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Stage Door Goes on Vacation

A Hilarious Journey Through the Joys and Woes of Travel

Contributed by Sofiya Lim, Communications Specialist

Traveling can be a rollercoaster of emotions, from the excitement of exploring new destinations to the frustration of lost luggage and the occasional travel horror story. "Stage Door Goes on Vacation" is a play that masterfully captures the essence of travel, serving up a delightful brew of humour and relatable mishaps. This production, which consists of a series of skits and videos, takes its audience on a hilarious journey through the trials and tribulations of the modern traveler.

The play kicks off with the "Fly Fear" skit, a satirical take on the airline industry's ability to turn even the simplest flight into a nerve-wracking experience. With questionable safety practices and comically indifferent staff, this skit sets the tone for the hilarity that follows.

One of the standout segments is the "Interviews" video, where the cast candidly reveal their most and least favourite parts of traveling. From eating good food to the eye-watering costs of travel and the dreaded turbulence, the answers had the audience laughing. It's a reminder that no matter how seasoned a traveler you are, there's always room for a good laugh at the absurdity of it all.

"Lost in the City" skit is a take on the challenges of navigating foreign cities with the help of phone translators. The comedic misadventures of the characters as they desperately attempt to ask for

directions will resonate with anyone who's found themselves in a similar situation.

"Adam's Travels" provides a refreshing break from the skits with a vlog-style exploration of famous landmarks like the "Waffle Tower" in Paris and the "Leaning Tower of Pizza." The exaggerated mispronunciations and misunderstandings keep the audience chuckling throughout.

In the "Suitcase" skit the chaos of travel is hilariously portrayed as a cast member navigates the airport with luggage, while dealing with gate changes, flight delays and finding out that the carryon is a little too big... It's an experience we've all most likely experienced at least once and one that hits close to home.

The "Siri" video humorously depicts the frustration of trying to get Siri to provide simple directions. We've all been there, yelling at our devices as they misunderstand our requests or lead us astray.

The "Shy Guy Cruise" skit offers a cast member's comical exploration of the activities on a cruise ship. From great entertainment to less-than-stellar experiences, it's a humorous take on the mixed bag that is cruise entertainment.

With the "Tour Bus" video, the audience learns the hard way that you get what you pay for when opting for a budget bus tour. It's an amusing reminder to read the fine print before booking.

"Grins, Giggles, and Groans" skit sees two comedians facing off in a battle of laughs, delivering witty banter and comic timing.

"Boogeyman" video turns the concept of a boogeyman on its head, providing an unexpected twist.

The play concludes with the heartwarming "Lollipop" skit, providing a sweet and satisfying wrap-up to the production, leaving the audience with smiles on their faces.

Overall, "Stage Door Goes on Vacation" is a hysterical comedy that resonates with anyone who has ever embarked on a journey. The cast's brilliant performances and humorous sketches make it an enjoyable evening out. If you're in need of a good laugh and can relate to the joys and woes of travel, make sure not to miss this hilarious play. Embark on this uproarious journey through the world of travel, before it ends on September 14th.

Continued on Page 2



Do you have a story for our quarterly newsletter or website?

Email: communications@posAbilities.ca or call 778-945-3344.



posAbilities.ca



Continued from Page 1

STAGE DOOR GOES ON vacation

When: September 12, 13, 14

Time: Doors open at 6:30pm, show starts at 7:00pm

Where: Stage Door Theatre – Heritage Hall (basement)
located at 3102 Main Street, Vancouver

Cost: Tickets available at the door for \$15

For more information, please call 604-872-1252.



Through generous corporate and community support, we are developing our dream of an inclusive arts community. We're thrilled to be partnering with Project EveryBODY (a community collaboration led by Open Door Group), the British Columbia General Employees' Union (BCGEU), BCAA and Family Fun Vancouver. They will be joining us as sponsors of INCLUSION 2023! We are thankful for the opportunity to put on a show of this magnitude every year and deeply appreciate the continued support from our community partners.



INCLUSION ART SHOW & SALE

Party Eyes
Marty Wong, Alternative Creations Studio



Xistence
Rob Bell, PotteryWorks

BC's Largest Disability Art Show Returns

In-Person Show

October 12, 10:30am-7:30pm

Heritage Hall - 3102 Main Street, Vancouver

Admission by donation, fully accessible venue,
ASL interpretation provided

Online Show

December 1-10

Visit: www.inclusionartshow.com

Join us at this year's INCLUSION Art Show & Sale and experience the power of art to inspire, uplift, and foster connections. The show will feature the artwork of 200 talented artists with diverse abilities, including disabled individuals and those identifying as having a disability. We are excited to bring you an array of original pieces, ranging from paintings, pottery, photography, art cards, glasswork, jewelry, and so much more! October is Community Inclusion month in BC, and what better way to celebrate than by joining us at BC's largest disability art show. This event is a testament to our commitment to fostering an inclusive arts community where every artist has the opportunity to shine. More details can be found here:

www.inclusionartshow.com



Hi Five!

Contributed by Rosemont House

Rosemont's Hi Five Hands printing event was a great success! On July 16th, Rosemont folks and their families gathered together, connected and created a colourful handprint of a tree.

Each participant was given a choice of colors to use based on the colour symbolism chart reflecting your current mood and state of mind. It was interesting to see how everyone's choices changed throughout the activity as additional participants were adding their hand prints with different colours. This was an interesting example of the bandwagon effect and it was nice to see the many colour choices and how this activity cheered each other up!



Learn with Link! - Safety, Relationships and Sexuality

Contributed by Sofiya Lim, Communications Specialist

We're thrilled to share with you the latest news about our Link! video project. Our goal is to provide important sexual health education to our community, and we've been working tirelessly on creating fun and informative videos on a variety of topics. We're proud to say that we've already made videos about consent, menstrual products, and condoms, all with the aim of being accessible, informative, and sensitive to everyone's needs. We'd like to extend a massive thank you to our amazing funders, United Way and Community Services Recovery Fund, for their generous support that made this project possible. Stay tuned for exciting updates as we continue to expand our educational content!

**Community Services
Recovery Fund**



Canadian
Red Cross



COMMUNITY
FOUNDATIONS
OF CANADA



United Way
Centraide
Canada



Sea to Sky Fun

Contributed by Columbia House

It all started when we gathered together and planned fun activities to do during the Summer. Everyone had different ideas and things they enjoyed doing. Peeter, Brian, Cathy and Lili all agreed that they wanted to see a mountain on a warm summer day, go to a place where they have not been before and experience going up a gondola. So we decided to make a trip to the Sea to Sky Gondola!

The day we were about to tackle the drive to Squamish, the weather wasn't cooperating at all. It was a cloudy and rainy day, but all four were determined to head up rain or shine! So off we went, and enjoyed the hour and a half drive up the mountain. Once we reached our destination and they saw the gondola, their eyes lit up, with big smiles and excitement. For Brian, it was a ride he was looking forward to. Peeter was feeling a little more uneasy, but excited. Cathy was excited and couldn't wait to get up to sky. And Lili also enjoyed the ride up.

While up at the top of the mountain, we enjoyed Mexican food for lunch. Even though we didn't see much of the view due to the rain and clouds, we still had so much fun!



Brownie's Unforgettable Elvis Party – A Celebration of Friendship

A joyous atmosphere filled the air at Como Lake on a sunny afternoon as friends and residents gathered to celebrate a unique and heartwarming event – an Elvis-themed party. The reason behind this gathering was as heartening as the event itself. Brownie, a cherished member of the community, has found it increasingly challenging to venture far from home due to his advancing age. However, his unyielding spirit and the dedication of his long-time representative Wendy led to the creation of a brilliant solution: an Elvis-themed party right at home.

The concept of the Elvis party was a testament to the power of creativity and determination. Brownie's representatives worked tirelessly to find exciting and meaningful activities that could be enjoyed from home. After much deliberation, the idea of an Elvis-themed celebration emerged, capturing the essence of Brownie's love for music, fun, and togetherness.

Elvis, accompanied by his DJ and stagehand, who also happened to be his wife, brought an extra layer of authenticity and charisma to the event. Their dedication to making Brownie's day special was evident in every note played and every smile shared.

Amidst the festivities, standout moments sparkled. Daniel from Altesse House stole the stage, backed by housemate Mark and the ever-charming Elvis. Lori from Lakeside House stole the show with her boundless energy on the dance floor. Her infectious spirit set the tone for the day, and she even crafted a handmade card to express her appreciation to Elvis. The celebration wouldn't have been complete without Joe from Vista, who arrived in full costume, embodying the spirit of Elvis himself.

Perhaps the most iconic moment came at the close of the festivities. Val from Evergreen House, playfully waved her hands in the air and exclaimed, *"Elvis has left the building."* A fitting finale to a day of laughter and music.

The party was a huge success and a testament to the power of community and the simple joys of life. Thank you to everyone who attended the party! Brownie and the Como Lake team were thrilled to see so many friends and familiar faces.



Arts & Culture Sponsorship

Congratulations to the recipients!



Neighbourhood Exchange Boxes

We are thrilled to announce that BC Housing has generously sponsored our Arts & Culture project with a \$5,000 financial contribution! Our main focus is to foster closer connections among communities and to give them the opportunity to learn more about the work that we do.

One of the highlights of this initiative is the creation of three community share boxes that will be placed in BC Housing sites. These boxes will serve as a platform for neighbours to share and exchange various items, fostering a sense of unity and collaboration within the community.

Each box will have a unique theme, catering to the diverse interests and needs of our residents. From books and garden supplies to food, seeds, recipes, children's toys, and clothes, these boxes will be a treasure trove of community goodness.

But here's the best part - our residents will take the lead in constructing these boxes! By empowering them to showcase their individual ideas and strengths, we hope to ignite a sense of pride and ownership within our community. Neighbours will also have the opportunity to participate in the building and decoration of these boxes, ensuring that everyone has a voice in shaping this project.

This project wouldn't have been possible without the support of BC Housing, and we are immensely grateful for their sponsorship!

Our Annual Picnic

Our posAbilities crew gathered once again in Burnaby's Central Park for our annual picnic! We enjoyed face painting, button making, putting on temporary tattoos, and eating delicious burgers.

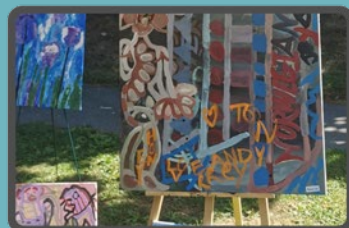
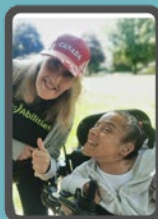
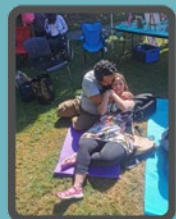
We owe a great big thank you to BurgerHolic, who showed up with their food truck and pumped out hundreds of burgers for our guests. And to the many volunteers who donated their time to serve food, set-up, clean-up and entertain our guests. We'll see you next year!



Party Time at

Richmond Social Network Community BBQ *Contributed by Irena Flego, RSN*

If you happened to walk by Richmond Albert Eirey Park on August 11th looking for a community BBQ and saw people dancing, you came to the right place! The BBQ started as an amazing dance party. Friends, neighbours, family members and passers-by joined for some casual fun in the sun.



Our DJ Bien kept the energies high with his captivating playlist blasting disco and funk. A mini art exhibition featuring RSN artists' work was a great opportunity to showcase their talent, unique visual imagery, as well as some new techniques learned through the RSN Art Class initiative. The RSN Choir and Band entertained the guests with a short set of favourites. Many attendees were happy to join for a sing-along, while others chose to just listen and enjoy cold refreshments in the shade. One senior from the neighbourhood was delighted with the choir's performance and said that he would like to join us for our regular Thursday practices. We were more than happy to exchange contact information. And there was more - delicious hot dogs and snacks, a face painting booth by Merve and Amy, a Curiko table and most importantly a genuine opportunity to connect with local community members. For more events, check out our Facebook Page @Richmond Social Network Community Inclusion. This event would not be possible without the creative energy, hard work and dedication of RSN program participants, the RSN staff team and our generous donors and volunteers. Many thanks to: Bien Bernardino of Telus - DJ/Sound System; Rebeca Sanches of Serenia Life - drinks; Peter and Jack Roman - hot dogs; Jeff Connolly - generator; Raul Lopez; Jomie Garcia; Siew Guat; Rosa Caduhada; Jaz Tayag, Justin and Luke Bernardino; Richmond Foodbank; Starbucks Coffee; and Fraserview Mennonite Church.



Celebrating Family and Culture – Jason’s Special Day at the Father’s Day Powwow

Contributed by Lakeside House

Taking Jason to the Father’s Day powwow at Britannia Community Centre was more than an event – it was a bridge to the treasured memories he held of his father. Jason’s dad had been such a huge part of his life, and the Lakeside team could tell that this small gesture would go a long way in keeping his memory alive.

While pandemic limitations had previously hindered their ability to attend in-person powwows, the team remained dedicated to making sure that Jason had the chance to take part in First Nations events. They wanted him to feel connected to his cultural roots and have experiences that would stay with him forever.

At the powwow, Jason’s joy was contagious as he embraced the traditional dances, music, and community spirit that his father cherished.



Social Media Fellowship Update

*Contributed by Hannah Nolan,
Social Media Lead*

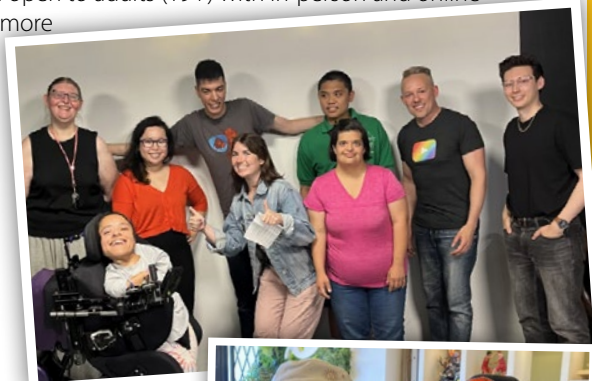
Congratulations to our first-ever graduating class of Social Media Fellows! Over the

past few months, we have debuted a new course within our program, the Social Media Fellowship. In Social Media Exploration, an introductory 4-month certificate course, eight self-advocates and two peer mentors were recruited and taught about online safety, self-exploration, content-creation, and production. Through their learning, fellows co-created an Instagram account, @social.media.fellows, where they bring awareness to digital accessibility, inclusive online communities, and their individual social media accounts. Fellows took to their newfound skills by attending and promoting various events including the Vancouver Ice Cream Festival, a Curiko-hosted Confidence Workshop, and their very own Summer Halloween party. They even interviewed and filmed clips alongside a successful YouTuber, Josh Rimer! Additionally, fellows learned ways to further explore their niche, and tailor their online presence to showcase their unique personalities, interests, and abilities. By creating a network of support for one-another, fellows were able to bond as a team, even occasionally through a screen.

Special thanks to our sponsors, CLBC and RBC, for helping us to achieve our dreams of empowering people with diverse abilities to achieve social media greatness. We can’t wait to check our social media feeds to see what these fellows will do next! Now that our first introductory course is complete, it will soon be time to open registration for the fall. Our next course, Social Media Mastery, will also follow a 4-month certificate format. This course will deliver accessible learning and practice on creating a brand, community building, software, and marketing. Expect some fun events, guest speakers, and surprises too! This course is free and open to adults (19+) with in-person and online options. Applications and more

information to be posted in October. If you are interested or have any questions, please reach out to Hannah, our Social Media Lead, for more information.

Email: Hannah.nolan@posabilities.ca
Phone: 604-368-1473



Remembering Larissa Shun

Contributed by the Roots team

It is with deep sadness that we announce the untimely passing of Larissa Shun on July 21st, 2023. Larissa was a beautiful and joyful young woman who attended the Roots day program for many years. She had many interests but she especially enjoyed music, colouring and doing art projects. Larissa made many friends over the years and she will be deeply missed by everyone who knew her.



September: A Season of Learning for Everyone

Each Fall, I like to give a shout out to some of the amazing family-led not-for-profit organizations that provide education and support to the

disability/neurodivergent communities. There is so much to learn during the course of our parenting/caregiving journey. Where do you begin?

I suggest a visit to the **Family Support Institute of BC**. Check out their [homepage](#) for workshop and support group info, fill in a contact form if you require personalized support or have a question, and begin browsing their many topical mini-websites. Their October learning explorations centre on the education system. Learn about building a child's school support team, advocacy strategies and creating effective Individualized Education Plans (IEPs). If you are looking for info this month, check out their online [Education Toolkit here](#).

Make sure to visit the [FindSupportBC's Transition Timeline](#), a wonderful tool to help you organize and prioritize tasks and related paperwork (e.g, covers ages 0-25 years).

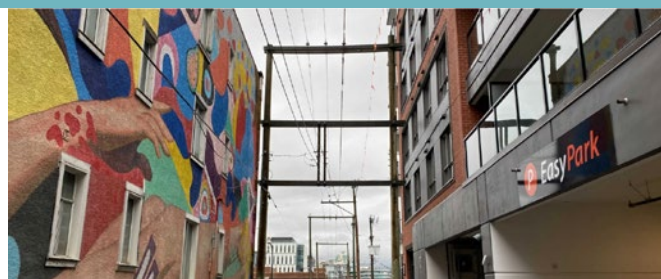
Fall is also a good time to use the [My Booklet app](#). Create a beautiful, simplified and targeted introduction of you and/or your child to school staff and service providers.

Last but not least, if you're preparing to employ support workers, learn about your responsibilities as an employer, hiring best practices and then post a position to the [SupportWorkerCentral.ca](#) job board!

Vancouver Parents of Youth In Transition Group – this year's program kicks off on [October 4, 2023 at the Kaslo Centre in East Vancouver](#), hosted by the Developmental Disabilities Association, posAbilities, Burnaby Association for Community Inclusion and Spectrum Society. Parent facilitators Liz Cochran and Yuko McCulloch coordinate monthly meet ups with special guests and lots of time for networking and getting your personal questions answered. Participants are welcome from all communities. To sign up for more information, email transitionparents@gmail.com

Transition Support Tips:

- Find out if your school district has a secondary school **Transition Information Fair**. These annual events provide opportunities to meet government and community service providers in person, and to get a feel for whom you may wish to work with. Offered throughout BC.
- Did you know that [Navigators are available through the Ministry of Children and Family Development](#) to assist youth with transition planning? Check out what's available in your community (note: there are some limitations as to where the service is offered).
- Navigators in the Fraser Region have put together an amazing [Transitions Resource Guide](#), and frequently update it. Use this guide to search for educational programs, employment supports and other services throughout BC. posAbilities posts the most recent version on its website.
- Have you heard about [Steps Forward Post Secondary Inclusive Education Society](#)? The service offers facilitated campus support to ensure youth of **ALL** abilities have a meaningful education and campus experience. Contact them directly if you know a learner who is interested in going to university.
- If you identify as Autistic or neurodivergent, and are not eligible for support from Community Living BC, check out the **Square Peg Society**. Connect with this group for life coaching, mentoring and friendship. Visit their site [here](#).



For families and adults, the majority of the enquiries I receive are about education, employment and **housing**. In our next issue of *Imagine*, I will do a comprehensive housing update on where to find affordable housing and steps that you can take to build supportive and caring communities for your relative. In the mean time, check out Ben Postmus's weekly **Housing Options** meet ups via Zoom. Ben is a Resource Parent for the **Family Support Institute of BC** who happens to live in the Kootenays. His meet ups feature housing options and models across BC, introduce you to service providers and offer the opportunity to meet other families. Email Ben to reserve your spot: bpostmus@fsibc.com



October is Registered Disability Savings Plan (RDSP) Awareness Month!

Visit the [PLAN Institute website](#) to learn about how you can start, or grow your account! The team at Plan Institute is also offering workshops on the other pillars to financial planning for a good life: the Disability Tax Credit, Estate Planning (Wills and Trusts), and Building a Support Network. They also offer a helpline and can assist with common questions about disability related financial programs and resources.

To access posAbilities' Family Resource Coordination Service, please contact me via email: info@posAbilities.ca or call my direct line: 778.945.3367.

Although one step closer, waiting continues for new Canada Disability Benefit

Contributed by Monique Nelson with files from CTV News online, Rachel Aiello, Senior Digital Parliamentary Reporter, September 5, 2023. Photo Credit: Banner photo, DisabilityWithoutPoverty.ca



Recent media reports indicate that the disability community will have until well into the year 2024 before the new Canada Disability Benefit flows into people's bank accounts. The size and scope of the benefit are two significant questions that have not yet been answered, and there are many others. The benefit is currently designed to be a supplement (not an income replacement), which will need to plug in to provincial benefit programs.

Each province has its own approach to funding disability related needs, so this is no small matter. Both levels of government need to work together to ensure that people don't have less money in their pockets as a result of delivering the new benefit. Stating that the goal is to supplement, not a replacement of a person with disability's income is a signal that proposals for a Guaranteed Income or Universal Basic Income are not on the table.

Minister of Diversity, Inclusion and Persons with Disabilities Kamal Khera recently made the following statements in an interview with CTV

News: "I know Canadians with disabilities want to see this benefit become a reality as soon as possible." She also claims that there is much work yet to be done in order to 'get it right' given that this is going to be a generational national program, and she feels strongly that the disability needs to be a part of co-creating the benefit that they want, and one that is meaningful to them.

The first part of a two-phase engagement process is underway. Federal officials are consulting Canadians with disabilities, stakeholders and other experts on the potential structure of the benefit - information that will inform the proposed regulations. Following this phase, an online survey and open submission process will be held to gather input from Canadians. In her article on the topic, Rachel Aiello, Senior Digital Parliamentary Reporter believes that the topics likely to be probed include eligibility, benefit amount and the application process.

Further, she shares that following the consultations and engagement, the "more formal" phase will begin with the government publishing proposed (draft) regulations for review. This will generate more feedback that federal officials will consider before drafting the final version of the benefit program.

It's fair to say that most disability advocates are in favour of co-creating a lasting benefit. However, not all can wait for the consultation process and mechanics of government to unfold. Jeffrey Salisbury a resident of London, Ontario decided to launch an e-petition in July through the House of Commons' online system. This process provides an opportunity for Canadians to push for action on causes and gather support across the country. The petition just closed on September 10, 2023 and had significant support from the public, however Salisbury was deeply disappointed in the official response.

Salisbury, also quoted in the CTV interview said: "It's been three years since they (federal government) made the promise of this benefit and in that time CERB (the COVID-19 Canada Emergency Response Benefit) came and went. That only took a month for them to start paying that out and we're still waiting on this. I don't know why it's taking so long, it's getting ridiculous." He called on the government to create a disability emergency relief benefit to provide immediate support to people with disabilities while awaiting the implementation of the Canada Disability Benefit.

The Hon. Minister indicated that her focus and all available resources are dedicated to installing a long-term solution. "My goal and our government's goal is to have the Canada Disability Benefit running and getting out the door as quickly as possible," Khera said.

To keep up to date on consultations and other matters related to this benefit, join the **Disability Without Poverty Movement**. You'll find them online [here](#).

Living Better Together: New Organization Offers Resources to Support Home Sharing/Life Sharing

Did you know...more than 4,200 adults with developmental disabilities are accessing housing arrangements where an adult with a developmental disability shares a home with a person, or family who is contracted to provide daily living supports? Home Sharing is delivered through more than 3,800 dedicated Home Sharing providers and about 100 coordinating agencies across BC. *posAbilities* is one of those agencies, and we currently support 125 individuals in our shared living network.

The newly formed [Home Sharing Support Society of BC](#) (HSSSBC) strives to enhance and support the sustainability and quality of home sharing and other housing options for adults with developmental disabilities throughout British Columbia.



The HSSSBC was established as an independent non-profit society in 2022 to help address these challenges, and intends to collaborate with partners in the home sharing community and disability sector to leverage opportunities. It is governed by a volunteer board of directors with diverse and deep experience in the sector, and specifically, in delivering this service. Their first open house was held on May 10, 2023 and the Society posts event information online regarding upcoming, monthly network gatherings. Topics vary, and fall within their focus areas:

- Networking, Support & Guidance
- Best Practices & Evidenced Based Research
- Training & Education
- Sustainability

The HSSSBC is dedicated to promoting cultural safety for Indigenous people across the home sharing community and building on a foundation of trust, respect and humility.

To learn more, please join their email list, or contact Executive Director, Trina Plamondon by email info@homesharingbc.ca or phone 1 (604)-243-2430 .



Rising Costs for the Essentials

From the high cost of living to the spread of misleading information, it's easy to feel disheartened. But one particularly concerning issue is food insecurity. Unfortunately, too many people in BC are struggling to access the nutritious food they need to stay healthy. And when our basic needs aren't being met, it's hard to imagine thriving in other areas of our lives. Dive into the rising cost of food, its connection to food insecurity and a list of helpful resources in our full blog here: www.posabilities.ca/rising-costs-for-the-essentials/