Learning Disabilities Awareness Month

Taken from: http://www.ldac-acta.ca/home

Let’s “make it matter”

October is Learning Disabilities (LDs) Awareness Month across Canada! What does that mean? It means that during the month of October, the national network of learning disabilities services providers will draw attention to this widespread disability by generating grassroot activities that will raise Canadian awareness of learning disabilities and the challenges faced by these individuals and their families.

LDAC’s strategic plan mandated by its national board in 2006 is very clear: Make LD Matter! By increasing awareness and concern among the broader public – in other words, building a broader constituency of support, we’ve got to go beyond simple awareness of LD – to making people care.

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What Freedom Doesn’t Feel Like

Lisa Coriale and Dave Fields

It’s one thing to state what we think about an issue. Ideas are powerful, but we can often keep them at a safe, theoretical distance. We can discuss, disagree and dissect arguments all day long. But feelings are more difficult to disconnect from. I recently asked a friend of mine, not what she thought about accessibility issues, but what it feels like to experience roadblocks and barriers. Here’s what she said:

“I (Lisa) am sitting in front of my mirror getting ready to go out. Opportunities such as this one do not readily come my way. I enjoy taking these opportunities when they present themselves. On this occasion I have the privilege of going out with my friends. My friends and I pile into the van; excitement and anticipation are rising up within me as we head to our destination. When we arrive, I roll - or ‘wheel’ - up to the front door (that is certainly not the experience of most people!). But on entering the building I see these ominous, narrow flights of stairs and all the energy drains from my body. The excitement that flooded my heart and my soul moments before dries up immediately. Feeling infuriated, tears stinging my eyes, I calm myself down, realizing all of the help I have standing behind me. I begin thinking to myself; “What if I decided to come here alone? What if I didn’t have anybody to assist me, then what?” With those feelings of anger, frustration, isolation, helplessness and defeat, I’m tempted to roll right back out that door. Should a person with a disability have to experience these strong emotions every time they encounter a set of stairs or some other small obstacle? Certainly, we will all have to deal with our physical limits and the feelings that come from them, but given the technological options, many of these limits faced by those in a wheelchair are unnecessary.

At times, when someone has to carry me up the stairs without my wheelchair, I get the sense that I am falling. It can be a very scary feeling. It feels like I might fall but I know I’m not going to. When someone is bringing me up the stairs in my wheelchair, I have to trust that they have the strength and will not let me go. I know of some people who use wheelchairs to get around who would try to climb the stairs in their wheelchair when they are alone. This would be a very scary feat. This is why it is essential that all buildings are accessible and equipment is available. Everyone has a right to participate in their community in every facet possible, no matter what type of disability a person possesses, or their mobility issues.”

I (David) have never had to spend any time in a wheelchair. I appreciate that Lisa has given me an insight in how living in a wheelchair would feel. Next time you enter a building that is inaccessible, consider what it would feel like to be unable to fully participate, and then maybe ask if there is something that can be done to improve access to a segment of society. That
would assist people who would like to be more involved in their community.

**Krystian’s Corner**

Watch out for the November Newsletter. It will be about health and fitness, including articles on healthy eating, Food Fit, Planet Fitness, and staying motivated. We will also be looking at some low cost ways to achieve this when you are on a low income and really need low cost ways to be healthy and fit. It will be interesting, cool and fun to read.

**Shoes for People with CP**

Taken from: https://news.nike.com/news/the-flyease-journey

Innovation and inspiration at Nike often start with the simple act of listening to the voice of the athlete. As expressed within its mission statement, the company believes: If you have a body, you’re an athlete, which means insights may come from professionals, but they also arrive from unexpected places.

Over the years, renowned Nike designer Tobie Hatfield has been involved in a number of projects that address these insights. One project that was on his radar for over three years was an entry-and-closure system for athletes who have trouble getting in and out of shoes, and securing them. While developing samples for a few of these individuals, Hatfield remained determined that the system be scalable for mass production. Enter inspiration Matthew Walzer.

In the summer of 2012, Walzer was preparing for his junior year of high school. Like many kids his age, his thoughts increasingly turned to college, with a blend of excitement and anxiety. His greatest concern? The ability to tie and untie his shoes. Walzer was born two months premature, weighing only two pounds, 14 ounces, with under-developed lungs that led to Cerebral Palsy. He overcame many of the physical limitations doctors predicted for him, but tying his shoes remained a challenge, as he only has flexibility in one hand. Being a college freshman is daunting enough, but the thought of having to rely on others to tie his shoes prompted Walzer to write Nike:

“My dream is to go to the college of my choice without having to worry about someone coming to tie my shoes every day. I’ve worn Nike basketball shoes all my life. I can only wear this type of shoe, because I need ankle support to walk. At 16 years old, I am able to completely dress myself, but my parents still have to tie my shoes. As a teenager who is striving to become totally self-sufficient, I find this extremely frustrating and, at times, embarrassing.”

Walzer’s letter quickly landed in the hands of Hatfield, who had been working with Special Olympians on similar challenges, in addition to designing for Paralympians. Hatfield reached out to Walzer and began developing prototypes to address his specific needs.

“I worked with Matthew just as I would with any athlete. He was an absolute
Hatfield and his team refined designs for well over another year, trying a variety of no-lace solutions ranging from Velcro to zippers to cable dials. To develop his prototypes, Hatfield also looked to a number of existing Nike silhouettes, including the Nike Hyperdunk and the Nike Zoom Soldier, which aligned with Walzer’s favorite basketball player, LeBron James.

“LeBron’s footwear provided the ankle support Matthew needed, but of course getting into and out of high-top shoes can present its own challenges, so we focused not just on replacing the lacing system but also creating an easier entry system for the foot.”

Hatfield’s three-year journey led to the development of Nike FlyEase.

FlyEase introduces a wrap-around zipper solution that opens the back of the shoe near the heel-counter, making it easier to slide the foot in and out. At the same time, the system provides sufficient lockdown and eliminates the need to tie traditional laces.

“In talking to Matthew and many other athletes with disabilities, the ease of entry was just as important as the lacing solution,” explains Hatfield. “While varying levels of mobility make it difficult to provide a universal solution, we feel this is a significant development for anyone who has ever struggled with independently securing their foot within Nike shoes.”

Walzer’s dreams of going to college and putting on his own shoes have been achieved. He is now a sophomore at Florida Gulf Coast University and is wearing his custom Zoom Soldier 8 FlyEase kicks all over campus. What’s more, Walzer was able to meet his basketball hero, who returned the teenager’s admiration.

“Matthew inspired us at Nike to be able to bring something special that will not only be for himself but also for the masses,” asserts LeBron. “The shoe and the inspiration he gave us is going to go way beyond Nike, Matthew and myself. I am very honored and blessed that my shoe is part of the whole process. This is an unbelievable story, and Nike has done a great job of being able to create something that’s so incredible and will last a lifetime.”

As LeBron notes, the vision Hatfield brought to life was never intended for just...
one athlete. “There is a real need for a solution like this and it feels good to be a part of something that is going to help so many people. Like the asterisk accompanying Nike’s mission statement says, ‘If you have a body, you’re an athlete.’ That means everybody and we never forget that,” adds Hatfield.

Blazers Report by Andrew

As the 2017-18 regular season approaches, the Kamloops Blazers have gone 1-2-0-0-1. The Blazers played their final preseason game in Prince George on Friday, September 15th against the Cougars.

Seven days later the Blazers kicked off of the regular season on the road against the Kelowna Rockets on Friday, September 22nd and play the Rockets again in Kamloops the night after. The Blazers lost both games, but we look forward to seeing the team get better with each game of the new season.

Jokes

Q: What do ghosts eat for supper?
A: Spooketi

Q: What do you do when 50 zombies surround your house?
A: Hope it’s Halloween!!

Q: What is the most important subject a witch learns in school?
A: Spelling.

Q: Why didn’t the skeleton want to go to school?
A: His heart wasn’t in it.

Q: Why didn’t the skeleton cross the road?
A: He didn’t have any guts!

Q: Why did the skeleton cross the road?
A: To get to the body shop.

Labour Day by Ben

On September 4th, there was a great Labour Day Picnic at McDonald Park on the North Shore. This free event included lunch – the hot dogs and watermelon were great! There was also live entertainment and they had activities for kids. It was a fun way to spend the day and I would recommend that you to check it out next year.

Recognition Column

Ghost Story

This isn’t the kind of ghost story that makes you feel scared. It is a story about hope, kindness, and compassion. This is the story of a young singer who is giving hope to others to make sure they don’t feel alone with bullying, mental health issues, or any struggles they face in life.

The following was taken from: http://www.billboard.com/articles/news/7416383/whitney-woerz-ghost-story-video

With the help of a number of brave young men and women, 15-year-old singer Whitney Woerz is tackling bullying and mental health in her latest music video for the touching “Ghost Story.”
The singer, who's already racked up over 13 million views for her debut music video "6 Second Love," hopes her platform and art can help erase the stigma around discussing mental health in America. "Music has been a mainstay in my life since I can remember," Whitney told Billboard. "Being 15 now, I realize how important it is to just talk about feelings, depression and anxiety. My friends and I face new challenges and pressures but we need to feel safe to talk about them and start a new conversation. Last year I became a teen ambassador for Glenn Close's charity, Bring Change 2 Mind. I found that music's universal language could help, and maybe heal. I wrote 'Ghost Story' for an internet friend I've never met who was struggling deeply with depression. The words and music helped her when I could not be there in person. When Liz Garbus agreed to direct the video for 'Ghost Story,' I knew it would be a tough balance of helping and entertaining but also knew that if we could help one person, we could help many." While more than 1,000 teens expressed interest in participating in the shoot, only 15 were allowed to participate by their families and guardians. Despite the roadblocks, Liz Garbus and Whitney came together to create a moving clip grounded by raw, honest stories. Check out the web-site to learn more!

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 alot of fun,
And don't have any fear,
Because it will soon be over,
And you'll have to wait till next year.

http://www.theholidayspot.com/halloween/poems.htm

Awareness days

Autism Awareness Month
Breast Cancer Awareness Month
Community Living Month
Healthy Workplace Month
Learning Disabilities Awareness Month
First Week: Mental Illness Awareness Week
First Wednesday: World Cerebral Palsy Day
October 11: World Sight Day

Learning Disabilities Awareness Month
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Why? According to the 2006 Participation and Activity Limitation Survey (PALS) from Statistics Canada, more children in this country have a learning disability than all other types of disabilities
combined.

Among Canadians aged 15 and over, learning disabilities increased considerably between 2001 and 2006 by almost 40 per cent to 631,000 people, making it one of the fastest growing types of disabilities in Canada that isn’t related to aging. Stats Canada

October LD Awareness Month is about encouraging our network to ‘make LD matter’ and encouraging everyone in the learning disabilities community to make time during October to share with the public what it is they do and how it contributes to the overall well-being of the community. It’s that simple.

Learning disabilities are a neurological condition that interferes with a person’s ability to store, process, or produce information. It’s a life-long condition that affects one in ten Canadians with average or above average intelligence. LDs come in many forms and affect people with varying levels of severity. Regardless of age, race, creed, social or economic status, you probably will be touched directly or indirectly by someone with LDs.


Bacon Wrapped Chicken Legs
This is a crowd pleaser!

6-10 Chicken legs (drumsticks)
1 L Apple Juice
2 Tbsp Salt
3 Jalapeno’s – 2 sliced, 1 diced
6-10 Bacon strips – thin
3-4 Tbsp House of Q House Rub
1 cup House of Q Apple Butter BBQ Sauce

1. To start, dissolve the salt in the apple juice and add the sliced jalapeno’s.
2. Immerse the chicken legs in the brine and put in the fridge for a couple of hours.
3. Once brined, trim each drumstick so they will stand on the cut end. Wrap a slice of bacon around the chicken leg and if needed, use a toothpick to skewer the bacon onto the leg.

Prepare your grill for indirect cooking over medium heat and add a smoke pack if you would like extra flavor. Place the chicken on the “off” side and close the lid. Grill roast until the legs reach about 140-150 F internal temperature (somewhere around 30-40 minutes). Make sure the bacon has rendered onto the leg… that’s the clue! It will look dry, somewhat crusty and the bacon rendering onto the chicken. Put the Apple Butter BBQ Sauce and the diced jalapenos into a pot and warm. Take each chicken leg and dip into the sauce then place back on the grill. Close the lid and cook until the chicken has reached an internal temperature of 170 F. Remember to check if the bacon is crisped up too! Enjoy!

Events

October is Community Living month!

October 7th, Prohibition Themed Cask Night @ The Rex Theatre 7pm

Sept. 16th – Oct. 14th, Tranquille Farm
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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