



New plan will guide easing of health measures

Alberta declared a State of Public Health Emergency to reduce cases and protect the health care system. Social gatherings are the top source of transmission of COVID-19. All indoor social gatherings are prohibited. Outdoor social gatherings can have up to 10 people. This will be enforced with \$1,000 fines.

Public health measures will be eased in steps based on hospitalization benchmarks. Each step sets a more predictable path for easing restrictions, while protecting the health system.

Once hospitalizations are within range of the benchmark, decisions to move to the next step will be considered. The lowest-risk activities in each sector will be considered for change first.

Moving between steps will happen at least 3 weeks apart to assess the impact on cases.

Early steps: In effect Jan. 18

- Outdoor social gatherings allowed up to 10 people.
- Personal and wellness services opened for appointments only.
- Funeral service attendance was raised to 20 people.
- In-person classes resumed for K-12 students (Jan. 11).

Step 1: Hospitalization benchmark – 600

Potential easing of some restrictions related to:

- Indoor and outdoor children's sport and performance (school-related only)
- Indoor personal fitness, one-on-one and by appointment only
- Restaurants, cafes, and pubs

Step 2: Hospitalization benchmark – 450

Potential easing of some restrictions related to:

- Community halls, hotels, banquet halls and conference centres
- Retail

Step 3: Hospitalization benchmark – 300

Potential easing of some restrictions related to:

- Places of worship
- Adult team sports
- Museums, art galleries, zoos and interpretive centres
- Indoor seated events, including movie theatres and auditoriums
- Casinos, racing centres and bingo halls
- Libraries
- Indoor social gatherings, with restrictions

Step 4: Hospitalization benchmark – 150

Potential easing of some restrictions related to:

- Indoor entertainment centres and play centres
- Tradeshows, conferences and exhibiting events
- Performance activities (e.g., singing, dancing, wind instruments)
- Outdoor sporting events (e.g., rodeo)
- Wedding ceremonies and receptions
- Funeral receptions
- Workplaces – lifting work-from-home measures
- Amusement parks
- Indoor concerts and sporting events
- Festivals, including arts and cultural festivals (indoor and outdoor)
- Day camps and overnight camps

Alberta's government is responding to the COVID-19 pandemic by protecting lives and livelihoods with precise measures to bend the curve, sustain small businesses and protect Alberta's health-care system.

<https://www.alberta.ca/covid19>





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Black History Month


Every February, people in Canada are invited to participate in Black History Month festivities and events that honour the legacy of Black Canadians and their communities.


Adinkra symbols and meanings


This year's Black History Month poster includes Adinkra visual symbols originating in West Africa, that represent concepts which can vary in meaning. These symbols can also be used to communicate a unique expression of African heritage. Below are the literal and symbolic meanings of each symbol found in the poster:





 **Literal meaning:** Measuring stick
Symbolic meaning: Excellence, superior quality


 **Literal meaning:** 5 tufts of hair
Symbolic meaning: Skilfulness, priestly office, loyalty, adroitness


 **Literal meaning:** When you climb a good tree
Symbolic meaning: Support, cooperation, encouragement

 **Literal meaning:** Zigzag, twisting
Symbolic meaning: Initiative, toughness, adaptability, resoluteness

 **Literal meaning:** Seed of the wawa tree
Symbolic meaning: Skilfulness

 **Literal meaning:** Linked hearts
Symbolic meaning: Understanding, agreement, unity

 **Literal meaning:** The builder
Symbolic meaning: Creativity

 **Literal meaning:** Wisdom knot
Symbolic meaning: Wisdom, ingenuity, intelligence, patience

The 2021 theme for Black History Month is: “The Future is Now”.

“The Future is Now” is a chance to celebrate and acknowledge the transformative work that Black Canadians and their communities are doing now.



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Looking for Participants!

Be part of the world's largest study about support for young onset or rare dementia. Share your lived experience by participating in interviews, taking part in creative activities, and completing questionnaires.



Research Criteria:

- Living with young onset or a rare form of dementia
- Supporting or caring for an individual living with young onset or a rare form of dementia
- 18 years or older
- Residing anywhere in Canada

Interested or want to learn more?

Dr. Adetola Grillo
adetolag@nipissingu.ca
 705.474.3450. Ext. 4858

Dr. Mary Pat Sullivan
maryps@nipissingu.ca
 705.474.3450. Ext. 4496

Rare Dementia Support
 Advice. Community. Learning.



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Research Trial looking for AB Youth Participants

VAD is sharing details about a research study focused on Brain-Based Disabilities (BBD). It is being conducted by McMaster University in Ontario and McGill University in Quebec but they are looking to recruit young Albertans for this trial. They are studying the impact of the new app MyREADYTransition BBD and if it helps youth prepare to transition to adult health care services. Please share this website (<https://www.child-bright.ca/readyor-not>) with youth aged 15-17 years old who have Autism Spectrum Disorder, Cerebral Palsy, Epilepsy, Fetal Alcohol Spectrum Disorder or Spina Bifida and who are thinking about being more independent with their healthcare.

Autism CanTech!

Autism CanTech! provides Autistic youth with robust



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supports to succeed in their careers and empowers participants to be supported and independent in the workforce, with an autistic-centred approach.

Successful applicants will be enrolled in a six-month training program that will prepare them to perform data processing roles for a variety of businesses in the digital economy including those in education, finance, government, software, and healthcare. Autism CanTech! gives Autistic youth a chance to learn entry-level employability and technical skills for the digital economy.

This unique program offers participants an education tailored to their individual needs by working directly with participants in small class environments to develop practical and job-transferable skills. One-to-one career coaching services, assistive technology, and a no-test/no-exam curriculum are part of the barrier-free approach to learning.

Graduates of Autism CanTech! complete the program having learned:

- employability skills like the use communication and productivity platforms, process management, digital literacy, and teamwork
- job-specific skills such as data processing
- how to use innovative new assistive technology

Participants will be given a two-month paid work placement following skills development training. Employers will be prepared with inclusivity practices and culture tools to support participants in their role to confidently engage with each other and their clients, and strengthen organizations in every aspect of work and results. Participants will have the opportunity to connect with other youth living with Autism, and can continue to maintain AISH or other government supports while in the program.

Apply here: <https://www.norquest.ca/programs-courses/autism-cantech.aspx>



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Autism CanTech



Program start date: April 5, 2021
 Program end date: September 1, 2021

- Tuition and fees: \$0
 Delivery: Online, NorQuest Edmonton campus
 Pre-requisites and requirements:
- Identifies as a person living with Autism (can be self-diagnosed)
 - Between the ages of 18-30
 - Is not currently employed
 - Not currently in school or training
 - Proficient use of a PC and software programs (Microsoft Office, Google Workspace, etc.)
 - 'Work ready'; ability to keep to routine; has some flexibility and is ready to learn new skills
 - Has a passion for the tech sector, computers, gaming, hardware, and software

For additional information, contact us at autismcantech@norquest.ca

CHOOSE TO

#WorkForNonProfit

WHY WORK FOR A NONPROFIT ORGANIZATION

- Meaningful Work-Do something you Care about
- The People-everyone around You also cares
- Growth Potential
- Wear lots Of 'different' hats
- More responsibility
- Work/Life Balance
- Benefits

If you are exploring the next steps after post-secondary why not look into the non-profit sector? Scan the QR code to learn more!

PROSPECT NOW

Did you know that Prospects Now offers employment services for people with disabilities in Edmonton? All of their services are available remotely. Get started today by giving them a call us at 780-705-9677 or visit <http://buff.ly/3nllOWh> for more info.



Announcing a new service for Edmonton job seekers with disabilities.

Prospect provides employment search services to Edmontonians with all types of disabilities. In addition to information resources and assistive technologies, we also offers a variety of employment services including:

- Employability assessments
- Career counselling
- Direct job placement
- Education and skill training placement
- DRES funding
- Access to ASL for job search and job interviews

Clients of Prospect's PWD Edmonton services have access to a series of employment preparation workshops on topics such as:

- Job Club
- Labour Market Knowledge
- Work Search Strategies
- Disclosure
- Empowerment Series
- Advocacy in the Workplace
- Self Assessment
- Career Planning

What Does Prospect Do?

Prospect is an employment organization that focuses on people.

Recognized as one of Alberta's most innovative not-for-profits, Prospect has decades of experience in creating employment services for unemployed and underemployed Albertans through skill development, guided supports, and career, employment and information services.

A job is a key part of a person's physical and mental well-being. Prospect believes everyone who is ready, willing, and able to work and wants a fulfilling job should have one.

Interested?

For more information on these services, contact Prospect by email at YEG-PWD@prospectnow.ca or phone at 780.705.9677

www.prospectnow.ca/pwd



#WorkForNonProfit Jobs

listed on VAD Website:

<https://vadsociety.ca/work-for-non-profits>



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