

Our Mission: To promote self-sufficiency and quality of life within individuals who have a disability and seniors. This is achieved through Community Presence and Participation, Skill and Image Enhancement, Autonomy and Empowerment.

Our Services: CPLF provides customized supports for individuals with disabilities and seniors in our community, at work and at home since 1989.



140,1935 32 Avenue NE, Calgary, AB
Charity# 140844846RR0001
www.cplf.ca



Our Proud, Community Building Social Enterprises



www.cookiesonthego.org

**LIFESTYLES
BISTRO**
CATERING & BAKERY

www.lifestylesbistro.ca

In Our Community

Corporate Lucky Draw Winner

Each month Lifestyles Bistro and Cookies on the Go select a random winner from the business cards that are dropped into our contest draw box located at our front counter. The random winner receives either a corporate gift basket for their office or a catering gift certificate valued at \$50.00. This month we would like to congratulate Dover Artificial Lift as this month's winner!



Dover Artificial lift is their passion and sole focus, not just another product line in an overstuffed portfolio. With a full suite of every artificial lift product and service, and the collective expertise to effectively apply it, they help optimize your field's long-term production potential in the safest, fastest and most cost-effective way possible. Dover Artificial Lift designs customized solutions for the most challenging production scenarios, whether your wells require: Progressive cavity pumping (PCP), Rod lift, Hydraulic lift, Plunger lift, Gas lift, Electrical, submersible pumping (ESP), or Wellsite automation. They work together to lift your field's production to its full potential. You can learn more about

What is the origin of the Easter bunny and Easter eggs?

It is thought that the word Easter comes from a pagan figure called Eastre (or Eostre) who was celebrated as the goddess of spring by the Saxons of Northern Europe. A festival called Eastre was held during the spring equinox by these people to honour her. The goddess Eastre's earthly symbol was the rabbit, which was also known as a symbol of fertility. Since rabbits and hares give birth to large litters in the early spring, it's understandable that the rabbit is the symbol of fertility. The legend of the Easter Bunny bringing eggs appears to have been brought to the United States by settlers from southwestern Germany. The German tradition of the Easter Bunny or "Oschter Haws" migrated to America in the 1800s. In legend, the Easter Bunny, also called the Easter Hare and the Spring Bunny, brings baskets filled with colored eggs, candy, and sometimes toys to the homes of children on the night before Easter, in much the same way as Santa Claus is said to deliver presents on Christmas Eve. The Easter Bunny will either put the baskets in a designated place or hide them somewhere in the house or garden for the children to find when they wake up in the morning, giving rise to the tradition of the Easter egg hunt.

Our Social Enterprises

Calgary Flames Picture Draw



FLAMES GOALIE FRAMED & AUTOGRAPHED PICTURE DRAW

Prize Includes:

- A Cookies on the Go Gift Basket and
- An autographed Calgary Flames framed picture (19"x15") of Brian Elliott and Chad Johnson!



Contest Rules

- 1) Like us on Facebook
- 2) Share us on Facebook
- 3) Comment who your favorite goalie is, Chad Johnson or Brian Elliott.



Draw Date: April 28, 2017



In Our Community

A Muppet with autism to be welcomed soon on 'Sesame Street'

Folks on Sesame Street have a way of making everyone feel accepted. That certainly goes for Julia, a Muppet youngster with blazing red hair, bright green eyes — and autism. Rather than being treated like an outsider, which too often is the plight of kids on the spectrum, Julia is one of the gang. Look: On this friendliest of streets (actually Studio J at New York's Kaufman Astoria Studios, where "Sesame Street" lives) Julia is about to play a game with Oscar, Abby and Grover. In this scene being taped for airing next season, these Muppet chums have been challenged to spot objects shaped like squares or circles or triangles. "You're lucky," says Abby to Grover. "You have Julia on your team, and she is really good at finding shapes!" With that, they skedaddle, an exit that calls for the six Muppeteers squatted out of sight below them to scramble accordingly. Joining her pals, Julia (performed by Stacey Gordon) takes off hunting. The goal is to promote a better understanding of what the Autism Speaks advocacy group describes as "a range of conditions characterized by challenges with social skills, repetitive behaviours, speech and nonverbal communication, as well as by unique strengths and differences." But now Julia has been brought to life in fine Muppet fettle. She makes her TV debut on "Sesame Street" in the "Meet Julia" episode airing April 10 on both PBS and HBO. Developing Julia and all the other components of this campaign has required years of consultation with organizations, experts and families within the autism community, according to Jeanette Betancourt, Sesame Workshop's senior vice-president of U.S. Social Impact.

"In the U.S., one in 68 children is diagnosed with autism spectrum disorder," she says. "We wanted to promote a better understanding and reduce the stigma often found around these children. We're modeling the way both children and adults can look at autism from a strength-based perspective: finding things that all children share." Julia is at the heart of this effort. But while she represents the full range of children on the spectrum, she isn't meant to typify each one of them: "Just as we look at all children as being unique, we should do the same thing when we're looking at children with autism," Betancourt says. It was with keen interest that Stacey Gordon first learned of Julia more than a year ago. "I said, 'If she's ever a puppet, I want to BE Julia!'" No wonder. In the introductory segment, Julia is having fun with Abby and Elmo when Big Bird walks up. He wants to be her new friend, but she doesn't speak to him. He thinks she doesn't like him. "She does things just a little differently, in a Julia sort of way," Abby informs him. Julia, chuckling, then displays a different-but-fun way of playing tag, and everyone joins in. But when a siren wails, she covers her ears and looks stricken. "She needs to take a break," Big Bird's human friend Alan calmly explains. Soon, all is well and play resumes.



This image released by Sesame Workshop shows Julia, a new autistic muppet character debuting on the 47th Season of "Sesame Street," on April 10,

CPLF April Event Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 -Smart Recovery	4	5 -Arts & Crafts -Yoga	6 -Sing Along	7 -CPLF Dance	8
9	10 -Smart Recovery	11	12 -Arts & Crafts -Yoga	13 -Sing Along	14 Good Friday	15
16	17 -Smart Recovery	18	19 -Arts & Crafts -Yoga	20 -Sing Along	21 -CPLF Bingo	22
23	24 -Smart Recovery	25	26 -Arts & Crafts -Yoga	27 - Sing Along	28 -CPLF Dance	29

Sing-A-Long - Every Thursday in the CPLF West Wing, either 11:45am - 12:45pm or 1:15pm - 2:15pm, Fee: \$60.00 /person for 10 weeks. Space is limited, pre-registration is required. Contact events@cplf.ca to register.

Smart Recovery - This self-help group meets every Monday 1:30pm—3pm for persons with intellectual disabilities who struggle with addiction. Pre-registration required at smartskillscalgary@gmail.com or call 403-943-8344.







Arts & Crafts - Every Wednesday in the CPLF West Wing 1pm-2pm, \$2.00 admission.

CPLF Bingo - 11am-2pm in the West Wing. \$3.00 admission with pop and chips extra. CPLF individuals only.

CPLF Dance – 11am to 2pm at Rotary Challenger (3688 48ave NE). \$6 admission. CPLF individuals only.

Yoga—Every Wednesday 9:45am-11am at CPLF offices. Register at events@cplf.ca

Your April Horoscope-for entertainment only

<p>Aries March 21-April 19</p> 	<p>Full steam ahead is the approach to take right now. Dust those hard-to-reach corners, shake out those old blankets, iron the tablecloths. You'll feel great when you're done! Charm your way out of a sticky situation or into a great one! You can do anything you set your charming mind to! Get your toes planted and your heels set firm and the arches of your feet as low to the ground as possible on the 22nd and 23rd. After all, the more grounded you are, the more successful you'll be right now. Get ready to rock on the 29th and 30th. This is your time, and you should be sure to enjoy every moment!</p>
<p>Taurus April 20- May 20</p> 	<p>Your mood is a whole lot more buoyant by the creative and romantic!. Be sure to pay attention to all the great opportunities coming your way then be sure to have a really great time! The importance of communication cannot be over-emphasized so talk, talk, talk it over. Tell them where you're coming from, and where you'd like to go. You could be shocked at how well it all turns out! When it comes to finally getting in shape, there is no time like the present. You finally understand something that had been eluding you on the 22nd. Your best buds are your best resource, again, on the 27th. So turn to them for advice.</p>
<p>Gemini May 21- June 21</p> 	<p>Predictions suggest to approach an obstacle as a way of learning something new . You follow through like a champ on the 7th and 8th, and are amply rewarded. Fabulous! April 2017 also show that by the super-smart 12th and 13th, you put your brain to the test and come out a winner. Entertain at home on the 16th or 17th. You need to put your enormous social energy to good use! Gemini, the 20th and 21st are good days for a heart to heart. Talk to your partner, sibling or best friend about whatever it is that's on your mind. Don't let a power struggle get you down on the 25th or 26th. It's silly and just not worth it. End the month, on the 30th, expressing some of your dearest hopes and dreams to the world!</p>
<p>Cancer June 22-July 22</p> 	<p>You've got a lot of good energy circulating. Don't be surprised if a whole lot of this good energy makes its way up to your brain. Socialize, socialize, socialize. You need to get out there and get your social juices flowing. Once your networks are lubricated, the sky's the limit as to where you can go with your career contacts! Your emotions point you in the right direction and your instincts tell you just what to do. Success are yours! Use them wisely. Use your impressive intellectual skills to tackle a problem on the 25th and 26th. Wrap up the month tiptoeing around an authority figure on the 30th. This will pass, don't worry.</p>
<p>Leo July 23-August 22</p> 	<p>That brain of yours is a powerful instrument, it's going to be working on a big problem that's been gnawing at everybody for a long time. Let your creativity run wild and you might just make a couple of new friends along the way. How about acting on some of these ideas to make them a reality? Undercurrents are running pretty strong and deep on the 18th and 19th, so pay close attention to the situation. Letting go will get you what you want sooner than clinging tight will, so breathe deep and release on the 24th and 25th.</p>
<p>Virgo Aug 23-Sept 22</p> 	<p>Nothing is quite as clear-cut as it seems. So, restrain the urge to critique before you have all the information you really need. Travel, adventure, new experiences, new friends: you are open to all of it! The more social organizing you do, the happier you'll be. After all, you're a highly-organized, extremely social being! Some pretty thrilling news is in store for you on the wonderful 14th and 15th. Revel in the good tidings! You've got a lesson to learn, it looks like, on the April 20th. So slow way down so you don't miss out on it! What's the lesson? Stay open-minded and it will all become clear. You'll dig your insights.</p>

Libra

Sept 23-Oct 22



Sometimes, it's the little things that make life so worthwhile. Ok, scratch that. It's always the little things that make life so worthwhile. But sometimes, we get so caught up in the ups and downs and ins and outs of our daily routines that we (literally) forget to stop and smell the roses. So try and slow down and see what really matters. Use your excellent diplomatic skills to diffuse a tricky situation on the 5th or 6th. By the oh-so-inspired 12th and 13th, you'll be baking cookies or carving statues or designing web pages with serious panache. Urge to flirt is overtaking you on the 16th and 17th, and you are almost powerless to resist! Go for it!

Scorpio

Oct 23-Nov 21



Relationship issues are going to be on your mind, but this time they're more of the 'what can I give, what do I need, how can I communicate that' kind. This is the meat of what happens between two people when they're close, so go after the answers with gusto. You have a real knack for honing in on what's going on before anybody else does. Use it to clear up a potential problem. You are a real firecracker on the 18th and 19th, and everybody oohs and ahs at those sparks! Give domestic negotiations your all on the 24th and 25th.

Sagittarius

Nov 22-Dec 21



A little improvisation could give you a kick and remind you that last minute solutions can sometimes be better than well-thought out ones. There's nothing like a workout to soothe jangled nerves: keep that in mind on the 5th and 6th. Adventure is what you want and adventure is what you should be looking for on the 12th and 13th. So go seek! Predictions suggest to send a friend a little 'hello' note on the 17th. By the overwhelmingly positive 20th and 21st, your self-confidence is absolutely well-founded. Onwards and upwards! Do your best to find common ground with an elderly person in your life on the 25th.

Capricorn

Dec 22-Jan 19



You have a direct line to some kind of major creative energy centers so seize the moment, and get making. Whether it's something as simple as a really good dinner or something as complex as writing an Opera libretto, it's time for you to do your thing. It will be gorgeous! Romance is in the works so put on your favorite sweater and even more importantly, your favorite smile. You're making waves! Whether they're work or relationship-related, they present an interesting challenge. Rise to it, and you'll find the experience very fulfilling! It's the only way to succeed. Decide how you can enhance your peace of mind. Then do it!

Aquarius

Jan 20-Feb 18



Really do your best to deal with rather than run away from an emotional issue. Show that your oh-so-sharp intellect is really going to serve you well on the 16th and 17th. Whether you're solving a crossword or planning a corporate strategy, there's almost nothing you can't do now. Make big, bright, beautiful, spring-timey plans on the 21st. The sky is the limit, for you and your plans, dreams, and visions on the 24th, 25th and 26th. End the month with a concerted effort to help others on the 29th and 30th.

Pisces

Feb 19-March 20



A little extra romance tops it all off on the 4th, 5th and 6th. Who doesn't like to feel loved and in love? And there's even more where that lovey-dovey stuff came from, the even lovier-dovier 9th, 10th and 11th. Get down to brass tacks on the 15th. Where is this going? How? Who's making which compromises? Get all the cards on the table and you'll be in a better spot to make decisions. So think way, way, way out of the box on the 20th and 21st. You could really make a difference with your non-standard approach. End the month with a riddle on the 30th. And a nap. You need to be well-rested to get everything done!

In Our Community

April is Autism Awareness Month

April 2 marks World Autism Awareness Day – 2017 is the ninth time global health officials are marking the occasion since the United Nations created the annual awareness day.

Autism spectrum disorder (ASD) is one of only three health issues recognized by the international body with its own day. Doctors are still learning more about the disorder, what it causes and how to treat it. While Canadians are familiar with ASD, it has its fair share of misconceptions.

Here are five things you didn't know about autism:

Misconception: Autism is a rarity— One in 68 children fall under the autism spectrum disorder, according to the U.S. Centers for Disease Control and Prevention. The agency says that's a 30 per cent jump from its last estimate of 1 in 88 children – the latest calculations mean autism is more than twice as common as officials said it was years ago. It's hard to decipher why cases are on the rise but experts say that it could be because of a raised awareness and doctors who can identify cases better now, especially in children with mild problems. There are no blood or biological tests for autism. It's diagnosed by making judgments about a child's behaviour. The CDC says that autism affects 1.2 million U.S. children and teens. U.K. health officials say one in every 100 people is living with autism. Health Canada points to global statistics – “an average prevalence” of about one per cent – but it's working on a national surveillance system for autism. Autism affects one out of 42 boys and one in 189 girls, according to estimates.

Misconception: People living with autism deal with the same symptoms- Autism spectrum disorder includes a group of complex disorders of brain development, according to Autism Speaks Canada. In May 2013, the DSM-5 – dubbed the mental health bible for health care professionals – merged autism disorders into one umbrella diagnosis of ASD. People with autism are stereotyped as having special abilities, but this isn't across the board. Some statistics suggest that about one in 200 people have special abilities while others peg it at 10 per cent. Some kids, for example, could excel with exceptional memory, music, or computer skills. Others could have significant impairments with social relationships or communication. Each diagnosis is unique so some people could depend on routine, get agitated by sensory stimulation or they need clear, unambiguous instructions, according to the U.K.'s NHS.

Misconception: Parenting, environmental factors trigger autism- Autism was first described by scientists in the 1940s. Years later, critics pointed a finger at cold parenting – “refrigerator mothers” who were distant and didn't engage with their kids – as the culprit. While researchers still don't know what causes autism, they're certain parenting isn't a factor. They're zeroing in on genes instead. Studies have suggested that parents who have a first child with autism have higher chances of having a second child with autism compared to the general population. Canadian scientists who studied siblings with autism and their parents found that even siblings can have different ‘forms’ of autism. In this case, the siblings and their parents' genetic code were examined.

- continued

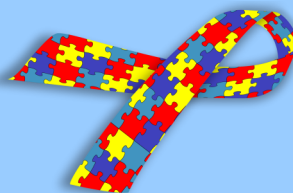
- continued

Mutations present like typos in the human DNA code. While siblings shared autism spectrum disorder and the same parents, the typos in their DNA that led to the neurodevelopmental condition weren't the same. The researchers learned that in 70 per cent of the cases, different genes were involved in the siblings' autism. With this information in hand, doctors are hopeful that patients will receive individualized treatment. In Canadian research out last year, scientists suggested the scarcity of a single protein in the brain could be what's to blame for up to a third of autism cases. The brain protein in question is called nSR100 – also known as SRRM4 – and it's pivotal for normal brain development.

Misconception: Autism is a mental health disorder- Autism is a neurological disorder marked by abnormalities in the brain. While people believe that those with autism lack empathy and can't develop meaningful relationships, they can feel as much, if not more, than their peers, PBS notes. Children with autism may find it difficult or aren't sought out by others. They could have difficulty relating and building connections with their peers, Autism Canada says.

Misconception: Vaccines cause autism- It's been a tumultuous few years for parents and pediatricians: measles, mumps, whooping cough and chicken pox have all resurfaced in North America after they were virtually wiped out with the help of vaccines. Infectious disease experts suggest a steadily growing anti-vaccination movement is what's causing this resurgence. In 1998, a study raised concerns about a possible link between the MMR – measles, mumps, rubella – vaccine and autism, setting off widespread panic around the world. The study had its flaws: it was based on only 12 children, and the researchers didn't find a link between the MMR vaccine and behavioural problems. Ten of the 13 authors of the paper said they shouldn't have published the paper. Ultimately, the journal that published the paper issued a formal retraction. It said that its decision to publish the article was the result of a "collective failure." Subsequent large studies around the world haven't found a link between the MMR vaccine — or any other vaccine — and autism. "There is no scientific evidence to support the theory of a link. Because signs of autism may appear around the same age that children receive the MMR vaccine, some parents believe the vaccine causes the condition," the Canadian Paediatric Society says on its website. But celebrities, such as Jenny McCarthy and Alicia Silverstone, continued to voice their concerns about vaccines and their unsubstantiated link to autism.

-By Carmen Chai National Online Journalist, Health Global News



Fun & Games

Spring Word Search Puzzle



Name: _____

Spring



W	P	R	O	B	I	N	P	E	S	R	G	H	I	P	H	R	S
P	S	K	D	D	C	E	L	P	E	B	G	A	P	P	Z	F	T
U	X	L	A	L	M	L	G	A	G	L	R	R	M	F	X	C	
D	N	S	D	I	F	F	H	U	S	U	S	O	E	D	O	L	Q
D	S	H	M	E	L	F	L	E	O	M	E	W	S	E	E	J	R
L	H	O	E	O	U	A	O	O	N	B	E	E	W	S	N	N	A
E	I	W	L	N	E	B	C	D	W	R	D	A	N	G	O	J	I
N	N	E	T	A	G	U	W	S	I	E	S	T	Z	R	W	M	N
L	E	R	I	R	K	D	L	N	E	L	R	H	V	O	H	S	B
F	X	S	N	E	X	S	D	Z	K	L	F	E	R	W	N	U	O
R	H	D	G	G	B	C	W	V	G	A	X	R	A	I	N	N	W
N	V	C	R	O	C	U	S	C	Y	Y	U	W	A	R	M	T	D

Find the following words in the puzzle.
Words are hidden → ↓ and ↘ .

BLOSSOM
BUDS
CROCUS
DAFFODIL
FLOWER
GARDEN
GREEN

GROW
LILACS
MELTING
PUDDLE
RAIN
RAINBOW
ROBIN
SEASON

SEEDS
SHOWERS
SUN
SUNSHINE
UMBRELLA
WARM
WEATHER



Our Advertisers Promote Community Capacity



Michael E Lekien
Realtor

C 403-850-9006

F 403-476-5413

E mlekien@shaw.ca

Toll Free: 1-888-850-9006



Proud to support CPLF

no job is too **BIG**...
...or too **SMALL**

Visit Our Full Service Showroom in the Douglasdale Business Park

ph: 403.258.1505
www.CanyonPlumbing.com

CANYON PLUMBING & HEATING LTD.
Environmentally Conscious

Does your financial advisor know your financial goals? If not, let's talk.

Sam Withey
Financial Advisor
120 - 5th Avenue West
Unit 2201
Cochrane, AB T4C 0A4
403-932-1034

www.edwardjones.com
Member - Canadian Investor Protection Fund

Edward Jones
MAKING SENSE OF INVESTING

Advertise here to promote
community capacity and your
business!
\$35/mth

Advertise here to promote
community capacity and your
business!
\$35/mth

For advertising please contact editor@cplf.ca

Our Advertisers Promote Community Capacity



People's Choice
Remedy's Rx
The Local Drug Store™

Erinwoods Remedy's Rx Pharmacy

Pharmacist/Owner: Nadeem Ahmad & Muhammad Amar

STORE ADDRESS

3571 52nd Street SE
Calgary, Alberta
T2B3R3
Phone: 403-204-2233
Fax: 403-207-9299
Email: erinwoodspharmacy@gmail.com

RETAIL HOURS

9am - 6pm
Saturday: 10am - 5pm
Sunday: 10am - 5pm



OUR SERVICES

- On-line prescription refill
- Yellow Fever Certified Clinic
- Hajj and Umrah Vaccines
- Medication Reviews Compliance Packaging
- Free City Wide Delivery
- World Wide Travel Vaccinations
- Special Discounts on Over the Counter Products
- Injection Administration

A big thank you to all our partners and the Calgary and area community for all their support.

Calgary Progressive Lifestyles Foundation (CPLF)

140-1935 32nd Ave NE Calgary AB, T2E 7C8
P: 403-276-1016 F: 403-276-1017

www.cplf.ca
info@cplf.ca

Lifestyles Bistro & Cookies on the Go

107-1935 32nd Ave NE Calgary AB, T2E 7C8
P: 403-769-9011 F: 403-276-1017

www.lifestylesbistro.ca
bistro@lifestylesbistro.ca
www.cookiesonthego.org
cookies@cookiesonthego.org