



MLPD Update January 2014

Newsletter of the Manitoba League of Persons with Disabilities

Produced by the Manitoba League of Persons with Disabilities
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Human Rights Award by Dave Martin and Deanna Ng

Dave Martin nominated the Manitoba League of Persons with Disabilities for the 2013 Human Rights Commitment Award of Manitoba given by the Manitoba Association for Rights and Liberties, the Manitoba Human Rights Commission and the Canadian Human Rights Commission. The ceremony took place on December 10th from 5:00 to 7:00 pm at the Union Centre. The awards selection committee gave the award to MLPD.

Jim Derksen and Clare Simpson received the award on behalf of MLPD. This was a great celebration of our accomplishments as an organization.

Dave Martin's Nomination of MLPD, reminding us of our accomplishments, is as follows:

I would like to nominate The Manitoba League of Persons with

Disabilities (MLPD) for The Commitment Award of Manitoba. The Manitoba League is a disability rights organization controlled by Manitobans with disabilities.

From its beginnings in 1974, the MLPD has had a profound impact on Manitoba. Its advocacy was responsible for such developments as the introduction of Winnipeg's Handi-Transit system, wheelchair accessible taxi services, and a program for accessible transportation that exists in over 60 rural communities. It was a key player pushing for changes to the provincial *Building Code* ensuring that public places are more accessible to everyone. The MLPD's work had a significant effect on education legislation and policy, resulting in more inclusive education for students with disabilities. Manitoba's Home Care program has been greatly influenced by input from the MLPD, enabling significantly more people with disabilities to live in the community rather than in institutions. The organization has

taken stands on difficult ethical issues like assisted suicide, involuntary do-not-resuscitate orders, and the Robert Latimer case, thereby protecting the right to life of people with disabilities. Most significantly for this award, the MLPD was very involved in efforts to see the inclusion of physical and mental disability as a protected category in provincial human rights legislation and Canada's *Charter of Rights and Freedoms*.

In 2014, The Manitoba League will be celebrating its 40th year of operation. All of the MLPD's work has been grounded in a human rights philosophy. The organization's members have always believed Manitobans with disabilities have the same rights as anyone else to access mainstream public services, to receive appropriate supports when necessary, and to enjoy a full and meaningful life. I cannot think of a better way to celebrate the MLPD's 40th anniversary than to honour it with The Commitment Award of Manitoba.

MLPD thanks you, as members, donors, and supporters for your continued support that has helped improve quality of life and recognize the rights of people with disabilities in Manitoba.

Landmark Legislation Passes into Law By John Wyndels and Colleen Watters, Disabilities Issues Office

On December 5, 2013 *The Accessibility for Manitobans Act* received Royal Assent and became law. This landmark legislation will provide greater opportunities for people with disabilities. Many Manitobans face barriers to full inclusion at some point in their lives. Nearly one in six Manitobans have a disability, and this number is expected to increase considerably over the next several years due in part to an aging population. This Act will provide a clear and proactive process for the prevention and removal of barriers that prevent full and equal access for persons with disabilities.

The Accessibility for Manitobans Act recognizes that physical, systemic and attitudinal barriers have a significant impact on disabling people in such areas as building design, transportation, information and communications and employment practices. The main goal of accessibility legislation is to remove and prevent barriers by working with the public and private sectors on

long-range plans to ensure accessibility.

Over the next year, the Province will begin to set standards and introduce regulations, beginning with the Customer Service Standard. Extensive public education and consultation will take place with those affected by the legislation. This includes business, non-profit organizations, government, people with disabilities and the broader community.

The Accessibility for Manitobans Act will not eliminate every barrier, but it is an important step in making Manitoba a more accessible place to live, work and play.

A Best Laid Plan That Went Agley Mel Graham, Chairman, MLPD Housing Committee

Though we'll celebrate the "real" Mr. Burns's birthday at the end of the month, the aptness of one of the great bard's most famous observations, the one where he mentions what happens often to our "best-laid plans", should, as it were, "ne'er be forgot."

Several years ago, Manitoba's legislature—the only one in Canada to do so—decided that the latest National Building Code (NBC), whatever it happened to come up with, should always serve as the default standard unless specifically revised via a department of Labour regulation. For reasons no one can explain (and even fewer can likely remember anymore) the 2010 version of the NBC came up with a whack of building recommendations which, effectively, meant that just about all group housing involving care and/or custody, including facilities housing people with disabilities, got designated as "commercial properties" for fire and safety inspection purposes. The result: all those engaged in planning and constructing such facilities found themselves facing enormous additional costs, the great majority of them being entirely unnecessary from the standpoint of resident care and comfort.

Remember the mall collapse in Elliot Lake, Ontario a while back? The international news is full of reports where risk to safety seems hardly to have been a design feature at all. The needless death and dismemberment is graphically noted and deplored, yet there still needs to be balance in such matters or a lot of desirable

construction simply won't take place. So until you get to Manitoba circa 2010, hotels, hospitals, jails and commercial buildings were regarded in one way--ordinary residences housing people with disabilities, seniors and some others, that for whatever reason do, or should, require licensing and regular safety inspections—in quite another.

Recognizing the pressing need to get a workable balance struck between legitimate safety risks, and building residences where people with a variety of disabilities can live together in deference to their needs, should strike MLPD supporters as the next thing to an emergency measure, especially for those of us who continue to campaign for the closure of the Manitoba Developmental Centre (you can bet it was built to Code). Yet all that's been managed so far is a sort of easement which set the clock to pre-2010 Code standards and which took effect in mid-2012; it's scheduled to terminate on March 31 of 2014, ready or not.

Not surprisingly, the official work to reach a permanent solution to this major glitch has taken on somewhat more urgency of late. The first attempt, involving a broad representation of stakeholders, was unable to accomplish

anything because the committee couldn't reach a consensus. This is invariably a discussion area where fire safety is the elephant in the room, opinions are strongly held, and positions can get more, not less entrenched in the course of negotiations.

A smaller version of that committee, known as the "working group" came up with more fruitful results. Its report and recommendations circulated at the beginning of January, shortly after which two public consultations took place in Winnipeg and Brandon. Some tweaking will no doubt occur, but I'd say there seems to be agreement that the few changes suggested as additions to the pre-2010 version of the Code are considered satisfactory by the various interests most closely affected and with the most to gain and lose.

Labour Minister Erna Braun's ultimate go-ahead, assuming that's what we get, will mean that residences for the occupation of multiple seniors and disabilities will once again become financially viable. Agency boards won't think they're going beyond their due diligence in okaying new residence construction proposals that will, among other things, mean disabled young people won't be confined to their parents'

homes until such time as they either get lucky, or another arrangement must be made.

Has a sorry state of affairs come to a good end after all? Well, not quite yet—and even supposing it does, there’s no way to reckon as to what should have been built that wasn’t built in the interim. For now, it’s fun to speculate whether our new access legislation might not someday have something to say about a law, permitting actions taken by a national body, to govern the extent to which people with disabilities may have access to their province’s housing.

**International Day of Persons with Disabilities, Reports on Progress on Implementing the UN Convention and Celebrates Imminent Passage of Landmark Disability Legislation
By Colleen Watters MLPD
Provincial Council Member**

The theme of this year’s December 3 International Day of Persons with Disabilities (IDPD) was “Break Barriers, Open Doors for An Inclusive Society.” The Disabilities Issues Office (DIO) marked the day with an event to report on

Manitoba’s progress in implementing the United Nations Convention on the Rights of Persons with Disabilities.

Approximately one hundred participants gathered at Winnipeg’s Convention Centre, including individuals with disabilities and representatives from community organizations, government departments and the business sector.

Minister Howard opened the forum. She emphasized the importance of IYDP around the world and announced that in Manitoba *The Accessibility for Manitobans Act* would receive third reading in the Legislature that afternoon. (*The Act* was passed into law on December 5, 2013). The Minister highlighted the importance of reaching beyond the disability community to educate other sectors such as business, non-profit organizations, government and the broader community. Over the next year, the Province will begin developing accessibility standards and regulations for the legislation, with the Customer Service Standard the first to be rolled out. The Minister recognized how far we have come, but acknowledged that there is still much work to do to achieve the goal of a fully inclusive society for all.

Carol Paul of the Manitoba Construction Sector Council was the first forum presenter. Carol began by showing a video created by the Council and the DIO to celebrate Disability Employment Awareness Month (DEAM) in October 2013. (Please see <http://www.deam-mb.ca>) She highlighted the success of Career Exploration Week, which enabled students with disabilities to spend a half day with employers in their chosen fields of interest. Employers benefited equally from this experience through the opportunity to learn more about the significant – yet often overlooked - labour pool of Manitobans with disabilities. The Construction Sector Council, Assiniboine Community College and Reaching Equality Employment Services are collaborating on the development and delivery of a course on disability accommodations. Those training in the heavy construction industry will be required to take this course.

Fran Schellenberg of Mental Health and Spiritual Care, Manitoba Healthy Living and Seniors, spoke about the development of Manitoba's Mental Health Strategy as a way of "Rising to the Challenge" of promoting mental health and well-being in Manitoba, where it is estimated one in four persons will face mental health

issues. She outlined the six pillars and accompanying strategic goals: Mental Health Promotion; Recovery; Inclusion; Shared Responsibility; Leading and Promising Practices and Cultural Safety. Some of the early achievements include the establishment of the first Mental Health Court in Manitoba, the convening of a mental health summit, the development of an on-line navigational tool for child and adolescent mental health and the opening of a mental health crisis centre.

For more information, see http://www.manitobacourts.mb.ca/pr/mental_health_court.html

Rebecca Luhn-Jensen of Manitoba Conservation and Water Stewardship presented a slide show of parks throughout Manitoba, noting some of the enhancements to accessibility and also providing a picture audit of improvements required to the accessibility of a "yurt" (a simple wooden structure that has been integrated into Parks' camping options). Special mention was made of accessibility improvements to Winnipeg Beach, Birds Hill Park, and White Shell Provincial Park, including washroom facilities, campsites and a ramped boardwalk at Grand Beach. To book your accessible campsite, visit

<http://www.gov.mb.ca/conservation/parks/camping/comfort/index.html>

Megan Boles, Manitoba Infrastructure and Transportation, outlined her department's role in ensuring that new and leased government buildings are accessible. She also explained how priorities are set in addressing barriers to access and provided examples of current projects.

Following a question and answer period, Susan Bater of the Entrepreneurs with Disabilities Program of Community Futures, launched the "Just Watch Me!" Video Contest. Susan invited everyone to promote the contest and to vote for the winners to be announced in late February. Please see <http://www.cfmanitoba.ca/>

DIO Staff, who facilitated the morning's presentations, invited members of the disability community to be engaged in government all year round with ongoing discussions with the departments and programs that affect them. DIO staff includes Yutta Fricke, Acting Executive Director, Policy Analysts: John Wyndels, Colleen Watters, Audrey McIlraith and Office Manager: Tracy MacMillan.

Diane Driedger Still Active in the Movement **by Deanna Ng**

MLPD had the great pleasure of having Diane Driedger as our Provincial Coordinator. However, since mid August, she has taken a teaching position at the University of Manitoba's Interdisciplinary Disability Studies Masters Program. We will miss her yet know she remains strongly involved in the Disability Movement. She will continue to volunteer her time with MLPD. Currently, she is on Minister Jennifer Howard's Advisory Committee representing MLPD in developing standards for the Accessibility Legislation - Bill 26, which was passed as law in Manitoba on December 5, 2013.

At the U of M, Diane teaches classes including: Women & Disability, Intro to Disability Studies, and Disability & Public Policy to name a few.

Each class Diane teaches has something different. She arranges for guest speakers to talk about disability issues such as Jim Derksen, an expert on healthcare and ethics for people with disabilities. On December 3rd, the class took a field trip to the Disability Issues Office celebration

at the Winnipeg Convention Centre.

Even though the classes are small at the Disability Studies Masters program, the spirit is high. “There is a lot of interest and enthusiasm from the students,” said Diane.

Students come from a variety of backgrounds with experience in different areas of interest. Diane enjoys learning from her students. “I am really liking it,” she continued, “We really have good talks.”

Diane gives short talks and then opens up the class with questions for discussion. She tailors the class to meet the needs of the students, their methods of learning, and interests in what they would like to learn, facilitating a general sense of curiosity and community. This way, students can relate the material to their own experiences.

Diane is currently doing research in healthcare, women with disabilities, and public policy around people with disabilities. Her experience at MLPD as well as her volunteer work with the DisaAbleD Women’s Network of Canada, and personal experiences has encouraged her to continue research in these areas.

The difference between the Medical and Social Models of Disability issues is an interest to Diane. It is really interesting for the students to learn how medical students are taught about fixing conditions yet facing uneasiness about things they can’t fix compared to the Social Model where individuals can live to their maximum potential.

Diane’s Women and Disability course reviewed Heather Kuttai’s book - *Maternity Rolls: Pregnancy, Childbirth and Disability*. This is a story of her experience dealing with the medical field and the general public’s view about her as a mother, which was not easy for her. The doctors could not put together her spinal cord condition as well as being an expectant mother. They asked, “Do you want to keep the baby?” She also went to the store that sold maternity goods and was ignored so she had to persist to get assistance in finding what she needed. The Women and Disability class, through studying this literature, is looking at accepting people holistically.

“I am always learning something new,” said Diane. She has studied the Disability Movement in other countries, and found that people around the world face

similar challenges. Her book, *The Last Civil Rights Movement: Disabled Peoples' International* (Hurst, St. Matins, 1989) reflects this. People everywhere need to be included in all areas of life.

Even though Diane didn't always have a disability, she became interested in the Disability Movement from high school, as an ally. She started her career as a summer student at MLPD. She acquired her disability as an adult and the issues she was advocating for became much more personal.

Through her creative approach, her art in many different forms has helped her tell her story as a woman with a disability. Currently, she is completing a book of poetry that reflects these experiences.

One such experience is finding employment and getting accommodations for work. Many employers are not aware of how most accommodations are low to no cost. At her work, Diane just needs a comfortable chair and time to rest. The accommodations are simple – to just bring an office chair into the classroom from her office and sit periodically while teaching.

She hopes her work as a teacher, along with the new Access

Legislation, will inspire others to support an inclusive society for all citizens in every part of life. "I like to see young people with disabilities interested, keen, and coming up to take their place."

First Nations and Arthritis By Deanna Ng & Diane Scribe-Niiganii

You may know someone with arthritis, perhaps someone older but it can happen to younger people and more so for people of a First National background. That is according to Dr Hani El-Gabalawy, a Professor of Medicine at the University of Manitoba, in *It's all relative: early detection of rheumatoid arthritis in First Nations* from the Canadian Institutes of Health Research.

He studied people from Norway House, St Theresa Point, and Winnipeg. He found there to be a gene responsible for this and if family members have arthritis, the rest of the family is at risk.

Diane Scribe-Niiganii was diagnosed with Reactive Arthritis at the age of 12. "... I had a severe flare up in my ankle and ended up in the hospital. After that

I always had pain issues in my hips.”

After many years of pain, she was diagnosed in her 30s with Ankylosing Spondylitis (AS). She said other family members had various forms of arthritis, but she was the only one with this type in her family.

CBC recognized his research in an August 2013 article *Rheumatoid arthritis among aboriginal people Researchers studying patients, family members in northern Manitoba community.* El-Gabalawy found people who live in remote communities or who have a low income have a more difficult time getting the medicine and support they need.

A 2008 study by Shari Narine from the Windspeaker used Statistics Canada’s research in 2003 found as many as 19 percent of First Nations people living off reserve were diagnosed with arthritis and this includes younger people.

This can be socially isolating for people as they may feel fatigue along with it or the negative effects of medications to control the pain. Diane has experienced this but has found support in online communities, where many members also have some form of arthritis.

“I think a lot of people still hide the fact that they have a severe form of arthritis. I feel, it is because they don’t want to appear weaker or like they can’t do their jobs so they suffer through it all. Some don’t want their employers to know,” said Diane, “I think we need to continue raising awareness through social media and let people know who feel isolated, there are support groups out there that they can join and not feel so alone. It’s up to the individual with arthritis to raise awareness with others.”

This may even affect the numbers that the Arthritis Community Research and Evaluation Unit (ACREU) in Toronto and the Arthritis Society used in their report *Arthritis in Canada* from July 2013 using 2010-2011 Canadian Community Health Survey (CCHS) statistics.

- Arthritis is the third most chronic condition reported by adults in Canada (16.6% of the population 15 or older).
- Women are more prone to arthritis.
- Older adults are also more prone to it.
- 37% of adults in Canada living with arthritis have a low income.

- Risk factors include: smoking, obesity, and physical activity – that is get injured or doing repetitive tasks. However, 58% of Canadians with arthritis are physically inactive. More research is needed on this.
- Almost 10% of Canadians with arthritis said they have anxiety disorders, compared to 8% of those living with other chronic conditions and 3% of those without chronic conditions

Diane being young with arthritis found that most people didn't believe her, if they did they felt sorry for her, or thought she just wanted attention. It wasn't until she met her husband Anthony Niiganii that someone finally understood and wanted to learn with her how to overcome this pain and isolation.

“He encouraged me to see doctors and keep going until we figured it out. He is the one who showed me compassion and understanding to make me want to find out what was going on with me.” She had assumed everyone had pain, but she learned this was not normal.

Diane raises awareness about Ankylosing Spondylitis so that others know they are not alone. “That was the hardest part.

Feeling alone and like no one believed me.”

The stigma of taking medication is something that Diane deals with but has learned to accept that she needs this to have a higher quality of life. “Many people don't want to take pills or meds but will live with the pain. They don't want to be seen as drug addicts.”

Various universities and public groups around North America got involved in the Arthritis and First Nations meeting over several days in October 2012. They discussed Irene Smolik, and Hani El-Gabalawy's *Defining the Road Towards Disease Prevention* in the CRAJ2013 issue 14 volume 23. From this they found key things that need to be considered.

- First Nations communities must be involved in any research done.
- Understand risk factors include environment and the socio-economic situation of First Nations peoples.
- There is need for ongoing conversations with First Nation communities.
- Cultural sensitivity is necessary in dealing with different communities.
- Having programs for prevention in place along

with other community activities is important.

In terms of treatment and coping with arthritis, Diane explained, "People need to keep in mind, everyone is different and what works for one, may not work for another, it takes years of trying different things before finding something that will work. Having Arthritis takes a lot of work that people don't realize. For example keeping notes on flare ups, keeping track of appointments and meds, trying to find things that help you in your life to make it easier, learning your limits and accepting them."

Diane's video shares her journey to understanding, acceptance and empowerment at:

http://www.youtube.com/watch?v=ZY_F7as3558



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 me know as well.

Share Your Experiences with Online Communities

Social media can serve as a positive experience. However, users must be cautious of **trolling**.

According to Netlingo.com this means the act of posting a message in a newsgroup (or blog) that is obviously exaggerating something on a particular topic, hoping to trick a newbie into posting a follow-up article that points out the mistake.

In general, to "troll" means to allure, to fish, to entice or to bait. Internet trolls are people who fish for other people's confidence and, once found, exploit it. Trolls vary in nature; 4 types include:

- Playtime Trolls: plays a simple, short game. Such trolls are relatively easy to spot because their attack or provocation is fairly blatant, and the persona is fairly two-dimensional.
- Tactical Trolls: the troller takes the game more seriously, creates a credible persona to gain confidence of others, and provokes strife in a subtle and invidious way.
- Strategic Trolls: A very serious form of game, involving the production of an overall strategy that can take months or years to develop. It can also involve a

number of people acting together in order to invade a list.

- Domination Trolls: the trollers' strategy extends to the creation and running of apparently bona-fide mailing lists.

When dealing with people who write insulting or provocative remarks on various Internet forums is "Don't Feed the Trolls", just don't respond to the troll.

For more info please visit:

<http://www.netlingo.com/word/troll.php#sthash.1ol6N1JZ.dpuf>



JOELLE MOON
AS NATURE INTENDED SKIN CARE

WWW.ASNATUREINTENDED.CO
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.

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, MLPD’s Provincial Coordinator. The pendants are \$35.00 and available at the MLPD office or online at hilarydruxman.com.



Save the Dates

What: SMD Self Help Clearinghouse Asset Building Program

Contact: Zanna at 204-975-3103
or email: zjoyce@smd.mb.ca

Why: This program can help you learn better skills for managing your money, and even will match your savings to make it easier!

Is there something that you need that you are having trouble saving for? Maybe you need a piece of furniture for your house, or to pay for a course, or maybe you need a computer to stay in touch.

How: Zanna will set up a meeting for you to complete the application and get your questions answered. The next course is a special one, offered during the day over 2 weeks, so if this appeals to you call now!

What: Raise EIA Rates!

When: Monday, February 25—
Friday, February 28
Monday, March 3—Friday,
March 7
8:00-9:00 a.m.

EVERYBODY OUT DEMO DAY
Wednesday March 5 at noon

Where: Legislative Building
Front Steps

Why: MANITOBA HAS THE
LOWEST WELFARE INCOMES
IN CANADA

How: SIGN UP & SHOW UP!

Or: Sign the online petition
https://secure.avaaz.org/en/petition/Manitoba_Government_Raise_EIA_rates/?copy

Or: Join our Facebook group
Make Poverty History Manitoba
Email:
Manitoba@makepovertyhistory.ca
Call SPCW 204-943-2561

What: Do a quick survey on the
way people with disabilities deal
with electronic financial
transactions

Who: Neil Squire Society

How: fill out a survey at:
<http://www.neilsquire.ca/survey/en/survey.php>

Contact:
Toll Free 1.855.568.4926
Email: info@neilsquire.ca
Visit: www.neilsquire.ca
Western Regional Manager
Greg Pyc - gregp@neilsquire.ca

What: Self/Family Managed
Care Orientation Session

When: February 7th, 10:00 a.m.
to 12:00 p.m.

Where: 3rd Floor Portage Place
311A –393 Portage Ave

Contact: Joanne Fabian Phone:
204-947-0194
Email: workshops@ilrc.mb.ca

What: MS Society Self-Advocacy Workshop
When: February 10th, 6:30PM to 8:30PM

Where: 1465 Buffalo Place

Contact: contact Ellen Karr at: 204-988-0917
Email: ellen.karr@mssociety.ca

What: Sean Patton for OCD Centre Manitoba, Inc. (OCDC)

When: Wednesday, February 12, 2014
Doors open at 6:00 p.m.
Show starts at 8:00 p.m.

Where: Rumors Comedy Club
190-2025 Corydon Avenue,
Winnipeg

How: ID is required. For more details visit:
www.rumorscomedyclub.com

Contact: 100-4 Fort Street
Winnipeg, MB R3C 1C4
Phone: 204 942 3331
Fax: 204 772 6706
Email:
education@ocdmanitoba.ca

What: eSight - digital eyewear that enables people who are vision impaired, to actually see.

How: Call to sign up for a Demonstration: 1-855-837-4448

When: February 24th and 25th

Where: Tutorial Room B - 2nd Floor Millennium Library
251 Donald St, Winnipeg

How: Contact Kam at:
1-855-837-4448

What: Saving Money on Income Tax

When: February 27th, 1:30 p.m. to 3:30 p.m.

Where: 3rd Floor Portage Place
311A –393 Portage Ave

Contact: Joanne Fabian Phone: 204-947-0194
Email: workshops@ilrc.mb.ca

What: Manitoba Status of Women/Manitoba Women's Advisory Council International Women's Day

When: Friday, March 7th from 11:45 a.m. – 1:00 p.m.

Where: Room 200, Legislative Building

RSVP: by Monday March 3rd, 945-6281, 1-800-263-0234
Email: maw@gov.mb.ca

What: Cerebral Palsy Association of Manitoba Bike Race Winnipeg

When: Saturday, March 8, 2014

How: To join a team, get a sponsorship form, or find out the location contact Sarah Yates-Howorth Bike Race Coordinator

Contact: CPAM
Phone: (204) 982-4842
Toll Free: 1 (800) 416-6166
Email:
bikerace@cerebralpalsy.mb.ca

What: Community Living Winnipeg
People First of Manitoba Annual General Meeting & We Have a Human Rights Conference

When: March 21st-23rd, 2014

Why: Come learn what your human rights are at home and in the community. Learn how to stand up for yourself when your rights are being restricted. Learn about the People First Movement and what it means to be a self-advocate. Meals and board provided.

Contact: Amy Campbell
Shawcross 204-953-5879
Email: ashawcross@aclwpg.ca

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 2014

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:

Josie Concepcion (Office Manager), Laura Schnellert (Thumbs Up Coordinator), Derek Legge (Thumbs Up Consultant), Deanna Ng (Office Assistant)

The 2013/2014 MLPD Provincial Council:

Jesse Turner (Co-chair), Carlos Sosa (Co-chair), Allen Mankewich (Vice Chair) April D'Aubin (Secretary), Justine Kiwanuka (Treasurer), Shayani Fernando, Kristian Hooker, Zephania Matanga, Danielle Otto, Mindy Tucker, Colleen Watters, Valerie Wolbert

This newsletter is available in alternate media upon request.

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