

Living Independently

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January — February 2011

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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.

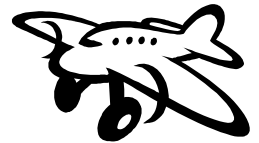
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If you would like our newsletter in an alternate format, please contact us.

TRAVELLING WITH DIABETES



When you have diabetes, be prepared, for even day to day activities can require advanced planning. So how do you plan your travel?

1. Make sure your supplies are readily available. Whether you're traveling by plane, train, or automobile, be sure your diabetes supplies are easily accessible. If you're flying, be sure to put all your supplies in your carry-on bags. Back-up insulin must also be put in your carry-on, because checked baggage may be subjected to extreme cold or heat that will spoil insulin, and ruin glucometers. If you are employing a device to keep your insulin cool, be sure it's a cold pack, not a freezer pack--freezing insulin destroys its usefulness. Similar rules apply for storing supplies while driving or on the train.
2. Attempt to stick to your routine. Traveling can definitely throw those with diabetes off schedule. The delay of your flight may mean sitting on the runway all night, or if traveling out of your time zone, it could mean feeling hungry whenever you must be asleep. In case you pack extra snacks for the plane, you might want to store them in an insulated bag with an ice pack.
3. Get documentation. Carry a note from the doctor proving you have diabetes and require your medication with you constantly. If you're visiting a country where they speak a language other than yours, translate the note into that language. Create a few copies of the note and distribute to family and friends travelling with you, which means you may have documentation all the time.
4. Inform airport security you have diabetes. When flying, make sure you put your diabetes supplies in the quart size plastic container that's separate from your other non-diabetes liquids you're bringing aboard; in this way, screeners can immediately separate diabetes medications from other liquid items in your carry-on baggage.
5. Be ready to treat low glucose. Once you travel, you might disrupt your normal routine for both eating and dosing insulin; you may even be sightseeing or boosting your physical activity. Due to these changes, you'll need to be prepared for low glucose whenever it strikes, so pack a lot of glucose tablets - these are often the most effective simply because they won't melt, explode in heat, or leak and become sticky.

....Continued on page 3

CNIB Library

- People who cannot read print due to disabilities have access to less than 10% of what is available to the print reading public.
- In the last two years, the number of people using the CNIB online library has increased by 42%
- In 2010, it cost CNIB \$6.8 million to provide library services to those who are blind and partially sighted.

The CNIB Library provides alternate format materials to our public libraries. The CNIB is conducting a letter writing campaign to acquire more funding so people who cannot read print due to blindness, partial sight or other disabilities will have continued and increased access to books in braille and audio.

The CNIB is asking for your help by sending letters to our federal government to show your support for this much needed service. We have the addresses and a sample letter at the office; please let us know if you would like copies. Note: it is recommended that you use the sample letter as a guide but write it in your own words.

Free Self Defense Ebook

NOT-ME! is a non-profit organization with a mission to promote, advance and unify self-defense education and training for at-risk populations. NOT-ME! has created a free ebook on self-defense and martial arts for and by people with spinal cord injuries. You can download this book by visiting www.not-me.org/selfdefenseforsci.pdf

There is more great information at the NOT-ME! website which you can find at www.not-me.org/

RDSP Info Sessions

Learn more about the new federally registered savings plan designed for people with disabilities. Find out how to qualify for up to \$3,500 in annual grants and up to \$1,000 in annual bonds.

We will be holding the following information session during January:

January 15, 2-3:30 p.m. Cherryhill Library
To register, please contact us at the Centre.

These information sessions are available in English only. Afin d'obtenir des renseignements en français, veuillez communiquer avec Gilbert Brunette par téléphone, au 613-563-2581 Ext. 11, ou par courriel à liaison@vac-ilc.ca ou visiter le www.vacanada.ca Funding for these information sessions is provided by the Government of Canada. / Ces séances d'information sont financées par le gouvernement du Canada.



Are You SAD?

Seasonal Affective Disorder (SAD) is a type of depression affecting 2-3% of Canadians. If you have periods of depression that recur at the same time every year for more than two years, you may have SAD and not just the occasional winter blues. SAD can affect anyone, women more commonly than men and most begin experiencing symptoms in their thirties. Symptoms may include: feeling tired and lethargic, withdrawing from friends and family, less interest in activities, inability to concentrate, sadness or despair, increased appetite, cravings for sweet and starchy foods, weight gain, irritability and lack of energy. Numerous treatments are available, not all people require medication. Counselling and support is available at Family Service Thames Valley, 519-433-0183 or www.familyservicethamesvalley.com

- Continued from front:** 6. Investigate the food you're eating. For mealtime insulin, do your best to find out the carbohydrate grams in foods you're eating so that you will take the right pre-meal insulin. Moreover, test out your blood sugar before and after meals to view how new foods are affecting your control. It's important to keep your glucose numbers under control to prevent problems.
7. Raise your stash of supplies. You might be visiting Hawaii for less than a week, but it's smart to pack diabetes supplies as if you were staying twice as long.
8. Consider time zone changes. If you're wearing an insulin pump and you will be touring a spot that may be in another time zone, be sure to adjust your insulin pump's clock to reflect the progress.
9. Test your blood sugar levels. Travel may have a variety of effects on diabetes management. Take into account that having less activity may prompt your blood sugar levels to become elevated; conversely, sightseeing as well as other physical activity may lower glucose. Due to the alterations in your schedule, it is crucial to check glucose before and after meals.
10. Tell others you have diabetes. While it might not often be comfortable, you should tell the people with whom you're traveling you have diabetes. Inform them of what you need to do to remain healthy and active on your trip, and what they must do in the event there is an emergency. Always wear a medical identification bracelet when you're traveling (although you need to be wearing one constantly anyway)-and ensure that it states you have diabetes, if you take insulin, and if possible, list an emergency phone number.

About the writer: J. Lenard writes for www.diabetesimeters.org, her personal hobby blog dedicated to providing suggestions to assist website visitors to stop diabetes and increase awareness of healthy eating.



Membership Renewal Time!

It is time to renew your membership for another year (or more.) While doing so, consider getting a gift membership for someone else. At only \$5 per year, it is a great way to receive a whole year of disability related information and support ILCLA

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 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.

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