

SBHANA Member Spotlight: Mirella Sacco



1. Tell us about yourself (background information)?
I have Spina Bifida and use forearm crutches. Throughout my 50 years, I have had many careers, and I have always had an interest in sharing information with others which has brought me to my writing. I would consider myself an advocate that gets results.
2. What are some things that interest you?
For the most part I try to enjoy all that life has to offer, but if I had to be specific I would say I enjoy going to the gym working out on the sci-fit and doing chair yoga. I enjoy attending advance screening movies, going to new ethnic restaurants, attending community events and reading a good book.
3. What is happening in your life these days?
Life these days is stable knock on wood, ha ha. I have a few advocacy projects on the go: I was able to see the addition of DATS users who are AISH recipients being included in the subsidy program already offered low income Edmontonian's using ETS; very proud to see this happen after more than a decade of my initial involvement.
4. Do you have a favourite saying that you like to live by?
Engage, Enlighten, Empower.
5. Tell us some more about your ebook "Mirella Cooks".
As many of you may already be aware, I published my first ebook in September 2016. An authentic Italian cookbook. I became interested in writing a cookbook after I came to the realization that most restaurants that are Italian are in fact only inspired by Italian with only a few exceptions. The e-book includes several family recipes. I have also included information about the Italian culture in my ebook for people to read about and learn as well.
6. You have recently been working on a new ebook. Please tell us about it.
I am currently writing an ebook for parents of children with disabilities. I don't want to give away too many details about my next book except to say it will assist parents and anyone acquainted with a person with a disability to help them deal with their disability better.
7. I understand that you are quite involved in the advocacy world. What are some things that you have been working on lately?

I have a Facebook page dedicated to disability news. If you have any information you would like to share, then you are more than welcome to contact me and I would be happy to consider posting it for you. Please go to <https://www.facebook.com/mirellalsacco>. I also have a blog at <https://mirellamuses.wordpress.com> where I write about many issues. From time to time I have guest blogger. If you are interested in being a guest blogger or have a topic you would like me to consider blogging about let me know.

You can reach me at the following social media sites for more information and to purchase my book.

<http://mirellalsacco.com/>

<https://twitter.com/mirellalsacco>

<https://www.facebook.com/mirellalsacco>

<https://www.linkedin.com/in/mirella-sacco-b4a0aa4b/>

https://www.youtube.com/channel/UCWMKxq1ur_kBgcjYr46XVmw

<https://www.pinterest.com/mirellasacco/>

<https://mirellamuses.wordpress.com/>