



The VOICE of Albertans with Disabilities

February 2020

February is Heart Month!

VAD is showcasing good resources for February as a way to celebrate the heart.



Food4Good



Food4Good is the food programming division of the Jasper Place Wellness Centre, a community development organization in Edmonton. Food4Good is the result of collaboration between organizations and residents to address food insecurity in Edmonton's west end. We strive to create communities where food is a driving connector for learning, sharing, growing and celebrating. Our work is based in 10 west end neighbourhoods, with four main focus areas: Growing, Cooking, Access and Advocacy.

Low-Cost Markets

Low-Cost Markets happen every second Wednesday from 11am-1pm at Salvage Reclaimed Furniture (15308 Stony Plain Road). Cash & debit accepted. First-come-first-serve. <https://food4good.ca/>

Meal Prep 101

Meal Prep 101 happens on the second Tuesday of each month from 11am-1pm at Westend Christian Reformed Church (10015-149 Street). Cost: \$5 per person. Pre-registration is required, please contact us by phone or email to sign up. P: 780-906-4971 or E: ashleyt@food4good.ca

Rare Disease Day

29 February 2020 will be the thirteenth international Rare Disease Day coordinated by EURORDIS. On and around this day hundreds of patient organisations from countries and regions all over the world will hold awareness-raising activities. Rare Disease Day takes place on the last day of February each year. The main objective of Rare Disease Day is to raise awareness amongst the general public and decision-makers about rare diseases and their impact on patients' lives. The campaign targets primarily the general public and also seeks to raise awareness amongst policy makers, public authorities, in-



dustry representatives, researchers, health professionals and anyone who has a genuine interest in rare diseases. On rarediseaseday.org you can find information about the thousands of events happening around the world on the last day of February.

Resources in Alberta

Bissell Centre – Community Closet (Edmonton) Relying solely on donations, the Bissell Centre Thrift Shoppe is a social enterprise, providing low income families and individuals a venue for purchasing high-quality products at very affordable prices.

Coats for Kids and Families - Provide Albertan families with warm winter coats free of charge. If you are looking for a coat please call 211 or call 482 – 4636 (INFO) outside of Edmonton to find the depot closest to you

E4C (Edmonton) - Winter clothing and blanket distribution, access to laundry, haircuts and basic toiletries, basic furniture and household items to get you started, (780) 424-7543.

Hope Mission Bargain Shoppe (Edmonton) - Hope provides clients with clothing, blankets and work wear, (780) 485-6888.

Neighborhood Link (Calgary) - NeighbourLink helps more than 10,000 unique clients in Calgary every year. Their needs include furniture, household items, baby supplies, food hampers, bus tickets and more. Our clients are screened financially, according to the "Low Income Cut off" set out by Statistics Canada. Clients come from all walks of life, and are all different types of people: Families, Individuals, Single Parents, New Canadians, Refugees, Disabled Persons, and Senior Citizens. Simply, we are neighbours helping neighbours, 1 855-747-2273.

Strathcona County Clothes-Line - County Clothes-Line Resale of donated goods (e.g. clothing, toys, household items, small appliances) at affordable prices to the public. Referred clients shop free. Vouchers are available through Strathcona County Family and Community Ser-

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ices at a maximum of twice per year, (780) 464-7786.

Suit Yourself (Edmonton) - Suit Yourself is an Edmonton-based charitable organization which collects and distributes quality clothing and accessories, free of charge, to low-income women who are seeking employment or making a transition in the workforce. A referral is needed, <http://www.suityourselfclothes.org/contact>.

The di (Calgary) - New and used clothing donated by the community at large is provided, free of charge, to anyone who visits the Clothing Centre, located in the Old DI on Fourth Avenue SE. Clients who cannot access The Clothing Centre during daytime hours due to work or school commitments are served through a mobile night service on the residential floors. Any client in need of emergency clothing or footwear can access this by request to the 2nd Floor Day Office from 7:00am-9:00pm or through their residential floors nightly between 9:00pm-7:00am. The Clothing Centre also provides home packages of bedding, towels, dishes and blankets to low income Calgarians and clients moving out of the DI or other shelters. (403) 263-5707

211 Alberta - (Resource Information) 211 was launched in Edmonton in 2004 and in Calgary in 2005. United Way has been instrumental in bringing 211 to cities in Alberta, and it is now playing a leading role, along with many community partners, to initiate and implement a province-wide service so more people can benefit from the 24 hour support. The 211 service is an enhancement, not a replacement, of local Information & Referral services currently operating across the province. In addition to helping people find the information they need, 211 analyzes data from calls to identify emerging needs, gaps in services and areas of high demand Alberta Government



Business Highlight of the Month: Empire's Family of Brands

Sensory friendly shopping hours being rolled out at Edmonton grocery stores! A spokesperson for the company said these changes will include reducing 50 per cent of the lighting in stores and silencing or limiting triggering noises like PA systems and scanners. Grocery carts will not be collected during these special hours, since that activity can produce loud noises. The stores will have these sensory friendly hours on Mondays from 7 p.m. to 9 p.m. The specialized shopping experience includes dimming store lights, and turning off music, PA announcements, and cash register sounds. More than 450 grocery stores across Canada have implemented specific, sensory-friendly shopping hours in order to make the grocery shopping experience more accessible. Empire's family of brands, which includes Sobeys, Safeway, IGA, Thrifty Foods, Foodland and FreshCo stores, they are the first group of stores to offer this shopping experience.

4th Annual Sound Off

The 4th Annual Sound Off: A Deaf Theatre Festival is happening this month in conjunction with the Chinook Series. The festival runs February 12- 16th and is hosting ASL and English Accessible performances and workshops. All performances are at the ATB Arts Barns and are barrier-free (wheelchair spaces are limited so it is suggested you call ahead to book those seats- 780-409-1910). In addition to the performances, ASL Interpreters will be stationed throughout the space and access to hearing loops are provided. The shows at this year's festival include Deaf Cabaret, 100 Decibels' Deaflix and Chill, The Two Natashas: Our life in Guyana, Deafies' Detective Agency and the THEATRESPORTS: Sound Off Edition. Workshops will be held in the early part of the days including: adding subtitles to your performances, and incorporating meaningful sign language into performances. To learn more about the shows, and show times visit soundofffestival.com.

Bonus Show Alexis from popular YouTube Channel Stump Kitchen will be making a vegan meal LIVE at Chinook Series!

Together, We Hold the Power!

Full Participation - Accessibility - Equity