

Living Independently

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

May — June 2008

What's Inside

| | |
|---|---|
| Be Prepared!..... | 2 |
| London Festivals..... | 2 |
| Investing in Our Futures.. | 3 |
| Do you have a Pet?..... | 4 |
| Healthy Food Shopping .. | 4 |
| Positive Self-talk.. .. | 4 |
| Free e-book download | 4 |
| Mothers and fathers | 5 |
| New MS website | 5 |
| Convenient Giving | 5 |
| What's Happening @ ILC: May and June Events..... | 6 |



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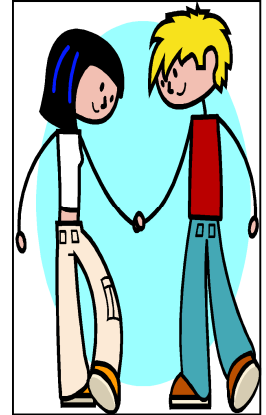
Proud member of:



Canadian Association of
Independent Living Centres
Promettant a nos perspectives en accessibilité
Association canadienne des
centres de vie autonome
Viel- au-delà du handicap

Come Walk with Me for Independence— A Life Worth Living!

June 21st is the date for our 5th annual walk and wheel-a-thon. Once again, we will be at Greenway Park with registration beginning at 11:30 a.m.



One of our goals this year is to increase participation. Help us do this by inviting and challenging your family, friends and co-workers. Form teams and support your independent living centre; additional pledge sheets are available at the Centre.

In addition, if you would like to post an advertising flyer at your residence, work place or any business/organization you frequent, we can supply as many copies as needed or email one for printing.

Remember to collect funds at the same time they are pledged or before the walk and wheel, then bring them with you on June 21. If you form a team, give it a name and make sure all members include that on their pledge sheet. We hope to have prizes for various categories such as top participant and top team (monies raised and number of pledges.)

Immediately following the walk, there will be a fund raising barbeque to enjoy!



Emergency Preparedness

If you had 15 minutes to evacuate, would you be able to grab important papers and supplies such as food, clothing and medications, etc? How would your family and friends contact you? What would you do with any pets? Answering these questions and many more is what emergency preparedness is all about. Remember the 1998 huge ice storm in Quebec? How about the massive power outage we experienced in 2003? Emergencies such as these and others are becoming more commonplace and we need to be prepared, not only personally but consideration should be given to your residence and place of work. Being prepared will reduce stress and raise confidence in your situation and safety.

May 4 to 10 is Emergency Preparedness Week across Canada. Plan to attend our information session on May 6 at 7 p.m. at the Landon Branch of our public library in the Martha Bishop Room. Also presenting will be the City of London Emergency Management Division and the Middlesex-London Health Unit. Our portion of the session is specifically designed for people with disabilities, but everyone would benefit from attending.



72
HOURS
IS YOUR FAMILY
PREPARED?

Sign up for free monthly safety tips about such things as cold weather, floods and earthquakes, delivered via email. Visit http://getprepared.ca/tip/tip_e.asp

London Festivals and Events

May 24-25
Gus Macker 3-on-3 Basketball
Victoria Park and area
www.macker.com



May 31-June 1
A Show for Men
Covent Garden Market
www.coventmarket.com_cal.htm

June 4-7
International Children's Festival
Various locations, mostly downtown
www.londonchildfest.com

June 7
Morris Ale 2008
Covent Garden Market
www.coventmarket.com_cal.htm

June 7-8
Play On! Street Hockey Tournament
Victoria Park
www.playon.ca

June 13-15
International Food Festival
Victoria Park
www.fscanada.com



June 19-21
Savour London
Covent Garden Market
www.coventmarket.com_cal.htm

June 21
Greenway Park
Come Walk with Me—for Independence!
www.ilcla.ca



You Missed It!

If you were unable to attend our recent session on fire prevention, you missed:

- Learning the most common cause of fires.
- Seeing how much time you have to escape.
- Getting a free smoke detector!

- INVESTING IN OUR FUTURES -

ILCLA has teamed up with its National partner CAILC to promote The Canada Learning Bond. We continue providing you with details of this program and will be holding information sessions in the near future.

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

YOU NEED TO KNOW:

- Some plans require automatic or monthly deposits, some don't.
- Plans with minimum monthly deposits have different minimums.
- Some plans have service charges, some don't.
- Some plans invest in GIC's/savings accounts, while others invest in the stock market which is more risky.
- You should consider how much risk you are willing to take.
- Some plans have consistently shown better annual returns than others.

QUESTIONS?

What if the person named in the RESP does not continue education after high school?

- Wait for a period of time, the individual may decide to continue their education later.
- Transfer the money to a sibling's RESP.
- Transfer the money you invested into your RRSP.
- Withdraw the money, but first ask about the tax you will pay.
- The Canada Learning Bond portion cannot be transferred and must be returned to the Government of Canada.
- Don't act too quickly.
- Investigate your options.

1. Contact your local Independent Living Centre for more information.
2. Go to government websites to learn more. A good one is [http:// www.hrsdc.gc.ca/en/ learning/education_saving/index.shtml](http://www.hrsdc.gc.ca/en/learning/education_saving/index.shtml)

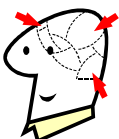
3. Shop around before you open an account. Service charges and plans differ. Find the one that best suits your needs.

Did you know?.....

If you have a pet and if you're a senior receiving the Federal Guaranteed Income Supplement; or a person with disabilities who receives Ontario Disability Support Payments or the Canada Pension Plan Disability Benefit; or have a pet participating in the SafePet Program; it may be possible to have some non-elective veterinary expenses subsidized. Routine physical examinations are not paid for, nor are spays and neuters unless the procedure is essential for the continued health of the animal. You don't apply for this subsidy, your vet does. For more information, go to www.farleyfoundation.org and make sure your vet is aware of this program.



Positive Self-Talk



Do you talk yourself into believing you can't do certain things or deal with change? The mind is a funny thing, if it hears something repeated enough it starts to believe it and acts on it to make it true. Your mind will not rationalize with what it is convinced of. Give yourself positive, encouraging statements. Repeat them constantly and your mind will act on them. Work at feeling good about yourself and become more self reliant. **YOU** are a capable person! Don't allow those inner voices to convince you otherwise.

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Healthy Food Shopping

DO: Read nutrition labels. Any food labeled "healthy" must contain at least 10% of the Daily Values per serving for several important nutrients, in addition to being low in trans fat, saturated fat, sodium and cholesterol.

DON'T: forget fibre. Look for the word "whole" at the top of the packaging ingredients. Buy whole-grain breads, rolls and cereal, plus brown rice and dried beans.

DO: pick the greenest. When buying fresh foods, pick those deepest in colour—dark greens and reds. The dark colour means higher concentration of antioxidant vitamins A, C and E, folic acid, calcium and other nutrients.

DON'T: forget frozen produce. Some contain as many nutrients as fresh, sometimes more. Fresh produce loses nutrients the longer it is out on display and in your fridge.

DO: Select "TV" dinners carefully. Choose frozen meals with less than 10 grams of fat and the least amount of sodium and cholesterol.

DON'T: pass by the pasta, it's high in protein and contains B vitamins and iron.

DO: Avoid shopping on an empty stomach. Choose fruit "juices" rather than "drinks." Buy skinless poultry. Remember, a standard serving size of meat or fish is about the size of a deck of cards.

James Allen (1864-1912) is widely regarded as one of the founders of the personal development industry. His "little" book, *As A Man Thinketh*, has influenced and inspired millions. Mark Victor Hansen, co-author of the "Chicken Soup" books has been quoted as saying, "I have personally read *As A Man Thinketh* over 25 times. Timeless material." Get a free copy of this book in PDF format by visiting <http://www.asamanthinketh.net/download.htm>
"Change your thoughts, change your life."

We offer our best wishes to all mothers and fathers on their special days and throughout the year. Here are some fun facts:

- The highest officially recorded number of children born to one mother is 69. Between 1725 and 1765, a Russian woman gave birth to 16 pairs of twins, seven sets of triplets and four sets of quadruplets. 67 of them survived infancy.
- Just nine years after her successful campaign to have Mother's Day be officially recognized in America, Anna Jarvis filed a lawsuit to stop the over-commercialization of the day. Her lawsuit failed.
- When Sonora Louise Smart Dodd, of Spokane, Washington, began her campaign for a day to commemorate fathers in 1909, "one group of men conventioners laughed and said they didn't want a Father's Day," according to an article in The Spokesman-Review. "A national fishing day would be better, they told her."
- More collect phone calls are made on Father's Day than any other day of the year.

MS Living is a website by people with MS for people with MS, their families and friends. Blogs, discussions, housing, fitness, fashion, relationships and much more is included. Check it out and get involved at www.msiving.org

Giving made Convenient



Below is our regular membership purchase/renewal and donation form. If you have online access we now have an additional way to give that is very convenient. Go to our website (www.ilcla.ca) and look for the "Donate Now" button on the left side. You can make a one-time donation or begin a regular monthly contribution, to be deducted from your credit card. There is a place to include any special instructions (such as membership renewal, etc..) and you can dedicate the gift as a memorial or honorarium. It is through your generosity and caring that we are able to continue and expand the services we provide to all people with a disability in our community who wish to live independent lives.

**THE INDEPENDENT LIVING CENTRE LONDON & AREA
MEMBERSHIP FORM**

Name: _____

Address: _____

Telephone Number: _____

- Consumer - \$5**
- Agency - \$50**
- Charitable Donation \$ _____**



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Charity #893156778RR0001

