



Richmond Centre for Disability

Celebrating

30
years

1985 - 2015

Invisible Illness Awareness Forum



IT TAKES A SENSE
OF HUMOUR

*A twinless twin's journey of loss, love
and triumph over hidden handicaps*

OBSTACLES

Saturday, May 9, 2015, 1 p.m - 4 p.m.

Richmond City Hall - Council Chamber

6911 No. 3 Road, Richmond

Hosted by the Richmond Centre for Disability

☎ 604-232-2404



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www.rcdrichmond.org

INVISIBLE ILLNESS AWARENESS FORUM

MAY 9, 2015

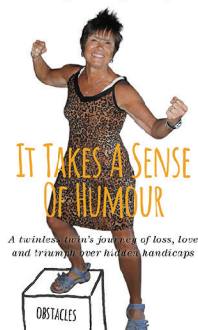
PROGRAM

Event Host: Dave Thomson

- | | |
|---------|--|
| 1:00PM | Doors Open
Networking & Mingling |
| 1:15PM | Keynote Speaker: Patty Emry |
| 1:55PM | Healthy Break <ul style="list-style-type: none">• Refreshments• Networking & Mingling• Stretching your legs |
| 2:10PM | Panel Presentations <ul style="list-style-type: none">• Carmen Westerhiem• Daryl Luster• Heather Divine• Karen Hannah• Roy Sakata• Simeon Garriott• Sudha Madhuri Davi Sikha |
| 2:45 PM | Open for Questions & Discussions <ul style="list-style-type: none">• Open Mic• Text your questions to 604-970-9731 (anonymous) |
| 3:30 PM | Closing Remarks by Presenters |
| 3:45 PM | Networking & Mingling |
| 4:00 PM | Event Ends |



Patty O'Leary Emry



Patty Emry - *Keynote Speaker*

Author of “It Takes a Sense of Humour” and Coach, and a person with an invisible chronic illness. With a degree in Physical Education and Art from Central Washington University, Patty O’Leary Emry took a running leap into a teaching and coaching career which she enjoys to this day. A robust combination of faith, family, sport, and a sense of humour has lifted her beyond her physical and emotional limits; this outward focus also serves her deepest passion to encourage and empower others to learn how to “balance forward”. A lover of painting, music, and dancing, she lives in Vancouver, British Columbia with the love of her life, Greg Dean Emry.



David Thomson - *Host*

Since the onset of Post Traumatic Hyper-Irritability Syndrome, a rare form of fibromyalgia in 2000, David embarked on a long hard journey. He was facing career setbacks, financial difficulty, strains on family, physical and emotional challenges and most significant of all, pressure from himself. Nonetheless, he made the transition from a very challenging job as a Corrections Officer to pursue his new aspirations in life – to go back to school and retrain for work that goes beyond a pay cheque. David has been working as the “Public Education Coordinator”, on a part time basis, at the RCD for two and a half years. His extensive experience in teaching sailing and seamanship along with a variety of other topics for close to 20 years with the military and civilian organizations is a great asset to his position.



Carmen Westerheim - *Panelist*

Carmen Westerheim, daughter of Hazel Smeltzer who is the founder and co-host of “ Soap Box ” on Vancouver Co-op Radio that provides a platform to hear the voice of people with disabilities, is the producer and Co-Host of the same program and also Producer and Co-Host of Soapbox Radio grew up with traumatized and special needs children. It has shaped who she is as a person today. She is the mother of two grown boys and has been a foster mother to several special needs children over the last 20 years. Carmen is the Business Development Manager for a local nursing agency that provides nurses and care aides to nursing homes and private homes. She has developed an Invisible Illness over the last year and suffers from excruciating pain on a daily basis.



Daryl Luster - *Panelist*

As the President of Pacific Hepatitis C Network, member of Action Hepatitis Canada Executive, and an HCV committee member of the Canadian Institutes of Health Research, Daryl has a passion in bringing awareness about Hepatitis C. As a hidden illness - until the disease is more advanced, people are far too often isolated. This impacts the quality of life in tragic ways for some. People are frequently marginalized by their Hepatitis C diagnosis, and this is something he has experienced first-hand. Through education and more awareness Daryl believes that we can affect change, working with organizations like RCD, scientists and medical professionals to improve the lives of people living with Hep C.



Heather Divine - *Panelist*

Heather graduated from the Edmonton's Misericordia School of Nursing in 1974 and worked as an operating room and recovery room nurse until chronic pain forced her to move to long term disability in May 1991. In 1992, she started speaking as a person living with pain and telling her story to various groups. Heather formed a chronic pain support group in Edmonton in 1992, and also organized monthly educational forums for people living with pain and their families and friends. She was a founding board member of Pain BC since its formation in 2009 representing people in pain until 2012. In October 2011, she founded People in Pain Network (PIPNet) a non-profit organization dedicated to connecting people in pain and their families to support, solutions and education to help them manage their pain.



Karen Hannah - *Panelist*

Karen Hannah has been a Self-Management Programs Coordinator with the University of Victoria - Centre on Aging since 2001. She has implemented the Chronic Disease, Chronic Pain, Diabetes, and Arthritis & Fibromyalgia Self-Management Programs in the Vancouver Coastal and Northern Health Authority Regions, and in Aboriginal communities around the province. As a T-Trainer she has delivered training for these programs across Canada and in the US.



Tsukasa Roy Sakata - *Panelist*

Tsukasa Roy Sakata was born in 1942 in Bridge River, BC, a second World War Canadian Japanese internment camp. With a Bachelor of Education Degree from UBC and Master of Arts in Educational Administration from SFU, Roy started his teaching career in 1968, as Principal to schools, Member of the Economic Development Committee of the Gitksan Community of Gitsegukla, and served on School Assessment teams for B.C.



Simeon Garriott - *Panelist*

On July 2, 2013, Simeon suffered a major stroke. Afterwards, he had to learn to walk, talk and write again. "About six months into my recovery I graduated from my walker and cane; unfortunately, this also meant that the visible signs of my disability disappeared. I would have people telling me that I looked great!"

Simeon's Blog: www.aluckystroke.com



Sudha Madhuri Devi Sikha - *Panelist*

Sudha Madhuri Devi Sikha is a Certified Practitioner in a number of healing arts and integrates complementary therapies and practices from around the world. She also teaches Self-Healing workshops for reducing, recovering and self-managing the pain using ancient wisdom from India and Japan. She has been managing and self-caring her Fibromyalgia pain and Systemic exertion intolerance (Chronic fatigue syndrome) without pain medication for many years using the complementary medicine and Ayurveda Pancha Karma. From 2013 December she joined the People in Pain Network as a volunteer support group leader for Richmond Pipain Self-Management Group.

RCD 30th ANNIVERSARY CELEBRATIONS

THEME: GET INVOLVED WITH RCD

Support Our Monthly Celebratory Events

Apr Celebrations Kick-Off

“Get Volunteers Involved”

Volunteer Appreciation Dinner(Apr 22)

May “Improving Everyday”

Invisible Illness Awareness(May 9)

Jun “Think ACCESS”

Access Awareness Month

Jul “Get Children & Family Involved”

Happy Summer Events

Aug “Think Technology”

Technology Fair(Aug 15)

Sep “Get Businesses Involved”

Employers Meet & Greet(Sep 21)

Oct “Get Community Involved”

RCD Fundraising Gala(Oct 3)

Nov “Get Rolling”

RCD Fundraising Concert(Nov 7)

Dec “30 Years of Achievement”

Wheelchair Curling Bonspiel(Nov 18-22)
UN Day Celebration(Dec 3)

Moving Ahead to a Bright Future

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Celebrating

30
years

1985 - 2015

*Services to the community
Supporting People with Disabilities*



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