

Living Independently

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

March — April 2008

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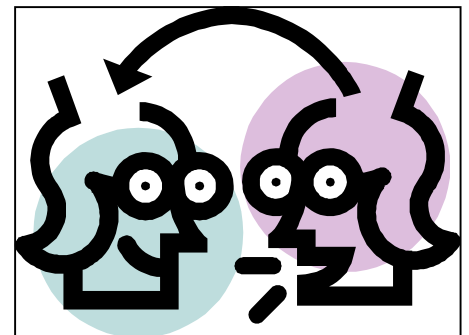
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AFFIRMATIONS

Repeat these self esteem affirmations to yourself throughout the day:

- I have confidence in myself.
- I am valuable.
- I am a talented person.
- I am intelligent.
- I never give up.
- I am free to be myself.
- I respect myself.
- I can do anything.
- I accept myself as I am.
- I am good and I know it.



"Why Do Some Affirmations *Work* - and Others Don't?"

By Jeff Staniforth

By definition, an affirmation is a statement repeated time and again either verbally or mentally -- or written down. The words of the affirmation statement - in themselves -when spoken, thought of, or written ***without*** a pictorial (visualized) or emotional connection -- make a very weak affirmation.

Affirmations, when worded correctly -- and when emotionally charged - are able to tap into the unlimited creative power of your subconscious mind, and manifest your desires.

Affirmations are not all created equal. Some are, of course, better than others. There are ***power affirmations*** that have been proven again and again to work - and I'll reveal some of them in a moment.

When you examine the structure of these power affirmations, you, too, can learn how to create your own powerful affirmations for your specific purposes. (continued...)

Consider the following:

"I am what I choose to be."
"All my needs are met instantaneously."
"I love and accept myself exactly as I am."
"_____ comes to me easily and effortlessly." (Fill in the blank with what you desire.)
"I am now perfectly healthy in body, mind and spirit."
"I now create my wonderful, ideal life."

What do the above power affirmations have in common?

1) They're stated in the present tense. An affirmation is more effective when stated in the present tense. For example; "I now have a wonderful job." Avoid affirming something in the future tense, e.g. "I am going to have a wonderful job" or the results will always be waiting to happen.

2) They express a positive statement. Affirmations need to be stated in the most positive terms possible. Avoid negative statements. Affirm what you do want, rather than what you don't want. For example: "I am no longer sick." This is a negative statement. Instead, affirm: "I am now perfectly healthy in body, mind and spirit." This statement is much more powerful as it is positive and reinforces your desired goal and doesn't confuse your subconscious mind with the mention of the undesirable condition.

3) They're short and specific. Short affirmations are easy to say, and have a far greater impact at the subconscious level than those which are long and wordy. Keeping them specific and to the point adds power as the idea is uncluttered by extraneous elements.

The mechanics that make affirmations powerful are:

* Repetition
The importance of repetition cannot be overemphasized. It imprints the affirmation into your subconscious mind.

* Emotions
Get involved, be passionate, and use your emotions. Think carefully about the meaning of the words as you repeat them rather than just writing, typing or saying them.

* Persistence
Practicing affirmations with persistence achieves results much sooner than practicing them periodically. Successive sessions will have a compounding effect.

* Belief
You don't necessarily have to believe your affirmation initially, in order for it to work. Belief will grow with your forthcoming successes. What you do need is the ability to **feel** what it would be like when the desire you're affirming is fulfilled, or your need met. Every time that you have a need -- and that need is met -- a certain "feeling" is produced in you. You need to evoke that same feeling when you state your affirmation. In other words, you need to feel with every fiber of your being that what you desire has already happened. Without this feeling, your affirmation is powerless.

* Impress Yourself
Personalize your affirmations. They must **resonate** with you -- feel right for you. The stronger your connection with the affirmation, the deeper the impression it makes on your mind, and the sooner you will experience positive results.

So there you have it - the simple formula for creating affirmations that work. Based on the above, you can easily create your own affirmations to manifest any desire or need you have in life.

The man who removes a mountain begins by carrying away small stones.

~ Chinese proverb ~

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I highly recommend these sites and the free newsletters there. This article is from the self improvement tips newsletter which you can subscribe to at www.positivearticles.com/tips/index.html

WHAT'S HAPPENING AT THE ILCLA in March

Out to Lunch

Wed, March 5, 11:30a.m.-1:30p.m.
Molly Blooms, 700 Richmond Street
Each person pays for their own meal.

Movie Talk

Wednesday, March 19, 1 p.m.-4 p.m.
We'll watch the movie "Patch Adams"
and then have a discussion. The topic
will be "What inspires you?"

Scrabble Club

Wednesday, March 26, 2 p.m.-4 p.m.
Independent Living Centre
Everyone is welcome

WHAT'S HAPPENING AT THE ILCLA in April

Out to Lunch

Wednesday, April 2, 11:30a.m.-1:30p.m.
Bertoldi's, 620 Richmond Street
Each person pays for their own meal.

Fire Prevention

Wednesday, April 16 1:30p.m.-2:30p.m.
Julianne Wever, Public Fire Educator will
visit with us to share important tips and
information. Plan to attend!

Scrabble Club

Wednesday, April 30 2:00p.m.-4:00p.m.
Independent Living Centre
Everyone is welcome

If you can, please call or email to register for any events you will attend, so we know how many to plan for. If you cannot pre-register, come anyway!

Our qualified exercise instructor, Vince Nash, with Paul Farnsworth (back) enjoying class.



The Independent Living Centre
London and Area invites you to join us
for our
Exercise Class
for People with Any Disability

Come and have some fun!

Vince Nash is our qualified instructor.

Friday Afternoons
3:00 pm - 4.30 pm

Mark Your Calendars! June 21 is this year's date for our annual Come Walk With Me walk and wheel-a-thon. Plan to attend and support your independent living centre. It's not too early to begin gathering sponsors, pledge sheets are available at the centre.



Greetings

I am honoured and excited to be the new Program Coordinator for your Independent Living Centre. Future events are being planned, which I hope you'll attend. I'm looking forward to meeting you! Ideas for future programs and activities are welcome. Is there a skill or hobby you'd like to learn or perhaps one you have and would like to share with us? Please let me know! **Caroline Donnelly**

- INVESTING IN OUR FUTURES -

ILCLA has teamed up with its National partner CAILC to promote The Canada Learning Bond and over the next few issues we will be giving you information and resources about this project. In the last issue we started with the basic facts, this time we begin to get more detailed.

Did you know? There is a program funded by the Federal Government that can provide up to \$2000, towards post-secondary education of children that qualify even if you don't contribute money towards it.

To Qualify

- You must be entitled to the National Child Benefit Supplement(Baby Bonus)

And your child must:

- Be a Canadian Citizen
- Born on or after Jan 1, 2004
- Have a valid Social Insurance Number (SIN)

When the child qualifies:

- You must open a Registered Educational Saving Plan (RESP) account. The Government will deposit \$500 into your Child's RESP account the first year.
- You could receive another \$100 per year for up to 15 years as long as you continue to receive the National Child Benefit Supplement.
- An additional \$25.00 will be deposited in the RESP account with the first \$500 in case there is a cost to opening the account.

Solutions

- 1) Contact your local Independent Living Resource Centre for Information.
- 2) Apply to the Canadian Revenue Agency for the Canadian Child Tax Benefit Supplement (if you think you may be eligible.)
- 3) Ask a bank/credit union/investment dealer or financial service providers.
- 4) Don't have birth certificate or social insurance number? Your financial Institution or your local Independent Living Centre can advise you how or where to apply, as it varies from province to province or contact your local Service Canada.

FURTHER INFORMATION

Tel 1-800-622-6232
www.canlearn.ca

BENEFITS OF AN RESP

- No taxes are charged on the interest while it is in the RESP, so your money grows faster.
- You do not need a bank account.
- You do not have to deposit money into the RESP to qualify for the Canada Learning Bond.
- Making a deposit could qualify you for an additional Canada Education Savings Grant.
- Anyone can contribute to the RESP if an individual plan is opened. If the RESP is a family plan, contributors must be related to the beneficiary or beneficiaries (there can be more than one in a family plan.)
- Many RESP's do not have any service charges, ask your provider for details.
- There are many investment choices for your RESP from low to higher risk.

QUESTIONS?

Where can I open an RESP?

At banks, credit unions, mutual fund companies, investment dealers and scholarship plan dealers. For a full list of RESP providers, call the Financial Consumer Agency of Canada at 1-866-461-3222 or visit www.fcac.gc.ca

What do I need?

A birth certificate for your child. If your child was not born in Canada, you need a citizen certificate or permanent resident card. A social insurance number for both you and your child.

Are there limits on deposits?

Some RESP's have minimum requirements and some do not, ask your provider. The maximum you may contribute is \$4,000 per year, \$42,000 over your lifetime.

Solutions

- 1) Contact your local Independent Living Centre for more information.
- 2) Go to government website to learn more [http:// www.hrsdc.gc.ca/en/learning/](http://www.hrsdc.gc.ca/en/learning/)
- 3) Shop around before you open an account. Service charges and plans differ. Find the one that best suits your needs.

Travel Planning?

Always be sure to research your destination thoroughly and investigate whether there is an access guide available. Many cities have produced these guides for travelers and they are often available free of charge or can be read online. As an example, the city of Chicago has a brand new access guide available at no charge at www.easyaccesschicago.org and there is a list at www.access-able.com

Oprah's Butterfly Chicken

Easy and delicious, the lemon tenderizes the chicken.

- 6 pieces chicken breasts or thighs
 - ¼ cup olive oil (preferably cold pressed, extra virgin)
 - ½ lemon, cubed into ¼" pieces, including rind
 - ½ cup red onion, chopped
 - 1 tbsp. rosemary, thyme or tarragon
- Marinate for several hours or up to 48 hours. Bake for 60 minutes at 375 degrees F.



TAX SEASON



Support the activities, programs and mission of independent living while receiving a charitable tax receipt which may help to reduce your taxes.

Please make cheques payable to The Independent Living Centre London & Area; help us continue to provide information and support to all people with disabilities as

THE INDEPENDENT LIVING CENTRE LONDON & AREA MEMBERSHIP FORM

Name: _____

Address: _____

Telephone Number: _____

Consumer - \$5

Agency - \$50

Charitable Donation _____

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

Charity #893156778RR0001