



The VOICE of Albertans with Disabilities

February 1, 2023

VAD MEMBERSHIP DRIVE

It is that time of the year again, where Voice of Albertans with Disabilities starts sending reminders to renew your membership online. This year, VAD is pleased to use our new inclusive website for the membership drive. Members can update their information online and payments can now be done through credit card or pay pal on the website. If you need your current membership web credentials emailed to you, please contact vad@vadsociety.ca and request they be resent.

Scan the QR code below to go directly to the website. Membership is annually from April 1 to March 31.



2023-2024 YEAR

JOIN OUR MEMBERSHIP

FULL PARTICIPATION, ACCESSIBILITY, EQUITY

MEMBERSHIP FEES HELP OFFSET THE COSTS OF OUR ADVOCACY SERVICES, ACCESSIBILITY ASSESSMENTS, AND A MOVEMENT TO FULL INCLUSION FOR INDIVIDUALS IN THE PROVINCE OF ALBERTA.

Register at <https://vadsociety.ca/login-signup/>

SIGNS OF A STROKE

- F**ace is it drooping?
- A**rms can you raise both?
- S**peech is it slurred or jumbled?
- T**ime to call 9-1-1 right away.

Act **FAST**. Lifesaving treatment begins the second you call 9-1-1.

© Heart and Stroke Foundation of Canada, 2021.

SIGNS OF A HEART ATTACK

 Chest discomfort Pressure, squeezing, fullness or pain, burning or heaviness	 Sweating	 Upper body discomfort Neck, jaw, shoulder, arms, back
 Nausea	 Shortness of breath	 Light-headedness

A new study funded by Heart & Stroke reveals that annual stroke occurrence rates in Canada have increased to 108,707 – or roughly one every five minutes. This highlights the need for strong stroke care, treatment and recovery systems across the country as well as better prevention.

February is Heart & Stroke Awareness Month

https://www.heartandstroke.ca/?gclid=CjwKCAiAawc-dB-hA7EiwAxPRyIMlePeMbd9etvBYecC0a36c_JvuARImT-FejmlLp9gGLrNRZLaUgqhoC-1AQAvD_BwE&gclid=aw.ds

The analysis, based on hospital administrative data, estimated the number of stroke events resulting in hospital or emergency/urgent care department presentation across Canada in 2017–2018.

“Our study has allowed us to paint the most comprehensive picture of stroke hospital and emergency room visits in Canada,” says Dr. Jessalyn Holodinsky a post-doctoral fellow at the University of Calgary and lead author on the study. “We looked at hospital data from every prov-



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ince and we also did modelling to confirm the numbers and account for areas where data is missing.”

Age is a risk factor for stroke, and as a large proportion of the population ages the number of strokes has increased and will continue to increase. Stroke can happen at any age and more younger people are also having strokes.

“This new data will help inform health systems planning,” says Dr. Michael Hill, Senior Medical Director, Cardiovascular and Stroke SCN at Alberta Health Services and senior author of the study. “As stroke events continue to increase, emergency medical services and hospitals need to be ready to respond to ensure patients receive the right care in a timely way leading to the best outcomes.”

The acute stroke management module of the Heart & Stroke Canadian Stroke Best Practice Recommendations (CSBPR), published today, contain important updates regarding stroke treatments, therapies and other aspects of care.

As more Canadians are surviving stroke the number of Canadians who are living with stroke has increased to 878,000. Stroke is a leading cause of adult disability; half of all people in Canada living with stroke need some help with daily activities such as eating, bathing, dressing, going to the washroom and getting around.

“Hospitals across the country provide excellent acute stroke care,” says Dr. Patrice Lindsay, Director, Health Systems, Heart & Stroke, and one of the authors of the study. “We need to improve access to rehabilitation and other services for people living with stroke and their caregivers, so they have the support they need for the best recovery possible. And we need a greater focus on prevention”

Heart & Stroke works with partners across the country to accelerate stroke advancements by funding research, raising awareness, driving change throughout stroke systems of care across the country, and advocating for improvements to health policy.

About Heart & Stroke

Life. We don't want you to miss it. That's why Heart & Stroke has been leading the fight to beat stroke and heart disease for 70 years. We must generate the next medical breakthroughs, so Canadians don't miss out on precious moments.

Together, we are working to prevent disease, save lives and promote recovery through research, health promotion and public policy. HeartandStroke.ca @HeartandStroke

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Low Vision Awareness Month

Vision impairment — including low vision — affects millions of Americans, among them are many older adults. Vision impairment can make it hard to do things like reading, shopping, or cooking. And standard treatments — like eyeglasses, contact lenses, medicines, and surgery — can't fix it completely.

<https://www.nei.nih.gov/learn-about-eye-health/out-reach-campaigns-and-resources/vision-rehabilitation-resources/low-vision-awareness-month>

The good news is that vision rehabilitation services can help people with vision impairment learn how to stay independent and make the most of their sight. Low Vision Awareness Month is a great time to spread the word about vision rehabilitation — and make sure that people with vision impairment know about the services available to them.

See what it's like to live with low vision

It can be hard to describe different types of vision impairment. NEI's [See What I See virtual reality \(VR\)](#) app can help you see what life is like with common causes of vision impairment — like age-related macular degen-

Low vision is different from presbyopia, which is the decreased ability to focus on near objects once you are 40+.

Signs of low vision include:

Areas of blurred or distorted vision or spots and blotches in your vision	Shadowed or darkened field of view or noticeable loss of peripheral vision	A gradual loss of central vision	Cloudy and blurred vision or exaggerated "halos" around bright lights	Blind spots in your field of view

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eration, diabetic retinopathy, and glaucoma. Share the app with your networks to raise awareness about vision impairment.

<https://www.nei.nih.gov/learn-about-eye-health/outreach-campaigns-and-resources/see-what-i-see-virtual-reality-eye-disease-experience>

What is low vision?

Low vision is a vision problem that makes it hard to do everyday activities. It can't be fixed with glasses, contact lenses, or other standard treatments like medicine or surgery.

You may have low vision if you can't see well enough to do things like:

- Read
- Drive
- Recognize people's faces
- Tell colors apart
- See your television or computer screen clearly

What are the types of low vision?

The type of low vision that you have depends on the disease or condition that caused your low vision. The most common types of low vision are:

- Central vision loss (not being able to see things in the center of your vision)
- Peripheral vision loss (not being able to see things out of the corners of your eyes)
- Night blindness (not being able to see in low light)
- Blurry or hazy vision

What causes low vision?

Many different eye conditions can cause low vision, but the most common causes are:

- Age-related macular degeneration (AMD)
- Cataracts
- Diabetic retinopathy (a condition that can cause vision loss in people with diabetes)
- Glaucoma

Low vision is more common in older adults because many

of the diseases that can cause it are more common in older adults. Aging doesn't cause low vision on its own. Eye and brain injuries and certain genetic disorders can also cause low vision.

Vision Loss Rehabilitation Centres:

Calgary

10 11a St. NE, T2E 4Z3
Telephone: 1-844-887-8572
Fax: 403-265-5029

Edmonton

#600, 11150 Jasper Avenue, T5K 0C7
Office Phone: 1-844-887-8572
Office Fax: (780) 482-0017

<https://visionlossrehab.ca/en/locations#Alberta>

CNIB

11150 Jasper Avenue
Suite 600
Edmonton AB T5K 0C7
Telephone number: (780) 488-4871
<https://www.cnib.ca/en/contact/edmonton?region=ab>

Symptoms of Rheumatoid Arthritis

Rheumatoid Arthritis (RA) is a chronic inflammatory disease that primarily affects the joints. The condition can affect people of all ages, but older adults are more likely to be diagnosed because the risk of developing RA increases with age; a special form of RA, juvenile rheumatoid arthritis, affects children under 16 years. Men develop rheumatoid arthritis less often than women but tend to have more severe symptoms. The most often affected joints are those of the knuckles, wrists, and feet. As the disease progresses, however, larger joints such as the elbows, knees, and ankles can stiffen as well. Rheumatoid arthritis is caused by the immune system attacking the lining of the joints, the synovium. Over time, the synovium reacts by becoming

Rheumatoid Arthritis Awareness Day, initiated by the Rheumatoid Patient Foundation, is held every year on February 2, to raise awareness for patients with rheumatoid arthritis.

An international day to raise awareness.

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ing thicker, damaging the tendons and bones. In addition to joint symptoms, in some people, RA advances to affect tissues and organs, like the skin, heart, lungs, and kidneys, as well.

1. Joint Swelling

Joint pain is usually the first sign of rheumatoid arthritis. The joints attacked by the immune system may be visibly swollen and red. Both of these signs support the presence of inflammation but aren't necessarily indicative of the amount of joint inflammation (synovitis). Also, the swelling of joints is not unique to RA; other conditions, including osteoarthritis, can also cause this symptom.

2. Painful or Tender Joints

Pain often accompanies joint swelling in individuals with rheumatoid arthritis. This symptom can prompt people to limit their mobility to avoid pain, but this can have long-term consequences, potentially leading to a permanent loss of range of motion over time.

3. Joint Stiffness

One hallmark of rheumatoid arthritis is joint stiffness that is worse in the morning, before activity, or after resting for extended periods. This clarification helps to differentiate RA from osteoarthritis. Pain and stiffness from the latter tends to worsen after exercise. In people with rheumatoid arthritis, not only does the individual struggle with joint stiffness after periods of rest, but it also takes an hour or more for the stiffness in the joints to go away after activity.

4. Fatigue

Rheumatoid arthritis is a systemic inflammatory disease that causes a variety of symptoms that affect many bodily systems. Fatigue is one of these, reported by over 90% of individuals with this condition. Because rheumatoid arthritis causes the body to attack itself, this leads to excessive use of energy stores. Practicing strict sleep hygiene, eating a healthy diet, and maintaining physical fitness can help ease this symptom.

5. Fever

A low-grade fever is another symptom of RA. Fever and fatigue can also be side effects of methotrexate therapy, a drug commonly prescribed to people with rheumatoid

arthritis.

6. Weight Loss

Another primary symptom of rheumatoid arthritis is weight loss, which can be multifactorial in its cause. Many people with RA receive medical treatment that adversely impacts their appetite and interest in food, so a loss of appetite is an obvious contributor to this symptom. Increased energy expenditure can also lead to weight loss and a reduction in body mass. Another potential cause of weight loss is impaired absorption of nutrients from food. RA can also cause weight gain in many individuals. Researchers found that both weight loss and gain worsen rheumatoid arthritis.

7. Skin Nodules

Doctors will often inspect patients with rheumatoid arthritis for unusual bumps called rheumatoid nodules. These nodules may develop around the fingers, wrists, elbows, toes, ankles, or knees, sites where the inflammation has spread to the skin. Though not present in every case, if nodules are found, the doctor may do a biopsy to confirm his or her RA diagnosis.

8. Malaise

A general feeling of being unwell — also called malaise — can accompany other symptoms of rheumatoid arthritis, and is often linked to the tiredness and malnourishment caused by fatigue and weight loss.

9. Flares

Rheumatoid arthritis often starts slowly, with greater joint involvement and, in some people, systemic involvement, appearing over time. One of the signs of rheumatoid arthritis is periods of hyper disease activity: episodes of increasing inflammatory pain and joint stiffness alternating with periods of fewer symptoms. These periods of extreme inflammation are called flares

10. Dry, Red Eyes

The vision-related symptoms of RA can range from mild and relatively asymptomatic to severe with vision loss. Most commonly, people experience dryness, the feeling of a foreign body in the eyes, or increased sensitivity to light. The immune system may attack the whites of the eyes (called sclera), making



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them appear red, and the inflammation can spread to the cornea or damage other parts of the eyes. This symptom can lead to glaucoma in some cases.

<https://facy.com/conditions/rheumatoid-arthritis/10-symptoms-of-rheumatoid-arthritis/>

Arthritis Society Canada - Alberta Region link: <https://arthritis.ca/about-us/partners/community/alberta-en>

Together we can...

- Harness the power of bulk buying to make an abundant basket of food both affordable and accessible.
- Make healthy, fresh food available in neighbourhoods through the Greater Edmonton area.
- Bring together passionate volunteers and communities dedicated to food security for all!

How does it work? Simple!

- A year's **MEMBERSHIP** is **\$5**. (Lasts from March to March the following year)
- A **PRODUCE BASKET/ORDER** is **\$15** (3 types of fruits, 3 types of vegetables)
- A **MEAT BASKET/ORDER** is **\$20** (2-3 fresh-frozen meats, with a no-pork option).
- Each month before or on **'ORDER DUE DAY'**, members **ORDER** and **PREPAY** for their food baskets at their local depot with cash.
- Visit www.wecanfood.com to pay for a membership and order online.
- On **'PICKUP DAY'**, two weeks later, members return to their depot to pickup their food!

Benefits for pre-paying for your order:

- Leverages the purchasing power of bulk produce and meats
- Gives you a head-start on your meal planning.
- Ensures your access to quality food later in the month.
- Helps you plan your grocery list knowing there will be meats and produce in your refrigerator.

2023 Food Basket Schedule

Month	Order Due Date	Pickup Thurs.	Pickup Fri.
January	6	19	20
February	3	16	17
March	10	23	24
April*	6	20	21
May	5	18	19
June	9	22	23
July	7	20	21
August	4	17	18
September	8	21	22
October	6	19	20
November	3	16	17
December	8	21	22

* Monthly payment and pickup day changes.

Support for our program comes from:



We are located at:

The Jerry Forbes Centre
 12122 68 St NW, Edmonton, AB T5B 1R1
 Phone: 780-413-4525
 Email: info@wecanfood.com
 Website: www.wecanfood.com
 Office Hours: Tues. - Fri. from 9am to 2pm

Tax receipts are issued for all donations.
 Charitable Number - 89138 1384 RP0001



WECAN Food Basket Society

Members place and pay for orders online or at one of our community locations before the order deadline at the beginning of each month (see wecanfood.com/calendar/ for dates). Then, on the third week of the month members visit the pop-up depot they selected to pickup their order (see wecanfood.com/locations/ for depots and pickup times).

Payment

We only accept cash payments in-person at depots. We accept credit, debit and paypal for orders made online, or with a pre-arranged visit to our main office (Jerry

Forbes Centre). Please call (780.413.4525) to arrange payment at the main office.

Food Basket

A membership is \$5 annually. As a member you may select between produce, meat and non-pork meat orders. A food basket can contain as few or as many meat and produce orders as your household needs. A meat order is \$20 and a produce order is \$15.



In-Person Ordering

When placing an order in-person, please insure that you provide your: 1) Name 2) Phone/Email 3) Depot Name 4) Order Details 5) Cash. If you don't eat

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North Edmonton Depots

Abbotsfield

Abbotsfield Mall: #248 3210 118 Ave.
 pay: Mon-Fri, 9am-4pm
 pickup: Thurs, 1-2pm

Alberta Ave.

Alberta Ave. Community League:
 9210 118 Ave. NW
 pay (for next month) & pickup: Thurs, 5pm-7pm

Beverly

Beverly Daycare and Family Resources Centre:
 11005 34 St.
 pay: Mon-Fri, 6:30am-5:45pm
 pickup: Thurs, 10am-1pm

Dickensfield

Amity House: 9213 146 Ave.
 pay: Mon-Fri, 9am-4pm
 pickup: Thurs, 12-4pm

Sprucewood

Bethel Gospel Chapel, 11461 95 St.
 pay: on member due date, 1pm-2:30pm
 pickup: Fri, 1-2:30pm

Central Edmonton Depots

McCauley

McCauley Apartments: 9541 108a Ave. South parking lot.
 pay: Tues-Fri, 10am-4pm *call 780-964-3444 before dropping off payments
 pickup: Thurs, 10am-2pm

Inglewood

Inglewood Christian Reform Church: 12230 113 Ave.
 pay (for next month) & pickup: Thurs, 11:30am-1pm

West Edmonton Depots

Mayfield

Jasper Plaza Childcare Centre: 10034 167 St.
 pay: on member due date, 9am-5pm
 pickup: Fri, 10am-5pm

Jasper Place

Jasper Place Child and Family Resource Centre:
 16811 88 Ave. (Cabrini Centre)
 pay: Mon-Fri, 9am-4pm
 pickup: Thurs, 11am- 5:30pm

South Edmonton Depots

Bader

Sir Douglas Bader Towers, Community Room: 11110 86 Ave.
 pay: member due date & 3rd Fri of the month, 1-1:45pm
 pickup: Thurs, 10am-1pm

Strathcona

Edmonton Moravian Church: 9540 83 Ave.
 pay: Tues - Thurs, 12pm-4pm
 pickup: Thurs, 12-4pm

Terwillegar/Riverbend

Riverbend United Church: 14907 45 Ave.
 pay: 1st Fri of month, 10am-12pm
 pickup: Fri, 10am-12pm

University (this depot is only available to U of A community members)

Campus Food Bank, Student Union Building
 8900 114. St. NW
 pay: Mon-Fri, 12-6pm
 pickup: Thurs, 12-6pm

How it works:

Members order their food basket/baskets by the 1st Friday of each month

(our order deadline - see calendar on back).

Members pick up their baskets on either the 3rd Thursday or Friday of each month depending on your depot.

Check your depot's pickup date and time on our website...

www.wecanfood.com

Orders not picked up are not refunded

OUR MISSION

The WECAN Food Basket Society provides families and individuals food security by giving them the opportunity to purchase nutritious food at an affordable price.

Greater Edmonton Area Depots

Fort Saskatchewan

Families First Society: 9901 99 St. Fort Saskatchewan
 pay: Mon-Fri, 9am-4pm
 pickup: Thurs, 9am-4pm

Gibbons

Bon Accord/Gibbons Food Bank: 5016 50 St.
 pay: Mon-Fri, 10am-2pm
 pickup: Thurs, 5:30-7pm

Leduc

Leduc & District Food Bank: 201 - 6051 47 St. Leduc
 pay: Mon-Fri, 9am-1pm
 pickup: Thurs, 2:30-4pm

Sherwood Park

Strathcona County Family Resource Network:
 3 Spruce Ave.
 pay: call 780-464-4044 to arrange drop off
 pickup: Thurs, 2-4pm

Stony Plain

Family Connection Centre: 5600 50 St. Stony Plain
 pay: Mon-Fri, 9am-3pm *closed for lunch
 pickup: Thurs, 10am-3pm *closed for lunch

Tofield-Ryley

Family Connection Centre: 5600 50 St. Stony Plain
 5407 50 St. into secure mailbox
 pickup: Thurs, 2-6pm,
 Bardo Lutheran Church 4737 57 Ave.

Westlock

Westlock Gospel Chapel: 10227 97 St. Westlock
 pay: 1st Fri of month, 11:00am - 12:30pm
 pickup: Fri, 11am-12:30pm

pork, please include that with other order details. Some locations receive payment via a secure mailbox. Please enclose complete personal information, order details and cash in an envelope.

What if I can't pickup my order?

If you know you will be unavailable at the time of pickup, please arrange with someone you know to collect your order. Please call (780.413.4525) or send an email (info@wecanfood.com) with the name of the person, or provide the person with the receipt as proof of purchase when they pickup at the depot.

What if I miss my order pickup?

Depots only operate on their pickup day. There is no food on-site for members outside of regular operations. Think of a depot as a pop-up stall at a farmer's market. It is very important to learn when your depot operates (see wecanfood.com/locations/ and wecanfood.com/calendar/). We have 20+ depots in central Alberta and hope you can find one that is convenient for you or someone who can pickup on your behalf. Orders not collected cannot be refunded.



<https://wecanfood.com/>

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