



Calgary Progressive
Lifestyles Foundation

MARCH 2023

The Insider



March 2023

It's St. Patrick's Day!

Welcome to the latest edition of the CPLF newsletter! As the winter chill fades away, we eagerly welcome the arrival of spring and all the joy it brings. With St. Patrick's Day just around the corner, it's a perfect time to embrace the green and gold spirit and celebrate the season with friends and loved ones.

St. Patricks Day: Friday, March 17th

Admin Office open & Client Day Programs continue.

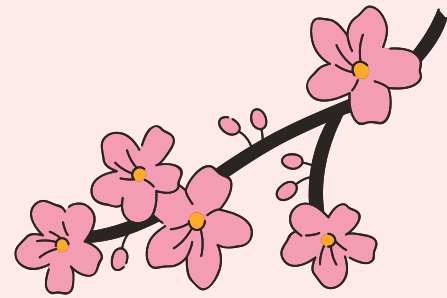
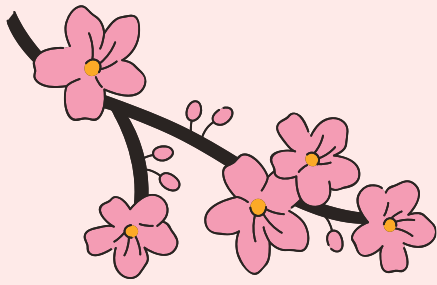
Spring Equinox: Monday, March 20th

Admin Office open & Client Day Programs continue.

March 2023

[View Website Calendar](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	Saint Patrick's Day 17	18
19	Spring Equinox 20	Bumble Bee Craftic 21	22	23	24	25
26	27	28	29	30	31	1



CPLF Crafts & Painting Class

Bumble Bee Craftic

Starts March 21

Every Tuesday 1:00pm - 3:00pm

**140, 1935 32 Ave NE, Calgary
(West Wing Hall)**

Spots are only \$80 for 8 sessions and they fill up fast! Be one of the 15 lucky people to register by March 17 by emailing:

editor@cplf.ca

Events & Updates



St. Patrick's Day

St. Patrick, who despite being kidnapped at the age of 16 and taken to Ireland as a slave in the 14th century, managed to escape and establish a lasting legacy. Today, Ireland celebrates his life and contributions with religious services and feasts, a testament to his enduring impact on the country's culture and traditions.

Developmental Disabilities Awareness Month

Let's celebrate DDAM this month by embracing diversity and promoting inclusion. March raises awareness, promotes acceptance, and recognizes the valuable contributions of people with developmental disabilities to society. Together, we can create a more compassionate world for all.



JOKE OF THE MONTH

What season is it when you're on a trampoline?

Spring-time!



Changes Are Coming Soon for Alberta Drivers

The Government of Alberta wants to ensure that all Albertans are informed about new rules of the road. The changes include the requirement that when an emergency, tow truck, or road crew vehicle (including snowplows) is stopped with its flashing lights operating, motorists are required to:

- Slow down to 60 km/h or the posted speed limit, whichever is lower, in all lanes travelling in the same direction on multi-lane highways; and
- Slow down to 60 km/h or the posted speed limit, whichever is lower, when travelling in either direction on single-lane highways.

[Read More](#)

WISDOM OF THE MONTH

Disability is a matter of perception.

- Rick Hansen

Calgary Events

Looking for something to do this Spring? Here are a couple events we found around Calgary. Enjoy the new season friends!

[More Events](#)

International Women's Day Gala

March 3

Empower, inspire and support women across Canada who are, or are on their way to becoming, confident and passionate leaders of our businesses, organizations, governments, schools, and communities.

Highfield Food & Beverage Market

March 18

Join the 1st Highfield Food & Beverage Market fest where you will find a variety of market vendors and local businesses that will offer you unique items to enjoy!



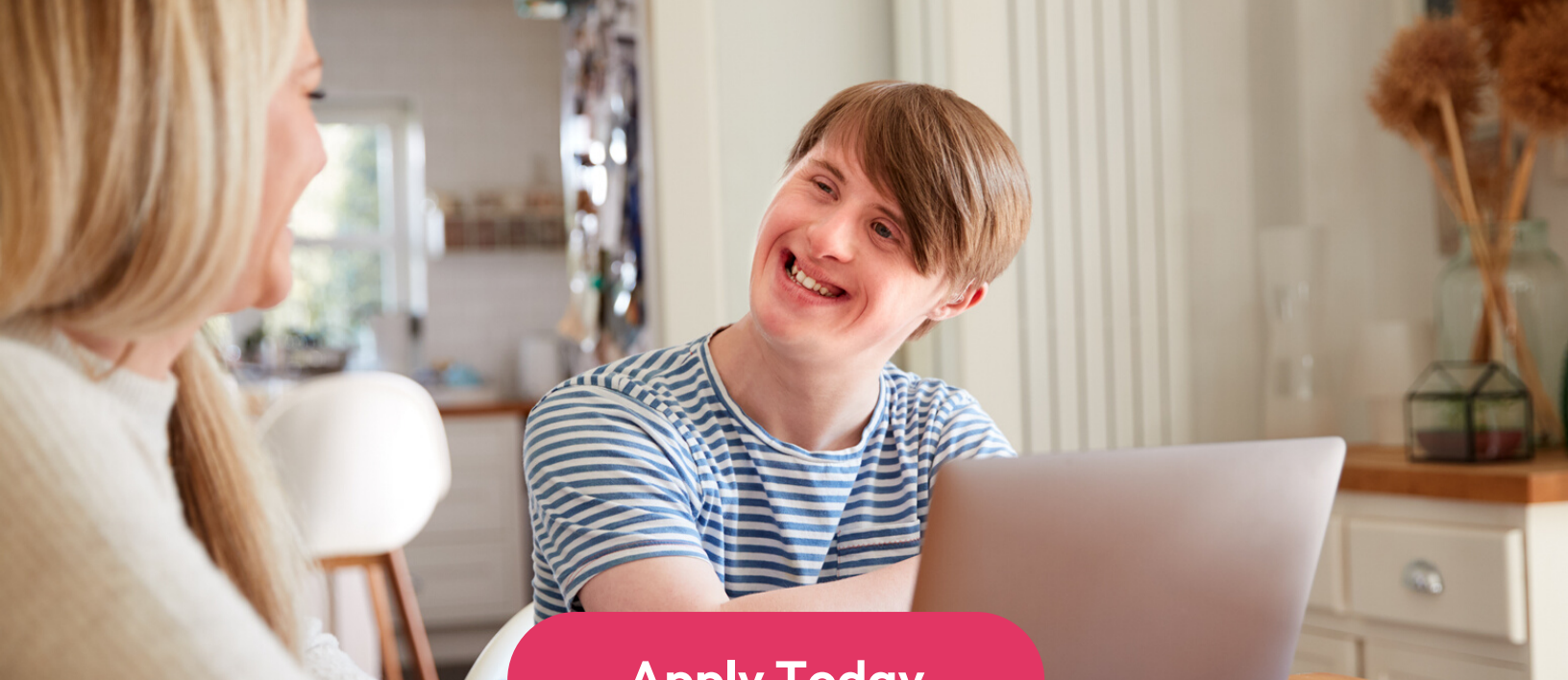
7 Tax Credits & Expenses To Claim To Save You Money

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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