

# ADVISOR

Volume 6, Issue 1  
March 2003

101-511 Robinson Ave.  
Selkirk, MB R1A 1E5  
Located in The Selkirk & District  
Community Learning Centre

## CLIENT SERVICES

The **A.I.M. for Work** staff is excited to have provided another year of valuable services to persons with physical disabilities. As always we are working hard to help people find employment.

We would like to take this opportunity to thank our funders, Human Resources Development Canada and Manitoba Education, Training & Youth, for their ongoing support of this program! We also send out a big Thank You our sponsor, the Selkirk & District Community Learning Centre for their support throughout the year!

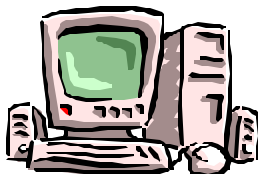
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From April 1, 2002 to February 28, 2003 **A.I.M. for Work** has helped secure 74 employment placements and 37 training placements!

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## CLIENTS OF A.I.M. FOR WORK!

Please don't forget that we have a computer available to help you with your job search! You are also welcome to come and type your cover letters or other documents as needed. The internet is available for you to research careers, medical information and training opportunities. Please call Jo-Anne at A.I.M. for Work to book a time. Call (204) 482-2130 or toll free at 1-800-494-4179.



## NEW A.I.M. FOR WORK STAFF MEMBER

On February 3<sup>rd</sup> A.I.M. for Work welcomed new staff member Charlotte Gauthier who will be with the program on a term position as an Employment Counsellor until March 31, 2003. Welcome to A.I.M. for Work Charlotte!



## WELCOME TO GENERAL MANAGER

A.I.M. for Work would like to welcome new General Manager, Ian Steggles, to the S&DCLC. Ian came to the Learning Centre late last year and has been working diligently with the new Board of Directors and the Funders to promote the Centre in the community. Welcome aboard Ian!

## FAREWELL & WELCOME TO BOARD MEMBERS

The Selkirk & District Community Learning Centre recently said goodbye to longtime Board Members Otto Gebhardt, Martin Guerts, Eugene Laye, Len Manko, Morris Sarchuk, Russ Skalesky, and Bert Skogan. We would like to extend our thanks to them for their dedication over the years and a job well done!

Remaining Board Members include Jack Jonasson, Joe Smolinski, Margaret Martini, Grace Buhr, and George Plews. We're happy to be able to continue working with you!

At this time we would now like to welcome new Board Members; Leslie Benson, Jack Lamb, Ken Kell, Elmer Keryluk, Janice Lucek, and Scott Kwasnitza. We look forward to getting to know you and helping you make the Learning Centre all that it can be!



## OSTEOARTHRITIS

### What is Osteoarthritis?

It is a very common, chronic disorder in the joints. Also called *degenerative joint disease*, it is the most common type of arthritis. It is associated with the breakdown of cartilage in joints and commonly occurs in the hips, knees and spine. Also, it often affects the finger joints, the joint at the base of the thumb, and the joint at the base of the big toe.

### What are the symptoms of Osteoarthritis?

- Joint aching and soreness, especially with movement
- Pain after overuse or after long periods of inactivity
- Bony enlargements in the middle and end joints of the fingers (which may or may not be painful)

### What causes Osteoarthritis?

There are several factors that increase the risk of developing Osteoarthritis, including heredity, obesity, injury, or overuse of certain joints.

Some people have an inherited defect in one of the genes responsible for making collagen, a major component of cartilage. This causes defective cartilage, which leads to more rapid deterioration of joints.

Obesity increases the risk of Osteoarthritis of the knee as well. Maintaining ideal weight or losing excess weight may help prevent it, or decrease the rate of progression once Osteoarthritis is established.

Injuries contribute to the development of Osteoarthritis. For example, athletes who have knee-related injuries may be at higher risk of developing Osteoarthritis in the knee. Also, people who have had a severe back injury may be predisposed to develop Osteoarthritis of the spine.

Overuse of certain joints increases the risk of developing Osteoarthritis. For example, jobs requiring repeated knee bending increase the risk of Osteoarthritis of the knee.

### How is Osteoarthritis treated?

It is usually treated by medications, exercise, application of heat or cold to the painful joint, the use of supportive devices such as crutches or canes, and weight control. Surgery may be helpful to relieve pain when other treatment options have not been effective. The type of treatment prescribed will depend on several factors including the person's age, activities and occupation, overall health, medical history and severity of the condition.

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

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### EDUCATION OPPORTUNITIES AT THE SELKIRK & DISTRICT COMMUNITY LEARNING CENTRE

The following program will be offered at the Selkirk & District Community Learning Centre:

*Health Care Aide Certificate*: this day program is offered by the Red River College Gimli Campus and will run out of the Learning Centre beginning September 15, 2003. Please call (204) 642-5946 for more information.

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### CLIENT COMMENTS ON SERVICES

*"The staff at A.I.M. for Work were so enthusiastic and helpful. I'm very pleased that I am working on a casual basis – soon to be full time! Thank you all!"* - Vicky A.

*"A.I.M. for Work is a wonderful program. I was quite happy with all the help they gave me. It was greatly appreciated."* - Jody P.

*"A.I.M. for Work provided me with comforting information at a bad time in my career. Their services and counselling have provided me with confidence, understanding and self-worth. Now I hold two part-time positions and am happier than I've ever been."* - Louise L.



## TECHNICAL AIDES

### WHAT IS TTY?

TTY stands for Teletypewriter.



A Teletypewriter is a special device that lets people who are deaf, hard of hearing, or speech-impaired use the telephone to communicate. It allows them to type messages back and forth to one another instead of talking and listening. To use a TTY, you set a telephone handset onto special acoustic cups built into the TTY (some TTY models can be plugged directly into a telephone line). Then, type the message you want to send on the TTY's keyboard. As you type, the message is sent over the phone line, just like your voice would be sent over the phone line if you talked. You can read the other person's response on the TTY's text display. If you don't have a TTY, you can still call a person who is deaf, hard of hearing or speech-impaired by using the Manitoba Relay Services (MRS). With MRS, a special operator types whatever you want to say so that the person you are calling can read your words on his or her TTY display. He or she will type back a response, which the MRS operator will read aloud for you to hear over the phone.

For more information you can contact  
Deaf Centre Manitoba  
101-285 Pembina Hwy,  
Winnipeg, MB R3L 2E1  
Phone & Fax: (204) 284-9373  
Email: [deafmb@mts.net](mailto:deafmb@mts.net)

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*“Aim for success, not perfection.  
Never give up your right to be  
wrong, because then you will lose  
the ability to learn new things and  
move forward with your life.”*

- Dr. David M. Burns

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### **Want to find out more about the Selkirk & District Community Learning Centre?**

Simply drop by at 511 Robinson Avenue in Selkirk  
or call (204) 482-2111

You can also check out the website at  
[www.selkirklearningcentre.com](http://www.selkirklearningcentre.com) to find out about all  
the programs and opportunities available!

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### **JOB SEARCH WEBSITES:**

[www.jobbank.gc.ca](http://www.jobbank.gc.ca) – Human Resources Development Canada's job search website. Search by job title, province or job number.

[www.jobs.gc.ca](http://www.jobs.gc.ca) – The Public Service Commission's job opportunities open to the public.

[www.jobbus.com](http://www.jobbus.com) – a service of canadajobs.com, it drops you off right at the career pages of companies and organizations.

<http://mb.workink.com> – WORKink's Manitoba site, helping to enhance equitable and meaningful employment for people with disabilities.

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As always, our staff is dedicated to excellent service.

Your comments are most welcome.

Please contact us at:

**(204) 482-2130 or Toll Free at 1-800-494-4179**  
**Fax at (204) 482-9855**

**Email: [aimforwork@mts.net](mailto:aimforwork@mts.net)**

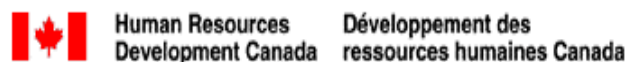
Our mailing address is:

**A.I.M. for Work**  
**101-511 Robinson Ave., Selkirk, MB R1A 1E5**

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



AND



**Sponsored by**  
**The Selkirk & District Community Learning Centre**



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