



Caregiver Connections Education and Support Organization (CCESO)

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NEWSLETTER

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PROFILE

As a former JSW facilitator and once an interim coordinator of an organization that assisted caregivers, Jo SiMalaya Alcampo, is no stranger to the caregivers' plight. As a community worker by heart and by profession, Jo is - present at most community gatherings and events rallying for the rights of oppressed and marginalized communities.

As a multimedia artist, her latest work entitled "Singing Plants Reconstruct Memory" earned her rave reviews from the Globe and Mail. It is an emotional piece, that explores human feelings and sensitivity and how they are similar in living plants. Jo's works of arts not only express arts, culture, and emotion, but also tackle issues of the society and Filipino-Canadian identity. A solid advocate for caregivers, many times Jo has featured caregivers and their struggles in her artwork in order to call attention and motivate action.

Between her active commitments in community activities such as Take Back the Night, and Carlos Bulosan Theatre, , Jo SiMalaya Alcampo, still finds time to help and volunteer her skills with Caregiver Connections. Jo helped create a website for the organization which is online at(<http://caregiverconnections.tumblr.com>). This website became one of CCESO's strongest tools to reach out to the community. When praised for this work, she simply said, "CCESO inspires me to volunteer and contribute. It is a collective community-building effort."

Jo's understanding of social justice and equity issues comes from being mentored as a youth by feminist activists, namely the late Fely Villasin and Martha Ocampo (current CCESO advisory committee member). One of Jo's first experiences in community organizing was with the Pilipina Support Network where she was trained to co-facilitate workshops on violence against women in the Filipino-Canadian community. Jo has also worked with SAWA – Philippine Students, Activists, Workers, Artists to organize cultural programs such as workshops on Migrant Worker's Rights, a Film and Video exhibit featuring works by Lesbians of Philippine descent, a Filipino-Canadian Arts Exhibition, and an annual Pilipino Gay & Lesbian Pride Day Stage.

For more information visit: www.josimalaya.com



Jo with friends at "Take Back the Night"

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HOW TO CALCULATE YOUR PAY
Base on Minimum Wage - \$10.25/hour @ 44 hours/week

Pay Period:	Monthly	Semi- Monthly	Bi- Weekly	Weekly
Gross Pay:	\$1,954.33	\$977.17	\$902.00	\$451.00
Less: Source Deductions:				
Federal Tax	\$132.82	\$66.41	\$61.30	\$30.65
Provincial Tax	72.46	36.23	33.44	16.72
Canada Pension Plan	82.30	41.15	37.99	18.99
Employment Insurance	33.81	16.91	15.60	7.80
Total Deductions	<u>321.39</u>	<u>160.7</u>	<u>148.33</u>	<u>74.16</u>
Net Pay for Live-out	\$1,632.94	\$816.47	\$753.67	\$376.84
Less: (Room and Board)	369.42	184.71	170.5	85.25
Net Pay for Live-in	<u>\$1,263.52</u>	<u>\$631.76</u>	<u>\$583.17</u>	<u>\$291.59</u>

STATEMENT OF EARNINGS

Date: _____

Employer: _____

Employee: _____

Pay Period: _____

Gross Pay: _____

Less: Source Deductions:

Federal Tax ----- _____

Provincial Tax ----- _____

Canada Pension Plan ---- _____

Employment Insurance -- _____

Total Deductions

Less: (Room and Board) _____

Net Pay for Live-in ----- _____

SUCCESS STORY...**ADVOCACY TRAINING**

It was the year 2003 when I first set foot here in Canada to work as a Live-in Caregiver under the LCP. Having been to different countries for a number of years as an expatriate worker, Canada did not make a striking first impression to me. As a foreign worker, all I knew was that I had to abide by the country's existing law, obey my employer's rules and regulation, receive my salary and go back home when the contract is done. Simple but it worked real fine for me in the past.

It took me several months before I learned that here in Canada, things are different. Although you are not a citizen of the country, I learned that there is a law that protects you as a foreign worker. You are expected to submit your share of government contributions, and your employer is also expected to follow the rules and regulations as much as you do.

As I have said, I am a law-abiding person, and I just obey laws and rules without so much ado and without so much understanding as to why. Until a friend of mine took me along to register for a workshop called Leadership and Advocacy Training. I did not even know what that workshop would entail, but nevertheless, I attended. This workshop was provided by a non-profit organization that helps caregivers, the same organization that helped me when I had a problem with my immigration status.

When I was first introduced to the Advocacy Training, I did not understand where it would lead me. Until little by little, I began to realize how this workshop affects my everyday life here in Canada as a woman, of colour for that matter, a wife, a mother, an immigrant, a foreign worker and as a member of the society. It took me numbers of sessions before it finally sunk in my "thick skull" that there is still room for improvement in my seemingly normal and quiet life. This workshop helped me to improve my way of communicating with my employers and other people in my everyday life. It gave me the confidence to assert my rights and beliefs no matter how strong, influential or superior the person I am dealing with. It educated me about the true meaning of feminism, racism, oppression and violence against women. It made me understand how my culture, religion and family orientation shaped me into the person that I am.

Currently working as a part time receptionist and part time sales associate, I am very thankful that I have the teachings from Advocacy Training to bring with me as I venture outside of the caregiving field and switch to different work. - Those teachings became my secret weapons of wisdom in dealing with my everyday life as an employee, a wife and a mother. With pride I declare that Advocacy Training has provided me the "understanding to accept things that I cannot change, courage to change things that I can, and wisdom to know the difference" – as the saying goes.

Thank you to the leaders of the advocacy training...

LEADER OF LEADERSHIP AND ADVOCACY**Martha Ocampo, RN**

Martha Ocampo is the former Co-director of Programs and Services at Across Boundaries in Toronto, now the Education and Resource Manager. She played a key role in developing the Centre's Holistic Model of Care within an Anti-Racism/Anti-Oppression Framework. She integrates indigenous practices, art, politics, spirituality and community involvement in developing services and programs that enhance healing and recovery. Martha has a long history of providing educational and training workshops at mental health agencies, colleges, universities and the general public. She developed a *Leadership and Advocacy Training* for marginalized groups and she co-authored "Let's Talk" a guidebook on education about Violence Against Women in the Filipino community.



One of the Leadership and Advocacy Training given by Martha Ocampo with Anita and Vicky in Vancouver.

