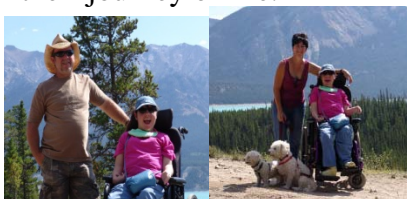


My name is Carrie Dillabough and I would like to introduce my mom. Her name is Judy Gaudreau. She has done family managed all of my life, that's 26 years. She would like to take on the challenge of making the Family Managed News Letter a more family directed news letter and would like all of you to help. This news letter is for our families so we can help each other in our journeys through life. As the saying goes "walked a mile in our shoes". We have all walked many miles and we all have things to share, happiness, sadness, anger, joy, new discoveries, lessons and experiences. You know some of the best information comes from parents. So please contact my mom, Judy at our personal email she set up fmnews@shaw.ca or 403-526-7858 our home phone number. If you have any ideas, stories, information, please pass it on. You never know who you may help along in their journey of life.



My dad, Perry, my mom, Judy, myself & our dogs Annie & Bailey. I wish we could have been altogether in one photo but the bears didn't want to stop to take the photo for us. We were camping at David Thompson Resort, just past Nordegg.

**TO FAIL IS ALWAYS SAD BUT TO GIVE UP
WITHOUT TRYING IS FAR WORSE.**

Author unknown

Web News

Here are some web sites you might find interesting. Please keep in mind that you may not find the information helpful but there are others, that may find the information is just what they are looking for. Each one of our family member have different needs and abilities. Each family has different visions and goals. If you have found a interesting web site, newspaper article, magazine, program in your community, event, even a piece of equipment or something you just created to solve one of your family member needs, please pass it on so we can share.

Ability online

www.ablelink.org a free internet community where young people with disabilities and illnesses connect with all kinds of possibilities.

Exceptional Family Magazine

Resource Magazine for Parents of Exceptional Children
www.exceptionalfamily.ca

Exceptional Parent Magazine

Provides information, support, ideas, encouragement & outreach for parents and families of children with disabilities, and the professionals who work with them.

www.eparent.com

Looking for something or got something to give away or sell, here is where you can do it for free.

-for sale 1990 raised roof van with lift, excellent working condition (new motor put in 2001) Asking \$4,000 OBO call 403-526-7858 or see- <http://medicinehat.kijiji.ca/> for details.

One Family's Store of Family Managed Support

I am writing this article in support of the Family Managed Program. We have been in this program since March 2009, as we have a 19 year old son, Michael, who needs assistance with both his mental and physical well being.

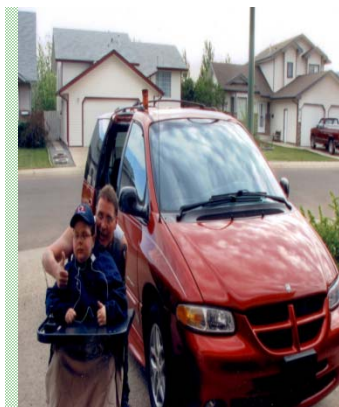
Initially, when I first heard about the program prior to his 18th birthday, my initial response that it sounded so complex, and questioned myself if I was going to be able to understand this, as well I had heard this from other parents, that it was overwhelming.

I set up appointment with Tina (Family Managed Supports Coordinator) I was pleasantly surprised that this was not that difficult and Tina was very thorough in how the program worked. Initially the paperwork felt a little intimidating but with Tina's support and patience I was well on my way independently.

A contract is established with the amount of hours that are needed to meet Michael and our needs. This program allows us to interview and choose individuals to work with Michael and us as a family unit. We then set up a program so Michael needs can be met both at home and in the community. The building of staff relationships with are family is crucial to ensuring that Michael is in the best care. Communication is the key both with the staff and with Tina. We have been extremely fortunate to find 3 wonderful staff (1 fulltime and 2 casual staff) who play a very important role in Michael's life. Each staff has a unique quality in which Michael adores.

For all of those families who are contemplating the Family Managed Program, please contact Tina, as I believe that you will be happy with this decision. Tina will support you through the process and provide education opportunities to enhance this experience. The support we as a family have received from Tina has been exceptional. She has such a genuine disposition with us and especially with Michael

Don, Michelle and Michael Page



Restrictive Procedures

Restrictive Procedures is an act that restricts the rights, freedoms, choices, or self-determination of an individual. It is a response to a situation or behaviour of concern that:

- Restrains an individual's normal range of movement or behaviour, and/or
- Limits access to events, relationships, privileges, or objects that would normally be available to that individual

PDD does not support the use of Restrictive Procedures in any of its contract agreements unless a formalized program plan is developed with consultation of a Behavioural Therapist. Any Restrictive Practice that is formalized must respect the rights, preferences and abilities of person being affected.

When looking at alternative ways to meet the person's needs so the behaviour is not the emphasis you should look at the following:

- Changing the environment where the behaviours typically occur
- Teach alternative skill
- Modify the social environment
- Develop reinforcement strategies

The following are examples of Restrictive Practices:

- Being locked out of own room
- Locks placed on cupboards & refrigerator
- Restricting access to certain rooms
- Restricting access to person's bank account or spending money
- Person needs permission to purchase anything
- Limited choices for restaurants, activities and religion
- Restricting or regulating friendships and relationships
- Keeping people separate due to past problems

If you are not sure of any practices being utilized in your current arrangement or would like more information on Restrictive Procedure please contact Tina Zimmer.

You think that you help your children to grow up. In fact, it is mostly the other way around.
Author unknown

PDD Family/Guardian Satisfaction Survey 2010

This survey is being sponsored by the Persons with Developmental Disabilities (PDD) Program and by the PDD regional boards. We conduct this survey every two years to assess family/guardian satisfaction with services and to identify areas that need improvement. Our PDD Family/Guardian Satisfaction Survey 2010 will be going out August 30, 2010. This survey will be posted on our PDD Website as well and can be filled out on-line.

Encourage your children all the time.

It is not enough to let them guess that you approve.

Author unknown

Medicine Hat & Area Picnic at the Park

Every Monday starting May 10th except for May 24th & August 2nd which are stat holidays.

Kin Coulee Park at the band shell area
Hotdogs \$1.00 , chips .50, drinks \$1.00 & cookies .50

Bring a lawn chair, sunscreen & insect repellent
Socializing, walking, lawn games, horseshoes, t-ball, Soccer, badminton (all based on volunteer availability)

Hope to see you there!!!!

For info call: Gladys @ 403-952-6134
or Wendy @ 403-977-5212

SOUTH REGION SELF-ADVOCACY NETWORK



The South Region Self-Advocacy Network (SRSAN) is a group of people with and without disabilities who come together to discuss issues that affect us and to create positive change in our communities. SRSAN began its journey in 2001 with 38 people who had taken the leadership course by Leadership Today Society of Alberta. These 38 people met with the PDD Board and talked about future meetings. Everyone agreed that a regional group should continue to meet. The first official meeting was held on November 9, 2001. At this meeting, the people decided on how often to meet, where to meet and a name for the group.

SRSAN meets five times in a year across the south region and meetings rotate between communities – Lethbridge, Taber, Medicine Hat, Brooks and Crowsnest Pass. The meetings are usually held from 10 am – 3 pm and have a full agenda. The network celebrated its 8th year in November 2009. We have 94 members (71 voting; 23 supporting) and information goes out to over 220 people in the south region.

We teach people with disabilities to advocate on behalf of themselves and others. We are a united voice, which promotes equality, opportunities and inclusion for us by educating the community about our dreams and what we can achieve.

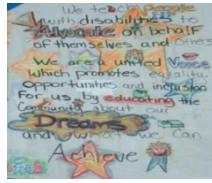
We can speak up and say what can happen as a strong united voice when we have all the information to make our choices.

- We can share ideas and help people reach their own goals.

There is fairness for all.

- We believe and take pride in ourselves. This helps us to reach our goals.
- We work together to educate our community and create awareness for a better future.

Self Advocacy is creating change!



Creating change
Speaking up for what is right
Believing in each other
Leadership
Empowerment
Honesty
Passion
Courage
Wisdom
Belonging
Fairness

In 2008, SRSAN members gathered to have a two-day retreat. It was an opportunity to review, refresh and renew SRSAN. Graphic arts were used to record what SRSAN decided to do and committee's were formed to help SRSAN accomplish the retreat goals.

SRSAN's Values are:

Family & Friends
Advocacy
Jobs & Volunteering
Working Together
Planning Ahead
Continuous Learning
Asking for help when you need it
Educating others through awareness
Caring, dignity and respect for everyone
Helping others achieve their dreams and goals



Summer is around the corner

Have fun and be safe!

Easter Seals Camp Horizon

CAMP SCHEDULES

If this info is too late for this year mark info down for next summer!

Easter Seals Camp Horizon offers spring, summer, fall, and winter camp programs for children and adults facing similar medical, physical and developmental challenges. While at camp, kids can just be kids again and both adults and youth cherish the opportunity to maximize their abilities and experience personal growth and empowerment through success in outdoor pursuit activities. Much needed support networks and friendships are the result.

REGISTERING FOR PROGRAMS

To register for any of our programs, please contact jen@easterseals.ab.ca. For Summer 2010 programs, registration forms will be available by email, fax or mail.

SUMMER PROGRAMS

Adult Camps

Kananaskis I (adults 36 years of age and over with physical or developmental disabilities)

May 31 – June 5, 2010

Kananaskis II (adults 36 and over with physical or developmental disabilities)

June 7 – June 12, 2010

These camps are an opportunity for adults to enjoy high ropes, the giant swing, camp wide games and activities, pond rafting, and much more, surrounded by the beautiful scenery of Kananaskis Country.

Young Adult Kananaskis (adults 19 - 35 yrs old with physical or developmental disabilities)

June 14 – June 19, 2010

This camp is an opportunity for young adults to enjoy all of the activities camp has to offer, in the company of their enthusiastic and energetic peers. These five-day residential camp sessions are for any adults with developmental disabilities and/or physical disabilities. For all campers, camp staff must review their application to ensure that they are a good fit for camp. Contact us for an application at **403-949-3818** or by email jen@easterseals.ab.ca. Cost: \$525

West Nile Virus

Summer is almost here, and the West Nile virus along with it. It is important to know how to protect yourself against West Nile, which is mainly transmitted to people through the bite of an infected mosquito. Most people infected with the virus have no symptoms or they have flu-like [symptoms](#). Sometimes though, the virus can cause severe illness, resulting in hospitalization and even death so it is important to know the infection and how to [minimize your risk](#), especially if virus activity is reported near you. Those with weaker immune systems and with chronic diseases are at greater risk of serious health effects associated with West Nile virus infection. Although the overall risk increases with age, persons of any age or health status can be at risk of serious health effects. Protect yourself and your family by minimizing exposure to mosquitoes and by eliminating mosquito breeding grounds around your home and vacation property. Wear protective clothing when outdoors, and use insect repellents that contain DEET or other approved ingredients. Insect screens on doors and windows will reduce the chance of mosquitoes entering your home; make sure screens have no holes and fit tightly. Also, take steps to reduce mosquito populations around your home and vacation property by eliminating places where standing water can collect. For instance, empty bird baths twice a week and empty pool covers regularly. Standing water is prime mosquito breeding ground, and it takes only four days for an egg to grow into an adult mosquito. For more information about West Nile virus, please visit the [Public Health Agency of Canada's](#) website.

This tip has been brought to you by [Public Safety Canada](#) and [Public Health Agency of Canada](#).