

# Living Independently

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

November — December 2009

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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:



## United Nations International Day of Persons with Disabilities

The annual observance of International Day of Persons with Disabilities on December 3 aims to promote an understanding of disability issues, the rights of persons with disabilities and gains to be derived from the integration of persons with disabilities in every aspect of their communities.

### U.N. DAY CELEBRATION!

December 2, 7:00 p.m.—9:00 p.m.  
Kinsmen Recreation Centre  
20 Granville Street, Room 2

### Self Defense for People with Disabilities

Dr. Steve Stewart, founder and owner of Modern Martial Arts in London, will share his expertise.

### What is the Convention on the Rights of Persons with Disabilities?

An international treaty that identifies the rights of persons with disabilities as well as the obligations on States parties to the Convention to promote, protect and ensure those rights.

### What is the Optional Protocol to the Convention?

Also an international treaty. The Optional Protocol establishes two procedures aimed at strengthening the implementation and monitoring of the Convention.

The first step in becoming a party to the Convention is signing the treaty. States may sign the Convention and/or Optional Protocol. By signing, States indicate their intention to take steps to be bound by the treaty at a later date.

(Canada is at this step.) Next comes ratification which is a concrete action taken by States signalling the intention to undertake legal rights and obligations contained in the Convention or the Optional Protocol.

## New Board Member Needed



Our centre is looking for one new board member. Are you a member? Are you interested? If so, please contact Pamela Quesnel at 519-660-4667 to obtain an application form. Applicants with a disability are welcome.

## Healthy Vision Day



You are invited to this free one-day forum organized by the London Advisory Committee for the Visually Impaired. This day will provide a view into the issues, solutions and services available to those whose lives are affected by vision loss. Topics will include Age Related Macular Degeneration, Glaucoma, Gene Therapy, Gateway to the Internet, Employment Options and Rights, and How to Cope When Your Vision is Deteriorating. For more information, visit [www.healthyvision.ca](http://www.healthyvision.ca) This event will be held on Saturday, November 21 at the Central Library, Wolf Performance Hall, 251 Dundas Street from 8:45 a.m.—2:00 p.m. There is no charge, please register in person at any library location, by calling 519-661-5122 or at [www.londonpubliclibrary.ca](http://www.londonpubliclibrary.ca)

*“Dwelling on an unhappy moment in life is like channel surfing through a thousand possible TV shows, selecting the one that troubles you the most, and then blaming your TV set for the pain you’re feeling.”* Guy Finley

## ya thiNK???

*“All that a man achieves and all that he fails to achieve is the direct result of his own thoughts... As he thinks, so is he; as he continues to think, so he remains.”* — James Allen

Our workshops based on the book *As a Man Thinketh* by James Allen have been enjoyed by all attending. You are welcome to be at the last two sessions, even if you missed the first ones. See the back page for dates and times.

## Flu Shots



With two types of flu circulating this year, it is very important to know when to schedule your shots. Talk to your health care provider about vaccinations and what is best for you and your family. This is the general timing for shots this year:

Timing	Type	Individuals
October	Seasonal flu	Ontarians 65 and over, long-term care residents
November	H1N1 flu	All Ontarians
December/January	Seasonal flu	Ontarians under 65

For tips and information, including clinic schedules, visit [www.ontario.ca/flu](http://www.ontario.ca/flu) and [www.healthunit.com](http://www.healthunit.com) or call the Service Ontario INFOLine at 1-800-476-9708, TTY: 1-800-387-5559.

## FREE!

Two bath chairs like the one pictured here have been donated to us. If you need one, please call us at the office, 519-660-4667 or email [info@ilcla.ca](mailto:info@ilcla.ca) Please note that we cannot deliver.



## - INVESTING IN OUR FUTURES -

*ILCLA has teamed up with its National partner, Independent Living Canada, to promote The Canada Learning Bond. We continue providing you with details of this program.*

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](http://www.canlearn.ca)

## YOU NEED TO KNOW:

- No taxes are charged on the interest while it is in the RESP.
- 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 (even \$1) 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 RESPs do not have any service charges, ask your provider for details.
- There are many investment choices for your RESP from higher to lower risk.

1. Contact your local Independent Living Centre for more information.

## 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](http://www.fcac.gc.ca)

### Do you have more information?

- We have information packages that are available, free of charge, to anyone. If you would like to receive one, or if you know someone who would, please call us at 519-660-4667.

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.



## Words with Dignity

We believe in “people first” and that an individual should not be defined by their disability. This is not political correctness, it is respect and courtesy, it is treating others as we would wish to be treated. If in doubt, ask.

### INSTEAD OF:

### USE:

Disabled, handicapped or crippled	Person with a disability or people with disabilities
Crippled by, afflicted with, suffering from or deformed	Person who has or person with
Lame	Person who has a mobility impairment
Confined, bound or restricted to a wheelchair	Person who uses a wheelchair
Deaf and dumb, deaf, deaf mute or hearing impaired	Person who is (e.g. deaf or hard of hearing)
Retarded or mentally retarded	Person with an intellectual disability
Spastic (as a noun)	Person with cerebral palsy
Physically challenged	Person with a physical disability
Mental patient, mentally ill, mental or insane	Person who has or person with (e.g. a mental illness or schizophrenia)
Learning disabled or learning difficulty	Person with a learning disability
Visually impaired (as a collective noun) or blind	People who have a visual impairment
Disabled sport	Sport for athletes with disabilities
Disabled community	Disability community

*“If you only do what you know you can do, you never do very much.”* -- Tom Krause

## EMPLOYMENT SUPPORTS



### Did you know?

ODSP-Employment Supports helps people with disabilities to get and keep jobs, and helps people with disabilities who are already employed to overcome job crisis situations so they do not lose their jobs.

You may be eligible if you are:

- a person with a physical impairment:
  - continuous or recurrent
  - lasting one year or more
  - that is a barrier to competitive employment
  - verified by a qualified professional
- An employed person with a disability in a job crisis situation

OR

- In receipt of ODSP Income Support and interested in looking for work.

AND WHO ARE:

- Resident of Ontario
- Able to work in Canada
- Willing and able to prepare for, accept or maintain (full or part time) at least at minimum wage
- 16 years of age or older.

The supports you may receive are:

- Assistance in obtaining and maintaining employment.
- Access to the individual supports you need to overcome disability related employment barriers and to achieve your employment goals.
- If you are presently working but having difficulties, you may also be eligible for supports.

For more information, call 519-438-5111, ext. 3456 or 1-800-265-4197, ext. 3456.

# **H**appy **H**olidays!



To celebrate the holiday season, we will once again be having two get-togethers:

On December 7 we will have dinner at Shelley's Restaurant. Each person will pay for their own meal.

Then, on December 14 we will have a more casual lunch at the Centre where we will order in Swiss Chalet. Again, each person pays for their own meal but we will subsidize a portion of it.

Please see the last page of this newsletter for more details or call the centre.

We wish you and your family a joyous holiday.



## **A Time of Giving**

Many like to make charitable gifts at this time of year, whether inspired by the season, as a Christmas gift for the person who has everything or for increased tax deductions.

Please consider including your Independent Living Centre when deciding where to direct your generosity. Also consider purchasing a gift membership for someone, it is an inexpensive present they will enjoy the entire year!

### **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

**WHAT'S HAPPENING AT THE ILCLA in November**

**Ya Think? - Part 3**

Monday, November 9  
2:00 p.m.—4:00 p.m. at ILC  
We continue learning how to improve our lives by changing the way we think.

**Christmas Crafts**

Wednesday, November 18  
2:00 p.m.—4:00 p.m. at ILC  
Be creative and have some fun while making items nice enough to use as presents (but you'll want to keep them for yourself!) \$3 per person.



**Ya Think? - Part 4**

Monday, November 23  
2:00 p.m.—4:00 p.m. at ILC  
The final part of our series on learning how to improve our lives by changing the way we think.

**Scrabble Club**

Wednesday, November 25  
2:30 p.m. - 4:30 p.m.  
Cherryhill Library, Cherryhill Mall.  
All welcome. Non-competitive



**Please call or email to register for events you will attend, so we know how many to plan for. If you can't register, come anyway!**

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



**WHAT'S HAPPENING AT THE ILCLA in December**

**Self Defense**

Wednesday, December 2, 7 pm-9 pm  
Kinsmen Recreation Centre  
20 Granville Street, Room 2

**Christmas Concert**

Wed. Dec 9, 12:00 noon-1:30  
UWO, Paul Davenport Theatre  
1151 Richmond Street  
A Rose in Winter—UWO singers and St. Cecilia Singers sing seasonal music  
The theatre can only hold 4 wheel-chairs so registration is MANDATORY!



**Christmas Dinner**

Monday, December 7, 6 pm — 8:30 pm  
Shelley's Restaurant  
Lampighter Inn, 591 Wellington Rd. S.  
Each person pays for their own meal.

**Christmas Lunch**

Monday, December 14, 1 pm — 4 pm  
At ILC. Order your meal no later than December 10. Call the centre for prices

**Scrabble Club**

Wednesday, December 16  
2:30 pm - 4:30pm  
Cherryhill Library, Cherryhill Mall



**Exercise Class  
for People with Any Disability**

**Come and have some fun!**  
Vince Nash is our qualified instructor.

**Fridays 3:00 pm - 4:30 pm**

**Sponsored by F.K. Morrow Foundation**