



Calgary Progressive  
Lifestyles Foundation

# The Insider

CPLF NEWSLETTER

JANUARY 2023



## Happy New Year!

We're wishing you a cheerful start to this new year of 2023! CPLF would like to say a special thank-you to our support staff and CPLF management for supporting people with disAbilities at work, at home, and in the community. You truly are essential and a pillar of Calgary and surrounding areas' community. We are looking forward to yet another great year!

# January 2023

[View Full Calendar](#)

**New Years Day: Sunday, Jan 1 2023**

No Client Day Programs  
(unless pre-approved by your Case Manager)

SUN	MON	TUE	WED	THU	FRI	SAT
New Year's Day 1	Admin Office Closure 2	Admin Office Open 3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

# Events & Updates



## National Hug Day - Jan 21

National Hugging Day was created to encourage others to hug more. Hugging may have many benefits for our health including building a good immune system, decreasing the risk of heart disease, lowering blood pressure and triggering the release of healthy hormones.

## Cervical Cancer Prevention Week

January 23 is a week to raise awareness about how individuals can reduce the risk of cervical cancer and to educate others. Make sure to get checked by your doctor to keep living a healthy life.



**My new year's resolution is to stop procrastinating.**

**But I'll wait until tomorrow to start.**



## The Award for Accessibility

The 29th Annual Calgary Awards is happening this month. Each year, Calgary nominates outstanding individuals and organizations whose achievements and contributions make life better for locals around the city. Look to your neighbours, colleagues, community leaders, local groups and companies who qualify for a Calgary Award. Entries close February 1st, so tap the link below and nominate that exemplary person you're thinking of!

[Nominate Today](#)

**Opportunities don't happen,  
you create them.**

CHRIS GROSSER



# Calgary Events

Looking for something to do this month? Here are a couple events we found around Calgary that might be fun to attend. Stay warm friends!

[More Events](#)

## What's Up With Green Living?

Jan 13

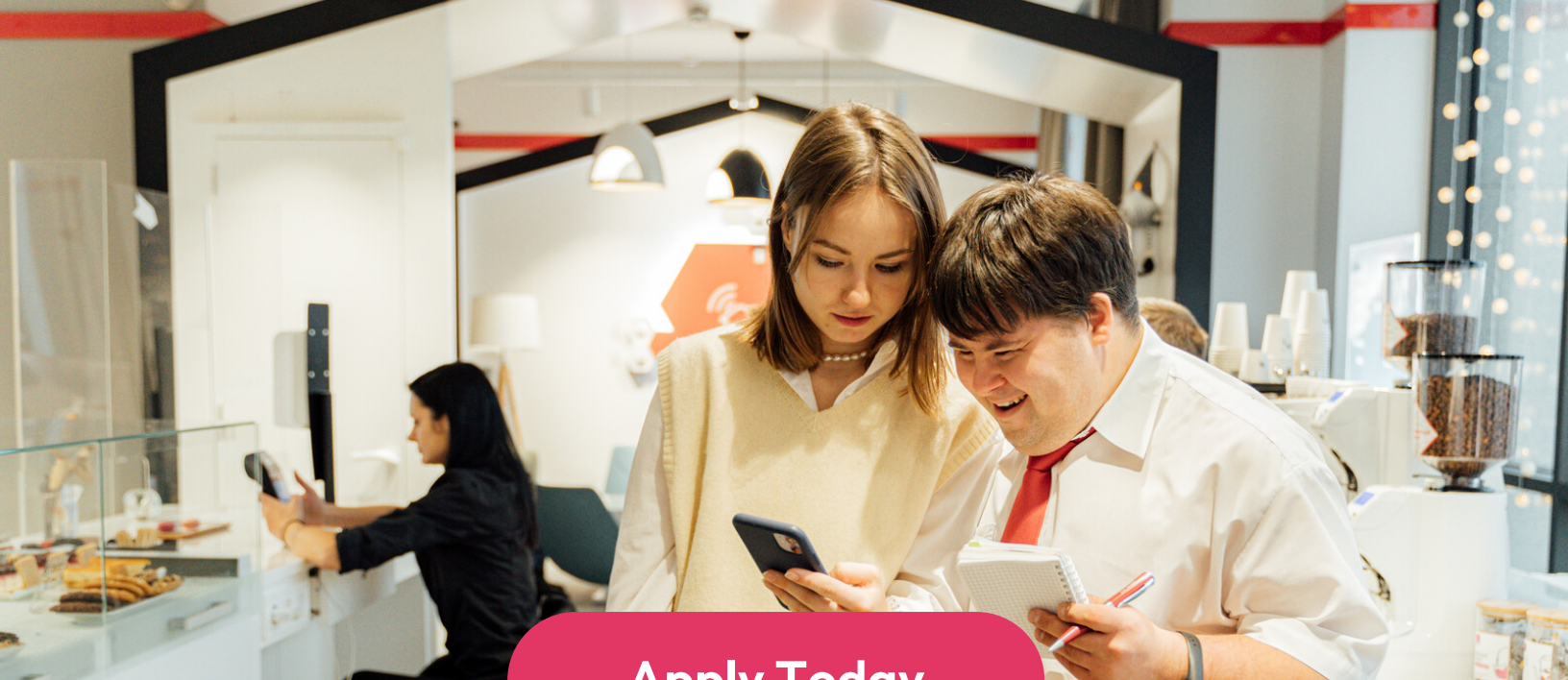
Turn this year's resolution into reducing your environmental footprint.

## I Am Vitale Exhibition

Jan 29 & 30

Photographer and filmmaker Ami Vitale shares her personal odyssey through the images she captures.





**Apply Today**

# CPLF Now Hiring

## Casual Complex Needs Support Workers

CPLF is currently seeking Casual Complex Needs Support Workers to work with Complex Needs clients. Complex Needs clients will have more than 1 disability.

### Requirements

- Resume
- Work Application link (if not currently employed at CPLF)
- 3 References – 2 Work related and 1 Character
- Police Clearance with Vulnerable Persons Check and/or Child Welfare Check (within the last two years)

### Benefits

- Staff will have the support of our Complex Needs Coordinator, Case Manager, and Support Staff.
- Employees will receive in-house training.
- Casual staff may be transitioned into permanent positions.

**Job Type:** Casual

**Salary:** Ranges from \$19.58 - \$24.20 / hour or as per client’s unique budget.



# Thank You for Supporting CPLF!

CPLF Sponsors and Classifieds are very important to us as they help support our mission and bring our vision to life. Together we are lifting the disAbility community up to create an inclusive space for everyone! If you are interested in Cause Marketing and reaching over 1700 loyal subscribers, we would be happy to hear from you.

Please email [editor@cplf.ca](mailto:editor@cplf.ca)

## Our Sponsor

Thank you to Canyon Plumbing & Heating for sponsoring CPLF and supporting the disAbility community. Visit their website to consider all your accessible plumbing needs.

Inspiration &  
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Get a Quote



## Our Classified

Thank you to Sam Withey for supporting CPLF and the disAbility community.



**Sam Withey**

Financial Advisor

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