



THE KAMLOOPS SELF ADVOCATE NEWSLETTER



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The Kamloops Self-Advocate:

Celebrating Disability Awareness, Success Stories, and Inclusion for All

THERE IS A NEW GROUP IN TOWN!

OVERVIEW/PURPOSE

Starting Friday, February 15th 2019 a new peer mediated self advocacy group will be starting up at Prima Enterprises located at #102-1103 12th Street. The goal of this group is to facilitate community building and helping to overcome social barriers this may include but is not limited to social anxiety and developmental disorders. This group is for people who are 19+ and who are able to attend without support.

HOW THIS GROUP FUNCTIONS:

The first few weekly meetings will be to meet and get to know one another as well as to determine what kind of activities this group will be doing, and to name this group. Rules will be set in the first meeting however a few ground rules are required. These are: no racial or sexual abuse or abuse of any kind, if someone asks for you to stop something please respect them, and please do not curse in an insulting or targeted manner. If you are interested, head over around 2:30 pm. I look forward to meeting you. For more information contact me: Stuart @250-682-7925. See you soon!

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Holding our loved ones in our hearts

By: Lisa Coriale



It is often difficult for people with diverse abilities to make connections with others. It can be because of attitudinal barriers in society. There are times when people are afraid of people with diverse abilities, but they don't have to be. What people may not realize is that many people with diverse abilities are open and often do not mind answering questions about how they live and experience the world on a daily basis.

In the same way, people with diverse abilities can be afraid of people not accepting them for who they are. It is important for people with diverse abilities to have people that they can lean on and trust. People with diverse abilities are just like everyone else, they want to connect with new friends and people in their community. They also desire to connect with

others emotionally, and to be accepted, understood, and heard. One of my favorite quotes is, to be understood is to be loved. I do not know where this quote comes from originally, but for me it is very important and I do feel loved when I am understood. I believe that many other people, with or without diverse abilities, may feel that way too.

Valentine's Day is fast approaching, and that means an opportunity to express your love for those around you in a special way. However, I believe it's not just about celebrating love for others for one day, it's about showing love for others on a continual basis. We can do this through cards, notes, flowers, and even random acts of kindness. On this Valentine's Day let us also remember our loved ones who have passed away. For me, this is my sister Anna who passed away in 2017. She was one of my greatest advocates, biggest cheerleaders and closest friends. My sister Anna helped me with many different things, including writing these articles. She was a very generous

person and she taught me that I should live my life to the fullest. I miss her and how she supported me. Who is that person for you? You can experience a time of remembering them through looking at pictures and videos of favorite memories with our loved ones. It is important to hold on to the memories that we have of them, and to make sure we do not take for granted the people in our lives today. Valentine's Day is about loving your family, friends, and community.



Krystian's Corner

January has been a busy month, with lots of interviews. On January 17th, I was interviewed by Kamloops This Week about my newsletter and podcast.

More recently, I was interviewed on Autism Live, which focuses on Autism and is a web show. I was interviewed on January 24th at 11:40 am for about 15 to 30 minutes. The interview was on Skype and they are based in California. I was interviewed about my newsletter and about my podcast, which focus on

disability awareness and success stories. I talked about stomping out stigma and discrimination on their show. I focus on all disabilities, which includes autism. I also signed a recording authorization form for their show and applied to be on Autism Live.

I am connecting the world, including Kamloops, to people with autism and other mental health issues and disabilities through my podcast and newsletter; they can participate in my newsletter or on my podcast. I am very excited that both are going global. I am showcasing Kamloops and putting Kamloops on the map. Yes, this is my home base, but it's also for the world, too, since it's online.

Ask Kerri

Greetings,
My name is Kerri Isham and I am a Certified Sexual Health Educator based out of Nanaimo. I specialize in sexual abuse prevention, LGBTQ+ advocacy and special needs education. I work with preschool aged children to seniors. I help people to keep their bodies healthy, clean and safe. Always the focus is on maximizing pleasure and minimizing risks.

I believe that we are all sexual beings and therefore, we should all receive accurate and up-to-date information regarding sexuality.

Each month I will be answering 1-2 questions from readers. So if you have a question, send it to the thekamloopselfadvocate@yahoo.com

Looking forward to hearing from you.

Kerri Isham



New Adventures

Written by: Hannah Niesen
Based on Personal Experiences

Change for some people can be extremely challenging, myself being one of those people. Change has always been something that has been somewhat difficult and I often have a hard time finding routine and feeling comfortable again. As change is something that we do not always have control over, being able to prepare and handle change well is important to success in life with as little as stress as possible.

My first big change happened when I went set to leave for college, leaving my small town of 1000 people to move to a much larger city where I would be unfamiliar and wasn't even sure who my roommates were definitely caused some stress for me. I had to come up with ways to cope and strategize in order to keep my stress level down and to reduce anxiety around the situation. I think what worked for me was me was allowing myself to embrace it, and fully dive into the experience that I was about to undergo. College certainly was two of the best years of my life and I truly believe it's because I was able to shift my mindset about change and was able to step out of my comfort zone.

The ways that I found work may look completely different from what might work for others but I am happy to share what led me to success. The first step was allowing myself to have the utmost information about the situation or activity I was about to enter. I made sure that I knew all the details about my program, about my dorm room to help elevate the unknowns and it helped me to prepare better prior to actually

going. I also made it a goal of mine to do something new each week that I was at school, just simple things. Attend a school sporting events, go to a trivia night, go out for dinner with my new roommates, this helped to engage in the culture of college and to become more familiar with my surroundings and the people around me.

Moving on, I was sure to always ask questions, there is no such thing as a silly question so why not ask them? We need to always remember that generally if you are thinking about asking it, someone else is too. This gave me clarity, helped me to be less confused and also gained good relationships with my professors and fellow classmates. Finally, I made it my goal to make the experience a positive one, our mind is a powerful thing and if we are able to help by putting positive people around you and positive energy and thoughts why wouldn't we. You never know until you try!

In conclusion, this goes without saying that each situation is based on each individual and can differ across the board. However, it is important to remember that we have the ability to

make connections and engagements that can better our lives by learning about accepting change and stepping out of our comfort zone. In saying, I want to leave you with this quote I found and thought it was very fitting to the topic at hand, "Do something uncomfortable today. By stepping out of your box, you don't have to settle for what you are – you get to create who you want to come." – Howard Walstein Thank you, Hannah Niesen Who once hated change too!! It's all about shifting mindset and perspective

Cake Batter Pizza?

Taken from:

<https://chocolatecoveredkatie.com/2011/03/20/cake-batter-pizza/>

(Serves 1-2)

- 1/2 cup flour
- 1 teaspoon baking powder
- 2 tbsp sugar or 2 nunaturals stevia packets
- A little under 1/2 cup water or other liquid, such as juice or milk of choice
- 2 tablespoons coconut oil, or applesauce for a fat-free version
- 1/8 tsp salt
- optional, for a buttery "cake" flavor: 1/4 tsp

butter extract (It's vegan)

- A few handfuls of sprinkles

Combine all ingredients in a bowl. Pour into a cake pan. Cook in an *un*-preheated oven at 400F for 14-15 minutes or until done. Leave out 10 minutes before cutting around the sides and then transferring to a plate. (Note: be sure to spray your cake pan. If you have trouble with a pizzert that sticks to the pan, try putting it onto a sprayed or oiled baking sheet instead, and use a rolling pin to flatten.)



Retirement of CLBC's CEO

An interview with Seonag Macrae, who has been with CLBC since 2014..

Tell us a bit about CLBC

CLBC means Community Living BC. We are a government agency that started in 2005. CLBC helps adults who live with a developmental disability. We do this by connecting them to supports in their community and to CLBC funded services.

Depending on your support needs, CLBC might pay for support services such

as: 1) community inclusion such as learning new skills or participating in community activities; 2) support for finding a job; and 3) help for living in different kinds of homes.

What did you do before getting hired for CLBC?

Most of the time I worked in health care as a registered nurse and a senior leader in large hospitals. A few years before I came to CLBC I started working for a community service agency that provided a wide variety of services to people in the community, some with developmental disabilities, some who were getting older, some who had mental health issues or were homeless. This got me interested in community living work. I was also on the Board of a large organization that provided services to people with developmental disabilities and autism (Surrey Place Center).

What made you have a passion to work for CLBC or to work with people with diverse abilities?

My work on the board of Surrey Place center introduced me to a lot of people with diversabilities and I was very excited about trying to do something to help improve

the system for supporting the individuals that qualify for CLBC supports. I have always had a passion for leading great people and helping to support them to do their work.

What are the successes you have achieved working for CLBC?

I worked very hard to help CLBC improve its work. Shortly after I started, I worked with CLBC's staff, as well as self advocates, families and service providers to create a plan. We had several goals in areas like improving outcomes, and improving relationships. I am happy for the progress I have seen, and this is due to support from everyone.

What did you like about working for CLBC?

I enjoyed meeting so many people who work so hard to support inclusion. This includes CLBC's staff, who care very much about the people we serve, and our service providers and government partners.

What did you like about learning from self advocates?

It is important to me that CLBC supports self advocates to have a strong voice, and that we listen and learn from them. I always learned a lot in my interactions, and it was always a fun and positive to work together.

What do you like to do in your free time besides working to make people's lives better?

I have lots of friends and family who I like to spend time with. I ski, golf, hike, travel, and love to curl up with a good book.

What did CLBC like about having you as their CEO?

It is hard for me to answer this question. The staff at CLBC are very hard working, and I hope that I helped them find ways to improve our work, and make them feel proud of what they do.

What did you find hard or most enjoyable about working for CLBC?

The hardest thing was knowing that we would never have quite enough funding to do everything we would like to do to support people. So much of the job was terrific. The staff at CLBC are so committed to their work and while they work hard, they also have a great sense of humour so we had lots of fun at work. I loved that we were always trying to make things better and come up with new programs or supports to better meet what individuals wanted. While we still have a lot of work to do to make things better, I think we have made terrific progress.

Can you name some examples of things you have learned from me about my business or from other self advocates?

Meeting self advocates, and working with them on a range of projects, has been a highlight of my time as CEO. I worked with self advocates on our board of directors, on our Provincial Advisory Committee and on our 13 community councils. I met regularly with our Editorial Board, made up of self advocates, and with the board of BC People First. And each summer I visited individuals, families and service providers in communities across the province.

I learned to deeply value the feedback of self advocates about what they wanted in life and about effective supports.

I had the privilege of helping Krystian Shaw celebrate the five year anniversary of his newsletter. I learned from Krystian's story how important it is to believe in the abilities of people to do more than they thought was possible.

Are there any other self advocate businesses in BC that you would recommend people check out?

In addition to the Kamloops Self Advocate Newsletter, I would recommend people also check out

www.selfadvocatenet.com.

This is a web site run for self advocates with lots of stories from around the province. Of course, many self advocates have their own businesses, and I hope people support them in every community.

How did the editorial board come about for CLBC?

The Editorial Board started about five years ago. It is made up mostly of self advocates who provide feedback about CLBC communications. We created it because we wanted to build better relationships with the people we support.

What will you like about your retirement from CLBC?

The best thing will be not having to wake up early to get to work!

I am looking forward to doing lots of traveling with my husband and spending more time with my family. I also want to study Spanish as I travel to a lot of Spanish speaking countries. We love to hike and ski and golf, so that will be part of my retirement life as well.

Is there anything else you would like to add?

This has been the best job I have had and I will miss everyone I have met. I wish you all well.



Awareness Days

Heart & Stroke Month
Psychology Month

First Week:

Eating Disorder Awareness Week

National Therapeutic Recreation Week

White Cane Week

Fourth Week: Freedom to Read Week

First Saturday: Safer Internet Day

Last Wednesday: Pink Shirt Day (Anti-bullying)

February 12: Sexual and Reproductive Health Awareness Day

February 20: World Day of Social Justice



How to deal with ADHD

<https://howtoadhd.com/howtohelp/>

HowToADHD put out its first video on Jan. 5th, 2016. Originally created by Jessica McCabe in Fall 2015 to be an ADHD toolbox, she hoped to provide tips strategies and insights into ADHD from her own personal experiences. Although

many of the current staff was brought on board at later dates, Edward, Jessica's then-boyfriend and now husband believed in Jessica's vision and has been helping her to create the show.

HowToADHD has grown quickly, with nearly 10,000,000 views and nearly 200,000 subscribers on YouTube as of May 30th, 2018. Jessica's TEDxTalk on ADHD has been watched 10,000,000+ times on Facebook, and can be watched [here](#).

The community of viewers, subscribers, and supporters actively participate in this close knit community, sharing stories and personal tips to help and support each other. None of this would be possible without them!

What is Citizen Network?



Why We Created Citizen Network

By Simon Duffy

Everyone has a gift.

Everyone is important.

Everyone matters. People with disabilities, people from different cultures, faith and communities.

People in all their shapes, sizes, colours, abilities, genders and sexualities.

Difference is a good thing - just imagine a world where everyone was the same - horrible!

But the problem is that the we sometimes forget this fact. Sometimes things are organised so that people are oppressed, isolated and not valued. This is especially true for people with intellectual disabilities - but not just people with intellectual disabilities. It can happen to almost everyone.

Think about how refugees are sometimes treated - people fleeing violence and war are often treated badly when they arrive looking for somewhere safe to live. It is terrible that they are not welcomed as equal citizens.

What are we going to do about these problems? Well good people have been fighting for inclusion and equality for a long time. Big institutions are being closed down and many people's lives are getting better. People like Krystian show us that people with intellectual disabilities can make a real difference to their communities. And there are other individuals and groups doing great work all around the world.

So in 2016 some of us came up with the idea of building a big community - an international movement

- to bring together all those people, groups and organisations who believe in inclusion and equal rights for everybody. It's free to join and you'll get information about inspiring change, new ideas and the chance to get involved in your community. Come and join us.

White Cane Week

By Ben

The Kamloops White Cane Club will be having their annual White Cane Week events here in Kamloops during National White Cane Week, which runs Feb. 3rd-9th. The White Cane Club provides independence for people who are blind and partially sighted. Here in Kamloops the White Cane Club does activities in the community throughout the year, such as bowling, lawn bowling and curling just to name a few. Linda Hall, president of the White Cane Club, explains that there will be many activities throughout the city during White Cane week. Laura Campsall and Les Nolin will be going on the CFJC Midday show to talk about White Cane Week. Les Nolan will also be going to City Council to do a proclamation. Ben Johnson will be at Desert Gardens doing presentations and talking about his white cane and how he uses it throughout his life. The Club has their annual White Cane

Week luncheon on Feb. 7th. At that event, Les Nolan is going to speak about the new products and services that the CNIB offers. Other

events through the week will include presentations at schools and other locations throughout the city. For more information about the

White Cane Club or White Cane Week, please contact Linda @ 250-376- 4900

Ask about a Registered Disability Savings Plan.



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