is what people wanted as one of the topics. This is an important topic because everyone needs love and friendship in their life. There will be ice breakers/conversation starters and social time. The first 30 minutes will be social time. The meeting will also involve housekeeping and expectations such as confidentiality for us to meet in a safe and accepting space. To contact us you can call 250-572-6009 or e-mail the [kamloopselfadvocate@yahoo.com](mailto:kamloopselfadvocate@yahoo.com) if you would like to join.



## Jokes

Why are ghost's bad liars?

Because you can see right through them

“Apparently I snore so loudly that it scares everyone in the car I'm driving.”

Q: What do ghosts eat for supper?

A: Spooketi

Why don't angry witches ride their brooms?

They're afraid of flying off the handle

Taken from:

<http://onelinefun.com/car/>  
<http://robinsfyi.com/holidays/halloween/humor.htm>



## Quotes

Growing up in a group home, and with an undiagnosed learning disability to boot, the odds of success were not on my side. But when I joined the high school football team, I learned the value of discipline, focus, persistence, and teamwork - all skills that have proven vital to my career as a C.E.O. and social entrepreneur. ~ Darell Hammond

There is a plan and a purpose, a value to every life, no matter what its location, age, gender or disability. ~ Sharron Angle

I've had tons of bullies who would call me retarded, even on my Facebook page. It's sad and it really hurts. I want to tell people not to use the word. Don't say your friend's retarded when they do something foolish. If you have a disability, keep working hard. Whatever it takes, do it, and don't be mean to people. ~ Lauren Potter

I think that everyone has something about themselves that they feel is their weakness... their 'disability.' And I'm certain we all have one, because I think of a disability as being anything which undermines our belief and confidence in our own abilities. ~ Aimee Mullins

The way my brain processes information is quite odd. I mean, I have Attention Deficit Disorder and another learning disability I can't even spell. I don't even have a high school diploma. I'm smart, but you can't prove it on paper. ~ Ron White

For me, disability is a way

of getting some extremity, some kind of very difficult situation that throws an interesting light on people.  
~ Mark Haddon

I was slightly brain damaged at birth, and I want people like me to see that they shouldn't let a disability get in the way. I want to raise awareness - I want to turn my disability into ability.  
~ Susan Boyle  
Read more at:  
<http://www.brainyquote.com>



**Spooky Punch**

**Ingredients**

**For the ice cubes:**

- 2 packages gummy bear worms
- 1 (32-ounce) container cranberry juice

**For the shrunken head straws:**

- 6 plastic drinking straws
- 6 pitted prunes
- 18 whole cloves
- 1 cup white chocolate chips
- 1/4 cup sweetened flake coconut

**For the punch:**

- 3 (12-ounce) bottles strawberry smoothies
- 2 quarts orange juice
- 3 cans lemon/lime soda

**Directions For the ice cubes:**

Stick 1 gummy worm in each cube, with half of the worm hanging out. Pour cranberry juice into the ice cube trays. Place in freezer 2 hours before mixing the punch.

**For the shrunken head straws:**

Push a straw up through the center of 1 prune where the pit used to be, so it sits one-third of the way down the straw. Repeat with remaining prunes.

In a small bowl melt the white chocolate chips in the microwave for 45 second at 15-second intervals stirring between intervals. Take 12 cloves and dip the round ends into the melted chocolate. Place on a plate lined with waxed paper and allow chocolate to set about 15 minutes.

Meanwhile, using a small brush or toothpick coat the top part of each prune with melted white chocolate. Carefully sprinkle the coconut on top of the white chocolate to resemble hair. Repeat with the remaining prunes.  
Stick 2 white chocolate-coated cloves into each

prune to create 2 eyes. Place 1 undipped clove into each prune under the eyes to resemble a nose.

**For the punch:**

Pour the strawberry smoothies, the orange juice and the lemon/lime soda into a large punch bowl and stir.

Take the gummy worm ice cubes out of the freezer, and add half of them to the punch. Place remaining cubes into glasses and fill each glass with punch using a ladle.

Taken from:  
<http://www.foodnetwork.com/recipes/sandra-lee/spooky-punch-recipe.html>

SUN	MON	TUE	WED	THU	FRI	SAT

**Awareness Days**

- Community Living Month
- Autism Awareness Month
- Foster Family Month
- Healthy Workplace Month
- Learning Disabilities Awareness Month

Occupational Therapy  
Month

**First Week:** Be Kind To  
Animals Week/Animal  
Health Week

**First Week:** Mental Illness  
Awareness Week; National

**Third Week:** Foster Family  
Week

**First Wednesday:** World  
Cerebral Palsy Day;  
International

**October 10:** World Mental  
Health Day; International



### Halloween is Here By Debbie

It's time for Halloween,  
A day for trick or treat,  
When the kids dress up in  
costume,  
And walk proudly down  
the street.  
They ring a lot of door  
bells,  
And collect a lot of candy  
too,  
And if they happen to see a  
ghost,  
They will be greeted with a  
boo.  
Pumpkins light up the  
windows,  
And decorations adorn the  
front yard,

So be careful when you  
come in,  
Because the skeleton will  
be on guard.  
So go have a lot of fun,  
And don't have any fear,  
Because it will soon be  
over,  
And you'll have to wait till  
next year.

Read more at  
<http://www.theholidayspot.com/halloween/poems.htm>



### Desiree Andrews

In 2015, a cheerleader with  
Down syndrome got  
bullied because she was  
different and unique. Some  
bullies made fun of her and  
the basketball players told  
them to knock it off. Just  
because you may look  
different does not give  
anyone the right to make  
fun of you. What the  
bullies did is a form of  
discrimination and stigma.  
The basketball players are  
now friends with Desiree  
and the gym is called D's  
house in her honor. The  
basketball players walk  
with Desiree to class  
occasionally. Even  
Desiree's Dad was holding  
back the tears. This is a  
great example of positive

activism by young  
students.

### Halloween Tongue Twisters

If big black bats could  
blow bubbles, how big of  
bubbles would big black  
bats blow?

Creepy crawler critters  
crawl through creepy  
crawly craters  
If two witches would  
watch two watches, which  
witch would watch which  
watch?

Taken from:  
[http://americanfolklore.net/folklore/2009/08/spooky\\_tongue\\_twisters.html](http://americanfolklore.net/folklore/2009/08/spooky_tongue_twisters.html)



### Toronto Ability Online and Peer Support

Ability Online has been  
providing a safe and  
supportive online  
community for young  
people of all abilities for  
over 25 years! Via  
monitored forums our  
members find friends, role  
models and mentors for  
inspiration, support and  
information sharing. In our  
skill development modules,  
members are able to learn  
more about self-  
management of their

health, advocacy, transitions, social skills and other life skills. From kids to teens, to young adults there truly is something for everybody. Best of all, it's bully-free. In fact, we have been incident free for the 26 years we have been in operation because of our safety practices and the monitoring and support from our very dedicated volunteers like Krystian Shaw.

Krystian is an amazing disability advocate on and offline, and realizes the value of being involved in his Kamloops Support Group and the Ability Online Community. For individuals unable to make it out to face to face meetings, Ability Online is a great option for discussing issues of importance to young people with all kinds of disabilities, and to know you are not alone! There are others who know what you are going through, because they have experienced similar things as well and you can find them online. For more information visit [www.abilityonline.org](http://www.abilityonline.org), email the Executive Director, Michelle McClure at [michelle@abilityonline.org](mailto:michelle@abilityonline.org)

or call toll free 1-866-650-6207.

## Barrier-Free BC

“Barrier-Free BC is a Non-Partisan Campaign advocating for the Enactment of a Strong and Effective British Columbians with Disabilities Act, providing a Barrier-Free province for All Persons with Disabilities.

Did you know BC does not have a British Columbians with Disabilities Act?

Approximately 604,000 British Columbians with disabilities face unfair accessibility barriers in areas that the Provincial Government can regulate. These include barriers in areas such as public transit, education, public parks and playgrounds, library services, health care, retail outlets, restaurants, recreation facilities, entertainment venues and workplaces. A great many British Columbians with disabilities still cannot access all aspects of these areas that others in their community take for granted. We face too many accessibility barriers. We should not have to

individually fight these barriers one at a time through endless human rights complaints. We need the Legislative Assembly to enact a British Columbians with Disabilities Act, providing authority for the Provincial Government to do all it can to ensure that persons with disabilities can live in a British Columbia that is accessible and barrier-free.

Barrier-Free BC's roots began on November 25 2015 when a small group of people with various disabilities ratified 13 principles upon which a British Columbians with Disabilities Act should be based. As a grass roots organization, they developed a “Just Say Yes” Action Kit from which supporters could learn more about how a disability Act would benefit British Columbians with disabilities, why one was needed and how supporters could assist in various ways to promote the campaign.

So who is Barrier-Free BC? It's you, it's me and it's every one of the supporters who choose to add their voice to the campaign. We're a growing movement with a

common goal – the enactment of a British Columbians with Disabilities Act!

### Who can add their voice to the campaign?

Everybody is welcome to join our campaign – whether you have a disability that is permanent or episodic, visible or invisible, physical, sensory, intellectual, cognitive, learning or whether it's a communication related issue, your support is needed and welcomed. So too is that of staff and volunteers who provide supports for people with disabilities through various organizations, immediate and extended family members, co-workers, colleagues and associates, friends and all others. And please consider joining this campaign if you do not currently have a disability. Your voice is equally important because one day you too will experience limitations or become disabled yourself simply through the aging process."

Information taken from:  
<http://barrierfreebc.org/>  
 To find out more, go to the web-site.

## Moving into a Homeshare - Part 1

### By Ben

For a long time, I dreamed about moving into my own place just like my brothers. Unfortunately, there were some barriers that were getting in the way.

After a long time, we were finally able to start a process of finding a way for me to move out. Over the last 10 months, we've been working hard to overcome the barriers.

One of the first things we had to do was contact my service provider, TCS. My family helped me do this. TCS looked for some possible homeshare families for me. We had the chance to interview the families.

There were 2 families that

I was interested in. It was hard to choose, but we thought about all of the pros and cons and finally picked the one. I was able to spend a week at my new home to see how I liked it. Now, I'm really looking forward to moving into my new place in October.

If you are thinking about moving into a homeshare, there are some things that you can do to make sure you get a good place:

1. Contact your support agency and let them know what you are looking for.
2. Don't rush! Make sure you take time to interview the homeshare providers.
3. If you can have a trial week to spend at the new place, do it.
4. Have fun.

Stay tuned for Part 2 of Ben's moving adventure! Check back in December to find out how the move

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[www.akimbodancestudios.com](http://www.akimbodancestudios.com)

6-week Fall session begins Oct. 17

went and how he is enjoying the new place.

**Events**

**October 15th- 16th Fall Home Show @ Sandman Center**

**October 21<sup>st</sup> – Noon – 2 p.m. Celebrating Our**

**Community @ Desert Gardens.** Join us for lunch and entertainment!

**October 21st - 22nd and 27th -29th Ghost Train @ Kamloops Heritage Railway**

**October 26<sup>th</sup> – Halloween Party at Desert Gardens,**

**1-3 p.m. – Costumes are optional.**

**October 28th- 30th Boo at the Zoo @ Kamloops Wildlife Park**

**October 29th Trick or Treat Train @ Kamloops Heritage Railway-3pm**

**Ask about a Registered Disability Savings Plan.**



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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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