



THE KAMLOOPS SELF ADVOCATE NEWSLETTER



September Issue # 57

The Kamloops Self-Advocate Newsletter is celebrating its 5th Anniversary! It is quite an accomplishment. At a time when media is struggling, the KSA is continuing to thrive and grow.

Looking back, we have had the opportunity to share many interesting and exciting stories over the past 5 years. We have also been able to share different events and initiatives that are helping to break down barriers, reduce stigma, and make lives better. We hope to continue to be able to do this for many years to come.

Thank you everyone for making the newsletter a great success and helping to make the 5th anniversary event so successful. The KSA appreciates everyone for showing interest in joining us at this event. In addition to the media, special guests will include the CEO of Community Living BC and Mayor Ken Christian from City Council. It is exciting to celebrate with new and old supporters throughout the community of Kamloops. We are looking forward to seeing everyone there!

The Kamloops Self- Advocate:

A Newsletter for
People with
Diverse Abilities

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Literacy: Endless Possibilities.

By: Lisa Coriale

When I was growing up, I did not see people with diverse abilities like me represented in books or in the media. I believe it is very important that children have role models. I decided to write a children's story of my own to teach children who were different that they were not alone.

There are a few books out there like *Mama Zooms* and *Little Lucy Big Race* that talk about diverse abilities, but I would like to see more. *Mama Zooms* by Jane Cowen-Fletcher is a book about a mother who uses a wheelchair as transportation and it describes how the child uses his imagination about his mom's wheelchair. For instance, he will pretend his mom's wheelchair is a racehorse, race car, spaceship, and more. At the end of the day, after her little boy is finished imagining and playing with his mom, he says, "Mama zooms me right up until bedtime. Then Mama is just my mama, and that's how I like her best."

This teaches us about acceptance.

My book is called *Beautiful Beautiful Bird*. *Beautiful Beautiful Bird* takes children on an unforgettable journey. The book describes what it feels like to be different, and encourages children to accept themselves, and others, for who they are, and that different can also mean special. It also shows how parents play an integral role in their children's lives, encouraging them through their day-to-day lives and being proud of their children for doing whatever they put their minds too. *Beautiful Beautiful Bird* is meant to empower and inspire.

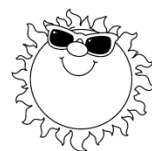
September is the time when everyone gets back into their routine. It is the beginning of the school year and children tend to begin reading again. September 8th is International Literacy Day. Literacy is important to me because it is important for people to use their imagination. I believe that, in our society today, people are bombarded by media. It is important for us to use our minds by exploring what we read in books rather than having others think for us. It is vital that everyone has the ability and opportunity to have access to reading materials no matter their diverse ability.

CELA allows everyone to be able to read if you have a physical or print diverse ability. They also have newspapers and magazines available. "The Centre for Equitable Library Access, CELA, is Canada's most comprehensive accessible reading service, providing books and other materials to Canadians with print disabilities in the formats of their choice."

You might be wondering how you can access reading materials through CELA; you can download it directly onto your computer as an audio file or they can send CDs or Braille to your house for free. To sign up you need a library card number and fill out some information online at www.celalibrary.ca or in person at the library.

Reading books allows you to explore places when you may not be able to travel to these places yourself. This is a great way for people with diverse abilities to explore different parts of the world and their country. Literacy also helps a person navigate the world around them.

Don't be afraid to explore the world around you by reading. Happy reading everyone!





Krystian's Corner

I have an Access 2 card from Easter seals Canada. There are entertainment and cultural attractions like zoos, science centers, aquariums, and theatres just to name a few. I took my mom on her birthday in July to Theatre Under the Stars at Stanley Park in Vancouver. They also accept the Access 2 card.

The card is a 2-for-1 card, where people with a disability pay and an escort gets in free.

They allow it at Cineplex Odeon and at the Landmark Cinemas. This card is available for use across Canada.

I love this card because you can take a friend or a support worker or a family member to go with you. This card is very beneficial because it make things financially accessible if you require support. This card is for all types of disabilities.

For more info visit <https://access2card.ca/>

A Mothers Perspective of Access 2 Entertainment Card

By Linda Shaw

There are many advantages to not only raising but also continuing guardianship to a child with diverse abilities. When I was first told my child had different abilities than others his age, I was scared for him and puzzled about what the future would hold for us as a family. I have heard many parents in the same position complain about how much harder parenting can be. I chose to focus on the positive resources for people who are differently-abled. Such resources make life easier and less expensive for families.

One of the advantages I would like to talk about is the Access 2 card. It is only offered in Canada through Easter Seals. Anyone who has physical or mental challenges can apply for this card. It costs \$20 for 3 years or \$30 for 5 years.

Anywhere you go in Canada, there are attractions that accept the Access 2 card. On one trip, we went to Victoria and wanted to see many attractions such as the wax museum and the museum. Costs for a family for such attractions can be expensive. They accept the card so I paid for my child but I got in free as his

SUSA Paint Nite Fundraiser

Oct. 4th at 7 p.m.
at the Frick & Frack

Join us as we raise glasses and funds for the Speaking up for Self-Advocacy Awareness (SUSA) Group! SUSA is a local group of individuals with diverse abilities who are dedicated to creating opportunities for inclusion and education for individuals with developmental disabilities, while raising awareness about rights and self-advocacy. When you buy a ticket to this event, \$15 will be donated to the SUSA Group.

Tickets must be purchased in advance. **We need 25 participants by Sept. 18th to run the event.** To purchase a ticket, go to:

[https://www.paintnite.com/events/ 10098132](https://www.paintnite.com/events/10098132)

escort. The PNE, Science World and the Aquarium in Vancouver also accept the card. If we travel to Toronto, CNE (Canadian National Exhibition) also accepts the card. Look up www.access2card.ca to get a list of all the places that accept the card. You can go to as many movies as you choose and 2 get in for the price of one. It's one of many perks that makes life a little easier and more enjoyable in the midst of many struggles that everyone in the family can face from time to time. Just go to Easter seals Canada website and download the application for the Access 2 card and enjoy.

Taken from:

<https://www.weightwatchers.com/ca/en/article/breakfast-dinner>



Jokes & riddles

Knock, knock.

Who's there?

Claire.

Claire who?

Claire the way, I'm coming through!

Knock, knock.

Who's there?

Arfur.

Arfur who?

Arfur got!

Knock, knock.

Who's there?

Abby.

Abby who?

Abby birthday to you!

Knock, knock.

Who's there?

Nana.

Nana who?

Nana your business.

Knock, knock.

Who's there?

Ya.

Ya who?

Wow. You sure are excited to see me!

Q: Tuesday, Sam and Peter went to a restaurant to eat lunch. After eating lunch, they paid the bill. But Sam and Peter did not pay the bill, so who did?

A: Their friend, Tuesday.

Q: What gets broken without being held?

A: A promise.

Q: What is always coming but never arrives?

A: Tomorrow

Q: What goes through towns and over hills but never moves?

A: A Road

Q: What has Eighty-eight keys but can't open a

single door?

A: A piano



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

~ Sharron Angle

The only disability in life is a bad attitude.

~ Scott Hamilton

My advice to other disabled people would be, concentrate on things your disability doesn't prevent you doing well, and don't regret the things it interferes with. Don't be disabled in spirit as well as physically.

~ Stephen Hawking

Self-Advocacy

Rocks!

Goodie Goodie Gumdrops



What You Need:

Powdered gelatin mix
Water
Eyedropper
Small bowl

Instructions:

Fill your bowl with powdered gelatin (like Jello mix).
Using a medicine dropper, carefully put a single drop of water into the powder. Once that drop is absorbed, put another drop in the same place. Do this five more times, for a total of seven drops.
Now, carefully scoop out the spot with a fork, and you'll have a gumdrop! If your gumdrop is solid enough, you can use your fingers to mold it into a good shape, or roll it around in the gelatin powder to coat it. If desired you can also sprinkle your drops with sugar for flavor.

Tip:

If you don't have an eyedropper, you can use a straw to place drops of water. It is a little harder to

control the drops, but it works just as well.

Taken from:

<https://www.funology.com/goodie-goodie-gumdrops/>

SUN	MON	TUE	WED	THU	FRI	SAT

Awareness Days

September 4: World Cerebral Palsy Day

First Sunday after Labour Day Grandparents' Day
September 9: International Fetal Alcohol Spectrum Disorder Awareness Day
September 10: World Suicide Prevention Day

Second Sunday: Terry Fox Run
September 13: Alzheimer Coffee Break Day
September 21: International Day of Peace

Big Brothers Big Sisters Month
Recovery Month

Terry Fox Run Sunday Sept. 16, 2018

Everyone is welcome to participate in a Terry Fox Run, regardless of age, athletic ability or socio-economic standing. While

the Run does not have an entry fee or minimum donation we do ask all participants to fundraise or make a donation. You can raise funds online, use a pledge sheet or make a donation at the Run site. Whatever your choice, please know that every dollar counts.

<http://www.terryfox.org/run/>

Congrats Message from City Councillor Donovan Cavers

Wow 5 years!
Congratulations to everyone who has contributed to the Self Advocate Newsletter! Connecting people in the community with information and stories is extremely valuable and I am sure that many people's lives have been lifted by the work being done on these pages. I hope you have many more amazing years ahead sharing stories and information about our wonderful community! Well done Krystian and the rest of the team! :)

Donovan Cavers
Kamloops City Councillor
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250-852-2264



Olympic Surprise

By Danielle Pellerine

You hear these stories in the news of celebrities surprising teams and various other groups. You think, "Wouldn't it be cool if something like that happened to *mysledge* hockey team." You say "It will likely never happen to us," until one day, it does! Let me take you to that day...

The day was Wednesday, March 28th, 2018. We were having our last sledge hockey practice at 2pm that afternoon, thinking that it was going to be just a usual practice. It quickly turned into something amazing!

We warmed up and did a couple of fun drills. We were just getting ready to have a short scrimmage to end our incredible sledge hockey season when suddenly, our former coach asks around about where I am because she wanted to show me something. She came over and pulled something out from her

pocket that I wasn't expecting...an Olympic Silver Medal, from the Winter Olympics in PyeongChang! She asked me if I knew who Olympic hockey player Jill Saulnier was and I replied that I did. She pointed to a lady and told me that was her!

Jill was very kind, allowing us to hold the medal (or display it somehow if it was not physically possible to hold), which was so surreal. I actually thought I was in a dream! It just so happened that I brought my camera that day, and I was able to get a picture of me holding the silver medal with Jill Saulnier! I will definitely be framing that one!

After our practice was done, I was waiting for my turn to get off the ice and was able to speak to Jill

briefly. We discussed her first time trying sledge hockey just the week before. She also told me that she really liked our jerseys. All in all, it was an **amazing** experience for me and my teammates, one that will leave a lasting impact on our lives!

Jill, thank you very much for stopping by sledge hockey last week. Thank you to everyone else who had a hand in making this amazing experience possible.

Taken from:

<http://abilityonlineblog.blogspot.com/search?updated-max=2018-05-03T09:17:00-07:00&max-results=7>

Events

July 16th – Sept. 28th
Gardengate produce sales @ Gardengate
 Everyday from 11 am to 1pm.



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-Computer cleaning
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July 15th - Oct. 21st
Foundation class @ Yoga
Loft- 10:45am

Sept. 1st Peaks Pedal Fest
@ Sun Peaks resort-
10:00am to 7:30pm

Sept.19th 5th Anniversary
Celebration for the KSA
Newsletter! @ Desert
gardens. All of my
advertisers, readers and the
community are invited.
12:30 -1:30pm



Ask about a Registered Disability Savings Plan.



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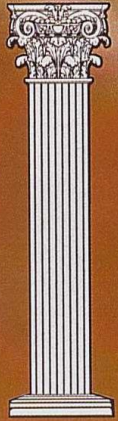


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Community Living BC (CLBC) is a provincial crown agency, mandated under the Community Living Authority Act, that funds supports and services through service agencies for adults with developmental disabilities and their families in British Columbia. 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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WorkBC

September is Disability Employment Month in B.C.
www.WorkBC.ca/Accessibility



OPEN DOOR GROUP IS PROUD TO CELEBRATE DISABILITY EMPLOYMENT MONTH

SERVICES INCLUDE:



Personal Employment Planning

- Resources and referrals for job search and community support
- Specialized Assessments



Workshops

- Job Search
- Resume and Cover Letters
- Career Exploration Workshops



Job Placement Support

- Customized Placement Services
- Work Experience Placement
- Job Coaching
- Job Retention and Maintenance
- Wage Subsidy



Disability Supports

- Assistive Devices, Equipment and Technology
- Economic Supports
- Restorative Supports
- Attendant Services
- Interpreting or Captioning
- Workplace Access and Modification



Training and Self Employment

- Short Term Certificates
- Short Term Training
- Skills Training
- Essential Skills Training

Contact us at: 250-377-3670

North Kamloops WorkBC Centre: 795 Tranquille Road
South Kamloops WorkBC Centre: 100 - 275 Lansdowne Street
Chase WorkBC Centre: 822 Shuswap Avenue

