

Living Independently

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

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March / April 2007



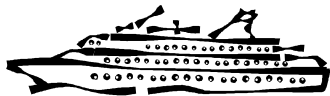
Laughter Yoga with instructor Donna Costa at the Kinsmen Recreation Centre.

Laughter yoga combines laughter exercise with yoga breathing exercises to give you the health benefits of hearty laughter.

We all know that laughter makes us feel good. A regular 20 minute laughter session can have a profound impact on our health and wellbeing. Laughter is gentle exercise. It fill your lungs and body with oxygen, deep-clears your breathing passages and exercises your lungs. This is really important for people who don't get regular aerobic exercise.

Our session on February 15 was so much fun!!! We really worked our laughing muscles. If anyone is interested in having a regular laughing group at the centre, please contact Jamie.

ANGIE'S CARIBBEAN CRUISE



By: Angie Ryan

In November, I had the good fortune to escape the gloomy weather and go on a cruise with a friend. I was really impressed with the accessibility of everything on the cruise ship. I spent 4 days on a cruise that left from Tampa, Florida and arrived at Cozumel, Mexico. Then we spent two days at the Renaissance Hotel in Tampa. The travel company I went through was Uniglobe (on North Centre Road in London). Jennifer from that office specializes in disabled travel and they were great at setting up my trip.

On the ship, I found I had lots of room for a manual wheelchair in my accessible cabin. There were two single beds in all the accessible cabins. The bathroom was set up really well. I had a shower seat and if you wanted you could take your wheelchair into the shower. The sink and toilet were both really good. The sink was a pedestal sink so that you could easily get underneath it and the toilet had a raised toilet seat and lots of grab bars. The cabin also had lots of storage for your personal belongings.

Getting around on the ship was easy too. Some people rented scooters from the company "Care".

The scooters were left in the hall outside the cabins but were used everywhere else on the deck. There was also one elevator that everyone used. They had ramps to get into the dining rooms and people took their scooters in there.

My only problem during the trip was with the Renaissance Hotel in Tampa as the accessibility was a concern. The bed was too high which risked it being unsafe, the bathroom had inappropriate grab bars and the toilet roll was out of reach. There was also no shower chair. However, the staff were very accommodating as they went out and bought a shower chair. Nonetheless, the room was not set up properly in the first place to be accessible, as advertised.

On our flight back, we had no problem going through customs as they were very accommodating.

I would recommend a cruise for anyone as it was very convenient to have everything all in one place on the ship.

INSIGHTFUL TRAVELS & IMAGERY

Mark Davidson, photographer/writer with a disability, shares insightful travels to places far off the luxury circuit, but rich in imagery and insights. Peruse his selection of writings, including "On the Hippie Trail," his journey from Dehli, India to Kathmandu, Nepal at <http://www.markdimages.com/index.htm>

Paratransit

By John Doolittle

This is not a complaint against Paratransit. It is a necessary service that provides thousands of rides to many people in London. In fact, I am disabled and used the LTC Low Floor buses about 200 times last year & simply love the freedom it gives me. However, my wife uses Paratransit exclusively and I use it occasionally.

The problem I am having is getting through in the morning between 7-9 am to make a booking. The lines are ALWAYS busy. When I finally get through, I may or may not get the booking I want. I wonder if there is a way to make the system more efficient for handling incoming calls?

This submission to the ILCLA newsletter is not a complaint but hopefully will bring to people's attention this problem and how they can help to resolve it. I have started the ball rolling by e-mailing the LTC about my concern. I would highly encourage anyone who has any comments related to the Commission (good or bad) to contact them. The web and mailing address for customer service is below.

<http://www.londontransit.ca/CustServ.htm#fourth-section>

London Transit Commission
c/o Customer Service
450 Highbury Rd. N.
London, ON
N5W 5L2

Volunteer Program News

Greetings to all ILCLA staff, members, board members and volunteers. It is with great pleasure that I am able to introduce myself to you all as the new Volunteer Coordinator at Independent Living Centre London. I have heard many wonderful things regarding the contributions made to the centre by our volunteers.

As someone who has been both a volunteer and volunteer coordinator I understand the value and many benefits volunteers bring to an organization. It is our aim to make your volunteer experience a mutually beneficial one. In the months ahead as we work together to grow and build our volunteer program I invite you all to offer your feedback and thoughts on past successes and future directions for the program.

As you drop into the centre please feel free to stop by my desk and introduce yourselves. I look forward to meeting and getting to know each of you.

Regards,

Lisa Mason
ILCLA Volunteer Coordinator

**Don't ever question the value of volunteers.
Noah's Ark was built by volunteers; the
Titanic was built by professionals.**

by Dave Gynn, Coleman Professional Services, Ohio, USA

IN LOVING MEMORY



Sally Anne Lowe (Brooks)

"While Alive, She Lived!"

August 21, 1935 – January 17, 2007

Remembering Sally

In January, we received the sad news that Sally Lowe had passed away. Sally was always a staunch supporter of our centre and served on our board, also. Her quick mind and strong spirit were evident to everyone who knew her.

We will definitely miss Sally and remember all of the contributions she made to our community. However, her determination and zest for life will carry on as they are mirrored in the lives of her family... her children- Vicky, Anne, Peter, and her husband, Bob. Our thoughts are with them.



THANK YOU GRAND THEATRE



In January, The Grand Theatre donated two tickets to *For the Pleasure of Seeing Her Again*, starring Broadway actress Louise Pitre. The Independent Living Centre auctioned the two tickets as a fundraising endeavor. Congratulations to Mr. Paul McCutcheon on his successful bid. Enjoy the show!

Support The Grand Theatre - Check out March's play, *The Spitfire Grill*, on the Grand's Mainstage.

Welcome New Members

The Independent Living Centre wants to welcome our new members to the centre. We hope that you will utilize our services and join in on our programming.

A special thank you goes to **CAW Local 27** for becoming a corporate member and for their generous donation to our centre. Their continued support is much appreciated.

Weird Facts

- Our eyes are always the same size from birth, but our nose and ears never stop growing.
- Women blink nearly twice as much as men.
- Your stomach has to produce a new layer of mucus every two weeks; otherwise, it will digest itself.

SCOOTER FREE TO A GOOD HOME

- Small 10 year old scooter

If interested in this item, please call Jamie at the centre.

Spina Bifida Social Group

If you would like to have fun with a great group of people—there is a new social group starting for people with spina bifida. This group meets on a regular basis at members' homes. Share fun, food, and experiences.

If you are interested in participating in this group contact Teresa Wammes at 519-473-5069.

Answers to Valentine's Day trivia:

- sweetheart
- Bottle
- Tomato
- Heart
- 1415



St. Patrick's Day Quiz

St. Patrick's Day is an official public holiday in just 3 places: Ireland, Northern Ireland and where else?

- A) Australia B) Canada C) Malta D) Montserrat

Which American city held the first St. Patrick's Day celebration in the United States?

- A) Boston B) Chicago C) New York D) Savannah

At an old fashioned St. Patrick's Day celebration in Ireland, which of these would you not see?

- A) Children clothed all in green
B) Men & women dancing together
C) Musicians playing the bagpipes
D) Wearing of the shamrock

Although they have no association with St. Patrick himself, the mischievous fairy folk called leprechauns are a well known symbol of Ireland and St. Patrick's Day. What is the leprechauns' traditional occupation?

- A) Gardening B) Goldsmithing
C) Shoemaking D) Tinkering

Answers: 1. D 2. A 3. A 4. C

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

WHAT'S HAPPENING AT THE ILCLA in March

Shameless - The Art of Disability

Thursday, March 8th 1:30 - 3:30 pm
@ Central Library - Tonda Room

Come out to watch the documentary film "Shameless-The Art of Disability" by director Bonnie Sherr Klein. The film follows the lives of 5 disabled artists as they create their art and their own images of disability. Klein turns the lens on the world of disability culture, and ultimately, the transformative power of art.

Tax Clinic

Wednesday, March 14th
11:00 am - 3:30 pm @ ILCLA

Two volunteers will be available to complete tax returns for individuals. Be sure to bring all pertinent slips and forms, SIN card etc. required to complete your taxes.

Call Jamie to set up your appointment.

Peer Support - Games Day

Tuesday, March 20th 12:00 - 2:00 pm @ ILCLA
Lunch: Grilled cheese sandwiches

Card games, board games etc. will be the activity of the day!!!! Everyone is welcome!

Scrabble Club

Wednesday, March 28 2-4 pm @ ILCLA

WHAT'S HAPPENING AT THE ILCLA in April

Shopping Trip to White Oaks Mall

Wednesday, April 4th 12:00 - 3:30 pm

Enjoy some lunch and shopping with friends. We will meet at the Walmart mall entrance location at noon.

Travelling with a Disability

Wednesday, April 11 1:30-3:30 pm @ ILCLA

Join us for a discussion of items to consider when planning and preparing for a trip and gain some great resources.

Peer Support Group - Movie & Lunch

Tuesday, April 17 12:00 - 2:30 pm @ ILCLA
Lunch: Pizza

We will be watching the Academy Award nominated movie Little Miss Sunshine and enjoying a pizza lunch.

Spring Craft

Wednesday, April 18th @ Michael's Craft Store
on the corner of Richmond St. and Fanshawe Rd.
1:30 - 3:30 pm
Cost: \$5

Our instructor Debbie Martin will instruct us in painting clay pot bird feeders. These feeders can be used outside or inside as decorative pots.

Scrabble Club

Wednesday, April 25 2-4 pm @ ILCLA

Call Jamie to Register for each event!
660-4667