



**LETHBRIDGE ASSOCIATION  
FOR COMMUNITY LIVING**

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## *September Bulletin 2006*

*We hope everyone had an Enjoyable Summer, 2006*

***The Lethbridge Association for Community Living  
Annual Family Pot Luck and Volunteer Appreciation Picnic,  
Hosted by the Parent-to-Parent Committee, Wednesday, July 12,  
was very well attended. It was nice to see everyone come out.***

**We are starting a new fundraising program with 2 local grocery stores, Sobey's and Save On Foods. I am enclosing forms for pre-orders of Gift Certificates and Gift Cards for your use. This program will provide an extra way of raising funds for LACL without costing any additional funds from our members. Each certificate or card is dollar for dollar. If you purchase a gift card from us in the amount of \$100.00 you can purchase \$100.00 in groceries. There are no restrictions on either of this promotions. If you have any questions or wish to order cards/certificates, please contact Bev Nagata at 328-5657 or Lesley at the LACL office at 327-2911. You may also drop in to our office during the day, Monday thru Friday from 8:00 to 4:30. This is going to be an ongoing promotion throughout the year and we would like to make it as successful as we can to allow us to continue our work in the community and with individuals and families who require our services.**

***Our upcoming Bingo's are September 16, Saturday late night  
and October 14, Saturday afternoon. I have attached a copy of our scheduled  
bingo's for the balance of 2006 and all of 2007. We can always use more  
volunteers.***



Through RBC Foundation



Every person can live and participate in the community...lifelong.



## The Importance of Fundraising

One of the cornerstones of the Lethbridge Association for Community Living is independence from direct government funding. When families, members, volunteers and staff of LACL advocate for fully inclusive communities, we must be uninfluenced by interests others than those that build a community that recognizes the contribution and potential contribution of citizens with developmental disabilities. Unbiased advocacy is the essence of LACL.

We work in partnership with the community and all of its entities. This includes educational institutions from preschool to post secondary, businesses and employers, service providers and the funders of those services as well we work with local and provincial politicians and government. Through it all LACL is ultimately only accountable to people with developmental disabilities and their families.

Thanks to the hard work of volunteers and the tax deductible donations of generous supporters, LACL can continue increasing the capacity of the community to fully include all of its citizens.

The Lethbridge Association for Community Living has signed on for 16 bingo events over the next 12 months. From the efforts of 10-15 volunteers putting in 2.5-5 hours of time, we receive about \$1,000 per event. Signing up as a volunteer for bingo events is a good way to help LACL to fulfill our mandate. You can do this while enjoying the company of new and longtime friends that are part of the LACL network

Some of the volunteer roles are:

- Moving around the floor selling bingo cards to players (Seller/ Checker)
- Sitting at a table at the front of the hall selling bingo cards (Discount Seller)
- In the back room dispensing cards to the sellers and collecting cash from them (Game Controller)
- Delivering cash prizes to winning players (Pay Runner)
- Counting out cash for the Pay Runner (Pay Master)
- Verifying transactions (Chairperson)

How you can help: Check the Bingo Calendar in this bulletin and....

- Sign yourself up for a specific date(s)
- Sign up for a specific date with a group of friends or co-workers.
- Sign up to be on our list of bingo volunteers that we call as needed. (you can always decline)

Each volunteer is allowed up to \$7 in food and beverages from the concession during their shift. As of January 1<sup>st</sup> 2007 the bingo hall will be totally Smoke Free. There will always be staff and experienced volunteers to orient and assist you.

Our Bingo Volunteer coordinator is Cathy Mackenzie. Cathy has developed an expanded list of volunteers and will be calling people from that list as needed. She will also be calling people that have signed up in advance to remind them about their upcoming bingos dates and times.

I want express my gratitude to the many people that always seem to be able to find the time to help out with our bingos. Thanks to Robert Nish for his continued support as LACL's representative at Southern Alberta Bingo Association.

We host our bingos at Lucky's Bingo located at 2920 18Ave. N. These events can be lots of fun so call LACL and let us know how you would like to help out.

-Dave Lawson

The balance of the 2006 Bingo Dates are as Follows

September 16, 2006	Saturday Late Night	
October 14, 2006	Saturday Afternoon	
November 4, 2006	Saturday Afternoon	
December 9, 2006	Saturday Afternoon	

The Bingo dates for 2007 are as follows:

January 6, 2007	Saturday Afternoon	
January 28, 2007	Sunday Afternoon	
February 1, 2006	Thursday Evening	
March 10, 2007	Saturday Afternoon	
April 21, 2007	Saturday Afternoon	
May 6, 2007	Sunday Afternoon	
June 7, 2007	Thursday Evening	
June 24, 2007	Sunday Afternoon	
July 22, 2007	Sunday Afternoon	
July 29, 2007	Sunday Evening	
August 4, 2007	Saturday Afternoon - Shared	
August 12, 2007	Sunday Afternoon	
August 23, 2007	Thursday Evening	
September 23, 2007	Sunday Afternoon - Shared	
October 27, 2007	Saturday Afternoon	
November 3, 2007	Saturday Afternoon	
December 8, 2007	Saturday Afternoon	

**LACL PLAN is hosting “Ties That Bind” in Lethbridge and Medicine Hat also during the month of October, 2006.**

- \* **Saturday, October 14 - there will be a screening of the Documentary “Ties That Bind” in conjunction with the Parent Guardian Conference at the Medicine Hat Lodge.**
- \* **Saturday, October 21 – Screening of “Ties That Bind” and Future Planning Workshop for Families at the Lethbridge Community College.**

**There will also be a Future Planning Workshop for Families on November 4, 2006 at REDI Enterprises at 860 Allowance Drive SE, Medicine Hat, AB.**

**On Friday, October 20 at Anton’s, Lethbridge Lodge, there is a wine and cheese reception for the release of our book of stories about the contributions made to our lives by people with developmental disabilities. We should have more than 100 people attending. All are welcome. This event starts at approximately 5:30 – 6:00 pm and run until 10:00 pm.**

# FAMILY VOICES

Newsletter, September 2006

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## FAMILY VOICES UPDATE

Family Voices South is currently creating a workplan to set goals for our network. To ensure that the workplan addresses the issues you may be facing now or in the future, please come and give your input at the upcoming Family Voices meetings. If you are unable to attend the meeting, but want to share your ideas, please contact Dannielle Hanna - Co-Chair for Family Voices South (Lethbridge), Dee Wagner Co-Chair for Family Voices South (Medicine Hat) or Anne Kish - staff person for Family Voices South at 327-2911.

Family Voices has developed a partnership with school District 51 in Lethbridge. Through this partnership we have created an Inclusive Education Parent Advisory Committee.

We plan to create a Parent Advisory group for each school district in the South region and will need parents involved in those districts for the committee to be effective.

If you are interested in becoming involved in this group, or feel that you would like to be part of a Parent Advisory group for your own school district, please contact Dannielle Hanna - Co-Chair for Family Voices South (Lethbridge), Dee Wagner Co-Chair for Family Voices South (Medicine Hat) or Anne Kish - staff person for Family Voices South at 327-2911.

## WHAT'S NEW

September 28, 2006 - Family Voices meeting in Lethbridge @ 7 p.m. at the LACL office.

October 3, 2006 - Family Voices meeting in Medicine Hat @ 7 p.m. At the **Holy Trinity Anglican Catholic Church - 402-12 Street NE. Medicine Hat.**

October 13, 2006 - Lethbridge Association for Community Living and Southern Alberta Individualized Planning Association Annual Gala in Medicine Hat. Come and celebrate Community Inclusion month.

October 14, 2006 - Lethbridge Association for Community Livings 6<sup>th</sup> Annual Parent and Guardian Conference held in Medicine Hat. This years conference is focused on Empowerment and the Future.

October 14, 2006 - South Region Self Advocates Network will be holding their 5th annual conference also in Medicine Hat. This conference will focus on independence and how to move towards it.

*If you would like to attend any of these meetings and/or events, and/or for your own information please contact Anne at the LACL office to get connected. **Phone (403) 327-2911***

If you would like to receive this newsletter via email please contact Anne - Thank you!

6<sup>th</sup> ANNUAL  
PARENTS AND GUARDIANS CONFERENCE



**Empowerment and Our Future**

**Saturday October 14, 2006**  
**Medicine Hat Lodge Hotel**

**8:30 am - 3:00 pm**  
**1051 Ross Glen Drive S.E.**

**TransCanadaHwy at Dunmore Road**  
**Medicine Hat, Alberta**

**REGISTRATION**

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_  
# of People Attending \_\_\_\_\_ Attending the Gala \_\_\_\_\_  
Diet Requirements \_\_\_\_\_

Payment Enclosed \_\_\_\_\_

**Registration Deadline: October 6, 2006**

Cost: \$20.00 per registration

Registration includes:

Evening Gala on October 13, 2006

Workshop

Lunch and refreshments

Please forward registration information to:

Lethbridge Association for Community Living

527-6<sup>th</sup> Street South Lethbridge, Alberta T1K 2E7

Phone (403) 327-2911 Fax (403) 320-7054

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All personal information received through this registration form will be used for registration for the Parent and Guardian conference only.

At the same time as the Parent and Guardian Conference, South Region Self Advocates Network (SRSAN) and Southern Alberta Individualized Planning Association (SAIPA) will also be holding a conference for Self Advocates. For more information on this conference or to register, please call Judy Coe at (403)320-1515.

## **Empowerment and Our Future**

This one-day conference will include presentations on:

### **Looking Forward: Preparing for the Future**

Within this interactive workshop, Cara will discuss the power of families and how as a community we can create socially valued roles for adults with Developmental Disabilities. Participants will leave with a better understanding of how they can begin to lay the foundation for a “better life” for their family members.

Cara Milne is the owner of M-Powered Planning Ltd, a business that promotes positive and valuable roles for people with disabilities. Cara provides training and consulting that is innovative and practical for both families and agencies. Cara is also the Past-President of the Lethbridge Association for Community Living, and is employed as an instructor with the Disability and Community Rehabilitation Program at the Lethbridge Community

### ***The Ties That Bind Film***

*Produced by The National Film Board*

In **The Ties That Bind**, award-winning documentary filmmaker John Ritchie takes a first-hand look at the Jordan family's struggle to let go, when every instinct compels them to hang on. Ritchie follows the Jordan family – Kathleen, Bill, Chris and his two siblings – for almost three years. The result is an extraordinarily intimate film that reveals, with raw emotion and surprising humour, the complexity around one young man's transition toward a more independent life.

The hour long film will be shown followed by a panel discussion and discussion groups to digest the information led by Tom Cain Lethbridge Association for Community Living PLAN Coordinator.

**A Future Planning Workshop will be held at Redi Enterprises Saturday Nov. 4<sup>th</sup>.**

## **Liberate The Spirit**

Presenter: Dr. Alex Lawson

In this presentation Alex will share his experiences and learning from forty years as a family life educator in which he integrated training in, Children the Challenge, Parent Effectiveness Training, Couples Communication, Carkhuff Helping Skills, Transactional Analysis under the Umbrella of Theology. Alex believes that within each person is the ability to live a rich and full life and that we can all find that capacity within ourselves and inspire it in others.

Alex is recognized by ITAA as a Pioneer of Transactional Analysis in Canada and has over thirty years clinical experience with TA. He has taught TA and led TA based groups for lay persons and professionals and supervised Practicum Placement of Social Workers for University of Sask, U of Calgary, U of Lethbridge

Theme Speaker .Sask .Cancer Society Conference

Presenter. Numerous Conferences

Founded the Minto (now Moose Jaw) Family Life Education Centre and training centre (MFLEC).

Alex's work in MFLEC is the subject of an hour long NFB documentary.

Registration will begin at 8:30 am,  
at 9:00 am.

with the conference beginning  
Breaks will occur regularly throughout the day including a lunch  
break where a meal will be provided.

October 30, 2006

COMMUNITY LIVING AWARENESS  
MONTH, OCTOBER 2006

Dear Sir or Madam:

You are cordially invited to an evening gala in celebration of Community Living Awareness Month. The Lethbridge Association for Community Living and Southern Alberta individualized Planning Association (SAIPA) are co-hosting this event with Persons with Developmental Disabilities (PDD), and Local Agencies. The Evening Gala will bring together individuals with developmental disabilities, parents, guardians, service providers, PDD and members of the community. We come together to celebrate the contributions made to our lives and communities by people with developmental disabilities.

The evening's events will include greetings from several community members, the Alberta Association for Community Living, and will give us an opportunity to highlight the importance of community inclusion. This occasion will allow all community members to mix and mingle and enjoy each others company. The Gala will take place Friday, the 13<sup>th</sup> of October at 7:00 p.m. at the Medicine Hat Lodge Hotel, Saamis Room. Refreshments will be served throughout the duration of the event and greetings to follow shortly after 7:00 p.m. Please join us in celebrating Community Living Awareness Month by confirming your attendance no later than October 7<sup>th</sup>, 2006. We look forward to seeing you there.

Sincerely,

Dave Lawson  
Executive Director

**OCTOBER IS  
COMMUNITY LIVING  
AWARENESS MONTH**

*WE INVITE YOU TO CELEBRATE AT AN  
**EVENING GALA***

*FRIDAY, OCTOBER 13, 2006 AT 7:00 PM*

*BALLROOM*

*MEDICINE HAT LODGE HOTEL*

*1051 Ross Glen Drive S.E.*

*TransCanada Hwy at Dunmore Road*

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Please RSVP by October 6, 2006 to the  
Lethbridge Association for Community Living 403.327.2911

Sponsored by:

Southern Alberta Individualized Planning Association

South Region Self-Advocate Network

Lethbridge Association for Community Living

Persons with Developmental Disabilities - South Alberta

Community Board

