

# Living Independently

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

September — October 2010

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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)

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

## YOU ARE INVITED to our Annual General Meeting



Wednesday, September 22, 2010

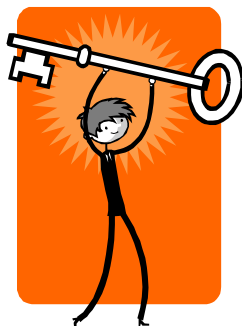
2:00 p.m.—4:00 p.m.

Cherryhill Library, Cherryhill Mall, 301 Oxford Street West

Special guest speaker: Cathy Saunders, City Clerk

Topic: Accessibility and Voting. Come out to be informed of new initiatives to improve the accessibility of voting.

Also presented will be our annual report of activities during our previous fiscal year.



## Personal Power

It is time once again to run a session of our self-empowerment series, Personal Power. These workshops are so popular, we have a waiting list of people wanting to attend. Topics covered will include self-talk, attitude, habits, assertiveness, anger management and goal setting. Classes will be held on Tuesday afternoons, September 14, 21 and October 5, 2-4 p.m. at the Centre. We are taking a maximum of eight people this time around and some spots are already taken, so call right now to reserve your seat.

## Did You Know?

The benefits of yoga include:

- improved energy levels
- improved mood
- reduced stress
- increased flexibility
- increased lubrication of joints, ligaments and tendons
- muscle toning
- relaxation
- mind-body harmony



The Downtown Yoga Holistic Centre offers chair yoga which can be done by people with disabilities either in a chair or holding onto one. This is ideal for those with health challenges, people who use wheelchairs with upper body mobility, seniors and anyone recovering from foot or knee injuries. The Centre is located downtown at 236 Dundas Street and they can be contacted at 519-266-4096. If you are interested in yoga classes, please let us know at the ILC.

## Free Workshops

ConnectEd is a free, drop-in monthly educational workshop series featuring films and presentations from health professionals and consumers. Topics covered include anxiety disorders, depression, mental health, eating disorders and more. The series takes place on the first Tuesday of every month, 6 p.m.—9 p.m. from September to June at the Central Library in the Stevenson & Hunt room B. For more information visit [www.connect2day.weebly.com/connected.html](http://www.connect2day.weebly.com/connected.html)

## RDSP Info Sessions

Learn more about the new federally registered savings plan designed for people with disabilities. Find out how to qualify for up to \$3,500 in annual grants and up to \$1,000 in annual bonds. In September and October we will be holding information sessions in Sarnia and Chatham. If you are interested in attending either of these sessions, please contact us at the Centre for dates and times. These information sessions are available in English only. Afin d'obtenir des renseignements en français, veuillez communiquer avec Gilbert Brunette par téléphone, au 613-563-2581 Ext. 11, ou par courriel à [liaison@vac-ilc.ca](mailto:liaison@vac-ilc.ca) ou visiter le [www.vacanada.ca](http://www.vacanada.ca) Funding for these information sessions is provided by the Government of Canada. / Ces séances d'information sont financées par le gouvernement du Canada.



## Heroes in the Home

One way to say thank you to the caregivers in your life is by nominating them for a Heroes in the Home award. Any caregiver can be nominated—a family member, friend, community volunteer, support worker, nurse, therapist, etc. All nominees receive a certificate of recognition and will be invited to an award ceremony. Deadline for nominations is September 24. For more information, visit [www.thehealthline.ca/libraryContent.aspx?id=226](http://www.thehealthline.ca/libraryContent.aspx?id=226)

## Empowerment & Action Day

Sponsored by The London Accessibility Advisory Committee, the theme for this year's Empowerment and Action Day is accessibility and technology. The all-day, free event will be held at Four Points Sheraton, 1150 Wellington Road South on October 20. For more information please visit [www.accessibility.london.ca](http://www.accessibility.london.ca)

## New Book

I Love Myself is an illustrated book for children teaching self-worth, creating positive change and self-respect. Illustrated mostly by children, each page explores a new theme and there is an interactive page for children to work with. Two formats are available: either a soft cover printed edition or a downloadable version. Visit [www.truepotential.co.nz/books.html](http://www.truepotential.co.nz/books.html)

## Friends Health Connection

Committed to inspire through health and wellness education and to connect individuals for friendship and mutual support, Friends Health Connection is a free online community. You can find resources, free audios, videos, start your own blog and connect with others living with a medical issue. Membership is free for people with health challenges and caregivers. For more information visit [www.friendshealthconnection.org](http://www.friendshealthconnection.org)

## Dance Able

Dancefolk Studio conducts classes and workshops on world dance and music. They will be holding a series of drum and movement classes for adults with disabilities on Thursday mornings, 10:30-11:30 a.m. at 138 Wellington Street. Cost is \$50 for all 5 sessions. To register, send an email to [dancefolkstudio@gmail.com](mailto:dancefolkstudio@gmail.com)

## The Accessible Road

The fifth edition of The Accessible Road is now available. If you are planning a trip to Quebec, this resource is invaluable. 12 regions and over 150 accessible establishments are covered, all locations with staff who have received accessibility training. Access this free information online at [www.theaccessibleroad.com](http://www.theaccessibleroad.com)



## Pass it On!

After you have read this newsletter and recorded the activities on your calendar, pass it on to someone else. Help spread the word about our centre and what we do for people with disabilities and our community!

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

Name: \_\_\_\_\_

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Email: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

- Consumer - \$5
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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.

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