



MLPD Update

MLPD

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Newsletter of the Manitoba League of Persons with Disabilities

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Make Poverty History Rally By Deanna Ng

Make Poverty History led an event based on the 12 days of Christmas. The first day was December 25th, when Lynda Trono, from the West Broadway Community Ministry placed one pair of shoes on the steps of the Legislature. Each day, members placed another pair of shoes, increasing the number of shoes on the steps. Finally on January 4th, Make Poverty History and about 200 partners, as well as MLPD members joined in a rally by the steps of the Legislature, where dozens of pairs of shoes lined up. Kirsten Bernas, the leader of Make Poverty History said the shoes won't go to waste – they are being donated to charity.

Why the shoes?

This was based on the kindness of Kris Doubledee – a Transit driver who gave his shoes to a homeless gentleman. The point of this was that kindness goes along way but government assistance and support is needed

to support the most vulnerable citizens – people with low income, many with disabilities.

Why raise the rent?

EIA rent is only \$285 per month. RentAid only allows you a little extra. For example, EIA rental allowance for a one-bedroom ranges from \$285-\$387 per month when the actual rent is \$665 per month. This has not changed since 1992. Having the EIA rental allowance increased to 75% of the median market rent would benefit tenants, rental agencies, governments and business. This increase will benefit all involved.

Too often many people receiving EIA benefits have to make choices. For example they may have to choose between rent or food? In the end, people with low incomes have to turn to food banks like Winnipeg Harvest to meet their basic needs. Food banks are great organizations, but the thing to remember is that it is a choice no one should have to make. Having EIA rental allowance increased to 75% of the

median market rate will allow people to live more decently and be dignified as human beings.

Sarah Townsend, who spoke at the event, has struggled to make ends meet receiving EIA Disability benefits and is faced with these financial challenges. This is all too common.

Action is Much Appreciated:

Kirsten Bernas on behalf of Make Poverty History Manitoba stated “We are thrilled to see so many supporters out at the Legislative Building for the rally. Our campaign is really gaining momentum and will continue to build on as we approach the release of Budget 2013 to ensure it includes an increase to the rental allowance for people on employment and income assistance.”

Paula Keirstead, MLPD’s Co-Chair presented with three pairs of shoes on the steps of the Legislature on the 3rd day of the 12 days of Christmas. The following is her statement:

We celebrate the Winnipeg bus driver, who gave his shoes this fall, but we want to remind you we cannot address this by kind acts alone. Governments must invest in solutions for the

reason why people cannot afford shoes in the first place.

MLPD is self-help cross disability organization that advocates for people with disabilities for over 40 years. One hot issue that is not adequately addressed is accessible, safe, affordable housing for people with disabilities. Without appropriate EIA benefits, people have to use food money to pay for inaccessible housing that does not meet their needs.

On the third day of Christmas, we ask you to raise the EIA shelter allowance to 75% of the median market rent so people do not need to take money out of their budgets for needed necessities.

Thank you.

**Celebrating December 3, 2012
International Day of
Persons with Disabilities
by Colleen Watters**

On December 3, 2012, the Disabilities Issues Office (DIO)

celebrated International Day of Persons with Disabilities by organizing a forum to share Manitoba's progress on accessibility legislation and other initiatives to fulfill the province's commitment to the UN Convention on the Rights of Persons with Disabilities (CRDP).

Rhonda Wiebe, DIO, welcomed everyone to the event. She reflected on the road that led to the celebration of the International Day of Persons with Disabilities: Beginning in the 1960s, the global community started to acknowledge that there were distinct groups of people who were not able to enjoy their rights in the same way as others. Thanks to the organization of persons with disabilities and their international advocacy efforts, in the 1970s, disability was discussed in the General Assembly at the United Nations for the first time. This led to the proclamation in 1981 of the International Year of Disabled Persons, which evolved into the UN Decade of Persons with Disabilities. Not long after the completion of the decade, in 1992, December 3 was designated the United Nations International Day of Persons with Disabilities.

The work of countless local, national and international

organizations of persons with disabilities, including Disabled Peoples International (which was headquartered in Winnipeg through most of the 1980s and 1990s) culminated in the adoption by the United Nations of the Convention on the Rights of Persons with Disabilities (CRPD) in December 2006, the Government of Canada was one of the first countries to sign the Convention on March 30, 2007; it was later ratified in 2010. Eighty-two countries have now ratified this landmark document. Considered by many to be THE action plan into the future, global commitment to the CRDP is worth celebrating!

The Honourable Jennifer Howard, Minister responsible for Persons with Disabilities, brought greetings on behalf of the Province of Manitoba. Minister Howard reflected that one commonality of persons with disabilities is that they continually defy expectations, including in the workplace. Minister Howard offered the example of the young employees successfully introduced to the workplace in 2012 through Project Search, a work practicum experience organized in collaboration of SCE Lifeworks, Manitoba Hydro and the Civil Service Commission.

Minister Howard announced that the government was marking December 3, 2012, by introducing an amendment that would eliminate an exemption that allows employees with disabilities to be paid less than the minimum wage. This will ensure that persons with disabilities are treated fairly in the workplace, and that their work is equally valued. It is another step by which Manitoba is fulfilling its obligations under the CRDP. Minister Howard also noted that she had received the recommendations of the Accessibility Advisory Council and would report her response in mid-January. She noted that the province is well on its way to introducing Made-in-Manitoba accessibility legislation in 2013.

MLPD welcomes the repeal of the sub-minimum wage, which is something we have been recommending for many years. The League worked with the Public Interest Law Centre to produce a report on its findings and recommendations and will submit its research to Minister Howard. The League is also pleased with the advances made toward accessibility legislation. Diane Driedger - MLPD Provincial Coordinator will continue to guide the process in her capacity as a member of the Province's Accessibility Advisory Council.

Following the Minister's announcements, Yvonne Peters, Chairperson of the Accessibility Advisory Council (AAC), and John Wyndels, DIO, provided a progress report on Manitoba's proposed accessibility legislation. The goal is to identify, prevent and remove barriers by working with public and private sectors on long-range plans to ensure accessibility. Legislation will lay out a process to develop and implement accessibility standards. Once the legislation is introduced, public education to promote compliance will be vital. Further details were provided on the framework and role of government.

Patti Chiappetta, of Seniors and Healthy Aging Secretariat (SHAS), provided an overview of Age-Friendly Manitoba, which now integrates 86 number of Manitoba communities. Because the Association of Manitoba Municipalities is both a participant on the Accessibility Advisory Council and will be an important partner in promoting accessibility legislation, Age-friendly communities may offer a strategic opportunity to promote accessible spaces and attitudes.

Following a coffee break, Ms Wiebe introduced a three-person panel who were invited to offer

departmental highlights in the implementation of the CRDP across provincial government departments in 2012:

Introduction of the Mental Health Court:

Ken MacKenzie of the Winnipeg Regional Health Authority outlined the structure of the court and the work to improve access to the Justice system for those with mental health disabilities.

Increased Accessibility of Manitoba Libraries:

Trevor Surgenor, of the Provincial Library Services Branch, highlighted some of the actions taken to make libraries more accessible, including increasing electronic access to documents, as well as large print holdings, on-going disability awareness raising integrated into staff training, and integration of universal accessibility with on-going library renovations. Trevor emphasized that he equates disability inclusion with the Manitoba Library's vision of libraries for all; one will not happen without the other!

Participation of Persons with Disabilities in Manitoba's Civil Service:

Erin Polcyn Sailer, of the Civil Service Commission (CSC),

reported that the government had increased the percentage of persons with disabilities working in the Civil Service to 4.6%.

Ultimately, the CSC intends to reach a 7% target, which reflects the representation of Manitobans with disabilities in our workforce. Ms. Sailer went on to describe some of the ways the Province has achieved this progress, including internship programs, education of management and staff and support of workplace accommodations.

In concluding the day, Yutta Fricke welcomed comments and suggestions to guide future forums to celebrate the International Day of Persons with Disabilities. She noted that a national baseline report on the implementation of the CRDP, including Manitoba's progress, will be available from the federal government in the New Year. For further information, please visit the DIO website at <http://www.gov.mb.ca/dio>.

EI Benefits Study by Deanna Ng

The Canadian Centre for Policy Alternatives - Manitoba held a press conference on Thursday, January 10, 2013 at 10am at the

Union Centre. This presented the Canadian Centre for Policy Alternatives (CCPA) Report *Losing Ground: How Canada's Employment Insurance system undermines inner-city and Aboriginal workers*. The Community Unemployed Help Centre (CUHC) worked together with Ellen Smirl and Lynne Fernandez, studying inner-city and Aboriginal workers who experienced dealing with the EI system. Co-author Lynne Fernandez and the CUHC Executive Director, Neil Cohen presented at this workshop.

According to the report, many people who apply for EI are seasonal workers, manufacturing workers, inner city workers, Aboriginal citizens, and newcomers. For Aboriginal citizens, 31% on reserves and 15.4% in the inner city are unemployed workers. 64.4% of general inner city workers are employed compared to 68% workers employed for the rest of the city.

The report highlighted some of the Federal Government's changes to Canada's EI program. They have been forced to make program cuts. For example, in the 1990's, 80% of unemployed workers received EI benefits, while in 2009, 43% of unemployed

workers received EI benefits and as of February, 2012, 39.9% of these workers received benefits. Rising costs in the 1980's and 1990's has given the system further concern about money for EI. The reason, Canada was changing to be a part of a competitive global market economy.

19 workers were in this study. One previously attended a residential school and another was a newcomer facing language barriers. Both participants want desperately to work but do not have the supports due to a failing system.

When applying, people face barriers that often include; the application process, the questions, terms used, and information. It is more difficult for new comers and people with less supports to apply. Also, this makes it hard also for people who do not have access to a computer with internet. Terms on which you left your old employment will be redefined. For example, quitting for being verbally abused will have new rules that will affect you. The term "suitable employment" is being redefined. This forces workers to take jobs that really don't match their qualifications.

The EI system has 1,000 part-time workers handling about 25,000 cases per year. This will now be replaced by only 39 full-time workers. Any EI hearings from April 2013 on will be heard before a single, 'expert', full-time Tribunal. This will make assistance harder to get.

Keeping this in mind, the competitive global economic and labour market has gone down. Types and hours of employment have changed. In 1989, there was 67% full-time permanent employment and in 2005 there was 63% full-time employment. People working part-time preferred to have full-time positions. In 1989 11% wished for full-time employment and in 2005 30% wished for full-time employment.

As a result, many workers who want to work face unemployment, poverty, stigmatization, social marginalization, illness and uncertainty. Many of these workers are now turning to the Province's Employment & Income Assistance (EIA) system while looking for work. The federal government did not provide the Province with any additional money to cover these new costs.

This report found that EI systems that provided

unemployed workers with necessary supports to become employed using their skills and training caused appropriate employment for these individuals in jobs and resulted in them having higher wages and enjoying their work and paying back the system through taxes.

So these are hard times when our employment ends; where do we turn? We may pay benefits but have no access to a service that we pay for and perhaps our neighbor has EI benefits but we don't get them, and this seems unfair. EI was originally conceived of as a hand up, not a hand out, and a much needed support. Things have changed.

To see the report visit:

<http://www.policyalternatives.ca/sites/default/files/uploads/publications/Manitoba%20Office/2013/01/Losing%20Ground%20How%20Canada%27s%20EI%20system%20undermines.pdf>

**Child & Family Poverty
Report Card Public Release
& Discussion
by Deanna Ng**

On Thursday November 29th, 2012, sessions on the Child

and Family Poverty Report Card took place at the Winnipeg Harvest building on Winnipeg Avenue from 11:30 a.m. to 12:30 p.m. and then at the Winnipeg Free Press Cafe on 237 McDermot Avenue from 4:00-6:00 p.m.. These events were hosted by the Campaign 2000 (Manitoba) and the Social Planning Council, who released the annual Child and Family Poverty Report Card. The report has once again exposed the level of poverty facing Manitoban families and looked at the Provincial Government's ALLAboard Poverty Reduction Strategy. They are aware of the situation where action is necessary.

Senator Art Eggleton - Co-author of the Senate Standing Committee Report: [*In from the Margins: a call to action on poverty, housing and homelessness*](#) presented. The panel included: Sid Frankel - University of Manitoba, Marianne Cerilli - Social Planning Council, Amy Prince - student and mother, and Sharon Unger - student and mother.

The stats are astounding! According to Senator Art Eggleton and the Report Card, in 2010, Manitoba had the second highest child poverty rate across

Canada. That means a family of four must survive on less than \$38,322 per year. Across Canada the percentage of children of families with low income is at 14.5%. This means about 20% of children in Manitoba, (54,000 in 2010) live in poverty. Out of the most developed nations in the world Canada ranks 24 out of 35. In our country, this also means that 11,000 children were waiting for a child care space in Manitoba in September 2012, due to low income.

It costs to have poverty – including resources like healthcare, justice, and social assistance. It costs the individuals and their families such as the loss of mental and social well being due to loss of dignity, loss of acceptance, and negative stereotypes. On top of this, the Federal Government is doing very little about the poverty situation.

The Old Age Security retirement age has been raised to 67. This will leave a lot of elderly Manitobans with less income. Often working adult children must pay the healthcare costs such as medication, as well as food, housing costs, and transportation for their elderly parents and cover the costs of raising their own family on top of that. All these

expenses cause many families to be in debt.

Amy Prince and Sharon Unger, two post-secondary students and young single mothers, described the barriers trying to pay bills and such as choosing between food and paying rent, having less clothing, and lack of opportunities for their children. Socialization and learning for their children were hindered – it costs money to go to children’s birthday parties, go on field trips, join a sports team, or pay required student fees. Their children faced mental health barriers such as being bullied and lack of opportunities to develop - the family is trying so hard just to survive on what little income there is from social allowance.

According to Eggleton, social programs are not funded enough through the province or the federal government. There have been more people needing assistance in the last 20 years. Government tax cuts have also resulted in program cuts and have forced more people into poverty.

He explained even though the economy is recovering, it is not for everyone. There is ever widening inequality. The gap between people with higher

income and people with lower income is ever widening and there are lesser numbers of people with middle incomes. Between 1989 and 2010, incomes increased, so too did costs. The poorest 10% of Manitoban families received \$4,538 more. The middle 80% of families received \$14,316, and the richest 10% received \$51,991 more- having 38.7% more income since 1989. Social cohesion is an issue, so it is important we work together.

David Northcott, Executive Director of Winnipeg Harvest explained that people are using food banks more and more within the past 20 years. Over half of the people that come are employed, but cannot afford basic necessities such as food. Often more than half their income goes towards housing costs. Full-time at minimum wage often isn’t enough. Many are people with disabilities. Many people with disabilities want to work, and it is necessary to invest in their education and work experience so that they can become employed and pay taxes.

The panel were interested in recommendations from the community as to what can be done to reduce or eliminate poverty.

A few people in attendance brought up the different ideas. One is taxes. As much as we hate them taxes are good – they help fund social programs for people with lower incomes to live adequately, raise their families, go to school, and become employed so they can in turn pay taxes. Maybe the tax system needs to relook at how much in taxes people with different incomes must pay. We cannot bias any group, and we do need to look at fairness. What if at a certain income level you no longer receive a GST credit? What if families who receive EIA benefits don't get tax bonuses taken off their cheques? What if there was a national child tax credit that paid at least \$4,500 annually per child to their families and care givers? What if there was a set bottom line income that is more than what someone making minimum wage would receive?

In dealing with child care spaces, perhaps we need to follow the system in Quebec, where they are enacting a plan to shorten the wait lists for child care so that by 2014-15 there will no longer be waiting lists.

There is a need for safe accessible affordable housing. Make Poverty History is also on board about increasing EIA rental

allowance for families with low income to afford housing. First Nations groups, including the Assembly of Manitoba Chiefs are working on the housing crisis in different communities across Manitoba. The Assembly of Manitoba Chiefs is making use of different lots of land as homes for Aboriginal families in different areas of the city. What if other private and public landlords develop affordable units? Perhaps government housing programs need to look at increasing the house value to which they will provide funding for things like property tax, repairs, or making a place accessible.

This can become a learning opportunity for children and adults in the middle class, who need to be educated on social issues around poverty. For example, the social studies curriculum throughout the education system needs to reflect the reality of a social condition of poverty. It is not the individual's fault but a systemic issue that needs to be looked at. The efforts are slow but steady and will take time, but perhaps we as citizens need to take initiative and seek opportunities to help our neighbours out of poverty.

The Child & Family Report Card can be found at www.spcw.mb.ca

For more on Campaign 2000, visit: www.campaign2000.ca



by Jess Turner

Surefoot is a winter walkway conditions bulletin launched in February 2012 that provides a daily rating of the level of difficulty that may be encountered by pedestrians during Winnipeg's long and extreme winters. The information provided by this bulletin is potentially useful for all users of winter sidewalks. The aim of Surefoot is to reduce falls-related injuries occurring in the winter conditions of a northern city such as Winnipeg.

Surefoot was developed as a response to a storm in February of 2009 that brought freezing rain followed by light snow. This made the iciness of the walkways nearly impossible to gauge which led to

very hazardous walking conditions. Members of the Falls Committee for Safe Communities Winnipeg identified the need for an advisory system that would raise awareness about potentially dangerous conditions of Winnipeg's winter walkways. The winter walkway conditions bulletin was developed through the collaboration of various partner organizations including the City of Winnipeg, the Winnipeg Regional Health Authority, and the University of Winnipeg.

The goal of Surefoot is to create greater recognition of difficult walking conditions in Winnipeg during the winter and to help promote more informed decisions about safe travel in response to the daily report. The bulletin provides a rating of the level of difficulty, ranging from easy to hazardous, brief descriptions of snow and ice conditions on walkways as well as recommendations for safer and more cautious pedestrian travel. We hope that individuals planning to walk during winter check the daily Surefoot rating to better prepare for difficult walking conditions.

Surefoot reports the general daily winter walkway travel throughout the winter months, but as we know, each person has his

or her specific needs and comfort level. Surefoot recommends that individuals take precaution when travelling on all walkways throughout the winter. We strongly advise everyone to wear properly fitted winter footwear with non-slip soles, to walk slowly and to allow more time for travel. It is always a good idea to walk with a buddy when possible because safety is crucial all winter long.

Surefoot reports on the general conditions of walkways in all Winnipeg neighbourhoods, and it is encouraged that pedestrians of all ages check the daily bulletin before venturing outside. Soon local media stations will report the bulletin on a daily basis, but for now the bulletin reports are available online at www.surefoot.org and by calling 311.

Before you go out, check with Surefoot. Please be cautious and stay safe this winter.

Surefoot provides daily updates on winter walking conditions in Winnipeg, helping you make safer choices before you go out.

The ratings are simple and easy to understand:

- **Easy:** Bare pavement, no ice.
- **Moderate:** Mostly bare pavement and compacted snow surfaces with some isolated slippery sections
- **Difficult:** Sidewalk travel not advised for persons with limited mobility. Fresh snowfall, freezing and thawing conditions may cause slippery walkways
- **Hazardous:** Sidewalk travel not advised. Walkways are extremely slippery

Watch for changing conditions

Surefoot provides daily updates on general winter walking conditions in Winnipeg so people can make safer choices and avoid slips and injuries due to falls.

Stay safe by following these tips for winter walking:

- Always wear properly fitted footwear with non-slip soles
- Don't rush! Walk slowly and allow more time for pedestrian travel
- Be aware of slippery street intersections
- Walk with a buddy when possible
- If you rely on a cane, use an ice grip that can be reversed when going indoors

Safe Choices, All Season Long

For today's winter walking conditions call 311

Or visit

www.winnipeg.ca/surefoot or surefoot.org

Disability & the Sacred Teachings by Diane Scribe Niiganii

I spent most of my life learning to live with Ankylosing Spondylitis (arthritis of the spine). Two years ago I took time for myself, with the full support of my husband and son, to rest and heal from various complications of this disease. When I started to feel stronger and my physical, mental, emotional, and spiritual health had improved greatly, I became more involved in social media. It was a way for me to be social active and still protect my low immune system.

Soon I was feeling well enough to get involved with community events and issues that I cared about. I realized I had come a long way and I had done a lot to improve my overall health. I researched to find something that would be inspirational for me based on my experience living

with arthritis but could not find anything that fit how I was feeling.

I had been involved with a project several years ago that had a profound impact on me. It was called "Wings of Change" and it incorporated the Seven Sacred Teachings.

<http://www.2nativesr1.com/7teach.pdf>

The project was focused on worker health and safety and I was involved for two years.

After much personal reflection over the course of two years, I realized I had to decide what was most important in my life. I looked closely at the Seven Sacred Teachings on-line and I reflected on what they meant to me.

The following is an adaptation of the Seven Sacred Teachings based on my experience of what I live with on a daily basis. I believe disability is personal and each person's experience is different.

I acknowledge that at times, I feel like I can go no further, yet, somehow I do. Regardless, I do my best to be in a positive relationship with my disability.

This is how I know I am an Ankylosing Spondylitis Survivor.

Truth

It is important to me to find out exactly what my health issues are so that I can learn what to do about them. I talk to people I trust and feel comfortable with and I do my own research to learn more. Learning about my disability helps me to:

- Find ways to deal with my health issues and pain;
- Identify what my strengths are;
- Identify what my limits are;
- Improve my quality of life;
- Be empowered;
- Find the supports I need to help me cope;
- Dispel myths when I share information about my disability with others.

Honesty

Living with a disability is a constant learning experience. Being completely honest with myself and others about my health has helped me to:

- Find ways to deal with illness and pain before they get worse;
- Express more clearly what I am feeling and experiencing;
- Find the resources I need to help me cope with daily challenges, pain and illness;

- Take responsibility for my disability
- To set priorities in my life, especially those that include the most important people in my life.

Humility

Accepting myself just the way I am helps others to accept me just the way I am.

I recognize that am not more special than anyone else because I live with a disability and may do some things differently than others.

I recognize and respect my limits so that I do not overtire myself and make myself sick. I take time to think of the priorities in my life and what I can do based on the energy I have.

I try to make the best decision based on staying healthy.

I let people know as soon as I can if I cannot follow through with a commitment because that is the unpredictable nature of my disability. I accept the fact that not everyone may understand.

I believe everyone has skills and abilities we contribute to our homes, families and communities.

I can rely on others to help me when I need it. I can help others when I can.

I do what I can when I can to keep active.

Respect

Having to live with a disability, I am constantly learning new things about my life. I respect and honor the new things I learn so that I can make them work in a positive way for me.

The more I learn and reach out in a positive way, the more I realize I am not alone in living with chronic pain and illness. Disability does not recognize sex, creed, color or religion.

I share what I learn with others so they may have an improved quality of life and in doing so I recognize that people have different styles and ways of learning and absorbing information.

Love

I recognize that I have limitations and differences when I compare myself to others. This is what makes me unique and that is okay.

Being able to love myself makes it easier for me to love others. I accept myself the way I

am and I know there will be times when it will be difficult to do so.

I appreciate and honor myself for facing my daily challenges because I am able to do it with acceptance that I live with a disability and it is a lifelong relationship.

Courage

Because of my disability, I have to take risks every day. I have the desire to find ways to overcome my limitations and the courage to accept those limitations I cannot overcome.

There are many things that I have the ability to change in my life and as well, there are things I have to accept just the way they are. This is part of the relationship I have with my disability.

Wisdom

Living with a disability helps me to develop a wealth of knowledge I may not have otherwise had.

My experiences are unique to me and my disability.

Sharing my experiences with others and helping them to find answers to questions they may have, helps me to value my disability.

I recognize that there is always more to learn and that every day is a new learning experience.

It is not easy to live with chronic pain and illness due to an autoimmune disease. I look perfectly fine most days and have even been doubted as to whether I have a disability. I can either let it get me down or I can do something about it. I choose to continue to educate myself and open my heart to others while doing so.

Posted on February 23, 2012 by deescribingmythoughts
Please visit:
<http://deescribingmythoughts.wordpress.com/2012/02/23/disability-and-the-sacred-teachings/>



DAWN Fitness by Jennifer Wiens & Deanna Ng

How are those New Year's resolutions going to become more active?

On Monday, January 14, 2013, the Disabled Women's Network of Manitoba (DAWN) hosted a fitness workshop to assist women with disabilities in reaching this goal. This fitness workshop took place at the SMD Clearinghouse at 825 Sherbrook Street. Workshop facilitator, Tessa Blaikie, encouraged over 16 of us in a fun and easy 30 minute workout. This workshop is part of a Wellness Series called "Discovering Wellness" developed from wellness goals women identified in a forum in May 2012. The Wellness Series workshops began in the fall of 2012, with 2 workshops - one on taking charge of your life and another on nutrition. There will be one final workshop in the series called "Living with Purpose and Balance" on Thursday, January 31st from 6-8pm, also at 825 Sherbrook St. For more information call DAWN at 204-975-3275 or email: dawnmb@mymts.net

Tessa Blaikie was a provincial athletic freestyle

wrestler until she sustained injuries from a car accident and another incident. During that time she researched adaptive fitness and found resources to be very scarce. The main way for people with disabilities to get exercise was to go to physio. This led her to find new ways of adapting fitness for people with disabilities. Presently she teaches aquatic exercise at a facility and plays ultimate frisbee. She has a Masters in Kinesiology.

The exercises she showed us were ones you can do while seated. These involved different routines:

We did reps – numbers of times specific movement is repeated; sets – numbers of times of these reps to move. We did cardio – repetitive motion that is good for your heart. We did resistance – where there is friction for muscles to go against force to strengthen them. We did stretches - to pull the muscles out to strengthen them. As long as something was moving and it didn't hurt us, we were good. She said it is up to us as individuals to make our routine. We can start at whatever level we are at, which is acceptable as we are at all various levels of activity and strength. Being active and exercising for health is the main point.

Questions to ask - **What** challenges will you face? **How** will you overcome them?

We all have different goals we want to set for ourselves. For some it may be areas of our body we would like to strengthen. For some it may be to help rebuild an injured area. For others, this may involve being able to perform a specific task, such as opening jars. Or, it may be holding two 4L jugs of milk.

Ways to encourage yourself may be to have someone to exercise with. You and your friend can encourage each other while doing it. That support will help you reach your goal. You can exercise at home. You can carry your groceries, shovel your driveway, vacuum, or whatever you chose to do to stay fit.

If you are on a budget, cans are great to use for strengthening. Stretchable leotards are great for doing stretches. There are also subsidized passes for the YMCA but this requires you going to meet them in person to make that arrangement.

For more info visit:
<http://www.ymcaywca.mb.ca/>

So get active and enjoy yourself!

Fundraising Committee: Join us for another Round... by Jess Turner Co-Chair

Last year, the MLPD Fundraising Committee organized a Bud, Spud & Steak night at CanadInns Polo Park. The fundraiser was very well attended and we received great feedback about the event. The success of our first fundraising initiative in many years has prompted us to continue with more events.

This year, the Fundraising Committee will be organizing another Bud & Spud for late spring/early summer. We hope to build on the momentum of the first event and make the next one bigger and better!

Another exciting fundraising initiative the Fundraising Committee is working on is an Art Auction, to take place in the late Fall. This will be a swanky event, where members will be able to enjoy cocktails and nibbles, as well as admire great pieces from local artists.



These fundraising events are also a great opportunity to socialize with longstanding members and meet new people.

The Fundraising Committee is looking for more members to become involved in our efforts. Here are some ways you could volunteer your time and efforts:

- Join the Fundraising Committee to bring ideas forward and help organize events
- Submit a prize for the Bud & Spud Silent Auction
- Submit a piece of art for the upcoming Art Auction
- Volunteer to help out at one of the events

Hope to see you at the upcoming Fundraising events!



Interested in becoming involved in the Fundraising Committee or volunteer at one of the events?

Please contact MLPD at 204-943-6099.

TRANSIT INCONSISTENCIES NETWORK (TIN) at MLPD

We have launched a Transit Inconsistencies Network (TIN). We are asking riders to document problems and exceptional service in regards to Transit and Handi-Transit by noting time, date, number of the driver or taxi driver, and nature of the complaint or compliment, and submit it to the MLPD.

We have forms for this purpose. You can email or call the office the information. We will be submitting your complaints and compliments to the Transit staff on a regular basis. We hope that action will be taken to address your concerns.

In addition, we also encourage users of accessible taxis to make complaints directly to Gary Stillson, Acting Chief Taxicab Inspector at: 945-0289.

When you make a complaint about quality of service or lack of service, please let MLPD know as well.



JOELLE MOON
AS NATURE INTENDED SKIN CARE

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JOELLE@ASNATUREINTENDED.CO
204.792.0028

Introductory natural skin care kit available for \$25 (Retail value \$46). \$5 from each sale goes to MLPD. Package includes: 1.5 oz avocado and green tea face lotion, 2 oz lotion, 8 oz makeup remover/cleansing oil (can also be used on hair and nails), lip gloss, soap, bath salt, and free delivery.

Employment & Income Security Committee

The next meeting is coming soon in the MLPD boardroom and chaired by Daniel Halechko. If you are interested in attending or have any suggestions/ideas call Deanna Ng/Daniel Halechko at 943-6099

Or email:
daniel22hal@shaw.ca

CLOSING THE GAP, DISABILITY RIGHTS PENDANT

Hilary Druxman, a Winnipeg designer, has created the “Closing the Gap” disability rights pendant for the MLPD and the DisAbled Women’s Network (DAWN) Manitoba as a fundraising tool.

“This simple, but meaningful pendant represents closing the gap of understanding between people with disabilities and the non-disabled world,” said Diane Driedger, MLPD’s Provincial Coordinator. The pendants are \$35.00 and available at the MLPD office or online at hilarydruxman.com.



Save the Dates

2013 Manitoba Disability Research Forum

What: The Disabilities Issues Office (DIO) and the Canadian Centre on Disability Studies (CCDS) will be hosting a Manitoba Disability Research Forum

When: Friday, February 22, 2013, from Noon - 2:00 p.m.

Where: in the Buchwald Room at the Millennium Library (2nd floor, 251 Donald Street)

Why: People of all backgrounds are welcome. Wilf Falk, Chief Statistician from the Manitoba Bureau of Statistics, will talk about the future of federal disability data collection. People will have a chance to discuss their research.

How: visit the Centre for Disability Studies website:
www.disabilitystudies.ca
Or email Allen Mankewich at communications@disabilitystudies.ca or call 204-287-8411 ext. 22

WINNIPEG TRANSIT TRAVEL TRAINING

What: Hear about changes to Winnipeg Transit include:
* Easy-Access Low-Floor buses

- * Priority seating, extending ramps for persons with mobility issues
- * Navigo, teleBUS
- * GPS tracking, onboard cameras for added safety

When: Thursday, February 28, 2013 from 1:00 p.m. – 2:30 p.m.

Where: Room 203 – 825 Sherbrook (SMD Clearinghouse)

How: RSVP by February 18, 2013 by calling Kathy at 204-975-3037

Any Communication Supports will be provided upon request

Voice Priorities in Manitoba (Finance Minister Stan Struthers)

What: The Government of Manitoba has launched its pre-budget consultations. Have your voice heard!

Why: The Province is listening to Manitobans' priorities for the 2013 budget being announced this spring.

How: You may write to: Budget Consultations, Room 103, 450 Broadway, Winnipeg, MB R3C 0V8

By email at minfin@leg.gov.mb.ca
Or by filling out the questionnaire at www.gov.mb.ca/finance/consult/intro.html

New Option to Donate!

MLPD is a Canadian registered charity. For an alternative method of donating, go to our website and look for this icon on the top right hand corner.

Or go to CanadaHelps.org and search 'MLPD - MANITOBA LEAGUE OF PERSONS WITH DISABILITIES INC.'





MLPD Update **MLPD** **January 2013**

Newsletter of the Manitoba League of Persons with Disabilities

Who We Are

The MLPD is an organization of people with disabilities that works on concerns affecting the lives of people with various disabilities in Manitoba.

MLPD strives for improvement in areas such as accessibility, education, employment, housing, transportation, income security, and support services.

The MLPD supports Manitobans with disabilities with social policy research and consultation, public education programs, information and referral services.

MLPD Staff:

Diane Driedger (Provincial Coordinator), Josie Concepcion (Office Manager), Daniel Halechko (Thumbs Up Project - Coordinator), Deanna Ng (Program Assistant)

The 2012/2013 MLPD Provincial Council:

Paula Keirstead (Co-chair), Jesse Turner (Co-chair), Carlos Sosa (Vice Chair), April D'Aubin (Secretary), Zephania Matanga, Colleen Watters, Nick Ternette, Shayani Fernando, Valerie Wolbert

This newsletter is available in alternate media upon request.

Produced by the Manitoba League of Persons with Disabilities
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