



Calgary Progressive
Lifestyles Foundation

The Insider

CPLF NEWSLETTER

FEBRUARY 2023



Happy Family Day!

As time passes and seasons change, we can't forget to spend time with our loved ones. Enjoy a special day this month on the 20th with your family and have some fun!

February 2023

Valentines Day: Tuesday, Feb 14th

[View Full Calendar](#)

Family Day: Monday, Feb 20th

Admin Office Closure & No Client Day Programs
(unless pre-approved by your Case Manager)

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|---|----------------------|-----|-----|-----|-----|
| 29 | 30 | 31 | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | Valentines Day 14 | 15 | 16 | 17 | 18 |
| 19 | Family Day Admin Office Closure & No Day Programs 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | 2 |

Events & Updates



Pink Shirt Day

The story behind this day was when two students took a stand against homophobic bullying after a new student was harassed for wearing pink. This campaign grows stronger and larger every year and you can show your support by wearing a pink shirt on February 22nd.

Psychology Month

February is a month to highlight the contributions of Canadian psychologists and shows Canadians how they can help people live healthy and happy lives, communities flourish, employers create better workplaces, and governments develop effective policies.



JOKE OF THE MONTH

I really like elephants!

Everything else is irrelephant.



How to Apply for \$600 of Affordability Payments in Alberta

Eligible Albertans can apply to receive monthly payments of \$100 from the government. There are three groups that can apply:

- Families with household incomes under \$180,000: \$600/child under 18.
- Seniors with household incomes under \$180,000 & don't receive the Alberta Seniors Benefit : \$600 per person.
- Anyone receiving monthly benefits through AISH, Income Support, Alberta Seniors Benefit or services through Persons with Developmental Disabilities (PDD): automatically get \$600.

Once you've established you're eligible for the payments, you will need a MyAlberta account. After that, you can apply online at the link below:

[Apply Today](#)

WISDOM OF THE MONTH

**Be there for others, but
never leave yourself behind.**

DODINSKY

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](#)

Year of the Rabbit Gala

Come join the Chinatown BIA for a banquet feast at the Regency Palace where there will be great food, entertainment, fun activities, and gifts.

Feb 1st
5pm -9pm

Think Spring!

Attend six gardening presentations to choose from with themes of heritage, resiliency, and reflection.

Feb 11



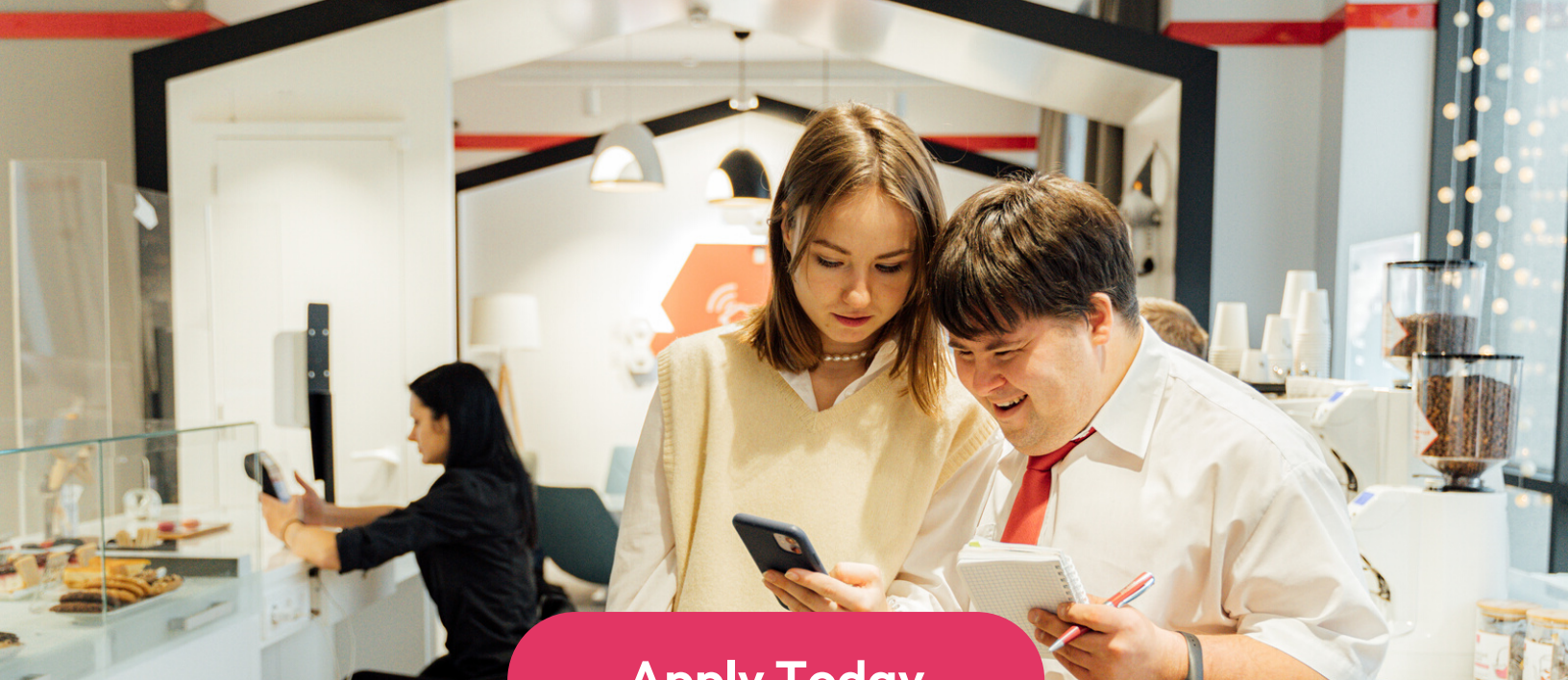
7 Tax Credits & Expenses To Claim To Save You Money

Tax season is just around the corner and there are a lot of credits and benefits to claim in 2023 that might help you save money when filing. According to the Canada Revenue Agency (CRA), Canadians may qualify for many tax benefits depending on their situation.

If you or someone you care for has a disability, or you're making a modest or low income, there are a variety of ways to save money on your tax return this year. This article has provided a list of some essential credits and benefits that each Canadian should be privy to, no matter your tax bracket is.

[Read more](#)





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

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.

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Our Classified

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



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