

FASD Frontline

OCTOBER 2015
ISSUE

September 09, 2015 was international FASD Awareness Day. FASD is celebrated on September 9th each year. This date was chosen so that on the ninth day of the ninth month of the year, the world will remember that during the nine months of pregnancy a woman should abstain from alcohol.

EFAN and FASD Programs in Edmonton and Area took it to the street on this day to share resources with the public. We had good conversation over coffee with the public. It was a good day!

As our coordinator said “it takes a community to raise awareness, and Alberta has a large one!” Thanks to all agencies and government officials who came out to support us on this day.

The City of Edmonton also had the high-level bridge lit blue/pink to commemorate this day. Let us continue talking about FASD and its causes. Let’s continue to educate and sensitize women about alcohol and pregnancy



Edmonton and Area Fetal Alcohol Network (EFAN) Frontline Newsletter contains information regarding resources, services, articles, research and any other materials that might inform and provide support to frontline workers and caregivers. If you wish to share information or to be added to our e-list subscription, please contact edmontonefan@gmail.com



Four (04) fun Halloween activities for the whole family

There's so much more to Halloween than just trick-or-treating! Make Halloween special for your family this year by creating some fun new traditions that your kids will love. Here are five Halloween activities for families to enjoy!

1. Boo your neighbors

This is a fun tradition that is sure to get your entire family in the spirit of Halloween. It's known by a few different names, but the essence is always the same -- put together a little Halloween package filled with goodies and treats and leave it on the doorstep of your favorite neighbor. Include instructions that they need to pass the Halloween love along by doing the same to another neighbor. Don't forget to include a cute "boo" sign that they hang in the front window of their home so that the entire neighborhood can tell they've been boo'ed and see how long it takes before everyone has a boo sign!

2. Visit the library for some spooky books

There are some really great, fun Halloween books and a trip to your local library to stock up on some for the holiday will surely spook-up your bedtime stories. A few that are worth hunting down include [*The Big Pumpkin*](#) by Erica Silverman, [*The Little Old Lady Who was Not Afraid of Anything*](#) by Linda Williams and Megan Lloyd, and [*The Halloween Kid*](#) by Rhode Montijo. Reading Halloween books is the perfect way to gear up to the big night!

3. Plan a delicious frightful dinner

Halloween pulls out all of the stops when it comes to creative recipes, so why not plan an entire meal full of Halloween recipes -- you can even make this a Halloween Eve tradition in your family!

4. Have a Halloween fashion show

Do your kids have a huge collection of dress-up clothes? Pull them all out of the playroom for a silly Halloween fashion show -- make one room of your house the dressing room and let them go wild creating crazy costumes and creations. Once they're dressed in their Halloween finest, have them walk the "scaredy-catwalk" to show off. For older kids, make some cards with costume ideas (a policeman, a chef, a fitness instructor, a parent, etc.), have them pick one idea from a hat and then make them pull together a costume to match that idea.

Found on: <http://www.sheknows.com/parenting/articles/844191/5-fun-halloween-activities-for-the-whole-family>



TAKING ETS WITH AN FASD

Written by Chelsea DELisle

Transportation can present a barrier for a lot of people in our city who are impacted by an FASD. Without transportation, life can be very limited. It can be difficult to find and maintain employment, access community resources and medical appointments, and attend social events in and around the community. Ensuring that you have adequate transportation can facilitate your independence and decrease overall social isolation. Depending on your cognitive and physical abilities or your financial situation, driving may not be the best option for you. Many people utilize taxi services to help them get around, but that route can be quite costly and often times does not fit into a person's monthly budget.

The City of Edmonton has various public transportation options operated by Edmonton Transit System (ETS). In fact, those who receive AISH benefits are able to utilize the AISH Subsidized Transit Pass Program which can be applied for by completing the form found in the link below and submitting it with the required accompanying information to the ETS Customer Service Office located in City Hall. This program allows individuals who are on AISH to access ETS services at a discounted rate of \$35 per month which will provide an unlimited use bus pass in the mail each month.

http://www.edmonton.ca/transportation/PDF/ETS_Subsidized_Transit_Pass_Program_Application.pdf

All transit users must pay a cash fare or be in possession of a valid transfer, ticket or bus pass as proof of payment to ride ETS, and failure to do so can result in a fine of \$250 which can be paid by community service or cell time if one is unable to pay financially. It is not uncommon within the FASD community for people to be issued bylaw tickets for not providing proof of payment when using ETS. Not paying such a ticket can result in a warrant for arrest. It is well known that some people living with an FASD can exhibit impulsive behaviours or have difficulty with understanding the consequences of their actions. To avoid the trouble that jumping on the Capital Line (LRT) without a transit ticket or bus pass would cause, it is a good rule of thumb to always include the cost of transportation into your monthly budget.

Many people impacted by an FASD in our community rely on taking public transit, but taking the bus can present it's own set of challenges and can be overwhelming for some people. For those people whose cognitive or physical challenges limit their ability to use regular transit service, there is a program called the Disabled Adult Transit Service or, DATS. DATS is a door-to-door public transportation service for trips that can not be completed on regular transit because of physical or cognitive disabilities. To learn more about applying for this service, contact the DATS Customer Care Centre at 780-496-4567 and select Option 3.

ETS also offers free customer training which provides instruction and information on how to safely and confidently use ETS. Transit 101 is a monthly class which assists customers with challenges to learn the basics on how to use ETS buses in a safe and effective manner. The classes include classroom instruction and a hands-on practice session with a bus. This training can also be arranged for caregivers, advocates, and agencies. Additionally, ETS provides free customer travel tools such as a Bus Haler Kits for persons with cognitive or memory difficulties and Communication Cards to assist those with visual, hearing, speech, or learning disabilities. For more information, contact ETSCustomerTraining@edmonton.ca or call 780-496-3000.

Using Edmonton Transit System (ETS) can assist those with an FASD in overcoming transportation barriers and foster a sustainable independence and connection to the greater community.

For more helpful information including safety and security tips, visit www.takeets.com

BUILD IT AND THEY WILL COME

We're all working together; that's the secret: Sam Walton



Living with an FASD can have a huge impact on someone's life. Even more so, if you don't know why things repeatedly go the way they go. It appears the unknown and feelings of being alone can make it even more difficult. I have read and heard when people receive a FASD diagnosis, sometimes there is relief. Now there is an understanding of actions and reactions. Better yet, now supports and resources can be set up to support your specific needs. If memory has been effected than resources can be directed in that area. However we in the "professional world" cannot know what the experience is really like for another person who is having the same experience.

History has shown that when people come together for a common cause it brings strength to individuals. Who can relate better to a person with an FASD than someone else with an FASD. Maybe you have similar challenges, experiences, and just want to know you're not alone. It is this idea that has inspired plans to bring an opportunity for people with FASD to share and encourage each other. You can share what you know, connect with people who have similar stories. If there is common challenges, then we can explore, what supports and resources that are available. This is group that will decide on topics, activities and learn about resources that are important.

There is a lot sayings about the strength of the group and what can be accomplished. Most important is the feelings, support, connection, encouragement, laughter, friendship and you don't have to go it alone. Right now this is in the planning stages and we are looking for interest.

If you would like to know more or you know someone that may want to consider this please contact:

Paul Pringle at 780-423-2285 Ext. 316
Email: ppringle@bissellcentre.org

EFAN

Mark your
Calendar

FASD 1oh1

@ Chateau Louis

9:00 am – 4:00 pm

Registration required

EFAN Meeting

October 06, 2015

@ DECSA offices

8:30 – 9:30 am

Supports / Society

Frontline Meeting

October 13, 2015

@Parkdale School Rm #106

Open to all frontline workers

McDaniel Youth Program

Gear Up!

Oct 13, Nov 10, Nov 24 Dec 18

Talk to your mentor about it!

McDaniel Youth Program

Boost

Oct 06, Nov 03, Dec 1

Talk to your mentor about it

McDaniel Youth Program

Momentum

Oct 20, Nov 17, Dec 15

Coaching Families Support Group

October 20, 2015

6:30 – 8:30 pm

Child care available for participants

Talk to your mentor about it!

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Insert

your

own

calendar

FAMILY FUN ACTIVITIES OCTOBER / NOVEMBER

❖ Dinosaurs Unearthed

Telus World Science

May – October 12

❖ Tot-Time Child Development

Millwoods Centre

October 06, 2015

❖ Junior Chef

West Edmonton Mall

October 10, 2015

❖ Kids Club

Bonnie Doon Centre

October 15, 2015

Highlight of the Month

Coaching Families Program



Some of the services this program offers include:

- Helping parents connect with community resources
- Teach about FASD
- Help develop strategies
- Assist in connection with FASD clinics
- Provide monthly support groups

If you or anyone you know is need of this kind of services, please call their intake at

780-975-4896

MAILING ADDRESS:
#2 9137 JASPER AVENUE
EDMONTON AB, T5H 3T2

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edmontonfetalalcoholnetwork.org



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