

Living Independently

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

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January / February 2007



Keynote speaker Barbara Hall, Ontario Human Rights Commissioner interviewed by local radio stations.

UNITED NATIONS INTERNATIONAL DAY OF THE DISABLED PERSON LUNCHEON CELEBRATION

On Monday, December 4, 2006, the ILCLA held our celebration of the UN Day of the Disabled Person. Our luncheon was held at the Best Western Lamplighter Inn from 11:30 - 2:00. The day included a delicious turkey dinner and silent auction.

The celebration began with an introduction and background of the day by our Master of Ceremonies, Kash Husain. Kash related the theme of the day which was “E - Accessibility” and explained the importance of making the internet accessible to all.

As well, we were fortunate to have as our guest speakers Tammy McLeod, a member of our centre and an international Boccia Ball athlete; and, Barbara Hall, Ontario Human Rights Commissioner. Tammy spoke to us about her experiences as a disabled athlete and about her appreciation for the Direct Funding program which gives her the freedom to travel the world to Boccia ball competitions.

On a similar note, Barbara Hall’s address to the audience included her interpretation of the purpose of the day. She explained how the Human Rights commission works to provide equality for everyone by removing barriers and creating a climate of respect and understanding.

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Further, she related steps and initiatives the commission has undertaken to help to create an inclusive society so that in the future, according to her, “those without disabilities will see -- and will no longer be surprised to see -- people with disabilities in their full humanity, living to their fullest potential, in whatever they choose to do.”

After our speakers, we announced the winning bids for our silent auction items. We could not have had a successful auction without the generosity of local businesses. I would like to take the opportunity here to thank our wonderful auction donors:

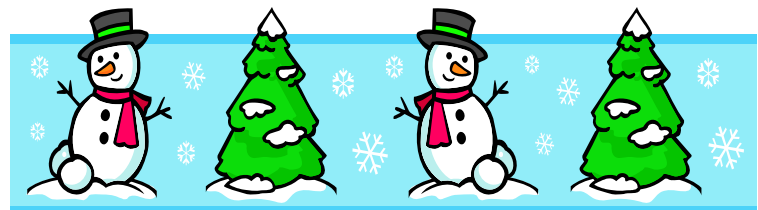
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Passion 4 Beauty (Galleria Mall)
Market Crafts (Covent Garden Market)
Patti Gunness
Gift of Art
Starbucks (Dundas & Richmond St.)
Medicine Shoppe
London Free Press

As well, the event was made possible through the financial support of our sponsors:

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Finally, thank you to everyone who purchased a luncheon ticket. We had over 90 people in attendance. Welcome to all of our new members who purchased memberships.



**New Online Dating Site for Single
People with Medical or Physical
Disabilities**

Louise Maxwell, a resident of London, recently launched Soulful Encounters (www.SoulfulEncounters.com) an online dating community for people with medical or physical disabilities. The site is FREE and lets members peruse profiles, message boards and blogs.

There are tips on dating with a disability from a variety of experts and it is interactive so you can pose questions to the expert of your choice and receive a response back. Helpful resources and counselling services are also available.

Happy New Year!!!!

Tip for Cell Phone Users

It is the start of a brand new year, with it comes new year's resolutions and a chance for us all to reflect on the outlook we would like to have for 2007. Here is an interesting anecdote to help in your reflection.

Attitude!

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts.

It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearances, giftedness, or skills. It will make or break a company.....a church.....a home.

The remarkable thing is, we have a choice each and every day regarding the attitude we will embrace for that day. We cannot change our past.....we cannot change the fact that people will act in a certain way. We cannot change the inevitable.....

The only thing we can do is play on the one string we have, and that is our attitude..... I am convinced that life is 10% what happens to me and 90% how I react to it....and so it is with all of us.... We are all in charge of our Attitudes.

.....Charles Swindoll

We tend to live up to our expectations.

-Earl Nightingale

The following information is from an article in the Toronto Star. It is good advice for anyone who owns a cell phone.

"The ICE idea", is catching on and it is a very simple, yet important method of contact for you or a loved one in case of an emergency. As cell-phones (mobiles) are carried by the majority of the population, all you need to do is program the number of a contact person or persons, and store the name as "ICE," an acronym for "In Case of Emergency".

The idea was thought up by a paramedic who found that when they went to the scenes of accidents, the patient had a cell phone with contact numbers, but they didn't know which numbers to call. He therefore thought that it would be a good idea if there was a nationally recognized name to file "next of kin" under "I C E" in the phone's list. The idea is that you store the word "ICE" in your cell phone address book, and with it, enter the number of the person you would want to be contacted "In Case of Emergency". In an emergency situation, Emergency Services personnel and hospital staff would then be able to quickly contact your next of kin, by simply dialing the number programmed under "ICE."

For more than one contact name simply enter ICE1, ICE2, ICE3 etc. This is a great idea that will make a difference in an emergency.



Flying with a Mobility Disability

Lately, I've received a few requests for information on flying with a disability. Therefore, I felt the newsletter would be the perfect forum to relate advice on flying to all of our members (in case more people might be taking a trip in the near future).

Making the Reservation:

When booking your flight, if you will require assistance or specific arrangements, this is the time to let the airline know what you will require. You do not have to disclose any information about medical conditions, but you will have to let them know of your disability.

*** Always ask for your arrangements to be sent to you in writing in case of any problems. ****

Travellers with disabilities may make arrangements to obtain assistance in:

- registering at the check-in counter;
- proceeding to the boarding area;
- boarding the aircraft and deplaning;
- storing and retrieving baggage;
- moving to and from an aircraft washroom;
- proceeding from the aircraft to the general public area;
- proceeding to a representative of another airline for a change of flight;
- transferring from a personal wheelchair to a carrier's boarding chair and vice versa; and
- transferring from a boarding chair to a passenger seat and vice versa

Requesting Seating Arrangements: You may request a specific seat with your carrier if you need the following:

- You need to transfer from a wheelchair to a passenger seat. A seat with a movable armrest will have to be provided.
- Additional floor space is required to accommodate disability-related needs.

It's a good idea to request a seat when making the reservation.

Arrival at the Airport

Assistance at the terminal entrance may be available—you will have to call the airport directly (ground transportation) to make these arrangements.

Checking In at Your Airline's Counter

This is the time to reconfirm the specific arrangements you have made. Make sure you have brought your written confirmation of the arrangements.

If you use an electric chair, this will be the time when you will have to transfer to the airline's wheelchair so that your chair can be properly packaged and checked as priority luggage. Airline personnel are required & trained to assist you with transfers and must ask you how you would like to be transferred. Make sure your wheelchair is very clearly labeled and it is a good idea to provide written instructions on how to take parts off and how to put them back on. Your chair is carried in the luggage at no extra charge.

Going Through Security

The security staff may use an alternative method of screening other than the metal detector. A manual search may be done, and you can ask to have it performed in a private area.

Boarding the Airplane

It is best to board the airplane first if you will require extra assistance from the personnel. They can assist you with transfer to your seat, stowing luggage and mobility aids such as walkers or canes.

If you use a manual chair, you can stay in your chair until the boarding gate, or depending on the size of the aircraft, to the plane door or even your seat. Where space is available, a folding wheelchair can be stowed in the cabin (not true for all planes so you will have to ask). The airline is responsible for damage to your mobility aid.

Washrooms on the plane

Most airplanes do not have an accessible washroom. Only those planes with two aisles are required to have a wheelchair accessible washroom. In most cases you will have to be able to stand and pivot to use the airplane washroom. Flight attendants cannot help you in the washroom, however, they can help you get to it.

Leaving the Aircraft

It is best to wait until all other passengers have left the plane, then you can have the assistance of the airline personnel to deplane and transfer to a manual wheelchair if necessary or in obtaining your mobility aid.

All of this information was taken from the Canadian Transportation Agency's document: *A Guide for Persons with Disabilities—Taking Charge of the Air Experience*

For more detailed information check out the website: http://www.cta-otc.gc.ca/access/guide/index_e.html

Abilities Magazine Needs More Subscribers

The Abilities magazine is in danger of stopping publication due to a lack of funding. They need support from more individual subscribers. This magazine provides lifestyle information for people with any disability across Canada. For anyone who hasn't checked out the magazine before - you are missing out on a plethora of interesting articles. Topics range from health & wellness, travel, education, the arts, social policy, travel and so much more. Each issue is filled with wonderful articles that inform, educate and entertain. We have copies of the magazine at the ILC office or you can check it out online at www.abilities.ca. A year long subscription only costs \$14 for 4 issues or \$26 for a two year subscription. Help support a very worthy magazine!



Valentine's Day Trivia

What does the word "valentine" mean?

How did sailors send messages to their loved ones when they were at sea?

What fruit is also known as the love apple?

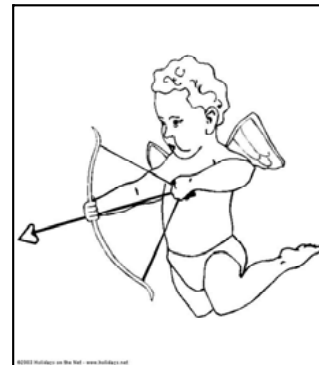
What part of the body must cupid's arrow hit to be effective?

What date was the first recorded Valentine sent?

- A) 1838
- B) 1415
- C) 1972

Answer to last newsletter's trivia question: What is the biggest selling

Christmas single of all time:
White Christmas



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WHAT'S HAPPENING AT THE ILCLA in January

WHAT'S HAPPENING AT THE ILCLA in February

Movies & Media Stereotypical Portrayal of Disabled Persons

Tuesday, January 16 @ ILCLA

Time: 12:00 - 2:30

Lunch: Sub Sandwiches

Join us for a viewing of the movie "My Left Foot"(1989), starring Daniel Day Lewis. It is an autobiography of Christy Brown, who was born with cerebral palsy. He learned to paint and write with his only controllable limb—his left foot. Afterwards we will discuss how movies & media have created stereotypes of people with disabilities. In the case of "My Left Foot" the stereotype of the disabled person as "Super Cripple."

How to Effectively Communicate with your Health Care Professionals

Wednesday, January 24 @ Cherryhill Library

Time: 2:30 - 4:00 pm

Professor Steve Trujillo from the University of Western Ontario will present on the common problems people encounter with their healthcare professionals and he will provide tips and strategies to effectively communicate with all health care professionals.

Scrabble Club

Wednesday, January 31 @ ILCLA

Time: 2:00 - 4:00 pm

Come one, come all to a great afternoon of conversation & scrabble playing!

February Events

Bowling @ Fleetway

Thursday, February 8 @ Fleetway Bowling on Oxford St. West & Proudfoot Lane

Time: 6:00 - 8:00 pm

Cost: \$5 for two games (including shoe rental)

Join us for two games of 5 pin accessible

Laughter Yoga

Thursday, February 15 @ ILCLA

Time: 2-3:15 pm

Laughter instructor Donna Costa will lead us through a series of laughing yoga exercises. This is completely accessible for everyone—you only need to be able to laugh! This type of yoga has great health benefits for all (and it's a lot of fun too!).

Disability Law

Tuesday, February 20 @ ILCLA

Time: 12:00 - 2:00

Lunch: George Forman grilled hot dogs

Mike Laliberte from Neighbourhood Legal Services will join us for a lunch time discussion of disability law related to ODSP and CPP benefits.

Laser Eagles Painting Process

Wednesday, February 21 @ ILCLA

Time: 2:00-3:00 pm

This is an information session about a new art group that will be starting in London. Laser Eagle painting is great for anyone with a disability but is especially great for people with very limited to no mobility or people who do not speak in typical ways. The process allows the artist, using a laser, to direct a volunteer to apply paint on to the canvas. Come and watch a video to see how it is done and find out how you can join the group.

London Knights Hockey vs. Sault St. Marie Greyhounds

Friday, February 23 @ John Labatt Centre

Time: 7:30

Tickets: \$10

You must let me know by **Friday, January 19** if you want to attend this event. Tickets for the hockey game sell out very fast. Seats will be on a first come basis and will be based on the JLC's availability of accessible seats.

Scrabble Club

Wednesday, February 28 @ ILCLA

Time: 2:00 - 4:00 pm