

# Living Independently

The ILCLA 433 King Street, Suite 101, London, Ontario N6B 3P3 519-660-4667

July — August 2010

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Our mission is to provide information and support to all people with disabilities as they take risks in directing and managing their lives.

Website: [www.ilcla.ca](http://www.ilcla.ca)  
 Email: [info@ilcla.ca](mailto:info@ilcla.ca)

Accredited member of:



If you would like our newsletter in an alternate format, please contact us.

## Come Walk with Me For Independence



Thank you to everyone who came out on June 26 to show their support! We had a fantastic day, with another successful wheel and walk-athon. Thank you also to the many who pledged our walkers. The total is still being calculated but we are happy to report over \$9000 has been raised and it appears we will meet our goal of \$10,000!

We were honoured to welcome special guests to open our event; our thanks to Nick Paparella from 'A' with Jeff behind the camera, Carl Jadischke, Customer Relations for our Gold sponsor Beck Hearing Aid Centre and Controller Gina Barber brought greetings from the City of London. Thanks also to Hon. Chris Bentley, MPP London West and Attorney General for sending his greetings and words of support. Our BBQ, generously sponsored by ValuMart Wortley Road, London Burgers and Kelloggs, was wonderful and prizes were handed out. Our grand prize winners are Lynne Littler for most money raised and Dori Culbert for most individual pledges!

### 2010 Event Sponsors



King of the Pigs



London Audiology Consultants



David Winninger,  
 City Councillor,  
 Ward 11



## Prize Donors

We are grateful for the many donations of prizes, our thanks to:

The Aeolian Hall  
Arbys London  
Attic Books  
Beck Hearing Aid Centre  
CakeWalkers  
City of London  
Coffee Culture—Dundas Street  
Councillor Judy Bryant, Ward 13  
Covent Garden Market  
Crabby Joe's  
The Crochet Club of London  
Delta London Armouries  
Donut Café—Cherryhill Mall  
Downtown Yoga Holistic Centre  
Enterprise Rent-A-Car  
First Choice Haircutters—Dundas Street  
Gift of Art  
The Grand Theatre  
Heroes Cards & Comics  
Hon. Deb Matthews, MPP London North Centre  
Hon. Glen Pearson, MP London North Centre  
Jason Stewart  
Joe Kools  
Kernels Popcorn—White Oaks Mall  
Kingsmills  
L'Atelier Grigorian  
Lifeline  
London Community Players  
London Fire Department  
London Police Association  
London Free Press  
London Fringe Festival  
Lucky's—CitiPlaza  
MainStreet London  
McKittricks  
The Medicine Shoppe  
Meineke Car Care Centre  
Metro—Adelaide North  
Metro—Cherryhill Mall  
Metro—Wellington Road  
Museum London

## More Prize Donors!

Neo Tokyo  
Oscar Taylors  
Orchestra London  
Passion 4 Beauty—CitiPlaza  
Pizza Pizza  
RBC Royal Bank—Richmond Street  
Right Blend—CitiPlaza  
Smart Style—White Oaks Mall  
Stamp Shack—CitiPlaza  
Starbucks—Dundas Street  
Subway - Dundas Street  
Sunrise Records—Dundas Street  
Supperworks  
Taco Del Mar  
Tim Hortons—Dundas & Rectory  
Tim Hortons—Richmond North  
Tim Hortons—Wellington Street  
TJ Baxters  
Tony's Pizza  
U-Need-A Cab  
Under the Volcano  
Valu-Mart—Oxford & Richmond  
Western Fair  
Winks  
Yoyo's

**Printing Sponsor**  
Sterling Marking

**Barbeque Sponsors**  
Kelloggs, London Burgers  
ValuMart—Wortley Road

**Photographer**  
Eric Malette Photography

**Thanks also to:**

'A', Juliana, The New 1031 Fresh  
FM and Sarah, 103.9 The Hawk  
and Pineview Mobile Home Park

### Conflicted?

Www.conflict911.com is a website dedicated to providing resources on various aspects of conflict management and resolution. You will find many free articles, videos and more to help prevent conflict, manage it effectively and resolve disagreements.

### Got a plan?



www.gotaplan.ca is a website designed for youth transitioning from high school into the community. Volunteers from various community service providers and representatives from the two local school boards developed this site as a collection of resources and information youth can use to help find the direction they need.

### Access to Services and Supports

The Community Services Coordination Network coordinates access to various services and supports for adults with a developmental disability and for children and adolescents with complex needs that may require a response from more than one service provider. Their role is to link individuals and families to appropriate services and supports in their community, augmenting and developing a personal or family-centred service plan. Visit the website at www.cscn.on.ca or call them at 1-877-462-2726. Local phone numbers are:  
London Middlesex: 519-438-4783  
Huron Perth: 519-348-0562  
Oxford Elgin: 519-765-2108



### Pass it On!

After you have read this newsletter and recorded the activities on your calendar, pass it on to someone else. Help spread the word about our centre and what we do for people with disabilities and our community!

### THE INDEPENDENT LIVING CENTRE LONDON & AREA MEMBERSHIP FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone Number: \_\_\_\_\_



- Consumer - \$5
- Agency - \$50
- Charitable Donation \$ \_\_\_\_\_

Mail to: The ILCLA  
433 King St. Suite 101  
London ON N6B 3P3

Charity #893156778RR0001



# Registered Disability Savings Plan

In December 2008, the Government of Canada introduced the Registered Disability Savings Plan (RDSP), Canada Disability Savings Grant and Canada Disability Savings Bond to help Canadians with disabilities and their families save for the future.

The RDSP is available to Canadian residents under the age of 60 who are eligible for the Disability Tax Credit, which is also known as the Disability Amount. People who are eligible, and the parents or guardians of eligible minors, can open an RDSP at one of several financial organizations across the country.

There is no annual contribution limit to an RDSP. The lifetime contribution limit is \$200,000. Friends and family can also contribute to a plan with written permission of the plan holder. Any investment income earned in the plan accumulates tax free, until money is withdrawn. The contribution deadline this year is December 31, 2010.

To encourage savings, the Government of Canada introduced the Canada Disability Savings Grant and the Canada Disability Savings Bond.

The **Canada Disability Savings Grant** is a matching grant that the Government deposits into the RDSP. Each year, the Government will match contributions made by paying up to \$3 for every \$1 paid into the plan, depending on the amount contributed and the beneficiary's family income. The Government will deposit a maximum of \$3,500 each year, with a lifetime limit of \$70,000. Grants will be paid into the RDSP until the year the beneficiary turns 49 years old.

The Government of Canada will also pay a **Canada Disability Savings Bond** of up to \$1,000 to low-income and modest-income Canadians. The good news is that no contributions are necessary to receive the bond; simply open an RDSP and fill out an application form at the financial organization where you have your RDSP. Bonds will be paid into the RDSP until the year the beneficiary turns 49 years old.

Money paid out of an RDSP will not affect a person's eligibility for federal benefits, such as the Canada Child Tax Benefit, the Goods and Services Tax credit, Old Age Security or Employment Insurance benefits. In addition, RDSPs will have little or no impact on provincial and territorial social assistance payments. For further details, contact your provincial or territorial government.

For more information on the RDSP, grant and bond, including a list of participating financial organizations, please visit the Human Resources and Skills Development Canada Web site at [www.disabilitysavings.gc.ca](http://www.disabilitysavings.gc.ca) or call 1 800 O-Canada (1 800 622-6232). You can also contact the Independent Living Centre London & Area at 519-660-4667 or email [info@ilcla.ca](mailto:info@ilcla.ca). In addition, we are happy to do information sessions for groups and organizations.

Funding for these information sessions is provided by the Government of Canada. / Ces séances d'information sont financées par le gouvernement du Canada.