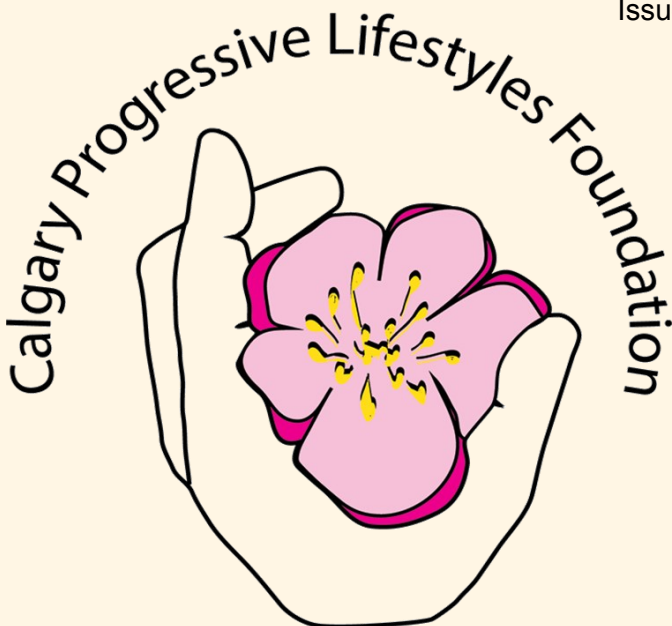


Our Mission: To promote self-sufficiency and quality of life within individuals who have a disAbility and seniors. This is achieved through Community Presence and Participation, Skill and Image Enhancement, Autonomy and Empowerment.

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



July 2017
Issue# 140

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Our Proud, Community Building Social Enterprise

**LIFESTYLES
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www.LifestylesBistro.ca

In Our Community

Corporate Lucky Draw Winner

Each month Lifestyles Bistro selects 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 either valued at \$50.00. This month we would like to congratulate the Board as this month's winner!



Getting hurt at work can disrupt your life. WCB can help minimize the disruption as we help injured workers return to the job and feel like themselves again.

WCB-Alberta was created by government to administer the *Workers' Compensation Act* for the province's workers and employers. Funded by employers, we provide cost-effective disability and liability insurance for work-related injury and illness. This means we compensate workers for lost income and coordinate the health care and other services they need due to a work-related injury.

Working together with our partners, our goal is to significantly and measurably reduce the impact of workplace illness and injury on Albertans.

Alberta legislature unanimously approves creation of disability advocate

The Alberta Legislature unanimously approved a private members bill to create a disability advocate on Wednesday, a move that Calgary-North West MLA Sandra Jansen hopes will lead to real change in the province. "There's no point in doing something for window dressing. The person we put in place has to make a real difference in how services are provided in this province," said Jansen, who put forward the bill. A disability advocate would play a similar role to the province's child advocate, who acts independently, advocates for vulnerable young people and identifies systemic issues that create barriers in accessing services. Some of the challenges Jansen frequently hears are the difficulty in transferring services when someone turns 18 or 65, she said, or the sheer amount of paperwork required for parents to fill out when seeking support for a disabled child. "For a lot of parents, they found navigating the system to be fairly difficult ... We can get rid some of the bottlenecks in terms of getting supports out to people with disabilities," she said. The advocate is slated to have a budget of about \$800,000 to \$900,000. The newly created position will be reviewed after two years.

"When we hear the feedback from the advocate we can determine whether we're doing enough (and) whether we need to add resources," Jansen said.

- Calgary Metro Published on Thu May 25 2017



The Calgary Stampede is an annual rodeo, exhibition and festival held every July in Calgary, Alberta, Canada. The ten-day event, which bills itself as "The Greatest Outdoor Show on Earth", attracts over one million visitors per year and features one of the world's largest rodeos, a parade, midway, stage shows, concerts, agricultural competitions, chuckwagon racing and First Nations exhibitions. In 2008, the Calgary Stampede was inducted into the ProRodeo Hall of Fame.

Calgary Stampede announces Canada 150 Day July 11 with \$1.50 admission

Gearing up for its ultimate Canada 150 celebration, the Calgary Stampede will only charge \$1.50 for admission on July 11 — Canada 150 day — as long as you arrive before 1:50 p.m.

Officials with the Greatest Outdoor Show on Earth announced details of this year's Stampede on Tuesday, with an eye to connecting as many festivities as possible to Canada's 150th birthday. "The Calgary Stampede is rooted in western tradition and lifestyle, which is a large part of Canada's heritage. We are proud to join the millions of Canadians celebrating our great nation," said David Sibbald, president and chairman of the board at the Calgary Stampede, during a special event along Stephen Avenue Walk, featuring horses, live music and the Stampede queen and princesses. "This year, we're just really focusing on a theme of coming together. We want to bring the celebration to the community, and we want everyone to join us."

Along with the bargain rates, July 11 will also feature a number of unique Canada-based festivities, from an all-Canadian lineup on the Coca-Cola Stage to an interactive, outdoor hockey arena with an appearance from two-time Olympic gold medallist Cassie Campbell offering tips on how to become a better player. Guests on the grounds that day will also be invited to watch a live citizenship ceremony, during which 50 new Canadians will be sworn in. The national anthem will be played park-wide alongside a military flyby, and Canada 150 birthday cake will be served by day, with an evening camp fire and s'mores by night.

Seniors 65 years and older can celebrate with free admission all day, free coffee and doughnuts from 10 a.m. to 11:30 a.m., a free WestJet Skyride and rush seating on rodeo and evening show tickets. The evening Grandstand Show, called Together, will also celebrate the Canada 150 theme. Emmy-award winning creative producer Dave Pierce and host Jann Arden will be joined by a bevy of special Canadian artists.

- Eva-Ferguson, Calgary Herald

Our Social Enterprise

LIFESTYLES BISTRO CATERING & BAKERY

www.LifestylesBistro.ca

New Partnership

Lifestyles Bistro is excited to announce that KTH Developments is our newest proud partner. With the support of our sponsors, we help the build our community capacity.



KTH was selected from many excellent builders to construct our upcoming renovation project. As a customer of KTH, we can say that KTH Developments offers excellent customer-centered General Contracting experience in commercial and residential builds from Design, Build, and Maintain.

Renovations Coming Soon

Other exciting news is that we are planning to renovate the space of our already well-liked Lifestyles Bistro in the coming weeks.

Our renovations will offer our guests a relaxing yet sophisticated atmosphere to enjoy our intimately great food. Renovations will include:

- two new washrooms.
- new flooring throughout.
- booths for more seating.
- New frontage with more functionality
- A dedicated coffee station.



CPLF July Event Calendar

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

Sing-Along - 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.

Walk, Run, & Roll - Every Tuesday CPLF individuals are invited to meet at Rotary Challenger (3688 48ave NE) at the track from 11am-12pm. Cost is free with no registration required.







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

July 31st, CPLF Fundraising BBQ— In the CPLF courtyard (1935 32ave NE) 11am-2pm. Public Welcome.

Mini Golf & BBQ— At Steele Creek Adventure Mini Golf, 999 Country Hills Blvd NE, 11am - 2 pm. \$5.00 to play mini golf. BBQ items individually priced.

Your July Horoscope-for entertainment only

Aries March 21-April 19 	This will be an extremely peaceful time for those born under the sign of the Ram. You will be happy to sit and watch the world go by for a few weeks. For those in relationships, this looks to be a very happy month where you will be content in each other's company, to the exclusion of the rest of the world. You may feel tired in both a physical and mental way, so don't be too reluctant to catch up on your sleep and do some gentle exercises to help relax you.
Taurus April 20- May 20 	You could sense that your pace of work has slowed down. My Taurus monthly horoscope 2017 charts show me. You may also feel a bit lethargic and reluctant to embrace the changes your bosses want to impose on you. It is vital that you maintain good relations in the workplace since you need to prove how well you can use your skills of diplomacy in the future if required. This could be a lucky period for those born under the sign of the bull. Don't neglect to buy a lottery ticket. There could be a small windfall coming your way.
Gemini May 21- June 21 	This month will flow easily for those of the twins sign. Your position at work will be enhanced in some way and you will receive the recognition you deserve. You are more than likely to look at new options for staying healthy and keeping fit since your attention will be focused on your fitness of mind and body as well as your stamina. Don't drive yourself too hard with unrealistic expectations.
Cancer June 22-July 22 	As a Cancerian may need to think very carefully this month before you make a long-term commitment or sign a new business contract. There could be a lot at stake, a lot to lose as well as a lot to gain. You may also be thinking in terms of a long-term commitment in your personal life, possibly marriage or engagement. All in all, July is a horoscope month for making important life-changing decisions.
Leo July 23-August 22 	For those delivered with the sign of Leo, this horoscope month is all about money. There is likely to be a steady flow of cash and you will have some left over to spend as you wish. For once Leo folk will be spiritually at peace and will not need flashy new purchases to make them feel happy or fulfilled. There will be many opportunities to invest for the future and many Leo people may take financial advice.
Virgo Aug 23-Sept 22 	This is a time when your career will flourish and you will be very successful, particularly in dealing with people. There could be new business deals for you to manage or new contracts for you to organise. Whatever happens in your professional field of work, seniors and those in authority will note your highly organised, methodical and efficient approach. You could be well rewarded for your diligence and attention to detail.

Libra Sept 23-Oct 22 	You may find youngsters rather troublesome this month. No matter what advice you give, there does not seem to be a solution to one particular problem. You will need a load of patience to sort this one out and you may feel exasperated. Your partner will not fully support you and there could be arguments and disagreements resulting from this. It's a pity because there is a solution, though not an obvious one, that could be easier than you imagine.
Scorpio Oct 23-Nov 21 	Your stress levels will run high this horoscope month and you will need to find some coping strategies otherwise you could fall ill. One way forward is to avoid confrontation by simply not being drawn into little arguments. Keep your own counsel, make sure you get enough rest and don't change your schedules at the last minute. This will help keep the tension levels to a minimum and relieve you of some of the pressure.
Sagittarius Nov 22-Dec 21 	This will be a better month for achieving your goals. You may still have to be patient but at least you can see the end in sight. Don't get drawn into petty arguments or disagreements that could blow up in your face. Try not to hurry things along in the workplace. In the end, it could work to your disadvantage. If you are having home improvements, be sure to get a good guarantee for any building work.
Capricorn Dec 22-Jan 19 	If you still feel your partner doesn't understand your needs it might be appropriate to take a break from one another and to spend time apart. The danger is you will bury yourself in your work and pretend that everything is fine. This situation can be resolved. Try not to let your stubbornness get the better of you.
Aquarius Jan 20-Febr 18 	You will be focusing on a minor legal matter which might cause you to be irritable. Others will not want to experience the sharp end of your tongue. Just be careful that you don't spread your irritability around too many people. Not all of them will continue to be polite towards you.
Pisces Feb 19-March 20 	Pisces monthly horoscope 2017 charts say you will want to discover more about your personal life-path and may read spiritual books or have your fortune told with cards. Palmistry may interest you also as well as Reiki healing. By the end of the month, you will feel more clear-headed and your thoughts and emotions will be less jumbled. You will have more strength to carry on and face the rest of the world.

In Our Community

Sobeys manager honoured for creating store environment that welcomes disabled

When it comes to ensuring the Cole Harbour Sobeys store is as accessible as possible for employees and customers, general manager Paul Keinick looks to his twin boys for inspiration. Sobeys manager honoured for creating store environment that welcomes disabled Sobeys manager honoured for creating store environment that welcomes disabled



Paul Keinick, store manager of Sobeys in Cole Harbour. (Anjuli Patil/CBC)

"This hits home for me. My two sons are visually impaired as well as developmentally delayed and I see them going into the workforce and I just want to make it a better place for them," Keinick said. "I'm hoping through my actions and spreading the word and teaching people about inclusion that will happen for them."

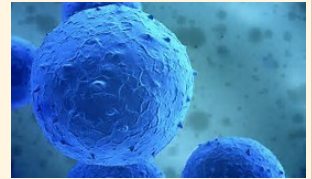
Keinick is one of 22 Nova Scotians receiving honours from the Governor General on Monday in Moncton. He will receive the Meritorious Service Cross (Civil Division) for his working in helping both customers and employees with disabilities. The service cross is given to people who have done "a deed or an activity that has been performed in an outstandingly professional manner, or with uncommonly high standards," according to the Governor General's website.

The deed or activity is "often innovative, sets an example for others to follow, improves the quality of life of a community and brings considerable benefit or honour to Canada." "It's not only a feel good moment for me, it's also a great business endeavour," said Keinick. "It improves the working conditions in the store through hiring people with disabilities, customers love to see that we truly represent our community." Keinick has been the store manager for more than three years and it was in his early days in that role he started making his store more accessible. It started when ordered a Caroline's Cart, a grocery cart-wheelchair hybrid, designed to help parents of children with disabilities get around the store easier. From there, he's made a point to hire more people with disabilities. Today nearly a third of his staff have some form of disability. "We're trying to be as inclusive as possible in all facets for our customers through our accessibility, as well as for our staff," he said. Keinick developed a manual for his peers at other stores so they can feel more comfortable hiring people with disabilities. He also works with a local job agency so that people with disabilities can have the chance to job shadow at his store and then potentially be hired.

Becoming a more accessible store has made "absolutely great business sense," Keinick said.

World-First Trials Have Been Launched to Treat Parkinson's And Blindness With Embryonic Stem Cells

In a world first, surgeons in the Chinese city of Zhengzhou are planning to inject stem cells derived from human embryos into the brains of patients with Parkinson's disease with the aim of treating their debilitating symptoms. Meanwhile, another medical team in the same city is aiming to target vision loss using embryonic stem cells (ESC) to replace lost cells in the retina, marking a new direction in China in the wake of major changes in how the country regulates stem cell treatments.



While similar treatments on Parkinson's patients have already been tested in Australia, those trials relied on cells taken from eggs that were forced to divide without first being fertilised in an effort to circumvent any ethical concerns. Stem cells are a little like blank slates that are yet to take on a specific task. If you rewind the clock on any of your body's tissues, its cells will become less specialised, until you're left with a cell with a lot of potential to become nearly anything. In the case of both kinds of embryonic stem cells, divided egg cells are subjected to various treatments to encourage them to develop into replacement cells that could treat a condition in a recipient. The symptoms of Parkinson's disease are largely caused by a loss of nervous tissue deep inside the brain in an area called the basal ganglia. Losing those cells means a loss of a neurotransmitter called dopamine, and with it a lower ability to control nervous impulses that would prevent muscles in the extremities from activating. In the case of a condition called macular degeneration, damage to a layer of tissue called the retinal pigment epithelium at the back of the eye causes the light-catching cells above it to die. By turning ESC into cells that can naturally develop into the tissues that have deteriorated – such as the precursors to neurons that can produce dopamine, or into retinal tissue – and then injecting it into the target site, the researchers hope to improve the lost functions.

Qi Zhou from the Chinese Academy of Sciences Institute of Zoology in Beijing is the stem cell specialist leading both sets of ESC trials, and says four years of animal trials conducted on monkeys have so far showed promising results. "We have all the imaging data, behavioural data, and molecular data to support efficacy," Zhou told Nature. He also claims the team conducting the Parkinson's trial have been selective with their potential candidates, choosing patients who will have the least chance of rejecting the ESCs from the cell bank. In 2015, China introduced tough new regulations to deal with the growing problem of 'rogue clinics' offering stem cell treatments without due record keeping or process, making it hard to evaluate safety, or even the types of cells used in the treatments. The changes are set to improve the ethics and safety of stem cell treatments by enforcing the use of cells through a regulatory body, ensuring informed patient consent, and permitting treatments only through authorised hospitals. Time will tell if the regulations can be enforced, but for stem cell researchers, the changes are positive. "It will be a major new direction for China," stem cell scientist Pei Xuetao told Nature. If the results are as good as the teams in Australia and China predict, it could also set new standards for the world.

- MIKE MCRAE 1 JUN 2017

Fun & Games



WELCOME SUMMER

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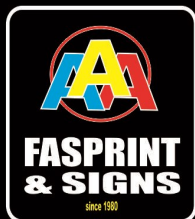
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