

Living Independently

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

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MAY - JUNE 2007



**COME
WALK
WITH ME**

On Saturday, June 23, 2007, The Independent Living Centre is holding its annual fundraiser—COME WALK WITH ME! This year we are adding a twist - a puzzle hunt throughout the park. Participants (in teams of 2-3 people) will solve clues to various locations throughout Greenway and Springbank Park, solving more clues at each location and collecting puzzle pieces. Put the puzzle pieces together to solve the final clue and finish the hunt!

The day will be so much fun - and everyone can participate! The day starts with registration at 11:30 am. As a finale, there is a fundraising B.B.Q. that ends around 4:00 pm.

Come join in the fun, as well as raising money for the centre! Enclosed with each newsletter is a pledge form - register with Jamie for the hunt, then go out and collect pledges! We need a good turnout for this event, so bring friends, family - anyone! Just make sure they register!

Website: www.ilcla.ca

Email: info@ilcla.ca

Thank you to the Sponsors of COME WALK WITH ME!

The Independent Living Centre would like to thank the following sponsors for their generosity:

Silver Sponsor:

Factor Gas Liquids Inc.



Bronze Sponsors:

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CAW Local 1520



Supreme Court Rules Via Rail Must Make its Passenger Cars Wheelchair Accessible

On Friday, March 23, the Supreme Court of Canada upheld a decision by the Canadian Transportation Agency, forcing Via Rail to make their passenger rail cars more accessible, specifically on their fleet of Renaissance cars. Via purchased 139 of these cars in 2000. The problem with the cars is they are narrower than other cars the company operates, have limited wheelchair tie-down space and limited access to sleeping facilities and washrooms.

In 2003, the Canadian Transportation Agency ordered that 30 of the fleet of 139 cars be renovated to make them more accessible, ensuring that at least one car per train was wheelchair accessible.

In 2005, a Federal Court ruled that Via Rail did not have to make the upgrades to the cars, but the decision was appealed by the Council of Canadians with disabilities who have been fighting for the changes since 2000.

It has been a very long battle to force Via Rail to make the changes, and the win could be key in establishing legal precedent in other areas like airline and bus services.

(Source: CTV.ca)

Choice Hotels & The Canadian Association of Independent Living Centres Benefits Program

CAILC is pleased to have entered into a partnership with Choice Hotels Canada to bring you accommodation savings at participating locations worldwide. Save 15-20% on your next stay with Choice Hotels' Significant Organization Savings rate program. The program allows you to save at participating Comfort, Comfort Suites, Quality Sleep Inn, Clarion, Econo Lodge, and Rodeway Inn hotels in Canada and at participating hotels worldwide. You'll find unexpected amenities and great service at over 270 hotels across Canada and at over 5,300 hotels worldwide.

There are two ways to make reservations:

Online

Visit CAILC's dedicated website at choicehotels.ca/cailc and search hotels and dates in the Quick Search section. One thing you must do before proceeding is to click on the right of the screen "Yes, Confirm". This will take you into CAILC's own website. Once you have completed your search and booked your hotel, you will receive an email confirmation.

By Phone

To make reservations by phone call 1.8002CHOICE (800.424.6423) and quote I.D. #00063725. Service is also available in French by calling 1.800.267.3837.

Happy Travelling!

Medicine Shoppe Builds New Ramp

We are pleased to inform our members that the Medicine Shoppe located at 413 King St. (this is only half a block away from The Independent Living Centre) has made significant accessibility updates to the store. Recently, the store owner has fitted the front entrance with a ramp, so now it is accessible for people with a mobility disability.

We would like to congratulate the Medicine Shoppe for continuing to provide excellent customer service to all consumers. Their services include free home delivery of prescriptions, blood pressure checks and so much more. Their phone number is 519-435-0675.

**“Coming together is the
beginning.
Keeping together is progress.
Working together is success.”**

- Henry Ford

Canada Signs UN Convention on the Rights of Persons with Disabilities

On Friday, March 30th, at 9:00 am the Honourable Peter MacKay, Minister of Foreign Affairs and Minister of the Atlantic Canada Opportunities Agency, signaled Canada's intention to be a signatory to the United Nation's Convention on the Rights of Persons with Disabilities. Later that morning in New York, the Canadian Ambassador, John McNee attended the official ceremony of the Signing of the Convention on behalf of Canada.

Minister MacKay was quoted as saying "that by signing the Convention, we are demonstrating our leadership and the importance we attach to the rights of persons with disabilities. The commitment of Canada's new government with respect to the issues of disability is clear. We have a strong commitment to ensuring that persons with disabilities enjoy full participation in society and can contribute to the community to their full potential.

Over the past 5 years Canadian government officials and non-governmental representatives were actively involved in the committee to draft this historic document.

This UN Convention will hopefully soon have an impact on the 650 million persons with disabilities worldwide. They will have the right to access education, meaningful work, health care, transportation, public services, basically living a life that they choose for themselves.

(Source: CAILC press release)

FICCDAT - Festival of International Conferences on Caregiving, Disability, Ageing and Technology

From July 16-19th, in Toronto, the March of Dimes and Toronto Rehabilitation Institute are hosting a huge international conference on caregiving, disability, ageing and technology. FICCDAT is the first event of this kind in the world. It brings together five international conferences related to disability and aging under one roof.

The five conferences are: 1) Growing Older with a Disability; 2) Advances in Neurorehabilitation; 2nd International Conference on Technology & Aging (ICTA); 3) Caregivers Essential Partners in Care; and, 4) Improving Medical Device Usability.

This is a significant event because each of its five conferences poses unique questions on the issues of an aging population. Who will care for boomers as they age? What can we do to lessen the neurological effects of an aging mind? How will persons with disability cope as they experience other health issues associated with growing older? How can we help people maintain maximum independence?

The conference will bring together consumers, researchers and people working in the health and technology industry.

The cost for attendance at the three day conference is \$150, or daily attendance is \$60. Entrance into the Home Modification and Universal Design Symposium on Monday, June 18th is \$10.

For more information on the conference:

www.ficcdat.ca

People in Motion 2007 Canada's Largest Exhibition for Disabilities

People in Motion is for people with disabilities, seniors, family members, home care providers, and therapists.

The event takes place on Friday, June 1st and Saturday, June 2nd at the Queen Elizabeth Building, Exhibition Place, in Toronto.

The event has over 120 exhibitions featuring mobility aids, adapted vehicles, rehabilitation, home healthcare products, travel & leisure, corporate & government services, employment opportunities, computer aids, disability publications, associations and more!

The event is free and attendant services are available.

For more information call:
1-877-745-6555 or the website:
people-in-motion.com

Cards, Anyone?

It is a very curious fact that, although the pack of 52 cards (standard playing deck) was ostensibly produced simply for gaming, it contains a numerical symbolism which is related to the year and to nature.

The four suits correspond to the four seasons: Spring, Summer, Autumn and Winter. They also remind us of the four winds: North, East, South and West. The two colours, red and black, represent day and night.

The 52 cards represent the 52 weeks of the year. The four suits of 13 cards each, correspond to the four quarters of the year, each having 13 weeks. The twelve court cards are analogous to the twelve months of the year; and to the twelve hours between noon and midnight.

The face value, or pips, of each suit, from Ace to ten, add up to 55. If we call the Jack 11, the Queen 12, and the King 13, then the total of pips for each suit is 91. Multiply this by 4, and it gives a grand total for the whole pack of 364 - plus 1, the Joker and we have 365, the number of days in the year. Furthermore, the four suits of 13 cards each remind us of the four phases of the moon: new moon, first quarter, full moon and last quarter. These four phases make a lunar month and 13 lunar months are reckoned to the year.

Source: 'Natural Magic' a book by Doreen Valiente (1975)

THE INDEPENDENT LIVING CENTRE LONDON & AREA MEMBERSHIP FORM

Name: _____

Address: _____

Telephone Number: _____

Consumer - \$5
Agency - \$50
Charitable Donation _____
Charity #893156778RR0001

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

WHAT'S HAPPENING AT THE ILCLA in May

Bowling at Fleetway

Thursday, May 3rd 2:30 - 4:30 pm
Cost: \$5 for two games
10 pin bowling - It will be lots of fun!

Current Research into Chronic Pain

Wednesday, May 9 1:00 - 3:00 pm
@ ILCLA

Join us as David Walton, lecturer from UWO and Eastern Canada Chair of the Canadian Physiotherapy Pain Sciences Group, discusses current research on pain and pain management.

Barrier Free Access & the Ontario Building Code

Wednesday, May 16th 1:30 - 3:30 pm
@ Cherryhill Mall Library

Guest speaker Gary Edwards will speak on the recent changes to barrier free access in the Ontario Building Code. He will discuss what these changes mean and who they will effect.

Scrabble Club

Wednesday, May 23 2:00 - 4:00

Please note: This scrabble club is a week earlier than usual!

WHAT'S HAPPENING AT THE ILCLA in June

Supper Club

Thursday, June 7 5:30 - 7:30 pm
@ Swiss Chalet at 735 Wonderland Rd.
(in Wonderland Corners Plaza)
Cost: meal covered by each diner

Pamper Yourself Day!

Date to be announced!

Join us for an afternoon of facials, pedicures, manicures and hair styling at Pebec & Marvel Beauty School. Maximum 6 people!

Digital Photograph Editing Workshop:

Two dates: Wednesday, June 13 &
Wednesday, June 20 from 3-5 pm
@ Tanys Quesnel Living Learning Lab

Gary Scholl, a member of the London Camera Club, will be our instructor for two sessions of learning how to edit digital photos. We will learn how to use software to enhance our photographs, create albums and make a slideshow.

Everyone can join us - even if your photos are already printed. We will assist people in scanning their photos into the computer. You do not need to have a camera, only photographs that you can use while editing.

Scrabble Club

Wednesday, June 27 2:00 - 4:00 pm

Call Jamie to Register for each event!
660-4667