

Living Independently

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

May — June 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
Email: info@ilcla.ca

Accredited member of:



Come Walk with Me For Independence



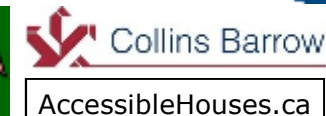
Our seventh annual walk and wheelathon is quickly approaching! We are deeply grateful to our sponsors, prize donors and, most of all, YOU! Please continue asking friends, family, co-workers and everyone else you meet to support your walk with a pledge. We depend on this annual event to continue and expand our programs and activities.

The hundreds of people who phone, email and visit us every year are evidence that our services are needed by people with disabilities in our community. We are thankful for your support as we work to empower all people with disabilities and remove all barriers to full participation and integration in society.

Our event is once again being held in Greenway Park on Saturday, June 26 in Greenway Park. Registration begins at 11:30 a.m. with the walk kicking off about noon. Following the walk will be a fundraising BBQ with hot dogs for sale and then our always popular prize giveaway. Please remember, you need to bring a minimum of \$20 in pledges to be eligible for a prize this year.

2010 Event Sponsors

GENERAL DYNAMICS
Land Systems-Canada



King of the Pigs



London Audiology Consultants

David Winninger,
City Councillor,
Ward 11



paws-abilities

Did you know? London has its very own service dog organization dedicated to training dogs for wheelchair assistance exclusively for partnership with London and area residents. The cat's out of the bag... Golden Opportunity Assistance Dogs is on the scene.

Service dogs enable greater levels of independence for people with mobility impairments by assisting with some activities of daily living. Typical tasks may include:

- Turning light switches on and off
- Opening/closing doors and drawers
- Retrieving dropped or out of reach items.
- Assisting with removal of clothing.
- Carrying packages.
- Bracing for transfers.
- Assisting with balance.
- Alerting others to need for help.
- Assisting with laundry.

Benefits for assistance dog partner:

- Assistance with activities of daily living conserves precious energy which can be then directed towards other activities and interests.
- Possible reduction in the number of paid attendant hours required.
- Dog acts as a social lubricant to enhance interactions with others.
- Increased self-esteem and confidence with an unconditionally loving partner by your side.

The "paws"abilities are limited only by your imagination!

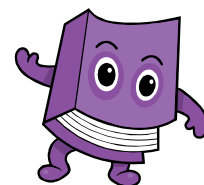
Check out the website at www.GOADogs.ca and call Donna at 519-670-1809 or email info@GOADogs.ca

Trained service dogs are ready for immediate placement. No long waiting lists like the typical 2-5 years to obtain a service dog and you don't have to leave home to attend a training camp in another city, it's all done right here in London.

Access 2010

Hosted by the Independent Living Centre of Waterloo Region, Access 2010 is an exhibition for people with disabilities featuring consumer products, services, entertainment, workshops and seminars. Access 2010 will be held on Friday, September 17 and Saturday, September 18 at the Kitchener Memorial Auditorium, 400 East Avenue, Kitchener. Admission will be free!

Free Audio Books



The goal of LibriVox is to make all public domain books available as free audio books. They accomplish this with volunteers reading and recording the books. Check out and listen to the many books already available at www.librivox.org

Supporting Kids

www.mentalhealth4kids.ca is a website dedicated to students and families who experience mental health challenges. The site contains access to the many community services and resources available to support emotional well-being including prevention, support, assessment, treatment and times of crisis.



Equality in Practice

Reach Canada has launched a new web site about justice and disability. Educational in nature, the site is aimed toward consumers, community leaders and the general public. Check it out at eip.reach.ca

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

Justice Net

Justice Net is a not-for-profit service helping people in need of legal expertise, whose income is too high to access legal aid and too low to afford standard legal fees.

The legal professionals found through the site have agreed to devote a portion of their practice to qualifying clients at reduced fees.

To find a participating lawyer in your area, go to www.justicenet.ca

(From ARCH Alert www.archdisabilitylaw.ca)

Facebook



We are now on Facebook! You can find us at <http://companies.to/independentlivingcentreondon/>

Check out our event, Come Walk with Me for Independence, invite your friends to attend or support your walk with a pledge and spread the word!

Daily Inspiration!

www.inspiremetoday.com is a website dedicated to providing messages of inspiration and hope. Browse the site, check out the blogs and sign up for their free daily email service.

From the site, "We're here to help you remember that you, and you alone, have the power to do, be or create anything in your life that you desire."

GET ON THE LIST!



Ask to be added to our email event reminder list. This is a great way to jog your memory about activities and make plans to attend. Reminders about events are sent out about one week before the activity. Call us at 519-660-4667 or email info@ilcla.ca and let us know your email address.

Healthy Canadians



www.healthycanadians.gc.ca is Canada's website for food safety, warnings and recalls. Also find information and guides on healthy living for all Canadians.

People in Motion 2010

Everyone is welcome to this fun and enlightening event featuring mobility aids, vehicles, rehabilitation, products, travel, leisure activities, services and more! This is Canada's largest exhibition for people with disabilities, seniors with special needs, family members, friends, care providers, etc.

Friday, June 4 and Saturday, June 5
10 a.m.—5 p.m.

Queen Elizabeth Building
Exhibition Place, Toronto
For more information, visit www.people-in-motion.com

Admission is free!

OFCP Financial Assistance

The Ontario Federation for Cerebral Palsy has financial assistance programs for persons of all ages with cerebral palsy in the province of Ontario. These programs include:

- Day Activities Funding Assistance
- Assistive Devices Funding
- Vacation Funding Assistance

For more information, applications and guidelines, visit www.ofcp.on.ca or call 1-877-244-9686

"The great pleasure in life is doing what people say you cannot do."

—Walter Bagehot



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 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. In addition, we are happy to do information sessions for groups and organizations.

ODSP SPECIAL DIET ALLOWANCE

It has been announced that The Ontario government will cancel the ODSP Special Diet Allowance and replace it with another program. For a single person with disabilities who gets the maximum allowance, this could mean a cut in benefits of up to 20%. We do not yet know any details of this new program, nor when the change will take effect. We will keep you updated as we learn more!

Summer in the city



London is well-known for our many events and festivals each summer. Plan to attend a few!

International Children's Festival—June 3-5
International Food Festival—June 25—27
Sunfest—July 8-11
Home County—July 16-18
Dragon Boat Festival—August 21

Fringe Festival—June 16-27
London Celebrates Canada—June 30-July 1
Pride Festival—July 15-25
Rock the Park—July 22-24

This is just a small selection of events find more at www.londontourism.ca



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

WHAT'S HAPPENING AT THE ILCLA in May

Bowling

Monday, May 3
2:00 p.m.—4:00 p.m.
Fleetway, 720 Proudfoot Lane
\$8 per person. Shoes are \$3 extra.



Craft Corner

Monday, May 10
2:00 p.m.—4:00 p.m. at ILC
\$5 per person.



Self Esteem and Self Confidence

Wednesday, May 12
2:00 p.m.—4:00 p.m. at ILC
Learn how to raise your self esteem and confidence!

Movie Day

Wednesday, May 19
2:00 p.m.—4:00 p.m. at ILC



Scrabble Club

Wednesday, May 26
2:00 p.m. - 4:00 p.m.
Cherryhill Library, Cherryhill Mall.
In the CHERRYHILL ROOM this month.



**Exercise Class
for People with Any Disability**

Come and have some fun!

Vince Nash is our qualified instructor.

Fridays 3:00 pm - 4:30 pm

Please call or email to register for events you will attend, so we know how many to plan for. If you can't register, come anyway!

WHAT'S HAPPENING AT THE ILCLA in June

Out to Lunch

Wednesday, June 2
1:00 p.m. — 3:00 p.m.
Smittys Restaurant
691 Richmond Street
Each person pays for their own meal.



Bowling

Monday, June 7, 2:00 pm — 4:00 pm
Fleetway, 720 Proudfoot Lane
\$8 per person. Shoes are \$3 extra.

Powerpoint

Wednesday, June 16
2:00 p.m.—4:00 p.m. at ILC
Learn how to create a presentation with the powerpoint computer program.

**Come Walk with Me
for Independence**

Saturday, June 26 11:30 am - 4:00pm
Greenway Park, Saturn Playground
Our 7th annual fundraiser. Please bring your sponsor sheet and money collected. Invite your friends and family to participate with you!

Movie Monday

Monday, June 28
2:00 p.m.—4:00 p.m. at ILC



Scrabble Club

Wednesday, June 30
2:00 pm - 4:00pm
Cherryhill Library, Cherryhill Mall




We will be closed May 24
