

| What's Funny
About Illness?

| Swing into
Spring

| Meet BCCPD's Outstanding
Employers of the Year

transition

The Magazine of BC Coalition of People with Disabilities

Wellness.

It's easy...right?

SUMMER 2014





Watch for this image in
BCCPD's Question Mark
2014 campaign.

What Does Disabled Mean? That is the Question Mark.

BCCPD has been the “voice in the community” for people with disabilities for over 35 years. Last year, we began looking at ways to make our work more well known within the general public—to inform people about the work we do to address the crucial issues facing people who live with disabilities, to garner public and community support and, of course, to help us to raise funds to support this work.

We were very fortunate to find Spring Advertising which has taken on creating a new brand for BCCPD, as well as an award-winning campaign: “What Does Disabled Mean?” Spring staff designed the image shown on this page which was spray-painted on a few parking stalls last summer (thanks to the cooperation and permission of property owners, such as MEC and the Pattison Group). Using a simple and eloquent design, Spring was able to create conversations and increase awareness of the BCCPD.

The campaign was recognized at British Columbia's advertising awards, the 2013 Lotus Awards, with awards for Best Non-Traditional/Guerilla/Stunt (spray painting the stalls; we love that award!) and Best Logo (the wheelchair as question mark).

Spring Creative Director, Rob Schlyecheer, saw the question mark as a unique opportunity. “Good communication gets its message across in the most compelling way by demonstrating its meaning in the actual context where it is experienced. That's what this does.”

The question mark campaign will be returning to the parking spaces of Vancouver this summer. Spring Art Director, Jose Rivas, is looking for help this time. “We use stencils, but it is a labour intensive process. Art students and those who are good with a paint brush are invited to join in.”

To volunteer for the campaign, please contact Jane Dyson at jwd@bccpd.bc.ca or 604-875-0188.

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editorial

| BY ANN VRLAK

I don't know about you, but whenever I hear the Nike slogan "Just Do It," a voice in my head says: "YOU just do it!"

Like many people, I'm often tired and over-busy, and it's hard to find time to do the things I know are "good for me." And that, not unironically, can stress me out.

We decided on this theme for TRANSITION as a kind of critical view of health and wellness. "Get healthy...oh yeah? Says who? And how?" We felt tired of the repetitive declarations about how to be healthy, eat right, think right, and so on.

And, of course, we asked ourselves, what all these wellness rules mean in the context of disability—and the range of disabilities. Questions arise like: what do I do when my mental health affects my ability to make healthy choices? Or, what about my chronic illness that limits me to seven minutes of slow walking, on a good day? And, finding a way to connect with spirit or nature—sounds nice, but how do I do that exactly when I'm in pain most of my day?

And we rarely hear about the financial barriers. It can cost money to be "fit", at least in the conventional sense of the word. Many ways to exercise have a fee: swimming at a community centre

I think the most powerful thing we can do is to see health as a broad concept and to discover what it means for each of us. It's a trial and error process.

or taking a yoga or cooking class. It's easy to forget that in the "Just Do It" culture.

And, nutritious food isn't cheap either. Healthy organic vegetables? Forget it!

At BCCPD, we try to connect some of these dots with the resources from our Wellness and Disability Initiative (WDI). WDI looks at health from a broad perspective and from the perspective of people with a range of disabilities. We look at self-care, community and relationships and, perhaps more than anything, the importance of empowerment through information and experience.

The mainstream messages we hear about health generally fall into this kind of To Do List:

- Eat well
- Stay physically active
- Develop connections with people
- Do things that feed your spirit
- Have good mental/emotional health habits

Sounds sensible, doesn't it? But, is there a perspective beyond or within this conventional recipe for health?

I think the most powerful thing we can do is to see health or wellness as a broad concept and to discover

what it means for each of us. It's a trial and error process. Wellness can include everything from mood to physical strength to a capacity for fun to open-mindedness...and on and on.

We can ask, "What does health mean to me? And what helps me to have those things—to feel more physically well, optimistic, energetic or connected? Can I find ways to bring those things a bit more into my day (with 'a bit' being the key)?"

Do you notice you just feel good out in nature? Maybe your "bit" is taking 15 minutes to sit in the park by your house today. You can do this; you don't need to jog in the park for an hour in your spandex to get out in nature.

We can ask ourselves if health is really defined by cycling every day—something you used to do and can't now—or are there other things you can do that you love? Is it true that you don't contribute to your community now that you can't work? How else can you contribute?

That's what the articles and the Wellness Tips in this edition are meant to do—to stimulate ideas about Small Acts of Wellness that can ripple out and affect our lives

| continued on opposite page

more than we think. Small actions and ideas matter.

We all need our own definition of wellness, especially because there are conflicting messages around us that can cause confusion, and worse, self-blame. The fact that we can sometimes improve our mental health with positive psychology, meditation and other wonderful tools, for example, doesn't mean we can improve all mental health conditions using them. And the fact that we can't doesn't mean we're the problem. It just means we can't cure chronic depression with good thoughts. And those things won't cure our physical disability either.

However, they may bring us closer to our definition of health—by creating that bit of freedom from pain, more joy, or connection with friends or our community. And that matters.

For all of us, whether we currently have a disabling condition or illness or we don't, the challenge is the same: to learn what we can improve and what we can't, and to decide what's next.

So, we know creating health and wellness isn't always easy. Our hope is this TRANSITION will help you to discover or rediscover what health means to you, and offer some places to start to find more of it.

ANN VRLAK IS THE EDITOR OF TRANSITION. 

did you have POLIO?

Are you experiencing symptoms such as:

- **excessive fatigue** not related to activity or relieved by rest
- **increased weakness** in unaffected and / or previously affected or paralyzed areas
- **muscle and joint pain**
- **reduced endurance**
- **sensitivity to cold**
- **difficulty sleeping**
- **problems breathing and swallowing**
- **sensitivity to anaesthetics and medication**

If you are having difficulty with one or more of these symptoms and you had polio previously, you may have Post Polio Syndrome.

It is important to inform yourself about this condition. Tell your doctor.

For more information contact our office:

Post Polio Awareness and Support Society of British Columbia

Phone: 1-250-655-8849

Fax: 1-250-655-8859

E-mail: ppass@ppassbc.com

www.ppassbc.com



ABOUT TRANSITION

Editorial Statement

The views and opinions expressed within the pages of TRANSITION are not necessarily those held by the total membership or Board of Directors. The material presented is meant to be thought-provoking and to promote dialogue.

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Want to try a radical approach to health and wellness? Sign up for a comedy course for people with a mental illness. A course offered by David Granirer encourages participants to "act out their problems" using a stand-up comedic approach. The cast performs for various governmental agencies, conferences, corporations and universities.

"We use comedy to give mental health consumers a powerful voice and help reduce the stigma and discrimination around mental illness," says Granirer. "The idea is that laughing at our setbacks raises us above them. It makes people go from despair to hope, and hope is crucial to anyone struggling with adversity. Studies prove that hopeful people are more resilient and also tend to live longer, healthier lives."

"Though the Stand-Up Comedy Clinic isn't intended as therapy, I've had students overcome long-standing depressions and phobias, not to mention increasing their confidence and self-esteem. There's something incredibly healing about telling a roomful of people exactly who you are and having them laugh and cheer."

Stand Up For Mental Health trains groups throughout North America

What's Funny About Illness?

Most people think you have to be "crazy" to do stand up comedy. Counsellor and Stand-Up Comic David Granirer offers it as a form of therapy.

in partnership with dozens of different mental health organizations.

"There's something amazing about having members of your community take the stage at an event and rock the house," says Granirer. "It's incredibly empowering and a great way of fighting public stigma. Most so-called normal people would never want to go anywhere near stand up comedy. Seeing people with mental illness do it forces the audience to re-evaluate their perceptions of and prejudices against people who have a mental illness."

For more information about Stand-Up for Mental Health and its clinic, visit <http://standupformental-health.com>. 



BCCPD's 2014 AGM: Change is Coming!

We hope you'll join us at our Annual General Meeting this year. It's going to be a good one!

We'll be reporting on our work over the past 12 months and presenting members with a Special Resolution to vote on which, if approved, will mean a new name for the BCCPD. Yes, we know this is big news. We feel it's time for a change to something shorter, with a fresh new logo.

Our friends at Spring Advertising and the Board have worked hard over the last 18 months to come

up with something we hope members and the disability community will like. We're not going to tell you what it is though. You need to attend the AGM to find out!

We're also very excited to have Brad Zdanivsky as our keynote speaker this year. Mr. Zdanivsky is an adaptive rock climber who has helped develop custom rock climbing equipment for people with disabilities. You can read about his work at <http://verticalchallenge.org>.

See you on June 21st! 

Date

June 21st, 2014

Registration

10:30am

Meeting

11:00am - 1:00pm

Location

Blusson Spinal Cord Centre
818 West 10th Avenue
Vancouver, BC



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We Swung Into Spring!

BY JANE DYSON

Our April 9th Swing Into Spring Fundraiser was a great success. We were thrilled and honoured that so many people came out to support the BCCPD at our second annual fundraiser. We sold out again this year and apologize to everyone we weren't able to accommodate.

What a lovely evening we had! Musician Lazare Halk played his beautiful music. Our fabulous emcee, Stephen Quinn of CBC's *On the Coast*, made sure the evening swung and was very ably assisted by the one and only David C. Jones.

This year was our inaugural Outstanding Employer of the Year Award, given to an employer who has gone the extra mile in employ-

ing a person with a disability (see page 12 for details).

Our Award went to Starbucks Coffee Company's Jon Dodge (1500 West 2nd Ave), nominated by Robert Navalta. Our Honourary Mention went to the Progressive Intercultural Community Services' (PICS) Dr. Charan Gill, nominated by Maninder Sanghera.

It was wonderful to see so many people from Starbucks, PICS and also from PosAbilities who supported Robert Navalta in his employment goals.

We were also honoured that Vancouver City councillors Ball, Carr, Deal and Meggs joined us.

And a big thank you to the many old friends of the BCCPD who attended: you know who you are!

Thank you to all of our sponsors who made the evening such a success and to all our generous donors. This year we had a huge array of amazing Silent Auction items!

Our special thanks also to our volunteers who worked so hard on the night of our fundraiser and raised funds for the BCCPD.

Each year we help hundreds of people with disabilities to access the supports they need to live with dignity and independence in the community. In our increasingly competitive funding environment, we will continue to seek out new funding strategies, including our annual fundraiser, to help ensure we can continue our work.

And so on to next year. We're already planning! See you in 2015.

Silver Sponsors



Friend Sponsors





Jane Dyson, Stephen Quinn and David C. Jones



Lazare Halk



Some of our Wonderful Volunteers



Florence Corbett and Ben Doyle, Trial Lawyers Association of BC



Povnet's Penny Goldsmith (L) and BCCPD Board Member Jill Stainsby



Vancouver Taxi Association Representatives



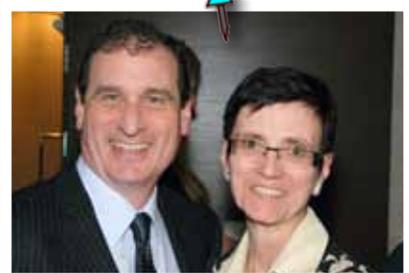
Bibhas Vaze, our supervising Lawyer



Stephen Quinn and David C. Jones



Faith and Terry Hayman



David And Gerri Klein



Jane Dyson, Bill Tieleman, Stephen Quinn and Shirley Ross



The Silent Auction Table

TRANSITION AD RATES

Ads are available on colour pages or black ink only pages.

The more ads you book, the more you save. Prices shown are per ad/per edition.

COLOUR PAGES			
Ad size position	Number of editions booked		
	1	2-3	4
COVER PAGES			
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Front inside cover	n/a	n/a	n/a
Back inside cover	n/a	n/a	n/a
INSIDE PAGES			
Full page	1235	1050	850
2 columns	915	770	650
3 column large	870	740	620
3 column small	455	375	325
2 column small	410	350	285
2 column mini	340	280	245
1 column	455	375	325
1 column mini	275	235	200

BLACK PAGES			
Ad size position	Number of editions booked		
	1	2-3	4
COVER PAGES			
Outside back cover	n/a	n/a	n/a
Front inside cover	1200	1020	850
Back inside cover	1000	850	660
INSIDE PAGES			
Full page	950	800	650
2 columns	700	600	510
3 column large	675	550	485
3 column small	350	300	250
2 column small	315	265	225
2 column mini	260	225	190
1 column	350	300	250
1 column mini	210	180	150

Ask about our not-for-profit rates. Prices subject to change without notice.

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Sponsors have a unique opportunity to promote their business to our community network with a high profile Sponsorship.

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- A 1/2 page, colour banner ad on the back cover
- Two inside colour pages to profile and promote your organization, service or business
- A hyperlink from the TRANSITION PDF and web page to your website/email
- A quarterly thank you in our e-newsletter, for one year

Feature Sponsorship

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- Two thank yous in our e-newsletter

Ad Design

Sponsors may design their own banner ad or we will design it for you at no charge. We can also design interior pages for you from text and graphics you provide.

Contact Us

For more information on advertising or sponsorships, please contact Melina at 604-875-0188 or transitionads@gmail.com.



Wellness Messages We Love to Hate

Whatever your level of ability or disability, you may be tired of some of the clichés about health and wellness. Here are just a few of the ideas and pep talks we love to hate.

“You must not really want to get better.”

Saying to someone with a mood disorder or mental illness: “Why don’t you just try being happy?”

“If you would do the things that are healthy for you, you’d feel better.”

“Once you heal your mind, your body will follow.”

“There are people who have a lot more challenges than you that are doing fine. You just need to have a more positive attitude.”

“No pain, no gain.” 

unions matter

Workers in child care facilities, community social services, casinos, call centres, aboriginal services and health care are joining the B.C. Government & Service Employees’ Union.

Why? Because joining the BCGEU gives you a stronger voice and conditions to make your workplace better.

Join us. To learn more about joining BCGEU, call 604-291-6062 or visit www.bcgeu.ca

CEP467/COPE378




ADVERTISE WITH BCCPD



Share information about your business or organization with our growing network. It’s a way to invest not only in your business, but in the dignity and independence of people who live with a disability. Advertising revenue helps support BCCPD services and programs.

TRANSITION MAGAZINE

We have a wide range of ad sizes to choose from, on either black ink or colour pages, with prices for budgets large and small (see details on opposite page).

You can design the ad or we’ll do it for you at a reasonable cost. And, you can book one ad or a series. The more you book, the more you save.

We also offer a 35% discount for not-for-profit organizations.

E-NEWS ADVERTISING

We are also now offering ad space in our monthly e-newsletter, *Our Voice*.

- Reach our growing list of 2,500+ subscribers with options from monthly to one-time ads.
- Choose from three ad types to fit your needs and budget.

INFORMATION AND BOOKINGS

For information on advertising with BCCPD, please contact Melina at 604-875-0188 or transitionads@gmail.com.

BCCPD.BC.CA/ADVERTISE.HTM

The Best Employers In Town

Winner

Starbucks Coffee Company

BCCPD has given its first awards to BC employers who have demonstrated excellence in the hiring and employing of people with disabilities. Both winners were announced at our Swing into Spring Annual Fundraiser on April 9, 2014 in Vancouver.

A BCCPD committee was proud to select Starbucks (1500 West 2nd Branch) as the award winner. The branch was nominated by Café Attendant, Robert Navalta, and his Employment Specialist at posAbilities Employment Service. Starbucks has successfully recruited seven employees through the Service and employs people with disabilities across Metro Vancouver.

BCCPD selected Progressive Intercultural Community Services (PICS) as its Honourary Mention winner, nominated by employee Maninder Sanghera.

Jane Dyson, Executive Director of the BCCPD said, "It's important to celebrate employers who support people with disabilities. Employers like Starbucks and PICS are demonstrating that inclusive hiring practices benefit everyone involved. Through this award, BCCPD hopes to encourage more employers to hire people with disabilities."



Honourable Mention

Progressive Intercultural Community Services



L TO R: ROBERT
NAVALTA, JANE
DYSON, JON DODGE

Starbucks Store Manager, Jon Dodge, said "Robert picks up the pieces, when we all fall down. I feel lucky to go to work with someone as positive and productive as Robert."

Robert Navalta was delighted with the outcome of the nomination and added, "I am so happy that Starbucks won this award, it's a really great company to work for. I hope to work here for a very, very long time."

Starbucks and PICS representatives were proud of the recognition and Starbucks Store Manager, Jon Dodge, said "Robert picks up the pieces, when we all fall down. I feel lucky to go to work with someone as positive and productive as Robert."

"We're incredibly grateful to have received the Honourary Mention for the Outstanding Employer of the Year Award 2014," said Satbir Cheema, on behalf of Dr. Charan Gill, CEO of PICS Society. "At PICS Society, we strive to build a more inclusive and mutually respectful society. We're pleased to reflect that within our organization by creating an inclusive workspace for employees with disabilities. We celebrate our employees for their talents, skills and passion—that's

what enables us to do better for the community every day.”

Kalena Kavanaugh, Manager of posAbilities Employment Services says, “I am delighted that Starbucks won this award. They have been wonderful to work with and have embraced some simple practices to foster an inclusive work environment. We know that individuals with developmental disabilities make great employees, and now we see that businesses know it too! Productivity, morale and profits have been proven to increase with inclusion.”

Starbucks

Starbucks strives to create a culture that values and respects diversity and inclusion. All qualified applicants will receive consideration for employment without regard to race, national origin, age, sex, religion, disability, sexual orientation, marital status, veteran status, gender identity or expression, or any other basis protected by local, state or federal law. This policy applies with regard to all aspects of one’s employment, including hiring, transfer, promotion, compensation, eligibility for benefits and termination.

Progressive Intercultural Community Services

Progressive Intercultural Community Services (PICS) Society is a registered non-profit society, United Way Agency, and PCTIA registered

organization. We actively promote harmony and intercultural understanding to build a more inclusive and respectful society, by providing programs and services that directly assist youth, seniors, and new immigrants in the community.

posAbilities Employment Service

Working in partnership with job seekers, families and employers, the Service promotes beneficial relationships in communities through the world of work. Competitive employment provides individuals with more than a pay cheque; it builds confidence,

develops independence and introduces individuals to new social circles. Over the past year, posAbilities Employment Service has assisted 66 individuals with diverse abilities to prepare for, secure and maintain competitive employment. Services may be accessed through Community Living BC or directly by self-referral. There are no fees for employers who choose to partner with the Service.

Awards 2015

Stay tuned for information on how to nominate an employer for our 2015 Outstanding Employer of the Year Awards. 

“We’re incredibly grateful to have received the Honourary Mention for the Outstanding Employer of the Year Award 2014,” said Satbir Cheema, on behalf of Dr. Charan Gill, CEO of PICS Society.



L TO R: MANINDER SANGHERA, PAT DANFORTH, SATBIR CHEEMA

EATI Comes to an End

BY CHRISTINE GORDON

Since 2009, the BC Personal Supports Network and the Ministry of Social Development and Social Innovation have been in partnership to develop and deliver the Equipment and Assistive Technology Initiative (EATI) <http://www.bcpsn.org>. The goal of EATI has been to demonstrate the Participation Model as a person directed, goal-oriented way to enable people with disabilities to obtain the assistive technology they need to overcome a functional barrier to labour market participation.

In its development and delivery, EATI meets and exceeds the stan-

dards established by the UN Convention on the Rights of Persons with Disabilities. Funding for EATI has come through the federal/provincial Labour Market Agreement and over \$19.5 million has been spent on EATI to assist more than 2,000 British Columbians since 2010.

In June 2013, EATI stopped accepting new applications but, thanks to additional funding from the Ministry of Social Development and Social Innovation, continued to work on assisting all applicants who were in progress prior to June 20, 2013. On August 29, 2014 all remaining applicants will have completed the process and EATI will cease operations.

EATI will continue to provide repairs or replacements for all existing clients until August 29, 2014 and expects to be able to refer existing clients who need repairs after August 29, 2014 to other programs and services.

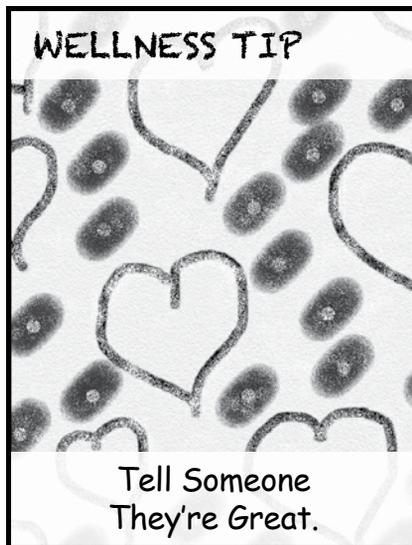
Assistive technology is a vital springboard for full participation for people with disabilities. An independent evaluation of EATI, undertaken by the University of British Columbia in 2013, showed that more than 90% of the 289 EATI participants surveyed agreed that they had received the right assistive technology for their needs and that this technology had helped them to move towards

On August 29, 2014 all remaining applicants will have completed the process and EATI will cease operations.

employment. See the evaluation at <http://tinyurl.com/myj6eqa>.

EATI has also provided a unique opportunity for the government and the community to work in partnership to realize the vision, values and principles of the Participation Model for Personal Supports. The Independent Evaluation highlighted the joint decision making of this partnership as a key factor in enabling EATI to adapt to participants' needs, be flexible in the provision of funding and be effective in supporting participants in their movement to obtaining employment.

With the end of the first generation of EATI on August 29, 2014, the BC Personal Supports Network and the Ministry of Social Development and Social Innovation hope to continue to work in partnership to ensure that British Columbians with disabilities have access to the assistive technology they need through innovative approaches like the Participation Model.



CHRISTINE GORDON IS POLICY AND PROGRAM CONSULTANT FOR THE BCCPD AND THE MODERATOR OF THE BC PERSONAL SUPPORTS NETWORK. **T**



HEALTH-RELATED HUMOUR

If walking/cycling is good for your health, the postman would be immortal.

A whale swims all day, only eats fish, drinks water and is fat.

A rabbit runs and hops and only lives 14 years.

A tortoise doesn't run, does nothing... yet lives for 450 years.

And you tell me to exercise! I don't think so.

From the National Cancer Institute-Frederick website <http://www-library.ncifcrf.gov/jokes.aspx>

A woman brought a very limp parrot into a veterinary clinic. As she laid her pet on the table, the vet pulled out his stethoscope and listened to the bird's chest. After a moment or two, the vet shook his head sadly and said, "I'm so sorry, Polly has passed away."

The distressed owner wailed, "Are you sure? I mean you haven't done any testing on her. She might only be in a coma or something."

The vet shrugged, turned and left the room, returning in a few moments with a beautiful black Labrador. The dog stood on his hind legs, put his front paws on the examination table and sniffed the parrot from top to bottom. He then looked at the vet with sad eyes and shook his head, "no."

The vet escorted the dog from the room and returned a few moments later with a cat. The cat jumped up and delicately sniffed the bird. The cat then sat back,

also shook its head, "no," meowed and walked out of the room.

The vet looked at the woman and said, "I'm sorry, but, as I said, your parrot is most definitely 100% dead." He then turned to his computer, hit a few keys and produced a bill which he handed to the woman.

The parrot's owner, still in shock, took the bill. "A hundred and fifty!" she cried. "A hundred and fifty dollars just to tell me my bird is dead?"

The vet shrugged. "If you'd taken my word for it, the bill would only have been \$20, but with the Lab Report and the Cat Scan, it's \$150."

A woman walked up to an old man rocking in a chair on his porch. "I couldn't help notice how happy you look," she said. "What's your secret for a long and happy life?"

"I smoke three packs of cigarettes a day," he said. "I also drink a case of whiskey a week, eat fatty foods and never exercise."

"That's amazing," the woman said. "How old are you?"

"Twenty-six."

A man was telling his neighbour, "I just bought a new hearing aid. It cost me four thousand dollars, but it is state of the art. It's perfect."

"Really," answered the neighbour. "What kind is it?"

"Twelve thirty."

For more sophisticated humour such as the following, visit <http://www.bestfunnyjokes4u.com/dieting-humor/>.

"If you put a crouton on your sundae instead of a cherry, it counts as a salad."

"How do you prevent sagging? Just eat til the wrinkles fill out."

"Welcome to the Weight Loss Forum. To lose one pound, double-click six million times." 



One of the simplest ways we can bring a bit of wellness into our lives is through nature. Research shows just looking at nature can have positive effects. Here is some of nature's good news.

Naturally Well

Research reveals that environments can increase or reduce our stress which in turn impacts our bodies. What you are seeing, hearing, experiencing at any moment is changing not only your mood, but how your nervous, endocrine and immune systems are working.

Nature Heals

Being in nature, or even viewing scenes of nature, reduces anger, fear, and stress and increases pleasant feelings. Exposure to nature not only makes you feel better emotionally, it contributes to your physical well-being, reducing



how does nature

blood pressure, heart rate, muscle tension, and the production of stress hormones.

Research done in hospitals, offices, and schools has found that even a simple plant in a room can have a significant impact on stress.

Nature Soothes

In addition, nature helps us cope with pain. Because we are genetically programmed to find trees, plants, water, and other nature elements engrossing, we are absorbed by nature scenes and distracted from our pain.

This is nicely demonstrated in a now classic study of patients who underwent gallbladder surgery; half had a view of trees and half had a view of a wall.

According to the physician who conducted the study, Robert Ulrich, the patients with the view of trees tolerated pain better, appeared to nurses to have fewer negative effects, and spent less time in a hospital.

More recent studies have shown similar results with scenes from nature and plants in hospital rooms.

From the University of Manitoba website, Taking Charge of Your Health and Well Being. Please see <http://tinyurl.com/kebkdd7> for the full article and details on research studies.

Research Shows Nature Helps with Stress

BY J. GREEN

Research shows that taking a stroll through a natural setting can boost performance on “tasks calling for sustained focus.” In fact, Dr. Marc Berman and fellow researchers at the University of Michigan found that “performance on memory and attention tests improved by 20% after study subjects paused for a walk through an arboretum. When these people were sent on a break to stroll down a busy street in town, no cognitive boost was detected.”

Even just looking at photos of nature in a quiet room has a greater cognitive boost than walking down a busy urban street. “In a follow-up study, the researchers had participants take a break for 10 minutes in a quiet room to look at pictures of a nature scene or city street. Again, they found that cognitive performance improved after the nature break, even though it was only on paper,” says Dr. Berman.

Visit The Dirt, to see Uniting the Built and Natural Environments at <http://dirt.asla.org/2011/09/08/research-shows-nature-helps-with-stress>. Also see the article, *The Cognitive Benefits of Interacting With Nature*, by Marc G. Berman, John Jonides and Stephen Kaplan published in Volume 19—Number 12 of Psychological Science.

effect health & wellness?

Try Farming

In 2009, the Farmers on 57th group, a project of the BC Coalition of People with Disabilities, began an agricultural project to transform one acre of the lush green space at George Pearson into community integrated gardens.

There are three parts to Farmers on 57th: the Therapeutic Gardens, Market Garden and Growing Eden garden.

Therapeutic Gardens include:

- Weekly Garden Club for Pearson residents which matches volunteers with resident gardeners to help assist in planting, tending, harvesting
- Wheelchair accessible gardens for Pearson residents, family and staff
- Community plots for various groups including DIGA, the Disabled Gardeners Association, classes from the local Sir Wilfred Laurier Annex and

Ideal Alternative high school, and more

- A juicing project for residents with special diets.

The Growing Eden Project:

- Neighbourhood families with low incomes can learn to grow and harvest their own food
- Growing Eden includes weekly hands-on training for families and their children about growing fruit and vegetables together
- All supplies are provided and families take home an organic harvest box each week.

The Farmers on 57th Market Garden includes:

- Highly productive, flower and vegetable market crops grown according to organic principles, by experienced market gardeners
- Donation of fruit and vegetables for the monthly Community Kitchen at George Pearson



- A Community Supported Agriculture (CSA) program right in Vancouver, with 30 participating families picking up a weekly harvest box, June to October.

Learn more about the Therapeutic Gardens, Market Garden and Growing Eden garden at <http://farmerson57th.wikispaces.com>.

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EVERYDAY RESILIENCE

Making Friends with Wellness BY SHELLEY HOURSTON

Some relationships are easier than others. Some are naturally comfortable, without much effort for either side. You can go for months, even years, without seeing each other regularly, and then, when you do, it's as if time stood still. Others require chunks of effort at different times. It feels onerous in the moment and you begin to wonder whether it's worth it. Then it evens out again.

Other relationships seem to defy the rules. You move forward based on an understanding or assumed understanding and suddenly the relationship shifts like Jell-O on a picnic table in the sun.

When I was much younger, many people I knew would consider a relationship with Wellness to be in the Jell-O category—too demanding and difficult to manage.

Like most of us, I didn't pay much attention to Wellness when I was growing up. I was vaguely aware of other people struggling with Wellness and, whenever Wellness popped up in conversation, it seemed it was because someone was unhappy with the way the relationship was going. It sounded

like Wellness was acting like a spoiled child, making demands and threatening to leave if they weren't met. Often folks didn't appreciate an ultimatum and Wellness would be sent packing.

Sometimes, Wellness left temporarily, but sometimes she was gone for good. Older folks I knew would then say things like, "You can have all the money in the world, but if you don't have your health, you have nothing." People who share

Wellness began pacing up and down my sidewalk wanting to talk. I ignored her for a long time, thinking eventually she'd stop bothering me.

these vague bits of wisdom don't typically invite discussion, so I was never certain about how Wellness and Health were related. Obviously a relationship with Health was valuable but it sounded like her pain-in-the-neck cousin, Wellness, was part of the deal.

Fast-forward a couple of decades and guess what?

Wellness began pacing up and down my sidewalk wanting to talk. I ignored her for a long time, thinking eventually she'd stop bothering me. I recalled the snippets of conversation I'd heard growing up about how difficult it was to negotiate with Wellness. It might

have been the twenty years of life experience or maybe the fact that I'd been spending an awful lot of time hanging out with Chronic Illness, but I began to wonder if I should see what Wellness had to say. I was reluctant. I felt like I was compromising and that even talking to Wellness was admitting that I was weak.

To say that I was skittish would be an understatement. I started by mumbling "Hello" as I strode past

Wellness on my sidewalk. She just smiled at first, giving me a casual, "knowing" look. It didn't feel judgmental, like I thought it would, but was more like acknowledgement. Gradually, we began to talk about the weather and then about the neighbourhood—you know, chit chat. I began to look forward to our conversations and I wondered if the nasty things I'd heard about Wellness were really true. You know how sometimes when people are scared or angry it's easy to misinterpret things.

Time passed and our conversations got longer. Then one day we went for coffee and Wellness started talking about relationships and how many people seemed to

be too busy with Work, Chronic Illness or Disability to spend time with her nowadays. I listened carefully, wondering if the tyrant I'd heard about growing up was going to emerge.

But it seemed that Wellness simply had a very different philosophy than the others.

Wellness is courageous and stands up to Chronic Illness, Disability and Work without flinching. Wellness says it's okay to laugh, make art and spend time with friends who make you feel happy. Wellness jumps up and down and claps her hands when you take care of yourself in big ways or in tiny ways.

By this time, I had first-hand experience with the demanding Work and the jealous and controlling Chronic Illness, so her words rang true. I also had many friends and colleagues who were betrothed to Work and took pride in banishing anything that distracted them from their commitment. Wellness said that Chronic Illness and Disability often partnered with Work to monopolize time and energy. When this happened, Wellness said, she was ignored and usually lost touch with people just when they needed her creative, fun-loving personality the most.

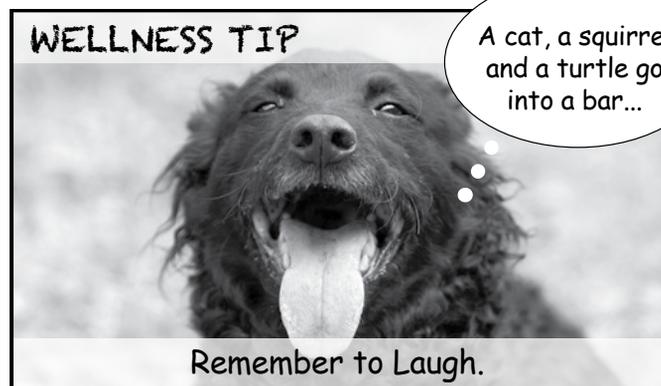
Making friends with Wellness is tricky for most of us. We struggle with preconceived ideas of who

Wellness is courageous and stands up to Chronic Illness, Disability and Work without flinching. Wellness says it's okay to laugh, make art and spend time with friends who make you feel happy.

Wellness is and whether she'll fit into our life. Many of us believe that Wellness is "fluffy" or just for nerds.

Now that I know Chronic Illness and Work all too well, I believe that nothing could be further from the truth! There's no denying that a friendship with Wellness is hard work but I'm determined to learn from her how to hang up once in a while when Chronic Illness and Work call.

Please visit <http://bccpd.bc.ca/programs/wdi/> to learn more about BCCPD's Wellness and Disability Initiative. You can also go directly to our Health & Wellness library at <http://bccpd.bc.ca/health.htm>. 



follow us



Find and follow BCCPD at www.bccpd.bc.ca/followus.htm. You can also sign up for *Our Voice*, the BCCPD e-newsletter that will keep you up-to-date on important and interesting disability news between TRANSITION editions.



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We are so grateful to these individuals and businesses who generously donated items for our silent auction, door prizes and raffle prizes. If TRANSITION readers have the opportunity to support these businesses in thanks for supporting BCCPD, please do!

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 David's Tea
 Dilly Dally Toy Store
 Document Systems Direct (Diego Iribar)
 East End Food Co-op
 Forage
 Fifth Avenue Cinemas
 Firefly Fine Wines and Ales
 Gracie's Thrift Store—Grace Memorial United Church
 Granville Island Publishing Ltd.
 Home Depot (Cambie St.)
 Legacy Liquor Store
 Loblaws
 Kimi Designs Jewelry
 The Latest Scoop (Deb Wilson)
 London Drugs
 LYNNsteven Boutique
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Horsing Around in the Sun | BY DAPHNE DAVEY

Think of summer and one word often springs to mind—camps! Some Canadian Therapeutic Riding Association (CanTRA) member centres offer summer camps for kids with disabilities, and by all accounts, they are a great time.

Every year, the Cowichan Therapeutic Riding Association (Duncan) holds summer camps for children of all abilities. Their camps are always incredibly popular and fill up quickly. These camps are an amazing “first contact” opportunity for children and their families who might be looking to therapeutic riding as a long-term therapeutic strategy and healthy activity. It is amazing how the shared passion for horses can deconstruct “differences” and bring a diverse group of children together in an environment of fun, education and inclusivity.

Arion Therapeutic Farm (Kelowna) warns their clients that their summer camps sell out early each year. They offer a program of horse care, farm duties, farm animal and craft activities and swimming. Their checklist of what to bring includes rubber boots, hat, sunscreen, swimsuit, towels, snacks, lunch, water and a change of clothes. Just what the therapist ordered.

Aside from the fun of “mucking about with horses,” what serious benefits do campers derive from the experience? Activities with horses help improve balance, muscle strength and tone, coordination, mobility, self-esteem,

confidence and social skills. But perhaps above all, they offer the opportunity for discovery—of hidden abilities and of a world expanded and enriched.

Aside from the fun of “mucking about with horses,” what serious benefits do campers derive from the experience? Activities with horses help improve balance, muscle strength and tone, coordination, mobility, self-esteem, confidence and social skills.

confidence and social skills. But perhaps above all, they offer the opportunity for discovery—of hidden abilities and of a world expanded and enriched.

One parent wrote, “Riding has given [my daughter] an opportunity to experience success and has given her an area of her life where she feels responsibility and control. This confidence and self-esteem is [supporting] her to be more successful in all aspects of her life.”

Another wrote, “With the emphasis on safety, fun and great camaraderie amongst people with [and without] disabilities, it was a wonderful way to teach tolerance, understanding and compassion.”

Summer horse camps: a little out of the ordinary, a lot of fun.

DAPHNE DAVEY IS PRESIDENT OF CANTRA.

For more information on CanTRA member centres and summer camps, visit www.cantra.ca or email ctra@golden.net. Please make a difference to a child or adult with a disability by donating to CanTRA at www.cantra.ca or www.canadahelps.ca. 



SUMMER CAMP AT COWICHAN TRA IS ALL ABOUT BUILDING RELATIONSHIPS. PHOTO: COLLEEN HUNT

NEWSBITS

NEW TRIBUNAL GUIDE

In April 2013, the process to appeal the denial of Canada Pension Plan Disability (CPP-D) changed when a new system, the Social Security Tribunal (SST), replaced the Review Tribunal. BCCPD has prepared a new guide, *The Social Security Tribunal*, to help people who are representing themselves to the SST. Advocates may also find our new guide useful in helping their clients.

For the time-being, the guide will be available online only. The SST is very new and advocates are still learning how the new system operates. We will make changes to the guide as necessary.

Our sincere thanks to the Law Foundation of Ontario for funding this guide.

Download the guide at <http://www.bccpd.bc.ca/docs/bccpd-socsectribunalguide.pdf>.



BCCPD NUMBERS

Here's a quick look at some of our work in 2013. We:

- helped over 1,550 people apply for and appeal the denial of provincial and federal disability benefits (Canada Pension Plan Disability), access mobility aids, special diet allowances, dental coverage and other supports
- facilitated 28 workshops and clinics about disability benefits, taxes and financial literacy to almost 400 participants
- distributed over 2,100 self-help guides and community resources across BC
- provided emergency preparedness for people with disabilities workshops to over 60 community organizations
- networked with over 2,300 BC community agencies.



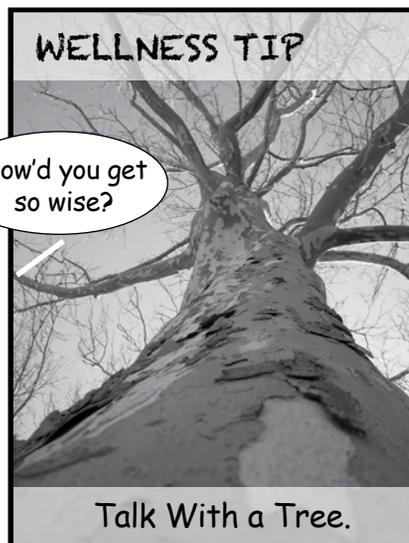
DRIVER TRAINING UNDERWAY

In the last edition of TRANSITION, we reported that Vancouver taxi drivers would be receiving new mandatory training on how to assist people with disabilities and seniors. Over the last year, the Vancouver Taxi Association (VTA) has worked in partnership with BCCPD, and with seniors groups and other stakeholders to develop the *Ask, Listen and Act: Enhanced Taxi Driver Training for Customers with Disabilities and Seniors*.

Since the program was launched in February 2014, over 700 drivers have taken the training. Early reports from both new and experienced drivers are that the training is helpful, practical and helps them to feel more knowledgeable about customers' needs.

All drivers, who work for VTA taxi companies—Black Top Checker Cabs, MacLures Cabs, Vancouver Taxi and Yellow Cabs—must take this training and show competence in the course material. The *Ask, Listen and Act* training is given in a classroom setting and includes a manual, videos and hands-on training with both sedan and accessible van customers.

Thank you to the VTA for generously funding this project and all the community partners who contributed their expertise. **T**





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I accept your invitation to join the BC Coalition of People with Disabilities and enclose my membership fee of \$15 (groups and individuals).

I am also including a tax-deductible donation of \$_____. (Donations over \$10 are tax deductible).

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You can also become a member or donate online at: www.bccpd.bc.ca/supportadvertise.htm.

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ABOUT US

Our mission is to support people, with all disabilities, to live with dignity, independence and as equal and full participants in the community. We champion issues impacting the lives of people with disabilities through our direct services, community partnerships, advocacy, research and publications.

FRONT LINE SERVICE

Our Advocacy Access Program provides one-on-one assistance with provincial and federal (Canada Pension Plan Disability) income supports and other benefits.

PROGRAMS AND PROJECTS

Our projects respond to community need and increase people's ability to participate and contribute.

MAKING NEW PARTNERSHIPS

We keep connected with a large network of community organizations across BC and regularly provide them with updates about issues of importance to the disability community.

FREE PUBLICATIONS

We publish a range of capacity-building self-help guides and advocate resources, in reader-friendly language. Resources are provided free of charge, either by mail or from our website.

THANK YOU FOR YOUR INVALUABLE SUPPORT

Open Gym is a Welcoming Space

Laura McCracken, Megan Hamm, Yoonjae Kim and Kevin Chuang are fourth year students from UBC's School of Kinesiology. To fulfill the community service learning component of their course, Chronic Health Issues and Community Practice, they partnered with BCCPD. We asked them to interview and write stories about people living with disability/chronic illness and their experiences with physical activity. We're pleased to publish some of them in this Wellness and Disability edition of TRANSITION.

Dave

Dave is a former provincial prison guard who served in the military. He was also a nightclub manager and bouncer before he was diagnosed with Fibromyalgia Syndrome (FMS). FMS is a condition characterized by chronic widespread pain, with other symptoms including fatigue, joint pain and sleep disturbance.

Dave says, "basically, FMS is what they call the garbage can diagnosis" because it is diagnosed by the process of elimination. Dave's diagnosis took about a year-and-

a-half. He was put on bed rest because doctors thought his lower back pain was due to a herniated disc, but the immobility only made matters worse.

The pain started in his legs, and slowly spread up his back, arms and face. He had muscle spasms in his hands and his knees that would cause them to randomly collapse. Dave explains, "It was very scary. I would take my son for a walk and my knees would give out and push the stroller forward."

Dave worked three 13-hour shifts per week, in the most stressful

part of the prison. He knew that something was wrong because he was getting more tired and sick. His weakness and fatigue eventually led to a serious fall that forced him to take time off work.

In September of 2000, Dave saw a neurologist who told him his back was not the problem. By that time, the pain had spread throughout his body. Sometimes it was not just pain, but "a feeling like being wrapped in cellophane and trying to sit for 8 hours. I haven't been comfortable for 14 years."

What Dave is describing is called Post-Traumatic Hyper-Irritability which causes his muscles' constant movement. This can be very stressful on the body and lead to sleep deprivation. "And it's hard when you don't look disabled, you feel people are always judging you."

Dave takes many medications which have caused weight gain, so exercise is vital for him to maintain a healthy weight. He chooses not to drive because his fatigue can be overwhelming and unpredictable. He uses an adapted tricycle as his main form of transportation.

Loud noises trigger his symptoms, so he avoids places and activities that might be noisy, like a public gym. In early 2014, free gym space was made available by School District 38 and the Move for Health initiative.

Dave and his colleagues devised the Open Gym Program for people with disabilities.



In early 2014, free gym space was made available by School District 38 and the Move for Health initiative. Dave and his colleagues devised the Open Gym Program for people with disabilities.

The Open Gym Program, at the Richmond Centre for Disabilities provides a quiet, private place for people with a variety of disabilities to participate in adapted exercise activities.

“It’s good to see people with chronic disabilities out and doing some exercise. It’s very rewarding.” The program also keeps Dave motivated to stay active exercising with a group of people. The program provides Dave with a holistic approach and facilitates his physical, social and mental well-being. Without adapted exercise, Dave feels he would not be able to function in everyday life and be the father and husband he wants to be.

Judy

Judy is 23 years old and has autism. She has been part of the Open Gym program from the start, 14 years ago. She takes transit all the way from Burnaby to attend, but she always feels excited to go.

Playing adaptive sports gives her the opportunity to make friends she feels comfortable to be around. Judy believes exercise keeps her healthy and more

capable. She has not found any programs like Accessible Sports Open Gym, where people with disabilities can do physical activity in such a welcoming environment.

She has become much more skilled in some sports, like speedminton, seated volleyball and soccer. Her favorite is speedminton! Judy recommends this program to people with a disability, so they can experience the same joy she has.

Ania

Ania is a 21-year-old woman with a passion for helping others and a goal of studying social work at UBC. She was diagnosed at birth with a mild case of spastic hemiplegic cerebral palsy which limits her strength, mobility and range of motion on the right side of her body.

Ania volunteers with the Open Gym Program. She enjoys the physical activity and helping other people in the community who have disabilities.

She became physically active in order to stay healthy and feel good about herself. She likes the fun, social and non-competitive atmosphere of the basketball, badminton and swimming. Ania is also active at home, where she does jumping jacks, skipping and some light weight-lifting. There are different benefits to being active with a group or alone and, for Ania, a combination of the two works well.



Ania finds it challenging to acknowledge her weaknesses sometimes, but she stays positive because she knows that “everyone has their own stuff that they’re dealing with” and that nobody is judging.

Ania’s advice for someone who is considering trying physical activity in general, or specifically the Open Gym Program, is to try not to be self-conscious and give it a chance.

Try the Gym

For more information about the Open Gym Program and other activities offered by the Richmond Centre for Disability, see <http://www.rcdrichmond.org/ServicesActivitiesWorkshops/ServicesActivitiesWorkshops.php>.

You can also contact Dave Thomson at dave@rcdrichmond.org or Kathie Shih at Kathie@rcdrichmond.org. 

wellness resources

If you would like to explore your own definition of wellness, we hope this edition has been helpful. Here are more resources on various topics.

BCCPD's Online Health Library

Sit back and read some of the articles and resources in our Wellness and Disability Initiative health library. Sections include: What is Health?, Community and Relationships, Sexual Health and HIV/AIDS, Self-Care and more.

<http://www.bccpd.bc.ca/health.htm>

Disability and Healthy Living

“Having a disability does not mean a person is not healthy or that he or she cannot be healthy. Being healthy means the same thing for all of us—getting and staying well so we can lead full, active lives. That means having the tools and information to make healthy choices and knowing how to prevent illness.

For people with disabilities, it also means knowing that health problems related to a disability can be treated. These problems, also called secondary conditions, can include pain, depression and a greater risk for certain illnesses.

To be healthy, people with disabilities require health care that meets their needs as a whole person, not just as a person with a disability. Most people with or without disabilities can stay healthy by learning about and living healthy lifestyles.”

<http://www.cdc.gov/ncbddd/disabilityandhealth/healthyliving.html>

Share a Meal

Fresh Choice Kitchens are groups of people who meet regularly to cook healthy meals. The website outlines how to set up a kitchen, menus, shopping tips and more. Visit <http://www.freshchoicekitchens.ca/community-kitchen-resources/about-community-kitchens>. Additional information about the food bank mission and the community kitchens can be found in this article:

<https://www.foodbank.bc.ca/sites/default/files/gvfbs-admin-asst.pdf>

Gardening Anyone?

The Disabled Independent Gardeners Association's (DIGA) goals are to encourage people with disabilities to enjoy the physical and psychological effects of gardening, integrating with other local gardeners and providing gardeners with appropriate adaptive devices. They provide educational workshops, volunteer assistance to gardeners and a partnership with the Tetra Society to provide adaptive equipment as required.

<http://www.disabilityfoundation.org/diga/index.htm>

Nutrition Kit

This is a document prepared for caregivers and medical practitioners about planning healthy meals for people with disabilities.

<http://tinyurl.com/n6mr9pz>

WELLNESS TIP

Ommmeoww.



Become an Expert at Doing Nothing.

More About Nature

“The idea that nature plays such a vital role in our daily lives and our overall social well-being is not a new one. However, it is only in recent years that empirical research has emerged in support of this concept. There exists now a rich and cross-disciplinary base of knowledge that explores and validates the benefits people derive from personally connecting with various elements of the natural environment (e.g. nature trails, forests, parks or wilderness).”

An excerpt from Connecting Canadians with Nature, available

at http://www.parks-parcs.ca/english/ConnectingCanadians-English_web.pdf

Want Tips on Weight Management?

See these articles on weight management for people living with a disability.

<http://www.cdc.gov/ncbddd/disabilityandhealth/obesity.html>

<http://m.wikihow.com/Lose-Weight-and-Stay-Healthy-With-a-Disability>

<http://www.nhs.uk/Livewell/Disability/Pages/weight-loss-wheel-chairs.aspx>

Access to Good Food as Illness Prevention

Here are resources on the connection between eating healthily and reducing your risk of chronic illnesses and complications.

<http://tinyurl.com/on5nqvo>
<http://tinyurl.com/kahfywl>

A Story that Inspires

Like many stories about wellness, it’s not about curing disability; it’s about quality of life. Read about one family’s experience of a diet that gave a parent with Alzheimer’s “new life.” See <http://www.axiomnews.ca/sites/default/files/Making Change Easy.pdf>. **T**



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Hosted by The Canadian Institute for the Relief of Pain and Disability in collaboration with BCCPD and other organizations.

FOR MORE INFORMATION CONTACT TONYA HYDE AT CONFERENCE@CIRPD.ORG OR VISIT WWW.CIRPD.ORG FOR UPDATES.



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THANK YOU FOR HELPING US PUBLISH TRANSITION!

Out of Darkness Comes Light | BY PENNY CLARE

This blog posting is about finding a place of wellness within severe disability. Visit the blog to see all of the breathtaking photos Penny Clare took from her bed.

I was mostly confined to bed in a dark room—for years, and years, and years because of Myalgic Encephalomyelitis (ME).

At some point, in this isolated sea, I started taking photos. From my bed, in the dark. And my relationship to my illness and circumstances took on a different meaning and found creative expression. It was my way of creating movement.

The vast majority of my photos were shot with no artificial or natural daylight, though daylight was occasionally gleaned from a small opening or crack in the curtains or door.

What had been an atrocious impediment, severe light sensitivity, actually became a wonderful asset as I started to perceive different nuances and subtleties of light, depending on the time of day, season or level of my light sensitivity in any given moment. I began to explore hidden possibilities behind the mundane (awful) reality of my day-to-day existence.

In my exhaustion, I made no attempt whatsoever to move objects or to compose pictures or prettify myself for the camera. The snapshots capture fleeting chinks of light and mysterious beauty that remained unseen by anything or anyone other than the camera.

The highly energized and dynamic images appear as if they've come from another world. They turned the facts of my illness inside out and upside down.

The photos express what ought to be clear to everyone, but rarely is acknowledged in our culture—that the essence of a human being experiencing profound illness and disability is untouched and unconquerable. They make their statements silently, without words of frustration or protest, which by any account I was too ill to make.

I had spent what seemed interminable years in a state where living and dying had become so merged that I could not actually fulfill either condition. Creating photographic images with just a couple of seconds worth of “energy” helped me to feel more alive; it tipped the balance, giving me sensations of movement and expansion when I viewed them. There is an ancient Mayan saying “out of darkness comes light”. I think of my photos and smile.

[None of Penny's photos were engineered using Photoshop® techniques, though “light fill” was used to reveal what lay hidden in the shade of the room].

Reprinted with permission. To view this article, as well as additional resources and supports for people with ME, see <http://phoenixrising.me/archives/21305>. 



Sunrise over planet duvet

The photos express what ought to be clear to everyone, but rarely is acknowledged in our culture—that the essence of a human being experiencing profound illness and disability is untouched and unconquerable.



Accessible Recreation in Your Community

Citizens for Accessible Neighbourhoods (CAN) may have some ideas for you.

CAN is a non-profit organization based in Vancouver that works to support full inclusion within communities through education, promotion and advocacy.

Their website has listings of adaptive sports and recreation programs around BC, by type and also by location.

CAN also likes to keep their listings current. If you know of any sport or recreation programs in BC that are missing, please contact them either by email: info@canbc.org or by phone: (604) 437-7331.

Visit: <http://www.canbc.org/> 



We couldn't do it without you.

Thank you to these organizations, government departments and companies who support our work on behalf of people with disabilities.

BC Association for Individualized Technology and Supports for People with Disabilities

BC Government and Services Employees Union

BC Housing

BC Hydro Employees Community Services Fund

Canadian Union of Public Employees of BC

City of Vancouver

Council of Canadians with Disabilities

Government of Canada's Social Development Partnership Program-Disability Component

Health Sciences Association of BC

Homelessness Partnership Strategy-Human Resources and Skills Development Canada

Hospital Employees Union

Klein Lyons

The Law Foundation of British Columbia

The Law Foundation of Ontario

Legal Services Society of British Columbia

No Frills Pharmacy (Loblaws)

Notary Foundation of BC

Planned Lifetime Advocacy Network

Provincial Health Services Authority

Simpson Thomas and Associates

TELUS Employees Charitable Giving Program

Trial Lawyers Association of BC

United Way of the Lower Mainland

Vancity Credit Union Fairview Community Branch

Vancouver Coastal Health

Vancouver Foundation

Vancouver Taxi Association

WorkSafe BC

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BC Coalition of People with Disabilities

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Thank You to our Swing Into Spring Supporters

BCCPD's Swing into Spring 2014 fundraiser and celebration was a great success thanks to the following.

Our Silver Sponsors



Our Friend Sponsors



Our Very Special Guests

Stephen Quinn, David C. Jones and Lazare Halk who provided so much fun and musical entertainment—thank you!

And More Thanks

Huge thanks also go to everyone who donated silent auction and prize items. And, last but not least, our dauntless volunteers.

Employers of the Year

Congratulations to our inaugural Award Winners Starbucks Coffee Company and Progressive Intercultural Community Services.

Thank you to the Province of BC for their continuing support.

