



FREE! TAKE ONE! Serving people since September of 2013.

MAY 2023

With Mental Health Week happening at the beginning of May, we wanted to take a bit of time to think about some of the things we do in our lives and how they help our mental health. Do you know that exercising, playing, and having fun are not only enjoyable activities, but they are also good for your health? That's right! Physical activities like sports and recreation can help you stay healthy and happy.

When we exercise or play sports, our body becomes stronger and more agile. Regular exercise can improve our stamina and help us maintain a healthy weight. It also helps to strengthen our bones and muscles.

Besides the physical benefits, exercise and recreation can also help us feel better mentally. They can help reduce stress and anxiety, as well as increasing our confidence and self-esteem. When we engage in physical activities that we enjoy, it can even make us feel happier and more energetic.

Sports and other recreational activities can also be a lot of fun! They provide an opportunity to spend time with friends and family and can even lead to new friendships. Whether it's a game of basketball, a hike in the mountains, or a dance class, there are plenty of ways to get moving and have a good time.

So, make sure to check out some of the articles in this month's newsletter and take some time for exercise, recreation, and leisure in your life. It's good for your physical and mental health, and it can be a lot of fun too!

Inside this issue

- Feature Articles
- Movie articles
- Celebrating Disability Awareness and success stories and inclusion for all ! Written by people with Diverse Abilities.

Do you have a story idea or an event you think would be interesting for our readers?

Contact us at:

thekamloopsselfadvocate@yahoo.com

113-540 Seymour St.,

Kamloops, BC V2C 2G9

Office phone: 250-828-1344

We always look for writers and people to interview.

Please subscribe!

Each month you will receive a newsletter with interesting and inspiring content. Be sure to check out our online newsletter for bonus stories and articles!

KSA Facebook page: **The Kamloops Self Advocate Newsletter**

On the Self-Advocate Net site:

selfadvocatenet.ca

Interactive flipbook/newsletters
issuu.com/thekamloopsselfadvocate

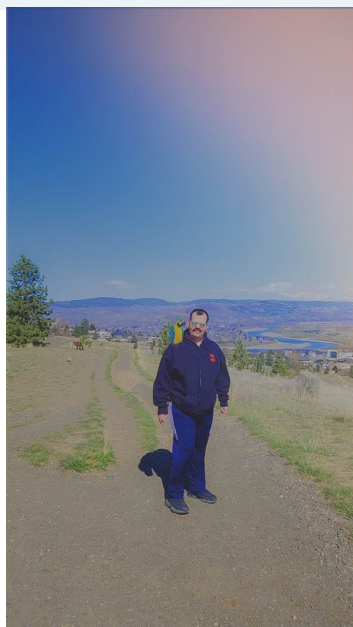




The KSA has created a program to recognize and promote local businesses that are accessible and supportive of all members of the community. The businesses listed here are friendly, accessible, and great to deal with.

Ability Friendly Accessible Business Program

**Horizon Dental Clinic
5 Bean Brewbar & Café
Brownstone Restaurant
All Around Gamerz
The Vic Downtown
Kamloops Film society
Kamloops Art Party
New Horizons Professional Support Services Inc.**



Krystian's Corner

This month we are celebrating recreation and sports. I think it's an important theme to protect our mental health, to be healthy, to promote mental wellness, and to learn how to be good to our bodies and minds. Everyone has mental health and we need to protect our minds through a healthy lifestyle which includes exercise.

It's important to be out in the community taking part in different sports such as bowling, soccer, basketball, track and field, swimming, biking and so much more.

It's important to find ways to have fun, be active, and to relax. Some people do this by listening to music and having fun with entertainment in our leisure time. It's important to have entertainment in our lives because when we are sad or depressed, entertainment can lift our mood. We all need to find ways to relax and take "me time" doing things we like and enjoy. Having fun is also important, because it makes us feel good.

It's also important to celebrate being inclusive. The Kamloops Self Advocate newsletter is an accessible employer, and our business is listed on an accessible employer's website. Our newsletter business is a great place to work. We have lots of great contributors on the team. Inclusion is wonderful because it helps with self worth, self determination, self esteem, helps reduce stigma and discrimination, helps reduce bullying, helps reduce stereotypes and myths about people living with disabilities.

We are excited to be on the accessible employer's website. It's nice to be able to give people with diverse abilities jobs as contributors. We are also thankful for companies for supporting the newsletter and making it possible to help people with diverse abilities by giving them jobs as contributors.

This September the newsletter will turn a decade old. I started the newsletter in September of 2013 to be able to support people with diverse abilities. Thanks for making my dreams come true advertisers and people who bought a certificate for ability friendly accessible business. It's nice to have your support. It's important to speak up for yourself that's what the newsletter does by sharing people's success stories.



Mother's Day Poem

Dear Mom,
I will love you forever;
And forever you will be
The most wonderful mother,
You mean everything to me.

I thought of buying you flowers
In the usual way,
But I knew you would prefer
A FOREVER bouquet!



**Special thanks to The Printing
Place for your continued
support of the Kamloops
Self-Advocate Newsletter.**





XOMG POP ALL GIRLS GROUP

By Krystian

<https://xomgpop.com/>

I love listening to these songs because it's upbeat and fun. I would recommend people look them up on YouTube and listen to their music. It's exciting music because it's dance pop.

Our first album PARTY LIKE A POP STAR is available everywhere you listen to music!

12 original songs from XOMG POP! including 2 songs written by Meghan Trainor and 3 songs written by JOJO SIWA!

XOMG POP! Is a new girl group created by Team Siwa!

XOMG POP! is 6 girls that love singing, dancing, fashion, girl power and being best friends!

Meet Bella, Brooklynn, Kinley, Leigha, Dallas, and Tinie T the 6 official STARS of XOMG POP!

Why not check out some of their fun music videos on YouTube. I really like:

"That's What I'm About"

"Secret Handshake"

"We've Arrived"

"Sparkle Queens"



The History of Bowling Taken from https://www.bowling.com/service/article_the_history_of_bowling.aspx

Most people think of bowling as a fun indoor game that can be played with family or friends. When most individuals think of bowling, they think of going to a bowling establishment, renting a pair of shoes, picking up a ball and trying to knock down all ten-pins in either one or two tries. This is done ten times in a full bowling game. There are however many different types of bowling, other than the traditional ten-pin bowling, that have been played for centuries around the world.

The earliest form of bowling known to exist has been traced back to ancient Egyptian time, around 5,000 BC. The ancient Egyptians rolled stones at various objects with the goal of knocking them over. Over time, various varieties of bowling emerged from the Ancient Egyptian game. Variations of the sport range from traditional ten-pin bowling to nine-pin bowling, candle pin bowling, duck pin bowling, and five-pin bowling. Additionally, two other forms of the game are also extremely popular to this day; these are lawn bowling and bocce, both of which are still played today.

As with most popular sports, bowling has terminology of its own which individuals in the sport are expected to know and understand. For example, knocking down all the pins with one bowled ball is known as a strike, if you knock all the pins down with two balls it is called a spare, and if you leave a gap between the pins, it is called a split. These are just a couple of the common terms heard regularly during bowling games.

While bowling is a fun and relaxing sport, there are a few minor risks involved. Bowling ball weights vary, with the maximum weight being 16 pounds. The motion of bowling along with the weight of the ball can put a strain on your hand, wrist, arm and shoulder. In addition, the motion of the delivery can also cause strain on the bowler's back and legs. Preventative measures such as properly stretching prior to exercise can reduce stress and strain.



NOMI

By Krystian

Meet Christie Faye Collins, the creator of an app called NOMI. Find out about the app and when it is going to be available.

What does your app do?

NOMI is a friendship-first connection platform designed for neurodivergent folks. We offer a space where people can explore what type of friendship they are looking for while encouraging conversations around disability, accessibility, and accommodations.

Folks can let others know whether they are open to dating as well as friendship, though our main goal is to provide direct access to communities of individuals who can empathize with one another's struggles and respond to each other's needs, no matter what kind of relationship one is looking for.

What made you think about creating this app?

Making connections has always been challenging for me. While my schoolmates formed groups, I felt left out and like I was missing something in my ability to connect with others. I learned to fake fitting in by masking (hiding my "different" traits), but I struggled to find real connections with colleagues or friends. Dating has been relatively easy for me as it follows a clear set of rules. Looking back, all of my partners had neurodivergent traits like me. When I found the neurodivergent community, I finally felt like I had access to a community that made sense to me. That's why I created NOMI, to share my journey and help others like me find the connections they've been missing.

What will your app be like?

The app functions mostly like your average dating app, but the interface is slightly different. We wanted to offer folks the opportunity to browse profiles at their leisure rather than being required to make an immediate decision on someone. For this we are designing it so that you may scroll through profiles without the risk of losing a potential connection forever because you swiped the wrong direction.

When will it launch?

Our goal is to launch it next month (April 2023).

What is your favourite thing about creating this app?

Honestly, the best part of making NOMI for me has been meeting so many folks from all walks of life. I have received countless emails and messages from people with diverse backgrounds and abilities who have shared their experiences with me. It's truly been an incredibly powerful and humbling experience to be entrusted with such intimate and personal stories.

What do you enjoy about the app?

I really enjoy our prompts! We're starting with only a few so that it's not too overwhelming in the beginning, but I think they can provide valuable insight into who you are as a person. We also include the option to tell others about your disabilities and neurodivergence so there is never the awkward moment of "revealing" your disabilities to potential friends or partners.

Will it be fun?

That's my hope! Dating app exhaustion is definitely a thing and I know that there won't be a way to completely eliminate that reality, but we are hoping that the friendship first approach and the NOMI community itself will make it a truly joyful place to connect.

What do you hope people will enjoy about the app?

I really hope people will enjoy the depth of the app - we are making a real effort to respond to the needs of our community and build something with substance that can be of real value to people.

How can people find you online?

The best way to stay in touch at the moment is through NOMI's website: nomiconnect.net

Instagram: @nomiconnect



Sports Quotes

“Every strike brings me closer to the next home run.”

— Babe Ruth

“Winning isn't everything--but wanting to win is.”

— Vince Lombardi

“The score never interested me, only the game.”

— Mae West

“Some seek the comfort of their therapist's office, other head to the corner pub and dive into a pint, but I chose running as my therapy.”

— Dean Karnazes, Ultramarathon Man: Confessions of an All-Night Runner

“I just want people to see me as a hard-working footballer and someone who is passionate about the game.” – David Beckham

“There are no shortcuts—everything is reps, reps, reps.” – Arnold Schwarzenegger

“A good hockey player plays where the puck is. A great hockey player plays where the puck is going to be.” – Wayne Gretzky

“Labels are for filing. Labels are for clothing. Labels are not for people.” — Martina Navratilova



The Little Mermaid It is scheduled to be released theatrically in the United States on May 26, 2023.

Rating:

PG Release Date: May 26, 2023

“The Little Mermaid” is the beloved story of Ariel, a beautiful and spirited young mermaid with a thirst for adventure. The youngest of King Triton’s daughters and the most defiant, Ariel longs to find out more about the world beyond the sea and, while visiting the surface, falls for the dashing Prince Eric. While mermaids are forbidden to interact with humans, Ariel must follow her heart. She makes a deal with the evil sea witch, Ursula, which gives her a chance to experience life on land but ultimately places her life – and her father’s crown – in jeopardy.



**IF YOU TRAIN HARD
WINNING IS EASY**

**IF YOU TRAIN EASY
WINNING IS HARD**

May Awareness Days

Bladder Cancer Awareness Month

MS Awareness Month

National Physiotherapy Month

National Sun Awareness Month

Speech & Hearing Month in Canada!

World MS Day May 30th



Kamloops
Hearing Aid
Centre

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Jan & Blaine Alexandre RHIP

jan@kamloopshearingaidcentre.ca

blaine@kamloopshearingaidcentre.ca

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The Kamloops Self Advocate Newsletter

<https://accessibleemployers.ca/member/the-kamloops-self-advocate-newsletter/>



Who We Are

Our mission and vision: We promote Community Inclusion, including ideas like social justice, social inclusion, kindness and compassion, anti-bullying, mental health issues and all disabilities. We promote success stories about the challenges that many face. Instead of focusing on a label, we like to refer to the idea of diverse abilities. We promote entertainment, lifestyle issues, and community events. We also promote the idea of reducing stigma and discrimination, preferring to stomp it out completely.

Our goal is to spread awareness about what we can do, not what we can't do. We highlight different themes in the newsletter and include ideas about different topics every month. Recreation and leisure are important to us, as well as social issues that affect our diverse communities, including Indigenous people as well as the LGBTQ2+ community. We also promote different causes and things happening in the disability field.

We have a great team of contributors with lived experience and different challenges writing for us. We cover issues that interest everyone whether they have challenges or not.

Why We Are Involved

I believe it's important to stomp out stigma and discrimination. The general public needs to know people, with diverse abilities, we have more abilities that can contribute greatly to the community. We have more abilities than disabilities; therefore, we are a great asset to our community as a whole. Others will greatly benefit when we are inclusive within society.

It matters because spreading awareness in printed form like I am doing with the newsletter spreads awareness to many people. I have the newsletter online to spread the importance of having an inclusive society. People all over the world read my message about the importance of inclusion.

We have been in business since September of 2013. We support people with diverse abilities by sharing their success stories. Most of our contributors have challenges. They all tell their stories in a positive light. Our contributors of the newsletter get paid for their stories so I am creating jobs for those who have challenges in getting a job. I, myself, couldn't get a job in the disability field like I wanted, so I started my own business running the newsletter.

When people read the newsletter, they can see the abilities we have. It's important to us for people to see us as a person rather than just seeing the wheelchair, for instance.

We think being socially inclusive and having inclusive employment is wonderful because everyone deserves a job and deserves to have self worth.

Accessibility Initiatives

Just that we promote hiring those with challenges. I have a blind contributor as well as ones in wheelchairs. Some have mental challenges like me, yet I can still run the newsletter independently.

Accessible Employers

<https://accessibleemployers.ca/who-we-are/>

Presidents Group

Formed in 2013, the Presidents Group is a network of 25 change-driven BC business leaders who are champions for more accessible, inclusive workplaces.

Leaders of businesses of all different sizes and sectors, and business models, are represented and nearly 60,000 British Columbians are employed at the Presidents Group's 25 member organizations.

The Group plays an advisory role to BC's Minister of Social Development and Poverty Reduction and meets quarterly to share best practices amongst one another.

Each member organization assigns one or more staff members (usually in HR or Diversity and Inclusion roles, specifically) to the Community of Practice. This quarterly meeting allows these internal champions to meet and dig into projects, resource development, and support for one another. Some individuals from the broader accessible business community are also invited to take part.

Community of Accessible Employers

The Community of Accessible Employers (CAE) is an open and entirely free network for employers who are committed to inclusion in the workplace.

In 2018, the Presidents Group launched the CAE, which gives employers beyond the 25 appointed members the chance to join the movement to accessible employment and access individualized support from the staff members. The CAE currently provides employer-focused tools, resources, and access to training and events for BC employers on how to effectively recruit, hire, and retain employees with disabilities.

We encourage businesses of all sizes who are committed to learning and growing their knowledge of accessible employment of people with disabilities to [join our Community of Accessible Employers](#).



Blazers Playoff Report (2022/23)

By Andrew

Entering the 2022/23 WHL Playoff the Kamloops Blazers started play against the Vancouver Giants at home for games 1 & 2 (Sandman Centre) and then game 3 & 4 on the road down in Langley (Langley Events Centre or LEC for short). The Blazers took the series in 4 games with Ernst playing in all 4 games and eliminating the Giants. They now move on to face the Portland Winterhawks in the Second Round starting at home for games 1 & 2. Friday, April 14 & Saturday, April 15.



Spring Jokes

What month is the shortest?
May because it only has three letters!

What did summer say to spring?
Help, I'm going to fall!
Did you hear about the pogo stick made out of plants?
It's made of spring onions!

What's the most popular type of pickle for spring?
Daffo-dills
Why are oak trees so forgiving?
Every spring they turn over a new leaf

Meet My Mom

By Ben

My Mom moved from Coquitlam to 100 Mile house in 1984. Then she moved to Kamloops in 2014 with Ben & Dan. Her first job in Kamloops was at Sears, then she went to City Furniture, followed by Ashley until 2020. At that time, she transitioned to working for herself, doing cleaning houses and concierge services. She loves her job.

I love and respect my Mom and she helps me to overcome the barriers to being able to live semi-independently. I would like to wish my Mom, Louise, a happy Mother's Day.



Mothers Day
May 14th

Maple Wings

Taken from: <https://www.chicken.ca/recipes/maple-wings-for-the-guys/>

These spicy maple wings are the perfect way to keep everyone happy on game night.

Serves: **6** Prep Time: **20 min** Cook Time: **1 hour**

Ingredients

24 chicken wings
3 tbsp apple cider vinegar
1/3 cup low-sodium soy sauce
2 tbsp ginger, chopped
3 tbsp Dijon mustard
8 cloves garlic, chopped
3 tbsp hot sauce
1 cup chili sauce
1 cup maple syrup



Steps

1. First, remove the tips and cut the wings in half at the joint.
2. In a small saucepan, boil all of the sauce ingredients together without the wings. As soon as the sauce cools, add the wings and marinate for 3 to 5 hours in the refrigerator.
3. Preheat oven to 450°F (230°C).
4. Place wings in a baking dish and bake for 40 to 45 minutes, until juices run clear, or the internal temperature reaches 165°F (74°C).
5. Served with rosemary potatoes, these spicy wings will surely refuel our guys.



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Genevieve Fisher

By Krystian

How did you get into country music? I've been singing my whole life! Growing up, I spent a lot of time with my Nana who was always had the country radio station on in her kitchen. I fell in love with the genre at a very young age; Shania Twain being my biggest inspiration! My first singing competition was at the Ilderton Fair (a small town located just outside of my hometown of London, Ontario). The rest is history!

Why did you want to do country music? I think I've always wanted to pursue country music because it's been such a big part of my life. I love the story-telling aspect of the songwriting process. A lot of my songwriting comes from my personal experiences and I love being able to connect with my fans through my lyrics.

What do the songs 'Take it on Home' and 'Someone Else' mean to you?

"Take It On Home" is a super special song to me as it's been my most successful single to date. It hit Top 20 on the Canadian Country Chart; and as an Indie artist this was a huge milestone for me! It's also been an incredible feeling to hear people singing this song at shows; "Take It On Home" has truly brought me some of my greatest memories. "Someone Else" is special in a bit of a different way. I was going through a rough time when I wrote this song with my co-writers Emma-Lee and Karen Kosowski; I wasn't feeling supported and began getting overly critical of myself. Questioning my abilities and whether I was good enough for this industry. I really wanted to write a song that would help not only myself but other people feel confident in who they are as an individual. I had so many people, both men and women, reach out to me after I released it saying how much it helped them get through a tough time.

What do you enjoy about country music? I really enjoy the community of country music. I love being at festivals/shows and connecting with other artists and fans. We truly are a big family!

What do you find the most rewarding about singing music? I think I love that music simply brings people together. When I'm on stage performing, you literally watch people come alive; it's such a cool feeling!

How did you decide to create 'Take it on Home'? I went into my writing session with my producer Jason Massey with the title "Take It On Home" and I initially expected it to go in a more "sentimental" direction. My initial idea was about bringing a boyfriend/girlfriend home for the first time to meet your family. But we ended up taking it in a more flirty/fun direction and I'm so glad we did!

How does it feel that Take it on Home is one of your biggest hits? It's indescribable! Seeing it climb the charts was crazy; it's an amazing memory for me.

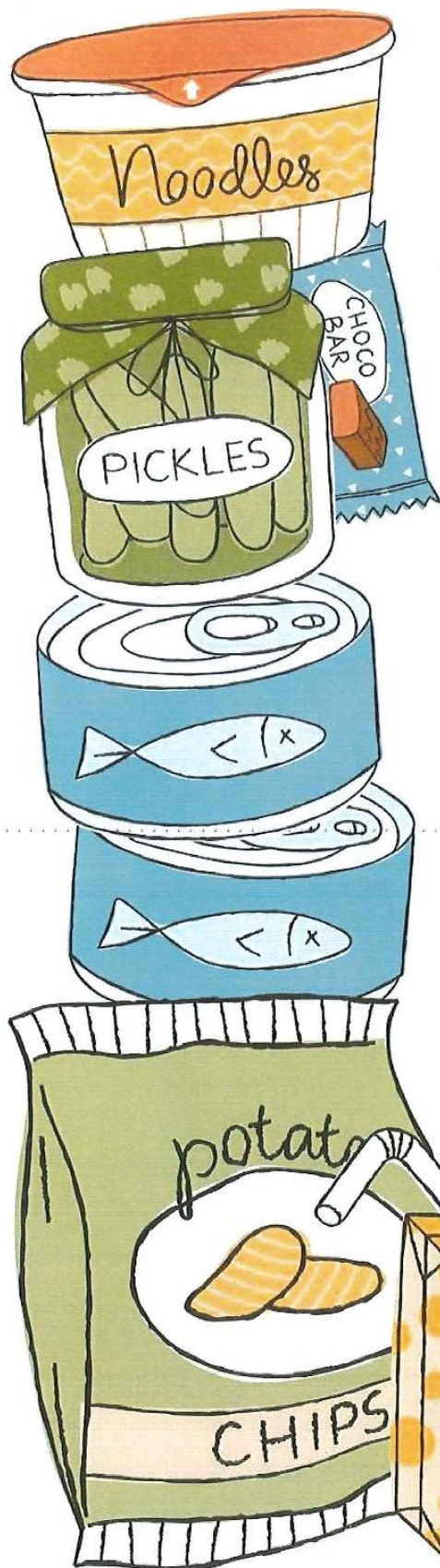
I see you are indigenous and are from a diverse background can you explain? My dad is Indigenous and my mom is Italian. My family on my father's side is from Chippewas of the Thames First Nation which is just outside of London, ON. And my mom was born in a little town in southern Italy called Curinga. She immigrated here with her parents when she was about 5 years old.

What else would you like to add? How can people find you online? You can connect with me on Facebook (Genevieve Fisher) and on Instagram (@genevievefishermusic). I absolutely love sharing my life with my fans!

TCS

Upon a visit to Kamloops Food Bank recently, I was informed of the shortage of food they are facing. Through hard times like inflation and covid many families are in need and go without. It is so important for us to support our community but also have our guys take an active role in the process. Everyone deserves food. Too many go without it. We as a team want to make a difference while informing others to do the same. The individuals at Lansdowne are doing a Food Drive to show their support of the food bank this month. Both Aberdeen and Lansdowne Crew's are big supporters and participants. We inspire to make a difference in others lives as we recognize how blessed we are. We hope it sends a ripple effect. Our Programs have found it a rewarding and uplifting experience please join us in your support. Food donations can be brought to AS, Lansdowne or Reception!!!!

Aberdeen Services via #200-286 St Paul Street (3rd floor) Kamloops
Lansdowne via #205-450 Lansdowne Street (Lansdowne Mall)



Lansdowne Food Drive

May 2nd-5th

8:30am to 3:00pm

Drop off any donations at the
Lansdowne Day Program

Everyone deserves food. Too many go without.

Please help the Lansdowne Program support the local food bank by donating non-perishable food items.

Kamloops Food Bank top 10 items include:

- Baby Food
- Beans
- Canned Fruit
- Canned Pasta
- Canned Vegetables
- Formula
- Peanut Butter
- Rice
- Soup
- Tuna.

If you are unable to drop items off at the Lansdowne Program, please take the time to donate to the food bank or any local grocery store yourself or donate online.

Accessercise is Coming to Canada

By Krystian

Meet Sam Brearey, I am co-founder and CEO of Accessercise, the worlds first complete fitness app for the disabled community.



Accessercise

What does this app do?

Accessercise is a complete fitness app specifically designed for the disabled community. There is a bespoke exercise library, specific to each user's impairment. This library provides exercise videos that are scientifically valid to the user, demonstrated by someone with the same disability and at the specific level required by the user.

Additionally there is a social hub where users can interact, like, love, share, support and comment along their journeys. Users can join groups to meet like minded individuals and further share their experience.

The explore section, for the first time ever, maps out every fitness facility in the user's country, ranking them based on their accessibility to the disabled community. Allowing users to quickly see which local venues are accessible to them.

There is then specific nutrition content to support healthy living, blogs, podcasts and vlogs to educate and support the wider disabled community.

There will also be an e-commerce shop providing accessible equipment to the Accessercise users. Everything in one place for all the disability community's needs.

How did this app start?

During the covid lock down the gap between able bodied and the disabled community grew larger and larger. It became increasingly evident how much harder it was for the disabled community to access resources, to have opportunities and be able to live a healthy life. My co-founder, Paralympic Silver medalist Ali Jawad was increasingly aware of this, being in that boat himself. We knew things had to change and change fast.

After several ideas we decided it had to be an all encompassing, easy to access platform, thus a mobile app, and Accessercise was born.

What can people do on the app?

People can view exercises specific to their needs and impairments. They can build their own custom workouts, they can schedule them to their calendar, set up reminders and manage their exercise routines.

Users can interact with fellow users, support each other, share their journey and workouts.

Users can see local facilities which are accessible to them as the disabled community.

Users can earn points to get cool rewards and will be able to exchange these in the shop when it comes.

And much much more, head over to the app and check it out!

Why was this app created?

The app was created to bridge the gap between able bodied opportunities and those for the disabled community. Accessercise is built to remove the barriers faced by the disability community, providing resource, knowledge, support, opportunities, accessibility and provide an easy to use platform to change lives.

A recent study by Loughborough University has already proven that Accessercise, scientifically, positively changes the behaviours of disabled people when it comes to healthy living and exercise.

With over 70,000 health apps in the App Store, despite there being 1.2 billion people with impairments in the world, there is no complete fitness app solution for them, until Accessercise!

What do people enjoy about the app?

There are so many things about Accessercise our users love. Simply put, they love that Accessercise is the first ever of its kind. Accessercise is doing something that no one else is even trying to do. We are here entirely for the disabled community. Those with impairments is our only focus and drive.

Specifically they love the exercise library being so specific and bespoke as well as being able to explore their world from the perspective of accessibility.

Start to finish, Accessercise is for the disabled community.

What makes the app stand out in the disability fitness market?

Accessercise is the first of its kind and its the only complete fitness app specifically designed for the whole disabled community. We put the disabled community first. We have inclusivity and accessibility at the forefront of everything we do.

Continued on next page



Accessercise is Coming to Canada Continued

Our founding team are all elite. Ali Jawad is a Paralympic Silver medalist and prominent disability advocate. I myself am a 3-time world champion, planned the Paralympic legacy at the tennis centre for the London 2012 Games and have worked in elite sport/business for 15+ years.

Yulia is a top lawyer from Europe. Where others just talk, Accessercise does. We believe in and are driven by actions.

Can people access it from around the world, including in Canada?

Accessercise will be global over the next 3 years. At present it is live in the UK and Ukraine. Over the course of 2023 Accessercise will open up to major English speaking markets including America, Canada, Australia and New Zealand.

The more expressions of interests and early sign ups we get at <https://join.accessercise.com> from countries, the quicker we can expand into them.

What else would you like to add?

Accessercise is committed to and driven by supporting the global disabled community. If there are any ideas, suggestions, thoughts for improvement, people who want to be involved in what we are doing, we would love to talk to you. Please reach out! support@accessercise.com

links

Apple download; <https://apps.apple.com/gb/app/accessercise/id1542340631>

Google download; https://play.google.com/store/apps/details?id=com.accessercise.android.prod&hl=en_GB&gl=GB

<https://twitter.com/accessercise>

<https://www.instagram.com/accessercise/>

<https://www.linkedin.com/company/accessercise/?viewAsMember=true>

<https://www.facebook.com/Accessercise>

exercise and sports

B	O	W	L	I	N	G	M	A	K	E	C	L	S
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SWIMMING
MENTAL HEALTH
FIGURE SKATING
KAYAKING
BETTER SLEEP
COOL
PARALYMPIC
SKIING
SKYDIVING
FUN
HIKING
PHYSICAL
HOCKEY
EXCITING
BLAST

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Kindness and Compassion with Marj Taron

By Lisa Coriale



Can you tell me a little bit about yourself?

I am almost 58, I live in Northern British Columbia in a little town called Terrace. I am married with 3 grown sons. I was in a massive car accident January 2, 2019, and am still getting help healing. I like to connect with people and enjoy walking and supporting my team.

What do you do for a living?

I hold my Reflexology Practitioners license for both BC and Canada. I incorporate Reiki and Raynor Massage into my wellness practice. I am passionate about Doterra's essential oils, and how they have helped myself, and my family.

What does kindness and compassion for yourself, and others mean to you?

I am a big fan of self care – I do a lot of meditating and baths. I have learned to say no to things that are not going to help my healing journey (living with post concussion syndrome). Walking is something I do for me. As for kindness to others I just always try to treat them the way that I want to be treated. We have been blessed with so many things that I always try to pass on what I can.

Why is it important to show kindness and compassion to others?

No one really knows what goes on in another person's, life or what they are dealing with on a daily basis. My husband has a broken neck but is upright and mobile. I deal with many health issues including disc drusen, a broken ankle with a pin and psoriatic arthritis. These are invisible disabilities, so to me being kind is just a way of life. Years ago, I did a course called winter session; it was a 5-month in-depth look into yourself and life course. Also, I have done gold training thru Nikken and much more training. Showing gratitude and kindness is just who I am and aligning with a company that also believes in this is so gratifying.

How do you show kindness and compassion to others?

I call people, text them, offer to help with meals, offer to help with essential oil solutions if dealing with a health challenge, and I like to teach others to do selfcare. Recently I approached my company and asked for 72-hour relief kits to pass out to the evacuees from the flooding. Doterra initially sent out 200 that were passed out to various locations and then another 100 which have also been passed to people in need.

How can people show compassion when they are in community?

Our little neighbourhood is a community, we all look out for each other. For example, today with another foot of snow on the ground I went and swept off other people's vehicles so that the tractors and quads could do the hard work of moving the snow. We have a neighbour currently with medical issues, so we are keeping her fire going and taking in wood. We all work together as a team, everyone does a little to help, and the neighbourhood thrives. How many people know their neighbours' names, or approach people talk to them? Understand not everyone has to think the same to get along.

What are some ways people can show kindness and compassion to people with diverse abilities?

I worked for years with the local people with disabilities, and to this day I stop and chat with them. We are all people too; everyone has a niche where they can excel. Our strengths are all different, that is what makes life work.

When we think about being kind to ourselves, it involves all areas of our lives, including the physical, emotional, and mental pieces. How can people keep their mental health in shape?

Mental balance and health is so important, try to reach out and understand that not everyone is the same. People have different needs, be open, don't judge, accept, and be there.

Balance is a very good application for the phone and is free for a year. It is for meditation and breathing. I read a book called "Laugh! I thought I'd die (if I didn't)", by Anne Wilson Shaeff. It taught me laughing even at ourselves can help to see that sometimes there are others that have it worse.

What does being kind to yourself look like?

Recognizing my limitations and accepting that I can't do what I did before, but that I can carry on and keep living even with major limitations. I am a water baby, long baths make me happy, and also it is a great time to just be. I love to travel; I am going on a vacation to a warm place with hot sunshine when this crazy world of ours settles down. We don't need to be everyone's superhero just our own.

What would you say to those people who have negative views or attitude towards people with diverse abilities? Show love, and be kind, negativity is usually spawned from one's own feelings of inadequacies. I like to teach people that they have amazing powers within, and when they recognize that, they tend to be a whole lot friendlier to others with differences.

Exceptional Needs Today

By Krystian

Meet Amy KD Tobik, founder, editor, and publisher of a new magazine, Exceptional Needs Today. Find out about this award-winning magazine.



What is your background in working with people with diverse abilities prior to starting the magazine?

Launching Exceptional Needs Today magazine several years ago was the extraordinary result of a series of life experiences and ambitions. In addition to my publication roles over the past 34 years, including a position as an award-winning magazine editor-in-chief for an autism magazine, I had the honor of closely working with children of all abilities as a volunteer. For over a decade, I witnessed the challenges families, students, teachers, and self-advocates faced. When my most recent role as an editor ended, I took the unique opportunity to leverage my experiences and create a FREE and inclusive resource.

How did you come up with Exceptional Needs Today Magazine?

As I mentioned, I have worked closely with self-advocates, families, carers, educators, therapists, and doctors for many years. This provided me with a unique perspective. The exceptional needs community is strong and passionate, and I wanted to ensure all voices could be heard. So many GOOD people work to make a difference, provide guidance and support, and act as catalysts for change. Exceptional Needs Today was designed to bring people together.

People ask me why I advocate so strongly, and there are so many reasons. I have learned a great deal from our friends and family members managing autism, learning differences, Down syndrome, developmental disability, and physical disability. And I don't share this often, but I have dystonia, a neurological disorder affecting my daily life. It was important to me to create this space because millions of people worldwide either have a diagnosis or know someone with one. I don't want anyone to feel alone.

What do you like about running and owning this magazine?

Oh, so many things. I value the ability to create open conversations. I have worked with the most passionate and driven people—many of whom have evolved into treasured friends. The hours are long, especially since I wear many hats as publisher and editor-in-chief, but it's worthwhile when I receive an email from a subscriber who tells me they feel seen and supported. I also enjoy sharing my knowledge and connecting with other advocates at conferences.

What is your magazine about?

Exceptional Needs Today is designed to support ALL individuals in the special needs community. The publication focuses on educating and energizing families, caregivers, self-advocates, educators, and professionals while preparing a healthy path for tomorrow. Magazine readers are provided FREE access to the newest news/research, expert guidance, therapies, and information on unique books and products. We have six magazine releases in 2023, four regular issues PLUS a special edition dedicated to education, and another edition translated into Spanish to support the Latino community. We also release eight newsletters annually that include current magazine highlights and links to other valuable news in the community.

What is your mission and vision for the magazine?

The mission of Exceptional Needs Today is to provide free support and resources for families, educators, professionals, and self-advocates. We aim to educate and empower all individuals who seek special services while creating opportunities to connect and grow. We work within the community to promote awareness, acceptance, and inclusiveness for ALL people.

What do you include in the magazine?

In addition to our valuable contributors, we are proud to feature nine columnists who cover a wide range of topics including managing diagnoses, mental health support, self-advocacy, personal rights, educational rights, occupational therapy, transitioning to adulthood, safety, job opportunities, financial planning, mobility and accessibility, supporting the family/caretakers, and so much more.

Continued on next page



Exceptional Needs Today continued

What do self-advocates and other people like about your magazine?

Exceptional Needs Today works to bring together multiple perspectives. I have been told self-advocates, first and foremost, appreciate being provided with a voice. Parents tell me they enjoy free professional advice, unwavering support, and the sense of community that the magazine creates. I love it when educators share their fresh ideas and experiences, as it benefits not only families and self-advocates but it supports other educators. The feedback from profes-

sionals, such as doctors and therapists, has been fantastic as well. Not only does Exceptional Needs Today provide them with an opportunity to share expertise and guidance, but they also get a glimpse at the concerns troubling many families. My ambition is for Exceptional Needs Today to become the bridge to understanding.

How does the magazine stand out?

Exceptional Needs Today focuses on ALL PEOPLE. Whether you have different abilities or someone you love, teach, or treat does, EVERYONE is invited to the table.

What is your favourite thing about the magazine?

I love the camaraderie and the open communication that has been created through Exceptional Needs Today. And as someone who started working in the magazine industry more than 30 years ago, nothing is better than seeing an issue come together. There are many long workdays, including weekends, but a great deal of pride goes into the final product.

How can people get your free magazine?

It's simple to subscribe. Go to our website, exceptionalneedstoday.com, and sign up. And best of all, there is no cost. Our publication is funded entirely by sponsors and advertising. We are grateful to work with such supportive businesses and non-profits committed to advocacy.

Mother's Day Message

By Krystian

I wish my mom Linda Shaw a speedy recovery and I hope she feels better. She had to go to the hospital in April.

I was worried about her, but she is doing better now. I wish her a good Mother's Day on May 14th. She is the most special mom I could ever ask for. I love you mom.



CMHA Mental Health Week May 1-7, 2023

THEME: MY STORY

Collectively and individually, we have multiple layers and stories that make us who we are and while each year 1 in 5 Canadians experience a mental illness or mental health issue, 5 in 5 of us – that's all people – have mental health.

We all have different, yet equally valuable stories which can be used to share one key message: universal mental health care is important and needed now!

<https://www.mentalhealthweek.ca/>



Star Wars with Dave Filoni

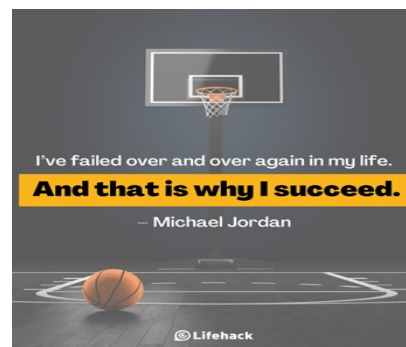
By Riley

I love Dave Filoni. He took over from George Lucas as the director of the newer Star Wars films. I really enjoy all of the Star Wars shows he's been creating of late. There is one series he is making known as Ahsoka and it will be on Disney Plus in August. It's a series based off the character Ahsoka Tano from the Clone Wars series. I saw the trailer and the series looks fantastic. I hope you guys will like it as much as me.



Movies for Mothers Day

Mother's Day
The Parent Trap on Disney Plus
Bad Moms
Freaky Friday
Mamma Mia!
Mamma Mia! Here We Go Again



Walmart Achieves Success Through Inclusive Hiring Practices

Taken from <https://readywillingable.ca/blog/stories/walmart-achieves-success-through-inclusive-hiring-practices/>

Posted on July 22, 2015

For many businesses in the retail and service sector across the country, it is becoming increasingly difficult to find and keep hardworking and motivated employees. According to Tanya Peach, Store Manager at the Walmart East Supercentre in Saint John, New Brunswick, more than half of the 20 seasonal employees she hired at the start of the summer left before the season got into full swing.

“We have a lot of young people apply for jobs who don’t really want to work,” says Peach, “they either don’t show up for work or are always late. We invest a lot of time in training and orientation before they even hit the floor and that all gets lost when employees leave.”

Thanks to Ready, Willing and Able (RWA), a national initiative designed to increase the labour force participation of people with intellectual disabilities and Autism Spectrum Disorder (ASD), Peach’s hiring process has achieved remarkable success. Through RWA, Peach hired three individuals at the same time as the others, and all of them have stayed.

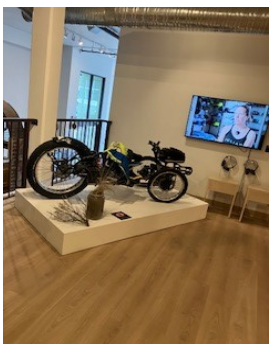
Peach has been impressed and inspired by the people she hired through RWA, especially when she has to deal with a typical turnover rate of 15%. Furthermore, she has decided to keep at least one individual, Josh, as a permanent part-time employee beyond the season. As a sales associate in the Garden Centre, Josh is responsible for greeting and helping customers, keeping the Centre clean and safe and other general customer service duties.

“From a productivity point of view, Josh does an excellent job and because of his personality, dedication and reliability we wanted to keep him on our team,” says Peach. “He is very loyal and never misses a day of work.”

Peach admits there was some apprehension about the extra time it might take to train and orient the new employees and concern that they might not be as productive or functional. RWA helped her and her team with the hiring process and addressed their concerns about special allowances and productivity.

“Right from the beginning, Josh was a go-getter,” says Peach. “We have not had to make any special allowances and he is always eager and keen to do a good job. It is refreshing to have employees that we are all very proud to work with.”

Funded by the Government of Canada and active in 20 communities across the country, RWA is a national partnership of Inclusion Canada, the Canadian Autism Spectrum Disorders Alliance (CASDA) and their member organizations.



Mountain Bike Mecca at the Museum

Price: Admission by donation

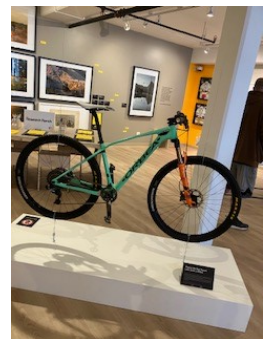
Time: 9:30 AM to 4:30 PM

FEBRUARY 24, 2023 - JUNE 10, 2023

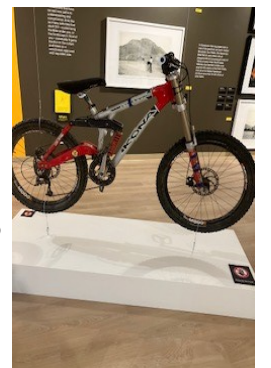
Recurrence: Recurring weekly on Tuesday, Wednesday, Thursday, Friday, Saturday

<https://kamloopsmuseum.ca/programming/mountain-bike-mecca>

<https://www.tourismkamloops.com/event/mountain-bike-mecca/14244/>



The third in a continuing series of collaborative and community-centred sports-themed exhibitions *Mountain Bike Mecca* will look at the cultural context of mountain biking. The Thompson Nicola Regional District (TNRD), is reputed to have some of the best riders in the world and is widely considered to be a foundational place for freeride mountain biking. Identifying values and principles that govern cultural norms in the sport, the display will examine its history, its relation to landscape, demographic and cultural shifts and other symbols and practices that support the sport’s culture. The show will include media footage, large-scale photographs and video footage of local trails; and finally, a selection of interactives to help visitors better understand this extremely popular activity.



5 Mental Benefits of Exercise

Taken from: <https://www.waldenu.edu/online-bachelors-programs/bs-in-psychology/resource/five-mental-benefits-of-exercise>

From less stress to a boost in self-esteem, exercise is as great for your brain as it is for your body.

Setting the Stage (by Example)

Dr. Shawna Charles, who received a PhD in Psychology from Walden University, put her love of psychology into action by [opening a Los Angeles boxing gym](#) to provide people with the help they need, including fitness, an ear to listen to their problems, and a connection to vital social services. Dr. Charles, like many others in her field, understands the connection between good physical and mental health.



The Psychological Benefits of Exercise

Most of us know the many physical benefits of exercise: weight control, lower blood pressure, reduced risk of diabetes, and increased energy, just to name a few. But what about the psychological benefits of exercise? From easing symptoms of depression and anxiety to keeping your memory sharp, there's no shortage of mental benefits of exercise. Whether you need motivation to get to the gym or to just take a brisk walk, the five psychological benefits of physical activity below will have you tying up your shoe laces and heading out the door.

1.Help for depression and anxiety

Exercise is a scientifically proven mood booster, decreasing symptoms of both depression and anxiety. Physical activity kicks up endorphin levels, the body's famous "feel good" chemical produced by the brain and spinal cord that produces feelings of happiness and euphoria. Even just moderate exercise throughout the week can improve depression and anxiety, so much so that some doctors recommend trying out an exercise regimen for these conditions before turning to medication.

2.Decreased stress

Another mental benefit of exercise is reduced stress levels—something that can make us all happier. Increasing your heart rate can actually reverse stress-induced brain damage by stimulating the production of neurohormones like norepinephrine, which not only improve cognition and mood but improve thinking clouded by stressful events. Exercise also forces the body's central and sympathetic nervous systems to communicate with one another, improving the body's overall ability to respond to stress.

3.Increased self-esteem and self-confidence

From improving endurance to losing weight and increasing muscle tone, there's no shortage of physical achievements that come about from regular exercise. All those achievements can all add up to a whopping boost of self-esteem—and the confidence that comes with it. You may not set out for better-fitting clothes, a slimmer physique, and the ability to climb a hill without getting winded. Oftentimes it happens before you even realize it. It's just one of the many benefits of physical activity that boost your body, mind, and spirit.

4.Better sleep

If you have trouble getting a good night's sleep, exercise can help with that, too. Physical activity increases body temperature, which can have calming effects on the mind, leading to less sheep counting and more shuteye. Exercise also helps regulate your circadian rhythm, our bodies' built-in alarm clock that controls when we feel tired and when we feel alert. (Although improved sleep is a psychological benefit of exercise, sleep experts recommend not exercising close to bedtime.)

5.Brain boost

From building intelligence to strengthening memory, exercise boosts brainpower in a number of ways. Studies on mice and humans indicate that cardiovascular exercise creates new brain cells—a process called neurogenesis—and improve overall brain performance. It also prevents cognitive decline and memory loss by strengthening the hippocampus, the part of the brain responsible for memory and learning. Studies also prove that physical activity boosts creativity and mental energy. So, if you're in need of inspiration, your big idea could be just a walk or jog away.

