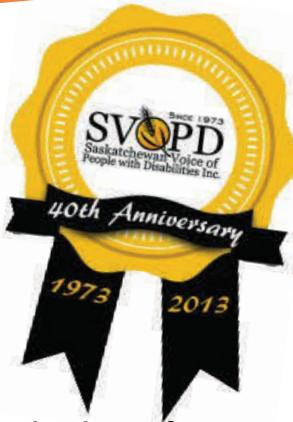


PRAIRIE VOICE

Spring 2013



Saskatchewan Voice
of People with
Disabilities
Turns 40!

What's new?

We have two new brochures!

"Wills and Trusts for Parent of Children with Disabilities"

And

"The Rights of a Tenant" please email us or give us a call

For your copy

(thank-you to pro bono law students
SK for making these for us!)

Membership Renewal!!!

It's time to renew your membership and ensure you keep receiving print copies of our newsletter! Please use the insert in this newsletter to do so!

Thank-you for generous donations!!!

Thank-you to **United Commercial Travelers Regina Council 266** and **Kay Banda** for your generous donations to SVOPD to help us with our programming!! You guys are superstars!

Visit us on Social Media:

Follow/add us on our social media!

We're now on Instagram and Foursquare!

Instagram: Instagram.com/SVOPD

Foursquare: Foursquare.com/SVOPD

Facebook: Facebook.com/SaskVoice

Twitter: Twitter.com/SVOPD

Pinterest: Pinterest.com/SVOPD

YouTube: Youtube.com/SaskVoice

Flickr: Flickr.com/SVOPD

AGM NOTICE:

SVOPD will be holding our Annual General Meeting on June 15 , 2013

Executive Royal Inn (4025 Albert St.) Regina, SK

From 10-12am

Please RSVP to voice@saskvoice.com if you wish to attend
Anyone wishing to vote must become a member by May 15

Inside this issue:

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www.saskvoice.com
to connect



Preventing Water Problems from Snow Melt

With record snowfall this winter and temperatures on the rise, it is important to be prepared for the high spring runoff. Harvard Western would like to remind you that water damage can be reduced or avoided by taking a few simple precautions.

- Clear snow away from your foundation
- Salt your driveway, walkways and sidewalks to break down the ice
- Keep window wells clear of snow
- Check roof and eaves troughs for excess snow and debris build up
- Make sure your downspouts extend at least six feet away from your basement walls
- Install a sump pump and ensure it is properly working at all times.
- Check to see if an additional back-up source of power is available in the case of a power outage
- Make sure your basement's sewer caps are in place

It is also important to keep children and pets away from any spring runoff as the water is very cold and can quickly cause hypothermia and paralysis. (Info from Harvard Western Insurance)

Required 10-digit Dialing Begins May 11, 2013

All SaskTel business and residential customers in the Saskatchewan 306 area code will have to adopt 10-digit dialing- the area code followed by the phone number - for local calls beginning May 11. 10-Digit dialing will also affect text messaging, meaning numbers will require the area code in order for text messages to be delivered.

Retired...? (Want opportunities to help others!?)

Student...? Just starting out...? (Build potential job experience!)

The Tetra Society of North America provides the connection between people with disabilities and various technical people to create assistive devices at cost for materials.

These gizmos are not on the market or the existing assistive device may need to be customized which would enhance the quality of life for people with disabilities/seniors.

The Regina chapter is looking for volunteer technical people and people with disabilities/seniors who require a gizmo! You never know unless you try. Talk to the Tetra Team today!

Contact: Terri Sleeva at 545-7378 or e-mail: tetraregina@sasktel.net

For more information: www.tetrasociety.org or call 1-877-688-8762

Blue Cart Recycling is here!

Recycling carts will be delivered in May and June of 2013 for all homes that have garbage carts.

Recycling collection starts in July.

It's easy! There's no need to sort your recyclables or bag them – just clean them and put them into your blue cart. Then take your cart out for collection every second week on your collection day.

For a full list of everything you can and cannot put in your blue recycling cart, and for more information on the program, please visit www.regina.ca/residents/recycling/ or call 306-777-7000.



Are you an entrepreneur with a disability?

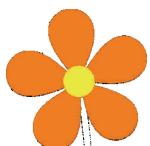
Whether you are 16 or 65, we offer disability supports and business services free of charge, so you can move forward with your vision of starting a business.

Some supports include:

- providing one-on-one or group training in business development
- reducing barriers, in terms of disability issues
- offering mentoring and consulting services

For more information, call Brenda at
(306) 757-7452, ext: 236 or email: brenda@ssilc.ca

www.ssilc.ca



Leisure without Limits

2013 Accessibility Advisory Forum

Join the City of Regina and the Accessibility Advisory Committee as we bring together a range of community agencies to help us educate the citizens of Regina on accessible and diverse leisure opportunities.

Saturday, May 25 1:00 - 5:00 p.m.

Regina Sportplex, 1717 Elphinstone St.

Contact 306-751-4029 for more details



Saskatchewan Disability Strategy:



May 6 the Minister of Social Services made an announcement of the plan for the new Disability Strategy that will affect all person in Saskatchewan with a disability. Read on to find out what was announced and how you can get involved!

"GOVERNMENT TO DEVELOP COMPREHENSIVE PROVINCE-WIDE DISABILITY STRATEGY

Call for Nominations to Citizen Consultation Team

The Government of Saskatchewan has taken the first step toward a comprehensive Disability Strategy for the province. The government committed to engaging the disability community in the development of the strategy in the Saskatchewan Plan for Growth and the 2012 Speech from the Throne.

"We have designed a process to involve and hear from as many people as possible on this important issue," Social Services Minister June Draude said. "At the end of this process, the Disability Strategy will support our goal of making Saskatchewan the best place in Canada to live for persons with disabilities, by supporting people with disabilities to fully participate in and contribute to the province's growing economy."

Draude will be supported by Legislative Secretary for Disabilities and Regina Coronation Park MLA Mark Docherty who will serve as a member of the Citizen Consultation Team, and report directly to the Minister of Social Services.

"I am proud to be a part of this effort and look forward to working with both government and community stakeholders over the coming year," Docherty said. "This Disability Strategy has the potential to be the gold standard by which similar initiatives are judged in other jurisdictions."

The Disability Strategy will focus on the priority areas specified in the Plan for Growth: accessibility, affordability and availability of housing; transportation; employment; education; support for community inclusion; and support for caregivers. Other priorities may emerge during the consultation process.

"I am pleased that the Government of Saskatchewan is undertaking this consultation process," Saskatchewan Abilities Council Executive Director Ian Wilkinson said. "By engaging the public, we can create a strategy that will meet the needs of people with disabilities."

"I was proud to represent the disability community in the successful creation of the Saskatchewan Assured Income for Disability (SAID) program," Prince Albert Community Service Centre Executive Director Merv Bender said. "Based on the success of that process, I strongly support a collaborative approach with government and the disability community in the development of a comprehensive Disability Strategy for the province."

Members of the public are invited to submit their nominations for the Citizen Consultation Team by downloading the application form from the Ministry of Social Services website at www.socialservices.gov.sk.ca. Nominations will be accepted until June 28, 2013, and the team members will be appointed in the fall of this year. The 12-15 members of the team will provide advice on the consultation process and priorities and content of the Disability Strategy.

Members of the public who are not selected for the Citizen Consultation Team will have other opportunities to contribute to the process, including participation in working groups, public consultations and one-on-one meetings.

The public consultations will be held next spring, to be followed by the public release of the Disability Strategy in late fall of 2014. Preliminary plans call for a number of consultation methods to be utilized, including video conferencing, online submissions, written submissions and face-to-face public forums to ensure access for persons with disabilities. Community forums will also be held across the province.

"As our province grows, we need to ensure that everyone is able to share in the opportunities created by that growth," Draude said. "To do that, we need to hear from as many people, and as many different viewpoints, as possible in the development of our Disability Strategy. The members of our disability community deserve nothing less."

-30-

For more information, contact:

Pete Paczko
Social Services
Regina
Phone: 306-787-0531
Email: pete.paczko@gov.sk.ca



Would you be interested in joining the Citizen Consultation Team?

Go online to <http://www.socialservices.gov.sk.ca/disability-strategy>

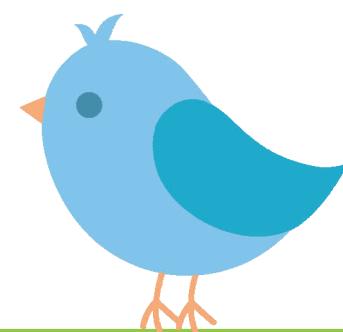
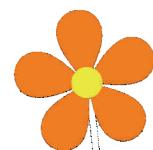
Read the following documents:

- Backgrounder - Citizen Consultation Team
- Backgrounder - Disability Investments 2007-2013
- Letter to Nominees

Then fill out the Citizen Consultation Team Nomination Form

E-mail the completed forms to ODI@gov.sk.ca

If you need printed copies of any of these materials please contact the Office of Disability Issues (at the address to the right) or our office.

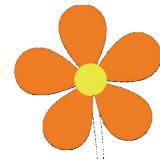


Send completed forms to:

Honourable June Draude
Minister Responsible for
Disability Strategy
c/o Office of Disability
Issues
1920 Broad Street
Regina SK S4P 3V6
E-mail: ODI@gov.sk.ca
Fax: (306)787-0656

2013 - 14 Budget Highlights Impact on People with Disabilities

- The 2013-14 Budget maintains and expands core services and supports for Saskatchewan citizens with disabilities.
- The Budget includes more than \$34 million in new or enhanced programming and increased funding for program utilization.
- The Budget makes key investments in areas such as income support, transportation, housing and promoting recreation and sports to people with disabilities.
- These investments demonstrate Government's commitment to Saskatchewan's vision of being the best place in Canada for people with disabilities to live.



Ministry of Social Services:

Income Support:

- \$3.015 million for enhancements to the Saskatchewan Assured Income for Disability (SAID) Program. Benefit enhancements (starting in 2012-13) include:
 - Couples: Benefits will increase by an additional \$400/month over four years. Cumulative monthly increase by year: \$230 / \$290 / \$345 / \$400.
 - Single Individuals: Benefits will increase by an additional \$350/month over four years. Cumulative monthly increase by year: \$200 / \$250 / \$300 / \$350.
 - Persons in Residential Care: Benefits will increase by an additional \$100/month over four years. Cumulative monthly increase by year: \$40 / \$60 / \$80 / \$100.
- \$418,000 is being committed for the indexation of the SAID living income benefit that pertains to shelter allowances.

Housing:

- \$1.19 million increase for the Saskatchewan Disability Rental Housing Supplement as more households access the program and to keep pace with increases in the rental market.

Specialized Programs / Other Initiatives:

- \$894 million for recruitment and retention salary increases for Community Based Organizations providing supports for people with disabilities within the Community Living Service Delivery sector;
- \$3.33 million for a general Level of Care (LOC) increase for CBOs providing services to people with disabilities within the Approved Private Service Home Sector;
- \$5.20 million to annualize the final commitments made in 2013-14 to complete the multi-year initiative to provide services to the 440 people with intellectual disabilities who were on a waiting list for specialized residential and/or day programs;

- \$1.20 million for operational funding to serve an additional 20 individuals with disabilities who have emerging needs;
- \$2.70 million in increased funding to assist those with disabilities transitioning from the Child and Family Services system;
- \$600,000 to provide intensive Fetal Alcohol Spectrum Disorder (FASD) prevention programming to pregnant women at high-risk of having a child with FASD;
- \$105,000 to the Cognitive Disability Strategy (CDS); and,
- \$100,000 to the Canadian Paraplegic Association as part of the Rick Hansen Foundation Initiative for peer support, rehabilitation counselling and outreach services to engage Aboriginal people with disabilities who have sustained a spinal cord injury.

Ministry of Health:

- \$2.50 million increase to the Saskatchewan Aids to Independent Living (SAIL) program to maintain benefits for people with long-term disabilities (orthotics, prosthetics, rehabilitation/mobility equipment, oxygen, and insulin pumps for children); and,
- \$200,000 for Spinal Cord Research as part of the Rick Hansen Foundation Initiative.

Ministry of Government Relations:

- \$325,000 increase in funding for the Transit Assistance for Persons with Disabilities (TAPD) program, which will accelerate the renewal of the ParaTransit fleet and allow for the expansion to additional eligible municipalities.



Ministry of Government Services:

- \$700,000 will be allocated to improve the physical accessibility of government buildings for people with disabilities.

Other Initiatives:

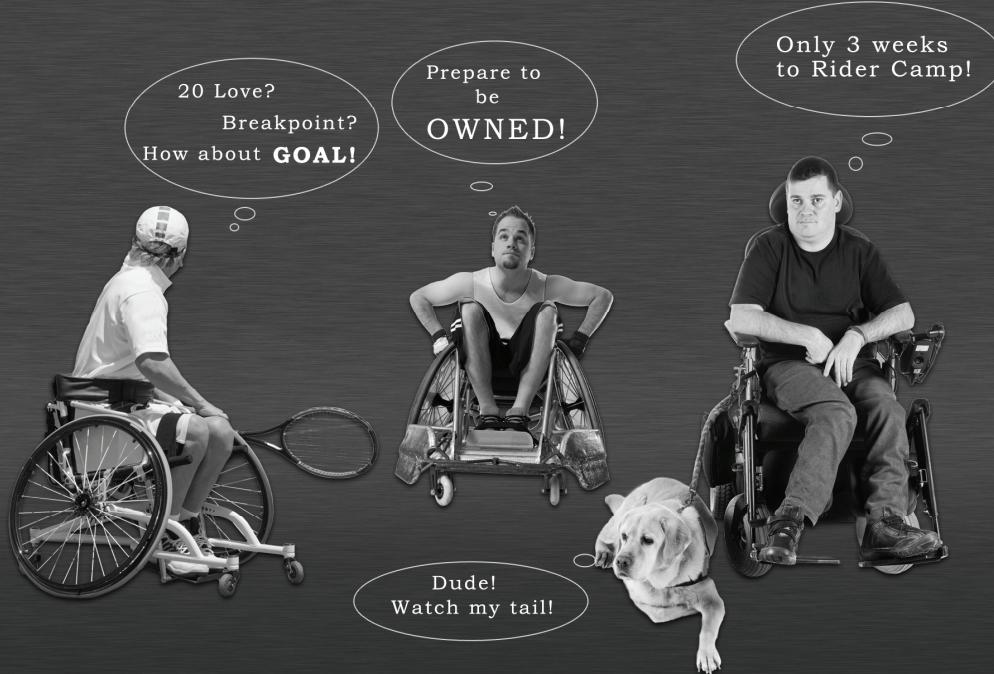
- \$791,000 to the Ministry of Parks, Culture and Sport in partnership with Sask Sport Inc. for funding to high-performance athletes with disabilities (\$47,000) a sport participation program for people with disabilities (\$232,000) as part of the Rick Hansen Foundation Initiative and core funding (\$512,000) to disability sport organizations;
- The 2013-14 Budget also includes disability related tax credits. The Disability Tax Credit, Disability Supplement, Caregiver Tax Credit and Infirm Dependent Tax Credit have all been increased from \$8,803 in 2012 to \$8,979 in 2013; and,
- \$100,000 from the Office of the Provincial Secretary to fund the Clayton Gerein Legacy Fund, also part of the Rick Hansen Foundation Initiative.

Regina: 306.352.4494

www.fedmed.ca

Saskatoon: 306.221.2941

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Books -

Mockingbird by Kathryn Erskine

In Caitlin's world, everything is black or white. Things are good or bad. Anything in between is confusing. That's the stuff Caitlin's older brother, Devon, has always explained. But now Devon's dead and Dad is no help at all. Caitlin wants to get over it, but as an eleven-year-old girl with Asperger's, she doesn't know how. When she reads the definition of closure, she realizes that is what she needs. In her search for it, Caitlin discovers that not everything is black and white—the world is full of colors—messy and beautiful.



Anything But Typical by Nora Raleigh

Baskin Jason Blake is an autistic 12-year-old living in a neurotypical world. Most days it's just a matter of time before something goes wrong. But Jason finds a glimmer of understanding when he comes across PhoenixBird, who posts stories to the same online site as he does.

Jason can be himself when he writes and he thinks that PhoenixBird—her name is Rebecca—could be his first real friend. But as desperate as Jason is to meet her, he's terrified that if they do meet, Rebecca will only see his autism and not who Jason really is.

Out of My Mind by Sharon M. Draper

Eleven-year-old Melody has a photographic memory. Her head is like a video camera that is always recording. Always. And there's no delete button. She's the smartest kid in her whole school—but no one knows it. Most people—her teachers and doctors included—don't think she's capable of learning, and up until recently her school days consisted of listening to the same preschool-level alphabet lessons again and again and again. If only she could speak up, if only she could tell people what she thinks and knows . . . but she can't, because Melody can't talk. She can't walk. She can't write. Being stuck inside her head is making Melody go out of her mind—that is, until she discovers something that will allow her to speak for the first time ever. At last Melody has a voice... but not everyone around her is ready to hear it.

Movies -

Rain Man (1988)

Charlie Babbitt finds out after his father dies that he has a brother, Raymond, who has been institutionalized throughout his life because he has autism.



Benny & Joon (1993)

Benny cares for his sister Joon, who has a mental illness. He also inherits the care of Sam, who has a personality disorder. Sam and Joon fall in love while Benny struggles to decide if he should send Joon to a group home.

Daredevil (2003)

Matt Murdock becomes blind after being exposed to hazardous waste as a youth. The accident leaves his other senses with superhuman sharpness. By day, Murdock is a lawyer. By night, he fights injustice as the masked superhero Daredevil.

Online -

Museum of Disability in New York. This website has photos and a virtual tour!

<http://museumofdisability.org>

Disability Strategy - Government of SK - Ministry of Social Services:
<http://www.socialservices.gov.sk.ca/disability-strategy>

Information every citizen with a disability should know about the new disability strategy and how you can be involved!

Spring recipes

(Thank-you Anna G)



Spring Vegetable Pasta Salad - Makes 8 servings

Ingredients:

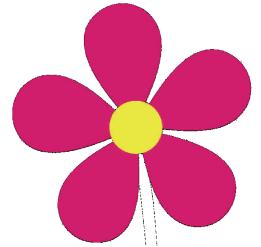
2-3 c. uncooked pasta (rotini is preferred)
1 small bottle Italian dressing (Viva Italian)/or lite
2 c. sliced cucumbers (cut in half also)
1 ½ c. diced tomato
½ c. green onion, chopped
½ c. chopped celery
¾ tsp. salt
¼ tsp. pepper

DRESSING:

1 c. Hellmann's mayonnaise
1 tsp. mustard
1 1/2 tsp. Dill weed

Instructions:

- Cook pasta until firm, but do not overcook.
- Add above ingredients with adding the Italian dressing last.
- Then in separate bowl, mix mayonnaise, mustard & dill weed.
- Blend mixture into ingredients.
- Chill at least 4 hours.
- May add 1 small can tiny shrimp.



Mozzarella Cheese Puffs- Makes 1 dozen

Ingredients:

2 cups flour
½ tsp salt
½ tsp paprika
1 cup butter
1 pound shredded mozzarella cheese

Instructions:

- Preheat oven to 350 degrees.
- Sift the dry ingredients together.
- In a large mixing bowl, cream the butter, mix in the mozzarella cheese.
- Add the flour mixture, & mix well.
- Shape into ¾ inch balls, & place on an ungreased baking sheet.
- Bake for 15 to 20 minutes or until the balls are puffed and golden brown.

Summer Seashells Pasta Salad - Makes 4 servings (recipe from our Admin Assistant!)

Ingredients:

½ c. extra virgin olive oil
3 garlic cloves, finely chopped or minced
¾ tsp. sea salt
½ tsp. red pepper flakes
2 c. small cherry tomatoes
1 lb medium seashell pasta
½ c. Parmesan cheese, shaved
½ c. thinly sliced fresh basil leaves

Instructions:

- Combine oil, garlic, pepper flakes & salt in a small pan & simmer on very low heat for 5 minutes or so; being careful not to burn the garlic.
- Slice all of the tomatoes. Stir half of the sliced tomatoes into the mixture, then simmer another 5 minutes.
- Remove from heat & place in a large bowl. Place the other half of the sliced tomatoes into the mixture & stir. Let stand for about 30 minutes, stirring occasionally. (Raw tomatoes get juicy as they stand, which helps create the sauce.)
- Meanwhile, cook pasta as package directs in a large pot of salted water.
- Drain pasta & mix with tomato mixture, cheese, basil, & season with salt to taste



Girl Power & YES Camps 2013?!?

We here at SVOPD are just as excited about Girl Power and YES Campus as you are! Unfortunately we don't know when our camp will be happening yet! We are still waiting, anxiously, to hear on the status of our funding applications. As soon as we know something we will be getting the word out to all of you! In the meantime if you are looking for some camps you can apply to right now, may be suggest the following:

Camp Easter Seal www.easterseals.com

CNIB Camp www.cnib.ca/en/about/facility/lake-joseph

SACL Fusion Inclusion <http://www.sacl.org/sacl-what-we-do/fusion-inclusion>

Thank-you for your patience during this time, please keep checking our website, our GP Facebook page (<http://www.facebook.com/pages/Sask-Voice-Girl-Power>) or your e-mail for more information on camps. If you'd like to be added to our camp mailing list please e-mail the office voice@saskvoice.com



Do you want more information on disability?

Do you want to keep up with what's happening in and around the disability community?

Do you want to know about cool technology to help people with disabilities lead better lives?

Do you want to read stories of hope and inspiration?

Than follow us on Facebook! <https://www.facebook.com/SaskVoice>

Don't have Facebook? That's okay!

You can read our blog at <http://saskvoice.com/category/blog/> We blog all the events for people with disabilities that we know about, we also do a monthly FB roll where we list all our FB articles that aren't on FB pages. (We post this on the 1st of the month for the previous month.)

Still want more?!?

Then sign up to our mailing list and you'll receive even more information on disability issues!

Just e-mail us at voice@saskvoice.com and ask to be added to our mailing list. (Or sign-up on our homepage www.saskvoice.com) You can also follow our other social media sites from our homepage to get cool pics, recipes, quotes, facts, etc.

Do You Have Stories or Suggestions?

Is there a topic, article, question, movie, book, website, story, that you would like us to share with other subscribers? Please mail, fax or e-mail it to us and we'll be happy to oblige!



Please include all copyright information for things you didn't write yourself. If your article is too long or if we run out of space we can share it on our newly created blog on our website as well so don't hesitate to send us anything of interest!

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Reduce. Reuse. Recycle.

Newsletter Funding Provided by SDPP-D, Thank-you!

Newsletter designed and edited by Doron Giroux & Amber-Joy Boyd

DISC -Disability Income Support Coalition

SVOPD is proud to be a member of DISC, working together with other non-profits in the province and with the government of Saskatchewan to create a dignified and fair income support program for persons with disabilities.

DISC is working hard to get this Saskatchewan Assured Income for Disabilities, SAID program in place and we have already had many successes. In the coming months please look for DISC advertising around the province and help support DISC's efforts to get an income support program in place! For more information check out the DISC website at www.saskdisc.ca

A life of poverty is an uphill battle.

Now, imagine that same struggle under the weight of a disability, surviving on \$26 dollars a day.

This is the reality for many people with disabilities in the province.

DISC
Saskatchewan Disability Income Support Coalition



Photo courtesy of www.dreamstime.com

The Disability Income Support Coalition is working with the government to build a program that brings dignity back to a life lived with disability, but they're not there yet. The province is moving forward, but they need your help to succeed.

Please help by contacting your MLA.
For more details, visit www.saskdisc.ca.