



# Prairie Voice



## Things we are thankful for

1. Family & Friends
2. Living in a beautiful province
3. Improvements to the SAID Program
4. Freedom to advocate on my own behalf
5. A free health care system
6. Clean water to drink
7. A bountiful library system
8. A country that encourages inclusion
9. A Government that is for people with disabilities
10. Organizations that help, like SVOPD! :)

Fall 2012

### Inside this issue:

|                                |   |
|--------------------------------|---|
| Flu shots?                     | 2 |
| Riders show they care          | 3 |
| Fun word jumbles               | 3 |
| Wheelchair friendly costumes!  | 4 |
| Left over Thanksgiving Recipes | 5 |
| Movies, Books & Websites!      | 6 |
| Suggestions?                   | 7 |

## A poem of thanks

When we count our many blessings; It isn't hard to see that life's most valued treasures are the treasures that are free.

For it isn't what we own or buy that signifies our wealth.

It's the special gifts that have no price:  
our family, friends and health



## Will you get a flu shot? *By Cynthia Ross Cravit | 50Plus.com – Wed, 26 Sep, 2012*

During the flu season of 2008-2009, Canadians lined up to receive their flu shot in hopes of protecting themselves from a pandemic virus.

As it turned out, according to five studies across different provinces, people who got the seasonal flu shot were more likely to become infected. At the time, the research didn't show the same effect in other countries and was written off as a problem with the vaccine used in Canada.

Now a new study says this result likely wasn't just a Canadian issue. By duplicating the effects in ferrets, researchers led by Dr. Danuta Skowronski of the BC Centre for Disease Control found the problem may have broader implications.

For the study, Skowronski's team worked with 32 ferrets, giving half of the group the 2008 seasonal flu shot and the rest an injection that was a placebo. The ferrets were then all infected with the pandemic H1N1 virus.

The results? While all animals recovered, the ferrets in the vaccine group became significantly more ill than the ones who received the placebo.

"The findings are consistent with the increased risk that we saw in the human studies," Skowronski told The Canadian Press.

One possible explanation, experts say, is that the virus used in the vaccine was similar to the

H1N1 virus, but not close enough for the body to produce the antibodies needed to fight off infection.

Another theory, known as the infection block hypothesis, holds that people who get the seasonal flu shot are only protected against the kind of flu the shot contains.

Despite the unsettling findings, Skowronski said that people should not be deterred from getting flu shots, noting the research in this case was limited to the pandemic virus.

"Pandemics are infrequent occurrences, but seasonal influenza recurs on an annual basis. It's a substantial cause of morbidity and mortality, and the seasonal vaccine substantially protects against that severe outcome due to seasonal influenza," she said.

Seasonal flu shots are back in the news as researchers look at who is actually getting the shot - - and whether it helps (or hurts) when it comes to preventing infection.

Flu vaccine hesitancy varies by ethnicity

In yet another influenza-related study, this one published by the Canadian Medical Association Journal (CMAJ), researchers say that a person's ethnic background plays a significant role in the decision to get a flu shot.

For the study, researchers looked

at data from the Canadian Community Health Survey by Statistics Canada, to



determine vaccine rates among Canadians over the age of 12.

After adjusting for other demographic factors, including age, gender, household income, and education, researchers identified ethnic groups that were the most and least likely to get a seasonal flu shot.

Yea or nay for the flu shot?

The most likely groups to say yes to the flu shot? Those who identified themselves as Filipino or Southeast Asian had the highest vaccination rates, the study found.

The lowest rates went to black Canadians, followed closely by whites.

And people who indicated they were West Asian or Arab, Latin American or multiracial, had slightly higher rates than whites.

Researchers say the findings could help health officials better target their messages to the public by helping them understand which groups are more vaccine-hesitant and the role of the larger cultural community in making health-related decisions. For instance, some ethnic groups may have stronger trust in the health care system, while others are more likely to turn to the Internet and other sources to help inform their health decisions.

## Riders Show They Care - *Regina Leader-Post* – Wed, 19 Sep, 2012

On Sept. 4, seven Saskatchewan Roughriders players came to visit with long-term care residents in the Extended Care and Veterans programs at the Wascana Rehabilitation Centre.

These Rider visits have become a tradition and the residents enjoy it immensely. The players graciously answered a barrage of personal questions from residents about pets, marital status, future career plans, etc., and then spent time visiting, signing autographs, and posing for pictures. Throughout the

visit, the players showed tremendous professionalism and character, strengthening the support that residents already have for this team.

I realize that player appearances have become a part of many professional sports teams' duties, but I cannot begin to describe the positive long-term effects these visits have had on Wascana residents. I can only describe these visits as magical. The smiles and comments from residents are heard long after the players have left - even from those with short-term memory loss, dementias,

and other cognitive deficits.

On behalf of the residents, family members and staff of Regina Qu'Appelle Health Region's Wascana Rehabilitation Centre, special thanks to players Odell Willis, Sandro DeAngelis, James Patrick, Chris Best, Dan Clark, Sinorice Moss, Keith Shologan, and Andrew Craig of community relations. We want to express how much your visits to Wascana mean to us.

Ken Rybchuk,



## Can you read this?

The following has to do with the power of the human mind, the instructions are to read the following OUT LOUD. Are you able to? Many people can even though number replace letters.

7H15 M3554G3  
53RV35 7O PR0V3  
H0W 0UR M1ND5 C4N  
D0 4M4Z1NG 7H1NG5!  
1MPR3551V3 7H1NG5!  
1N 7H3 B3G1NN1NG  
17 WA5 H4RD BU7  
N0W, 0N 7H15 LIN3  
Y0UR M1ND 1S  
R34D1NG 17  
4U70M471C4LLY  
W17H 0U7 3V3N

7H1NK1NG 4B0U7 17,  
B3 PROUD! 0NLY  
C3R741N P30PL3 C4N  
R3AD 7H15.

This is another example of how great the mind can be, this one is like the previous but has to do with spelling and word shapes instead of numbers replacing letter:

Can you read this?  
Olny 55 plepoe out of 100 can.  
I cdnuolt blveiee that I cluod  
aulaclty uesdnatnrd what I was  
rdanieg.

The phaonmneal pweor of the  
hman mnid, aoccdrnig to a  
rscheearch at Cmabrigde  
Uinervtisy, it dseno't mtaetr in  
what oerdr the ltteres in a word  
are, the olny iproamtnt tihng is  
that the frsit and last ltteer be in

the rghit plcae. The rset can be a  
taotl mses and you can still raed  
it whotuit a pboerlm. This is  
bcuseaethe huamn mnid deos  
not raed ervey lteter by istlef,  
but the word as a wlohe.  
Azanmig huh?

Here's a harder one for those  
who think they've got it:

The terohy aslo hples to eaipxln  
the doepmevnllet of merodn txet  
mseniagsg lagunage, and how  
the hamun biran so rlaidey  
utendrnstdas atboivbinars and  
cimtonobnais of lrettes and nbr-  
meus mainkg new 'wdros' whcih  
we've nveer seen beofre and yet  
stlil are albe to usterdannd al-  
somt iammeiltdey. For emxpale:  
'c u lte8r', wiich you'll nitcoe  
you can utransnded eeavn thgouh  
it's jmulebd.

# Wheelchair friendly costumes!



Some awesome wheelchair friendly costumes from around the internet!



TRICK OR TREAT



## Delicious Thanksgiving Recipes



### Tasty Leftover Thanksgiving Turkey Pie

Makes 4 Servings. Cooking time: 45 min. Total cost: About \$15/3.75 per person

#### Ingredients:

- 3 quarters of a pound cooked lean roast Turkey
- 2 diced carrots
- 1 ½ cups peas
- 2 tbls chopped herbs such as parsley, tarragon, dill, basil, whatever is on hand
- ½ cup boiling water
- 1 1/3 cup of turkey gravy
- 1 tsp of pureed garlic (optional)
- 3 ½ cups mashed potato
- Cooking oil

#### Instructions:

1. Preheat oven to 350 F.
2. Place turkey in a large oven proof dish with carrots and peas.
3. Sprinkle over 1 tbls of herbs.
4. Combine gravy with ½ cup boiling water. Mix to blend well. Pour over turkey and vegetables.
5. Toss to coat evenly.
6. Mix garlic (if using) with mashed potato. Use to cover turkey.
7. Brush with cooking oil and bake for 30 min or until potato is lightly golden.
8. Sprinkle with remaining herbs to serve and season with black pepper if preferred.

### Butterscotch self-saucing pudding

Makes 6 Servings. Cooking time: 40 min. Total cost: About \$3/\$0.50 per person

#### Ingredients:

- 1 ¼ cup all purpose flour
- 1 tsp baking powder
- 150 ml skim milk
- 1 egg
- 2 ounces butter or marg.
- ¼ cup corn syrup
- 300 ml water
- Icing sugar to dust
- Dream whip to serve

#### Instructions:

1. Preheat oven to 325 F.
2. Lightly grease a 1-litre capacity baking dish.
3. Sift flour and baking into a large mixing bowl and add half the sugar. Stir to combine.
4. Place milk, egg, butter and 1 tbls corn syrup in a mixing bowl. Whisk until well combined.
5. Gradually whisk milk mixture into dry ingredients until well combined and smooth.
6. Pour batter into prepared dish and use the back of a spoon to smooth surface.
7. Sprinkle remaining sugar evenly over batter.
8. Combine remaining corn syrup with water and stir until well combined.
9. Carefully pour mixture over pudding. Bake for 30-35 minutes or until golden and set.
10. Remove from oven and let stand for 5 minutes before dusting with icing sugar.
11. Serve with a dollop of dream whip.



*Happy Thanksgiving*

# Entertainment!

## Movies

### **The Vow - 2012**

Paige and Leo are a happy newlywed couple whose lives are changed by a car accident that puts Paige in a coma. Waking up with severe memory loss, Paige has no memory of Leo, a confusing relationship with her parents, and an ex-fiance she may still have feelings for. Despite these complications, Leo endeavors to win her heart again and rebuild their marriage.

### **Hope Springs - 2012**

Kay and Arnold are a devoted couple, but decades of marriage have left Kay wanting to spice things up and reconnect with her husband. When she hears of a renowned couple's specialist in the small town of Great Hope Springs, she attempts to persuade her skeptical husband, a steadfast man of routine, to get on a plane for a week of marriage therapy.

### **Trouble With The Curve - 2012**

Gus is a baseball scout with eye problems. He can't see the baseball go over home plate. His daughter Mickey wants to help and so leaves her job to go on a recruiting trip, which might be his last if Gus can't make the right call.



## Books

### **A Dog Named Christmas by Greg Kincaid**

When Todd McCray, a developmentally challenged young man still living on his parents' Kansas farm, hears that a local animal shelter is seeking temporary homes for its dogs during the days leading to Christmas, he knows exactly what he wants for the holidays. His father objects, but Todd's persistence quickly wins out. Soon the McCrays are the short-term foster family for a lovable pooch the young man names Christmas.

### **His Eyes by Renee Carter**

Amy Turner's about to graduate from high school and all she wants is a job. Actually, all she wants is to find a way to pay for college. Amy certainly isn't looking for love when she answers an ad to baby-sit a boy-she just needs the cash. But the job has a catch: The boy is blind...and he's her age.



### **Imperfect Beauty by E.A. West**

A visit to the Highland games goes awry for Alasdair Buchanan when his cousin abandons him in the crowd. His guide dog is terrible at describing the sights, but he does a great job of finding the river. Too bad Alasdair has no clue where that river is in relation to his cousin's apartment. But then into his life walks Trisha who sees his dilemma and comes to help.

## Websites

### **[www.TravelinWheels.com](http://www.TravelinWheels.com)**

This great website provides detailed accessibility information about destinations for travelers with disabilities!

### **[www.ALA.ca/content/home.asp](http://www.ALA.ca/content/home.asp)**

The Active Living Alliance for Canadians with a Disability (ALACD) promotes, supports and enables Canadians with disabilities to lead active, healthy lives.

### **[www.Beliefnet.com/](http://www.Beliefnet.com/)**

Our mission is to help people like you find, and walk, a spiritual path that will bring comfort, hope, clarity, strength, and happiness. More about Beliefnet.



Entrepreneurs  
with Disabilities



## 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](mailto:brenda@ssilc.ca)

[www.ssilc.ca](http://www.ssilc.ca)



## 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!

### Mail:

984 Albert St.  
Regina, SK  
S4R 2P7

### Fax:

306-569-1889

### E-mail:

[amber@saskvoice.com](mailto:amber@saskvoice.com)



984 Albert St  
Regina, SK  
S4R 2P7

Phone: 306 569-3111  
Fax: 306 569-1889  
Email: info@saskvoice.com  
Toll Free: 1-877-569-3111

We're on the web!  
www.saskvoice.com

**Saskatchewan Voice of  
People with Disabilities**

"See the ability, not the disability"

**1 YEAR MEMBERSHIP \$10**  
**PRINTED NEWSLETTER \$10**  
**DONATION\* \$\_\_**  
**E-NEWSLETTER FREE**

\* Tax deductible receipts for donations over \$10

Name \_\_\_\_\_

Address \_\_\_\_\_

City/Prov. \_\_\_\_\_

Postal Code \_\_\_\_\_ Ph \_\_\_\_\_

Email \_\_\_\_\_

Newsletter Funding Provided by SDPP-D, Thank-you!  
Newsletter designed and edited by Doron Giroux & Amber-Joy Boyd &  
Student Volunteer: Maggie Mannle



## 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](http://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.dreanstime.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](http://www.saskdisc.ca).**