



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

JUNE 2023

Welcome to our latest newsletter, packed with all kinds of great articles and ideas that you could explore to help you live a healthy and enjoyable life. This month we are exploring two important topics: health & recreation, as well as finding ways to enjoy life more while protecting your physical and mental well-being.

In today's fast-paced world, it's important to focus on both our physical and mental health. So, let's start by talking about ways to keep our bodies strong and active. From playing sports to taking walks in nature, there are so many fun ways to get moving and feel energized. There are lots of fantastic ways for staying fit and healthy, no matter your age or ability.

But health isn't just about our bodies—it's also about our minds. Taking care of our mental well-being is just as important as looking after our physical health. There are many simple techniques to reduce stress, manage emotions, and boost positivity. This month, we have some ideas to get you started on a path to maintaining a healthy mindset and finding inner peace.

One fun way to begin is through recreation and finding ways to enjoy life more! Life is full of wonders and adventures waiting to be discovered. Whether you do that through hobbies or other activities, it can bring joy and fulfillment to your daily routine. It can be as simple as reading a book, exploring art, or learning a new instrument. There are so many ideas to fire up your imagination and make every day extraordinary. In this newsletter, we hope you'll find some useful tips, stories, and resources to guide you on your journey towards a healthier and more enjoyable lifestyle.

Maybe you have some great tips and ideas for living your best life. We'd love to hear them! Have a great June and enjoy reading all the wonderful articles and interviews this month.

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?

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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 KSA website:

ksanews.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.

Our Footprints Eco Store

Krystian's Corner

This month we are focusing on all things health such as: National Health and Fitness Day, June 3rd, and Action Anxiety Day, which is June 10th. Action Anxiety Day means a lot to me since I have generalized anxiety disorder. June is also Brain Injury Awareness month.

Being fit and healthy is important for both physical and mental health care, which includes anxiety. It's important to have recreation and leisure in our lives too because it helps lessen anxiety and can make us be more relaxed. Being healthy is very important to make us live good lives in the community and to make us live quality lives as well. It's also important to learn more about

Brain Injury Awareness Month and how to support your loved ones!

It's also important to have fun and to have entertainment in our lives because it makes our lives interesting, exciting, and fun. There are different kinds of entertainment such as music and movies and much more. There are 2 movies in June which are very exciting – 'Indiana Jones and the Dial of Destiny' and 'Elemental'. They are both from the Disney Company.

It's fun to learn more about music artists and to learn about new music. That's why we interview singers and songwriters to introduce our readers to new music.

Our newsletter is educational and fun as well. Our newsletter is important because it helps educate society on what we can do not what we can't do.



Oxygen Yoga

By Ben

I went to a class at Oxygen Yoga & Fitness. I had a fun, high intensity hour-long workout. The class was called Total Body Conditioning and it was led by Claudia. Claudia was super helpful and made sure I was doing everything correctly. She made me feel welcome.

Here is how they describe the class:

"This class will train your entire body from head to heart to toe. We use interval training, alternating from cardio into strength training in sets, to ensure you will have a consistent rise and fall in your heart rate while toning and building muscle. You will never get bored in this constantly challenging class which is known to continue your caloric burn after the class has finished."

I enjoyed this class and I really think it would be a good class for everyone to try.

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



PB Banana Roll-Ups

What You Need:

Banana

Bread

Peanut butter

Instructions:

Peel a banana and cut into coins.

Take a slice of bread and spread peanut butter on top.

Put banana slices on top of peanut butter and roll bread.

When you cut slices, you will get a pinwheel shape.

Submitted by Zainab

Taken from: <https://www.funology.com/pb-banana-roll-ups/>





Saturday, June 3 is National Health and Fitness Day!

Taken from <https://www.nhfdcan.ca/>

Hey Canada,

Our dream is for Canada to be the fittest nation on Earth, and we need your help. Saturday, June 3 is National Health and Fitness Day this year, and we're inviting all Canadians from coast to coast to get up, get out and get active to show your support on Saturday June 3.

Take a friend for a stroll. Ski or snowshoe in the park for a bit of fresh air. Take a break with your family to play outdoors. Share your activities with other Canadians using the hashtag #LetsMoveCanada. Why? Because exercise is good for our physical and mental wellbeing and contributes to lifelong health and well-ness. And it's just plain fun!

Join in and you'll be part of a massive movement around movement. Find out how non-profits, municipalities, ambassadors and other organizations can get involved and connect with millions of Canadians via our network and social media channels—and #LetsMoveCanada together!

To find out more, access our Communications Toolkit from the link below.

National Health and Fitness Day

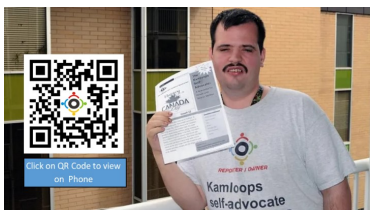
How We Got Our Start

National Health and Fitness Day is an initiative to make Canada "the fittest nation in the world", starting with the first Saturday in June as the day when Canadians are encouraged to get out and get active.

The initiative spring-boarded off the Vancouver 2010 Olympics as a project to mobilize the spirit of the games and create a legacy of improved health for all Canadians. Former Senator Greene Raine introduced a Private Members Bill (S-211), which formally established National Health and Fitness Day. It was passed unanimously through the Senate in June 2014. Since then MPs and Senators have worked with local mayors and councillors of cities and towns across the country to proclaim Canada's National Health and Fitness Day on the first Saturday in June and to "mark" the day in some way.

So far, almost 500 municipalities across the country from east to west to north have proclaimed the day. Programs are delivered through partnerships with organizations such as ParticipACTION, the Heart and Stroke Foundation, Physical & Health Educators of Canada, and the Canadian Parks and Recreation Association. The initiative is supported by an Advisory Council made up of leaders in the fitness and health sectors. The initiative is led by former Olympic Swim coach Pierre Lafontaine, Olympic icon Nancy Greene Raine, Phil Marsh from the Running Room and former MP John Weston.

Among other activities, the initiative convenes stakeholders to oversee events such as Bike Day on the Hill, Swim Day on the Hill and Ski Day on the Hill." Non-partisan support on Parliament Hill is led by Senator Marty Deacon and a host of other Senators and Members of Parliament from all across Canada.



KSA Has a New Website: ksanews.ca

By Krystian

On the website, you will find lots of great information. You can look at the newest newsletter, but you can also find past newsletters. There

are inclusion events, testimonials, photos of people and businesses. There is also a section which includes a documentary by Shaw Cable about the KSA and how it was created.

You can also find pictures of people from the Ability Friendly Accessible Business Certificate program, as well as a rate sheet. There is information about the KSA newsletter and sponsors, which includes publishing support and supporting agencies. There are also some fun pages, including a Thanks Page dedicated to Wenda Noonan, the former Echo Newspaper, who helped with printing the newsletters from the very start.

I am proud of this website and being able to offer a new service where the events are not just in my newsletter but on the website as well. I hope you will enjoy reading all the great information about the KSA.

Brain Injury Awareness Month

Taken from:

<https://braininjurylaw.ca/june-is-brain-injury-awareness-month-in-canada/>

June is Brain Injury Awareness Month in Canada. With over 20,000 Canadians being hospitalized each year with an acquired traumatic brain injury (per Government of Canada website) there is a huge need for public education around the prevention and impact of traumatic brain injuries.

Did you know that:

There are more Canadians living with an acquired brain injury (ABI) than those living with multiple sclerosis, HIV/AIDS, spinal cord injuries and breast cancer combined.

452 Canadians suffer a serious brain injury every day (1 person every 3 minutes!). This figure does not include mild brain injury statistics.

There are two types of ABIs: non-traumatic and traumatic.

Traumatic brain injuries are caused by forces outside the body (for example motor vehicle accidents, assault, sports injuries) and non-traumatic brain injuries are caused by something that occurs inside the body (such as a stroke, brain tumour or substance abuse). Every person will respond differently to an ABI, but common impacts include physical, cognitive, emotional and behavioural changes.

(Source: Brain Injury Association of Canada)

What can be done to prevent an ABI from occurring in the first place?

Wearing a seatbelt and securing children in proper car seats for their age and size

Wearing the correct helmet for sports like cycling, hockey, baseball, and skiing

Taking precautions to prevent falls in children and the elderly (ie. installing handrails, removing tripping hazards, safety gates for children around stairs)

If a previous head injury has occurred (even if a seemingly mild concussion) extra care should be taken to protect the individual from further head injuries as a prior brain injury may make the individual more susceptible to future brain injury.

How do you support someone suffering from an ABI?

Be patient with your loved one. They will likely find the uncertainties of brain injury recovery unsettling and frustrating. Don't expect your loved one to be the same person they were before their injury. Recovery will take time.

Rehabilitation is key for recovery but should be done under the advice and guidance of qualified medical professionals with support and encouragement from family and friends.

Don't take it personally if your loved one is rude or abrupt with you. This is a common symptom of someone suffering from an ABI. Look after yourself so you can look after your loved one.

June 10 is Action Anxiety Day!

June 10, 2023, will be the 3rd annual World Anxiety Day, known as Action Anxiety Day!



Taken from: <https://www.anxietycanada.com/action-anxiety-day/>

Check back in May for updates on Action Anxiety Day 2023, including ways to get involved and a special toolkit for educators. Join us in supporting Action Anxiety Day!

Over the course of their lifetime, more than 30% of people may be diagnosed with an anxiety disorder, with women affected nearly twice as often as men. Despite how common anxiety is, many of us have a hard time opening up about our experience with anxiety and how it affects our lives. This can rob us of enjoyment of everyday things and prevent us from seeking the support we need because we are silent. We want to destigmatize anxiety and make treatment more accessible for everyone. But to do that, we need you to help us ACT.

How can you ACT to support Action Anxiety Day?

Awareness/Advocacy – Raise awareness of anxiety by sharing your own anxiety stories.

Colours – Wear blue and orange on June 10 to show support and eliminate the stigma around anxiety disorders.

Treatment – Raise funds to develop trusted evidence-based resources and affordable treatments for children, teens, and adults.

More ways to show support:

Sign and support the **Action Anxiety Day** proclamation.

Print out our **Action Anxiety Day poster** and pin it up at school or in your office!

Share your story and support others. We want to hear your anxiety stories and we've made it easy for you to share them with suggested posts, hashtags, and frames. Learn more [here](#).

Show your support on social media by using the following **hashtags**: #ActionAnxietyDay #ACTonAnxiety #ACTdontAvoid

Wear **blue** and **orange** on **Action Anxiety Day** and snap a selfie; don't forget to tag us on **Facebook**, **Instagram**, **Twitter**, and **LinkedIn**!



Growing Up with Alli

By Krystian

Meet Alli Walker, a Canadian singer and song writer. Find out how she got her start.

How did you get into country music?

I've always loved Country Music, my favourite artists when I was younger were Alan Jackson, Brooks and Dunn, Brad Paisley and Keith Urban. Then Taylor Swift came along when I was 16 and I really loved her song writing as I could really relate to her being the same age and going through the same things. She inspired me to write songs and want to do this for a living.

Why did you want to do country music?

I always knew I didn't want to have a normal job and that I wanted to be in the entertainment business in some way. So after a year of studying music as a vocal major at the University of Prince Edward Island, I decided to pack up and move to Toronto to have more opportunities in the music business. I started going to Nashville and writing songs and performing for over 10 years before I put my first album out in 2019.

What do you enjoy about country music?

I love that country music is essentially 4 chords and the truth. My favourite country music songs are always those with a great story line. I try to bring that into my music, always making it easy to listen to and relate to but very authentic to what's going on in my life.

What does your song Growing Up mean to you & why did you create it?

Growing Up is an autobiographical song about moving away from home to pursue music and the ups and downs that come with that, the biggest one being away from family as they age. It is hard to sacrifice years of being away from family to pursue this dream and it comes with a lot of guilt. I've realized a lot of people are in the same situation and its nice hearing other people's stories on how they can relate to missing time with family.

I had been working on Growing Up the album for a few years. During the pandemic I put out demos on TikTok of the songs I was writing during that time and essentially had my fans chose which songs I was going to record for my 2nd album. It so great to have them involved and they patiently waited a few years for some of the songs to come out. I knew I wanted to put all of the songs on an album, and the through-line concept of the album was really based around growing up and what I have been experiencing over the last couple of years.

What do you enjoy about being a singer and songwriter?

I love everything about being a singer/songwriter. I love seeing a small idea or something I'm experiencing get transformed into a song, then transformed into a proper recording, then doing the cover shoot and music video is so cool to see it come to life visually as well. I love all the other aspects of the industry as well, social media, photography, graphic design, video editing, marketing, connecting with fans, and performing!

What do you enjoy about music?

I love that you can put your feelings out in a song and have someone relate to it in a completely different way than the reason you wrote it. It's such a great way to connect with people.

What are your hobbies and interests?

I love dogs, I have 2 golden doodles Pickles and Peanut that keep me very busy, and I also love home decor and design!

What else would you like to add?

Although I just put an album out called Growing Up in March 2023, I'm already recording new music that should be out in the spring that I can't wait for everyone to hear!

Jokes

Why did the summer camp counselors wear sunglasses?
Because their campers were so bright.

Knock, knock
Who's there?
Iva.

Iva who?
I've a sore hand from knocking!

Why did the cat go to Minnesota?
To get a mini soda!

What do you do if your dog chews a dictionary?
Take the words out of his mouth!















Blazers Playoff Report (2022/23)

By Andrew

The Blazers took on the Seattle Thunderbird in the WHL Western Conference Final but fell to

Seattle in 6 games. Now, the blazers have less than 2 and half weeks to rest up and practice before the Memorial Cup Kicks off on May 26 - June 4. Here is the schedule for the Memorial Cup:

DATE	GAME	TIME
May 26	 @ 	6pm PST
May 27	 @ 	3pm PST
May 28	 @ 	3pm PST
May 29	 @ 	6pm PST
May 30	 @ 	6pm PST
May 31	 @ 	6pm PST
Jun 01	Tie-Breaker (*if required)	6pm PST
Jun 02	Semi-Final	7pm PST
Jun 04	Championship Final	4pm PST

Mental Health Quotes

"The advice I'd give to somebody that's silently struggling is, you don't have to live that way. You don't have to struggle in silence. You can be un-silent. You can live well with a mental health condition, as long as you open up to somebody about it, because it's really important you share your experience with people so that you can get the help that you need." — Demi Lovato

"I found that with depression, one of the most important things you can realize is that you're not alone. You're not the first to go through it, you're not gonna be the last to go through it," — Dwayne "The Rock" Johnson

"The experience I have had is that once you start talking about [experiencing a mental health struggle], you realize that actually you're part of quite a big club." — Prince Harry
There is hope, even when your brain tells you there isn't." — John Green

"Mental health problems don't define who you are. They are something you experience. You walk in the rain and you feel the rain, but, importantly, YOU ARE NOT THE RAIN." — Matt Haig

"Being able to be your true self is one of the strongest components of good mental health." — Dr. Lauren Fogel Mersy

"Sometimes the people around you won't understand your journey. They don't need to, it's not for them." — Joubert Botha

Tami's June Craft

Crafting can be simple or extravagant, you get to choose. Some people enjoy a quick and easy craft. For other people, they like doing something complicated and time consuming. It can be easy to get lost in the craft and lose track of time. This can be a sign that you have found your passion.

This month we are going to keep it simple, but you can make this craft as fancy and you like.

Tic Tac Toe to Go

You will need:

10 flat rocks, all about the same size

A Sharpie

A small, plain coloured cotton, burlap, or canvas draw string bag.

Use the Sharpie to draw a tic-tac-toe board on the bag

Use the Sharpie to draw an "X" on 5 of the rocks, then draw an "O" on the other 5 rocks.

Voila, you have a tic-tac-toe game ready for your next road or camping trip or a day at the park.



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Indiana Jones and the Dial of Destiny

Taken from:

<https://movies.disney.com/indiana-jones-and-the-dial-of-destiny>

Indiana Jones and the Dial of Destiny

Rating: PG-13

Release Date: June 30, 2023

Genre: Action, Adventure



Harrison Ford returns to the role of the legendary hero archaeologist for this fifth installment of the iconic franchise.

Barbie Celebrates Inclusion

Taken From:

<https://www.npr.org/2023/04/25/1172017348/barbie-doll-down-syndrome-mattel>

Mattel unveils a Barbie with Down syndrome.

Mattel Inc. announced a new Barbie doll with Down syndrome. It was created to give more children an opportunity to see themselves in Barbie, the company said.

The first Barbie doll representing a person with Down syndrome was released by Mattel "to allow even more children to see themselves in Barbie," the company said.

"We are proud to introduce a Barbie doll with Down syndrome to better reflect the world around us and further our commitment to celebrating inclusion through play," Lisa McKnight, the executive vice president and global head of Barbie & dolls at Mattel, said in a statement.

In the past, Mattel's Barbie has been criticized for spreading unrealistic beauty standards for the children who play with the doll. In recent years, the company has moved to deviate from that reputation by offering more diverse dolls. It started making Barbie and Ken dolls with wheelchairs, vitiligo, hearing aids, and prosthetic limbs. The company unveiled its "most diverse doll line" in its [2023 Fashionistas lineup](#), which includes the doll with Down syndrome.

"Our goal is to enable all children to see themselves in Barbie, while also encouraging children to play with dolls who do not look like themselves. Doll play outside of a child's own lived experience can teach understanding and build a greater sense of empathy, leading to a more accepting world," McKnight said.

Barbie worked with the National Down Syndrome Society in order to accurately represent a person with Down syndrome. That included shaping the doll's body to include a shorter frame and longer torso and a round face that features smaller ears and almond-shaped, slanted eyes, the NDSS said in their announcement.

The doll wears a yellow and blue dress with butterflies, all symbols associated with Down syndrome awareness, according to NDSS.

Even the doll's pink necklace has special meaning. Its three upward chevrons are meant to represent "the three copies of the 21st chromosome, which is the genetic material that causes the characteristics associated with Down syndrome," according to the organization.

NDSS President and CEO Kandi Pickard said in the group's statement, "This Barbie serves as a reminder that we should never underestimate the power of representation. It is a huge step forward for inclusion and a moment that we are celebrating."

Ellie Goldstein, a British model with Down Syndrome, took to Instagram in a partnership with Mattel to share how important seeing the doll was to her.

"When I saw the doll I felt so emotional, and proud. It means a lot to me that children will be able to play with the doll and learn that everyone is different. I am proud that Barbie chose me to show the dolls to the world," [she wrote on Instagram](#). "Diversity is important as people need to see more people like me out there in the world and not be hidden away, Barbie will help make this happen."

The Barbie doll with Down syndrome will be available at major retailers this summer and fall for \$10.99.



Summer

By Riley

This summer is going to be hot, but we all have lots of stuff to be grateful for this coming summer. We have boating we can do on lakes, swimming to cool off. We can do Special Olympics sports like soccer or basketball. One of the best things I remember from being a kid is playing on a Slip & Slide. Maybe you don't have one of those, but you can have water balloon fights and regular water fights, hang out under a shady tree, or go to a movie matinee with air conditioning. There's loads of stuff to do for us to have fun in the summer. I know what I'm doing this summer – I'll be going to the Vernon waterslides! Maybe you can add that to your summer activity list, too.



Seven Things I Learned on My Roller Coaster Ride of Education

By Lisa Coriale

My name is Lisa Coriale. I was born in Ontario and my family moved to Kamloops when I was five months old. I have Spastic Quadriplegia Cerebral Palsy. I acquired it at birth due to an oxygen deficiency. It means my brain does not know how to control my muscles. Education changed my life. These are seven things I experienced throughout my journey of learning.

In Kindergarten the teachers did not know what to do with me. There were group activities and active play in which I could not participate. I did not have my wheelchair at the time, so I spent much of my school day lying on pillows on the floor. There was one little boy who would come and pat me – and he was usually the class troublemaker! My mom thought it was pretty pointless to have me there and decided to keep me home after six months. I learned that few people are empathetic without instruction and that even education professionals need to learn about those with diverse abilities in order to be able to teach them.

Throughout elementary school I did not have very many friends. I often felt like an outsider and was lonely. I was not able to do many things that were considered a ‘normal’ part of growing up, such as: playing at friends’ houses after school, going on sleepovers, and attending birthday parties. I learned that those who are different are excluded and that accessibility is not universal.

In Grades Eight and Nine, although I took regular classes, I was taken to the Special Ed. Room for lunch and to do my homework. I felt separated from the other students and felt like I, along with other students with diverse abilities, were all being put into the same category regardless of our individual needs. I learned how important it is to speak up for myself and others.

I felt more accepted when I switched to the Kamloops Christian School in Grade 10. It had a caring environment, and I had more opportunities for a better social life. I felt like I belonged. I learned that there are groups of people who knew how important it is to treat all people equally.

I went on to complete an Arts degree at Thompson Rivers University. Then I completed a Social Work Degree, a Journalism Degree, and a Certificate in Aboriginal Studies. I now have my Masters of Education. I believe it can be very difficult to form friendships with people at university because of the impersonal environment; especially for those with diverse abilities and/or from minority groups. However, it was at university, that my professors began to encourage me and my circle of friends became larger. I found I could use many resources to express myself and I began to advocate for people with diverse abilities by writing articles for the university newspaper. I learned that I have a voice and am empowered to use it.

I have now written for this newsletter for nine years. The education system has made some strides in the direction of progress over time. Education professionals now teach students from kindergarten to Grade 12 empathy, equity, inclusivity, accessibility, recognition, and advocacy. My educational experience has helped me advocate for myself and others. I hope my story inspires others and brings to light the importance of education and the difference it can make in our lives.



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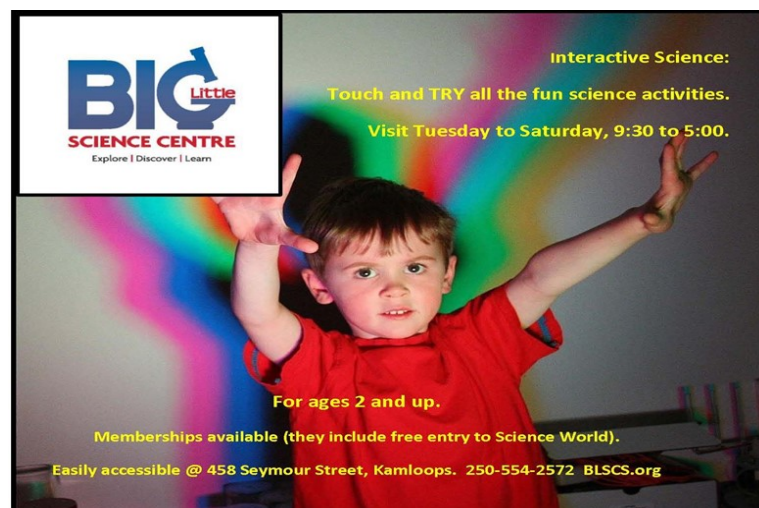
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What Is a Recreational Therapist

By Krystian

Meet Michelle McClure, a Recreation Therapist and also the Executive Director of Ability Online.



What do you like about being a recreational therapist? I have the opportunity to help young people with all kinds of disabilities use recreation and leisure to help with coping, recovery and independence. It is “fun” with a purpose and extremely rewarding, because instead of looking at what a person can’t do, we focus on what they can do, and build on those strengths.

What do they do? We use different recreation activities to help build confidence, self esteem and life skills. We also focus on 5 domains, physical, social, emotional, cognitive and spiritual.

How does Ability Online fit into recreation? Ability Online allows people to learn about different recreation opportunities; we help members develop social skills, cognitive skills and build self-esteem as they connect with others who understand the same challenges. We help reduce isolation and create a real sense of community in a safe and supportive virtual space. We also offer virtual events that are very similar to what Recreation Therapists do offline, such as movie and game nights.

What do you enjoy about movie nights with Ability Online Members? We have a chance to socialize and watch a movie together as a group - further building that sense of community. And we can do it with people from right across the country!

What do you enjoy about Ability Online? I love the positive impact Ability Online has on its members. It is such a positive and supportive community where everyone is made to feel welcome no matter their differences.

What should people know about Ability Online being a safe place to socialize? Safety is our number one priority. From member screening to word filters to prevent violent or inappropriate language. We also utilize amazing police screened, trained students and volunteers to support the members and be social role models.

What do you find rewarding about being an executive director of Ability Online? I get to run the charity but also still be very connected to the members themselves. I have learned so much and continue to learn everyday!

How can people be more active with hidden exercise and regular exercise? People don’t realize that even simple movements are good for you. You don’t need a formal exercise program to stay fit. You can do things sitting in a chair or even lying on your bed, that help with muscle strength and good circulation.

What does exercise and health mean to you? Eating well, staying active and having a positive outlook. When you look after all three elements you look and feel your best!

Why did you want to work in recreation? It’s so much fun! I get paid to play games and laugh with our members. And I have seen first hand, that when people are having fun, they are more motivated to be active, and feel good about themselves.

What else would you like to add? I am attaching an image I found online that explains the difference between different therapies that sums it up well. I hope you can include it.



Elemental

Release Date: June 16, 2023

Genre: Animation

Disney and Pixar’s “Elemental” is an all-new, original feature film set in Element City, where fire-, water-, land- and air residents live together. The story introduces Ember, a tough, quick-witted and fiery young woman, whose friendship with a fun, sappy, go-with-the-flow guy named Wade challenges her beliefs about the world they live in.

<https://movies.disney.com/elemental>



Awareness Days

World Environment Day June 5th

World Elder Abuse Awareness Day June 15th



health, fitness and fun

R	E	L	A	X	E	D	I	T	R	L	N	N	S
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 WALKING
 FUN
 MEDITATION
 BLAST
 BOWLING
 EXERCISE
 RELAXED
 BASKETBALL
 MUSIC
 HIKING
 BRAIN INJURY
 TENNIS
 ANXIETY
 COOL

Play this puzzle online at : <https://thewordsearch.com/puzzle/5582745/>

An Amazing Race to Inclusion

On June 17, 2023, the Speak Up Self-Advocacy Awareness Society is hosting the third annual "An Amazing Race to Inclusion". This exciting event aims to shed light on the barriers that individuals with diverse abilities face in their daily lives. Teams will navigate downtown Kamloops and experience a snapshot of what it's like to have different disabilities. By stepping into the shoes of individuals with diverse abilities, racers can gain a new perspective that will inspire them to promote inclusivity.

Register now on Eventbrite.ca by searching for "An Amazing Race to Inclusion," or contact the SUSA Society at speakupkamloops@gmail.com to donate and support this important event.



AN AMAZING RACE TO INCLUSION

K A M L O O P S B C

Funds raised will
support education
for self-advocates

Presented by:

The Speak Up
Self-Advocacy
Awareness Society

and

New Horizons
Professional
Support Services

In Partnership with:

City of Kamloops

Kamloops Society
for Community
Inclusion

New Horizons
Professional Support
Services

Saturday June 17, 2023

**Sandman Centre, Riverside Park
9:00am until Noon**

A fun and challenging event that will have participants traveling throughout Kamloops, getting firsthand experience with some of the challenges that come with having various disabilities.

10 Teams of Four \$25/person

**For more information and to register,
go to [Eventbrite.ca](https://www.eventbrite.ca)**

Come and cheer on our teams!



NEW HORIZONS
Professional Support Services Inc.



Canada's Tournament Capital