

Living Independently

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July — August 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.

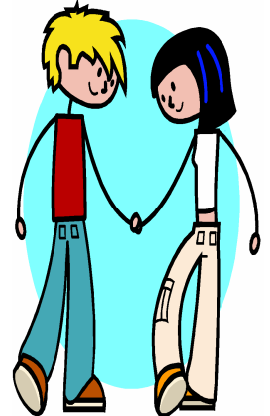
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If you would like our newsletter in an alternate format, please contact us.

Thank you for Walking With Us!



With your support, our eighth annual wheel and walkathon was a huge success!

We gathered on June 25 in Greenway Park for a day of fun and fund raising. We are deeply grateful to our many sponsors, supporters, donors and YOU!

Final totals are not yet in but preliminary results show you raised

Over \$12,000!!!

It was our honour to have Hon. Chris Bentley, Attorney General and MPP London West; Hon. Deb Matthews, Minister of Health and MPP London North Centre; and Councillor Stephen Orser, Ward 4 as special guest speakers.

Despite a few raindrops everyone was in good spirits, renewing friendships between laughter, hot dogs and prizes.

Special thanks to our volunteers, your generosity and kindness was appreciated by all, including first aider, Jason Stewart.

Thank you also to:

The London Majors, Vanessa from 103.1 Fresh FM, Jaynel from FM96, Stacey from 103.9 The Hawk, Evelyn Simons from The Londoner, Mike Hensen from The London Free Press and John Matisz from Metroland Media, London Community News.

We are also grateful to photographers Valter Daghetti and Sydeny Wyatt and videographer Vince Nash.

With your support and donations, we will be able to plan a great year of programs and activities while providing information and resources to people with disabilities in our community.

Come Walk Me for Independence 2011 Sponsors, Supporters and Donors



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New Photo I.D. Card

Ontario is introducing a new photo Identification card, making it easier for people who do not drive to perform everyday transactions. The card will look similar to a drivers license and will be available to Ontario residents over 16 years of age who do not have a drivers license. The card will cost \$35. For more information, see <http://www.mto.gov.on.ca/english/dandv/driver/photo-card.shtml>

Play Ball!!!



Do you (or someone you know) like baseball? If so, purchase your London Majors tickets from us. Tickets can be used for any regular season home game and are the same prices as the box office. When purchased from us, the London Majors donates 50% back to us! Prices are: Adults \$8, Children, Seniors, Students \$6. Contact us with your ticket order today!



Chair Yoga

Yoga reduces stress, pain, insomnia, fatigue; it increases cognitive functions, happiness, flexibility, mental and physical health. Please let us know if you are interested in chair yoga. Classes would be held at a downtown location, once a week (4 classes per month) and the cost is \$20 per month. We need 10 people minimum to run a class so let us know if you would consider attending.

Mine 101

Mine 101 is a new second-hand clothing store located in Belwood Plaza, 900 Oxford Street East. Proceeds support Women's Community House, a safe haven for women and children who experience abuse. Donations are only accepted at 101 Wellington Road.

Special Diet!

Don't forget! If you receive the special diet allowance, your new application must be in by July 31 to continue receiving the supplement. For more information, visit http://www.mcass.gov.on.ca/en/mcass/programs/social/special_diet_change.aspx

facebook

Did you know?

Yes, we are on Facebook! Visit and "like" our page to receive updates about activities, community events, interesting websites and more! Go to facebook.com/IndependentLivingCentreLondon

Social Assistance Review

The Commission for the Review of Social Assistance is charged with examining social assistance in Ontario to provide the government with an action plan to improve they system for the people who need it.

The Commission has released a discussion paper, summary, workbook and guide to hosting a community conversation.

You can provide input by making a comment, filling out the online workbook or sending in a submission. Input must be in by September 1, 2011.

For more information and participate, visit <http://www.socialassistancereview.ca/>

Online Applications



Applications for Ontario Works and ODSP can now be completed online. However, if a person is receiving OW and wants to switch to ODSP, they must do the application with their worker. <http://www.mcass.gov.on.ca/en/mcass/programs/social/index.aspx> for more information.

Living Well Beyond Cancer

This is a 6-week program for cancer survivors and caregivers. The program runs Wednesdays, 6:30—8:30 p.m. from August 31 to October 5. To register, contact Elgin Middlesex Unit at 519-432-1137 ext. 3915



Computer Lessons for Seniors

Third Age Computer Teaching offers free computer lessons for seniors. One-on-one, group and drop-in sessions are available at Kiwanis Seniors Community Centre, Boys and Girls Club of London, and Grand Wood Park Apartments and Retirement Residence. Sessions will run September 12—December 16. For more info call Dana Borrie at 519-661-1621

Read All About It!



To improve efficiency, be environmentally responsible and cut costs, we encourage you to access our newsletter online. **If you would prefer to receive your newsletter via email instead of postal mail, please contact us.** You will be notified each time the newsletter is published and provided with a link to our website where you will be able to view and/or download both the newsletter and activity calendar. We also have an activity reminder service you can sign up for. This provides you with an short email sent a few days before each activity as a convenient reminder. To be added to this list, please contact us!

“Live your life as if you were already the outstanding person that you intend to be sometime in the future.” — Brian Tracy



Pass It On!

Recycle this newsletter by passing it on to another person! Remember to record the activities on your calendar first though!

THE INDEPENDENT LIVING CENTRE LONDON & AREA MEMBERSHIP FORM



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