

# Living Independently

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

March — April 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.

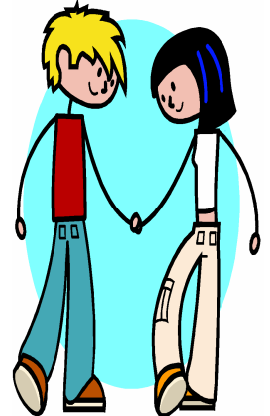
Website: [www.ilcla.ca](http://www.ilcla.ca)  
 Email: [info@ilcla.ca](mailto:info@ilcla.ca)

Accredited member of:



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

## Come Walk With Me for Independence



It may not feel like it outside but summer is coming soon. I promise!!! We are also looking forward to our eighth annual wheel and walkathon in June. Sponsors are coming on-board, prizes are being donated and your fundraising committee is working hard to make this another successful event.

**We can't do it without you.**

This year, you will notice a slight change in the pledge form. There will be a place where the friends you invite to participate can record your name as the person who introduced them to our event.

**Invite your friends and family to participate and your name will be entered into a draw for a special prize!**

The rules for this are simple and easy:

1. This must be the first time the invited person participates.
2. Both you and they must be in attendance at the walk.
3. Both you and they must bring a minimum of \$20 in pledges.

Enclosed are two pledge forms, one for you and one for a friend or family member. Begin collecting pledges now, it is never too soon!

Last year, together we raised over \$10,000 to help provide you with programs and services such as exercise class, scrabble club, bowling, RDSP information sessions and one-on-one support, independent living skill development sessions and more. Can we meet or exceed that amount this year? **Only with your help and support.**



## Integrated Accessibility Regulations

The Ministry of Community and Social Services has released the newest section of the AODA. The integrated accessibility standards covers information and communications, employment and transportation. Your feedback is needed before March 18. You access more information at <http://tinyurl.com/4un7syb>



### MS Website

My MS My Way is a free resource dedicated to connecting people with MS to accessible technologies that can help them live their lives better. The site is made for people with MS **by** people with MS. Their patient steering committee has guided their efforts to ensure that the information and resources provided on the site speak directly to the MS community. The website includes accessible technology tips, brain games, articles, videos and more. Visit them at [www.mymyway.com](http://www.mymyway.com)



### NEED A COMPUTER?

If you are:

- A resident of Ontario,
- Meeting current low income cut-off standards, and,
- Enrolled in a skills development, learning or academic program.

You may qualify for an almost free computer from RCTech Outreach. For more information and to apply, visit <http://tiny.cc/bdl4g>

## OIPRD

The Office of the Independent Police Review Director is an arms-length agency that provides independent civilian oversight over complaints about police services and officers in Ontario. The OIPRD began operations in October 2009 and makes certain the public complaints system is fair, transparent, efficient and effective.

We are hosting an information session open to all on March 30, 3 p.m.—4 p.m. at Cherryhill Library in Cherryhill Mall, 301 Oxford St. W. No charge to attend, please register at 519-660-4667 or email [info@ilcla.ca](mailto:info@ilcla.ca)



## Accessible Apartments in London

100% wheelchair accessible apartments available with ramps, low counters, roll-in shower, etc. Rent is reasonable. If you are interested, call Vince at 519-457-4272

## Aktion Club

Aktion Club is the only service club for adults with disabilities. In London, the Kiwanis Aktion Club was formed in November 2010. So far, members have worked at the London Food Bank, volunteered for the Salvation Army and woven discarded plastic milk bags into sleeping mats for children in Haiti. The Aktion Club meets every third Tuesday, 5:30—7 p.m. at Community Living London, 190 Adelaide St. S. For more information, call Paul Fish at 519-641-1653

"Do more than belong: participate.

Do more than care: help.

Do more than believe: practice.

Do more than be fair: be kind.

Do more than forgive: forget.

Do more than dream: work."

— William Arthur Ward

## Special Diet Allowance

Ontario is revising the Special Diet Allowance. This means if you currently receive a special diet allowance, you will have to reapply. The revised Special Diet Allowance takes effect on April 1 and new application forms should be available now, current recipients will be sent a copy by mail. If you do not apply, your special diet allowance will end by July 31 or sooner.

The revised schedule will cover the following:

- Celiac disease
- Chronic wounds and burns
- Conditions causing unintentional weight loss/ body wasting:
  - ALS
  - Anorexia nervosa
  - Crohn's disease
  - Cirrhosis
  - Congestive heart failure
  - Cystic fibrosis

- HIV/AIDS
- Lupus
- Malignancy
- Multiple sclerosis
- Ostomies (i.e. jejunostomy, ileostomy)
- Pancreatic insufficiency
- Short bowel syndrome
- Ulcerative colitis
- Diabetes
- Dysphagia requiring thickening liquids
- Extreme obesity (BMI > 40)
- Food allergy—milk/dairy, wheat
- Gestational diabetes
- Hypercholesterolemia
- Hyperlipidemia
- Hypertension
- Insufficient lactation to sustain breast-feeding or breast-feeding is contraindicated
- Lactose intolerance
- Osteoporosis
- Renal failure



## 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](http://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](mailto:info@ilcla.ca). In addition, we are happy to do information sessions for groups and organizations.

Funding for these information sessions is provided by the Government of Canada. / Ces séances d'information sont financées par le gouvernement du Canada.