

## Spotlight on Disability



### “PSORIASIS”

#### What is psoriasis?

It is a chronic skin condition that causes the skin cells to grow too quickly, resulting in thick, white, or red patches of skin. The patches range in size from small to large and typically occur on the knees, elbows, scalp, hands, feet or lower back. Psoriasis is most common in adults, although children and teens may be affected.

Normally, skin cells mature gradually and are shed about every 28 days. New skin cells replace outer layers of the skin surface that are shed or sloughed off during normal daily activity. In psoriasis, skin cells do not mature but instead move rapidly up to the surface of the skin over 3 to 6 days and build up forming the characteristic patches. (See diagram)

#### What causes psoriasis?

The exact cause of psoriasis is not known. In many cases it appears to be inherited. However, it is not clear whether genetic factors alone determine whether you will develop psoriasis.

Other factors that can contribute to the development of psoriasis include immune system dysfunction; cold, dry climate; skin injury; stress and anxiety; infection; and reactions to certain medications.

#### What are the symptoms of psoriasis?

Symptoms vary widely and appear in different combinations. Psoriasis can be mild, with small areas of rash. When it is moderate or severe, the skin can become inflamed with raised red areas topped with loose, silvery, scaling skin. If it is severe, it can become itchy and tender, and the large skin patches may be uncomfortable and embarrassing. The patches, called “plaques”, can join together, and may cover large areas of skin, such as the entire back.

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**Psoriasis patches or “plaques”**

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# Selkirk & District Community Centre Hosts First Annual Awards Banquet

The Selkirk & District Community Learning Centre hosted its First Annual Awards Banquet on February 23, 2005. The event was an opportunity to recognize exceptional clients and employers that the programs of the Selkirk & District Community have worked with over the past few years. It was also an opportunity to promote the Learning Centre as a 'one-stop-shop' for those seeking job search assistance or looking to further their education. Along with A.I.M. for Work, those programs recognizing award winners included Job Quest, Interlake Employment Services and Lord Selkirk Learning Centre.

The event was well attended, and there were greetings from MLA Greg Dewar, Deputy Mayor of Selkirk - Darlene Swiderski and Ken Burfoot of HRSDC. There was also musical entertainment provided by Keith Irwin, Dave Naumko and Bill Smolinski.

A.I.M for Work was pleased to recognize two clients and three employers from the Selkirk & District area. Rosetta Matthews, Managing Director of A.I.M. for Work, presented the awards for A.I.M.



A.I.M. for Work client  
Shelly Robertson



A.I.M. for Work client  
Marc Caners

A beautiful award was designed for the event. Please see page 3 for a picture and description of the award titled, "#260 - The Learning Tree".



Maria Freeman and Liz Fey of the  
Association for Community Living



Chris Poponick of Archway Marketing



Shirley Champagne of the Selkirk  
Healing Centre

## Award designed for the S&DCLC First Annual Awards Banquet



#260 The Learning Tree  
Award

This award was designed and made by Angel Calnek of Angel's Garden. She titled it "#260 - The Learning Tree". Angel describes the award:

"We are all like the trees...always growing...in body, mind or spirit. Through knowledge, we can grow and realize our dreams, enhancing and improving our quality of life.

The tree in this panel symbolizes knowledge obtained through learning. The "roots" represent the Celtic triskelle (threes) which symbolizes the 3 stages of life and learning, child, adult and elder. The tree has five "fingers" like a hand reaching for our dreams, for the stars. The sun rises behind the tree signifying a new day, a new beginning, a rebirth. We gain knowledge from all the peoples of the earth, the black, white, red and yellow and these people are represented by the small coloured nuggets in the branches of the tree. The large crystal represents you and how special and unique you are in the world. This is all bordered in red as a symbol of strength with a glass bevel in each corner to indicate that knowledge comes from the 4 corners of the earth."

## Internet Sites for Job Seekers

The internet is an extremely useful tool for assistance with your job search. Many of the jobs you see in the newspapers you can also find on the internet. To the contrary, there are many jobs on the internet that you will not find in Newspapers! The internet can connect you with the world! You can search for jobs not only in your local area, but in other provinces, and countries! Here are just a few sites to assist you with finding that perfect job:



[www.jobbank.gc.ca](http://www.jobbank.gc.ca) – the job bank lets you search thousands of jobs posted by employers across Canada. You can search by job title, keyword, province or region.

[www.monster.ca](http://www.monster.ca) – Monster's search engine allows you to find a job by field or region. You also have the option of searching for jobs by company, listed in alphabetical order. You can access its American or international job banks from the same site. You can apply online for jobs here as well.

[www.workopolis.com](http://www.workopolis.com) – you may browse through the job postings by region, by date or with the help of an employer directory. As with other sites, you can post your resume for potential employers to view.

[www.jobbus.com](http://www.jobbus.com) - JobBus allows you to visit websites of hundreds of Canadian companies and professional associations that post job openings. Search by category or by using keywords.

## TECHNICAL & ASSISTIVE DEVICES

Sit-stand stools are a great device to use when your job or task requires movement from a sitting to a standing position, while requiring the support. Sit/Stand stools let you sit while standing and may alleviate stress points on your lower back. Stress is also reduced on the hips and knees. On some stools, the exclusive fixed-ring base allows feet to rest on the ring while still touching the floor.

Need to change positions? Simply guide the chair smoothly about with the convenient built-in handle. Up or down height adjustment is also simple: just touch the gas control lever. Another lever can adjust the seat angle.

Sit-stand stools fall into 5 classifications:

- perch (e.g., ISE, Office Master)
- saddle (e.g., Bambach, Hag Capisco, Salli)
- tractor (e.g., Bodybilt, Neutral Posture)
- bicycle seat
- split seat (e.g., Nottingham, Soma)

Sit/stand stools can:

- Reduce pain in the back, shoulder and neck area
- Naturally straighten the lower back
- Improve circulation in the legs
- Strengthen back muscles
- Move around effortlessly
- Improve productivity



Bicycle style



Saddle style sit-stand stools

*Bicycle- and saddle-type seats maintain the most advantageous postures for 2-handed forward-reaching work, but because of the wide straddle stance and saddle accommodation issues, have some initial acceptance problems. Saddle seats are a bit more comfortable to sit on for long periods than bicycle seats.*

### Samples of sit/stand stools:



These stools are ergonomically designed for use by:

- Dental Professionals
- Physiotherapists
- Computer Operators
- Chiropractors
- Massage Therapists
- Hair Stylists
- Aestheticians
- Laboratory and Office environments

These stools are perfect for industrial workplaces. They are well suited for workers in assembly lines, job shops and a wide range of other industrial environments. On selected models, black polyurethane seating provides excellent cleanability and durability.

For more information about sit/stand stools, or to sample come of these items, contact **Backworks** at (204)774-6322 or Toll Free at 1-800-361-7788

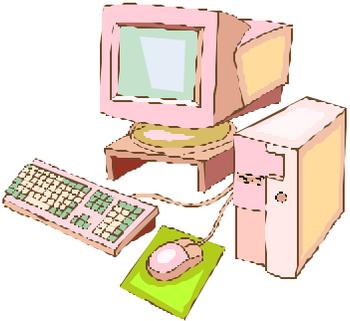
| <b>DISABILITIES</b>   |                               |
|-----------------------|-------------------------------|
| <b>Words To Find:</b> | C A N C E R I T G N I R A E H |
| ALLERGIES             | N A G S I S O R O P O E T S O |
| AMPUTE                | L M R V A R T H R I T I S L H |
| ARTHRITIS             | A P A D D M S I S O I L O C S |
| ASTHMA                | U U D F I B R O M Y A L G I A |
| CANCER                | S T G W K O P L H G L A H J R |
| CARDIOMYOPATHY        | I E F J Z F M S U N S M E L C |
| DIABETES              | V E R T I G O Y O P B H K A O |
| EPILEPSY              | T R O Y Y S B C O R U T O X I |
| FIBROMYALGIA          | S N O S N I K R A P I S R N D |
| HEARING               | W U S E I G R E L L A A T A O |
| HEMOPHELIA            | W E P I L E P S Y L P T S M S |
| LUPUS                 | U I L A I L E H P O M E H I I |
| OSTEOPOROSIS          | D I A B E T E S H G X S Z Y S |
| PARALYSIS             | S I S Y L A R A P S X L E R I |
| PARKINSONS            |                               |
| PSORIASIS             |                               |
| SARCOIDOSIS           |                               |
| SCOLIOSIS             |                               |
| STROKE                |                               |
| VERTIGO               |                               |
| VISUAL                |                               |

**Clients of  
A.I.M. for Work!**

Please remember that we have a computer here for you to use for your job search, to do cover letters or to practice your computer skills and typing. We have various typing tutors and learning materials.

If you require assistance and would like to improve your skills, call Jo-Anne at A.I.M. to schedule an appointment!

(204) 482-2130  
or Toll Free at  
1-800-494-4179



Word Search Answers on Page 9

***Client Comments  
on A.I.M. for Work***

*“THANK YOU. For all the excellent work you and everyone there does to help people get back on their feet.”*  
- D.B.

*“I received assistance and counselling which helped me achieve full time employment and get off social assistance. The staff were extremely helpful.”*  
- F.S.

*“Thank you so much for always making me feel good about myself and giving me hope and inspiration when I was going through a hard time in my life. Tannis and Jo-Anne always did their best to help me which put a smile on my face! The new job is going great!”*  
- N.F.

# Job Search Tips for the Mature Worker

Older job seekers looking for a mid-career job change or those looking for post-retirement jobs or homemakers re-entering the job market will find that it pays to be smart when they are competing with younger applicants. If you are above 40 and are finding it difficult to hunt for a job, there are some certain important changes you could be making to your resume:

- **Give importance to transferable skills** – These are skills that are not limited to any one job but can be transferred to many occupations. Give less importance to dates.
- **Follow the 15-year principle** – A resume of a mature worker should include only the last 15 years of experience. If the applicant has more years of experience under his/her belt then details of initial jobs should be omitted unless they make a vital difference in acquiring the current job.
- **Highlight new learning, particularly technical learning** – Mature workers should highlight the willingness to adopt new practices and the enthusiasm to learn new things. Unfortunately, lack of technical and computer skills is largely responsible for apprehensions in hiring older professionals. Updating your skills will make you more marketable and will alleviate those apprehensions. Not every job requires computer experience, but it shows initiative if you are willing to learn.
- **Highlight accomplishments** – An inevitable advantage that mature workers have over younger workers is more professional achievements in their longer career span. Resumes of mature job seekers should pay more importance to achievements in various jobs rather than job responsibilities.
- **Use your references** - Older job seekers should be very selective about giving references. Make sure that the references of only those bosses or colleagues is given who will highlight your learning skills, ability to adapt to all situations and problem solving skills etc.

Fortunately, perceptions about mature job seekers are slowly changing! Being prepared is the best way to compete in today's labour market! See Pg. 9 for "Common Myths About Older Workers"

Source: [www.quintcareers.com](http://www.quintcareers.com)





## The following full-time courses will be offered by Red River College Gimli Campus in 2005:

|  |  |
|--|--|
| <p><b><u>Selkirk</u></b></p> <ul style="list-style-type: none"> <li>• Bookkeeping &amp; Small Business Office Certificate – May 5</li> <li>• Health Care Aide Certificate – September 7</li> <li>• Business, Accounting &amp; Management Certificate – September 12</li> <li>• Early Childhood Education – September 19</li> <li>• Applied Counselling Certificate – September 26</li> </ul> | <p><b><u>Gimli</u></b></p> <ul style="list-style-type: none"> <li>• Office Technician Certificate – September 14</li> <li>• Para-Educator Certificate – September 21</li> <li>• Health Care Aide Certificate – October 3</li> </ul> <p><b><u>Pine Falls</u></b></p> <ul style="list-style-type: none"> <li>• Para-Educator Certificate – September 21</li> </ul> |
|--|--|

For more information, or to register for these courses, please contact RRC Gimli Campus.  
 Phone: (204) 642-5496 Fax: (204) 642-4189 Email: [gemms@rrc.mb.ca](mailto:gemms@rrc.mb.ca)

## Spotlight on Disability



## : Psoriasis Continued...

### Symptoms continued:

Other symptoms of psoriasis may include joint swelling, tenderness, and pain, called “psoriatic arthritis”. Symptoms in the fingernails and toenails include pitting, discolouration, separation of the nail from the nail bed, and the buildup of skin debris under the nails.

Symptoms may disappear (go into remission), even without treatment, and then return (flare).

### How is psoriasis diagnosed?

A doctor can usually diagnose psoriasis by the appearance and location of the patches on your skin, scalp or nails. Sometimes a skin test is used to rule out a fungal infection, but otherwise, special tests are usually not needed.

### How is psoriasis treated?

Treatment for psoriasis begins with skin care, which includes keeping your skin moist and lubricated. Basic Treatment approaches are often used in combination and include skin products, such as creams, lotions, and Shampoos; phototherapy, such as ultraviolet light treatments; and oral medications, such as cyclosporine, an Immune system suppressant. Treatment can help control symptoms, but there is no cure for psoriasis.

For more information about psoriasis, contact your family physician.

# Rotary Career Symposium

## Were you there?



On March 1 – 3, 2005 Staff and Clients of the A.I.M. for Work program attended the annual Rotary Career Symposium (RCS) that was held at the new MTS Centre in Winnipeg. The RCS provides a venue where students and adults can gain valuable information about various education and employment options available in Manitoba, Canada and even Internationally.

The symposium strives to enable you to expand your possibilities by visiting informative, interactive displays, attending valuable speaker sessions and meeting the business and education leaders who will help you make your career decisions!

Aside from Educators and Employers, there were also organizations that provide employment services and training such as Manitoba WorkInfoNet (pictured), Manitoba Advanced Education & Training, and Human Resources and Skills Development Canada to name a few.



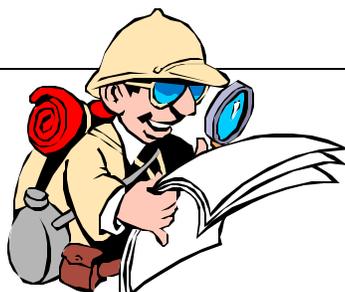
Anthony Augustine of Manitoba WorkInfoNet



Royal Canadian Mounted Police Recruiters

The symposium is held annually around the same time in March each year. A.I.M. for Work recommends that if you are a mature job seeker, to attend the symposium in the evening if possible. Many school students from across Manitoba attend during the day, which makes for crowded aisles and also makes it difficult to meet with employers and educators in a timely fashion!

When considering the world of career possibilities or when thinking about making a career change, the career symposium is a place you should consider attending. For information about this event, visit [www.career-symposium.org](http://www.career-symposium.org). Visit the site in early 2006 to find out when next year's event will take place!



## Find your future!

# Common Myths About Older Workers

**Myth:** Older workers can't or won't learn new skills

**Reality:** Those over 50 are proving their ability to learn new skills by becoming the fastest growing group of Internet users. Career-changers in their 40s and 50s are taking courses to enhance their skills.

**Myth:** Older workers take more sick days than younger workers.

**Reality:** Attendance records are actually better for older workers than for younger workers.

**Myth:** Older workers aren't flexible or adaptable.

**Reality:** Because they've seen many approaches fail in the workplace, they are more likely to question change. But they can accept new approaches as well as younger workers can as long as the rationale is explained.

**Myth:** Older workers are more expensive

**Reality:** The costs of more vacation time and pensions are often outweighed by low turnover among older workers and the fact that higher turnover among other groups translates into recruiting, hiring, and training expenses.

Source: www.quintcareers.com

## Word Search Answers

|                       | DISABILITIES                  |
|-----------------------|-------------------------------|
| <b>Words To Find:</b> | C A N C E R I T G N I R A E H |
| ALLERGIES             | N A G S I S O R O P O E T S O |
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| OSTEOPOROSIS          | D I A B E T E S H G X S Z Y S |
| PARALYSIS             | S I S Y L A R A P S X L E R I |
| PARKINSONS            |                               |
| PSORIASIS             |                               |
| SARCOIDOSIS           |                               |
| SCOLIOSIS             |                               |
| STROKE                |                               |
| VERTIGO               |                               |
| VISUAL                |                               |



**A.I.M. for Work,**  
A unique ACTION oriented  
**Employment Program**  
for Persons with Disabilities

### WHO IS ELIGIBLE?

**You Must:**

- ⇒ Have a chronic medical condition or physical disability
- ⇒ Live in the area served by the Selkirk Human Resources Centre and the Interlake Employment & Training Services
- ⇒ **THERE IS NO COST TO ELIGIBLE PARTICIPANTS**

### WHAT IS A DISABILITY?

- ⇒ Any medical condition that causes restrictions in daily living

Some examples of physical disabilities are:

- Arthritis
- Fibromyalgia
- Chronic Pain
- Back Injury
- Crohn's Disease
- Hearing/Visual
- Carpal Tunnel Syndrome
- Asthma/Allergies
- Work Related/Motor Vehicle Accident Injuries

**Call now: (204) 482-2130 or 1-800-494-4179**

**The A.I.M. for Work office is located at:**

101-511 Robinson Avenue, Selkirk, Manitoba, R1A 1E5

A.I.M. for Work is funded by:



Government of Canada

Manitoba  
Advanced  
Education  
and Training



The Manitoba Highland Gathering  
and the  
Selkirk & District Community  
Learning Centre



Present

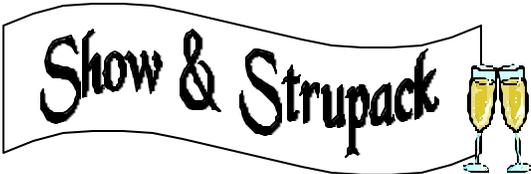


**Featuring**  
**Lyric tenor & storyteller Grant Frazer**  
**Accordion Virtuoso Stuart Anderson**  
**Celtic Folk Singer Sandra Anderson**  
 with  
 Canadian Piper Wes Sheppard  
 Local Highland Dancers



**Friday, April 15<sup>th</sup>, 2005**  
**7:00pm**  
**Gordon Howard Seniors Centre**  
**384 Eveline Street, Selkirk, MB**

**Adults: \$15.00**  
**12 and under: \$7.00**



**ADVANCE TICKETS ONLY**  
 Please call (204) 482-2111 to obtain tickets or more information