

# Living Independently

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

November — December 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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member of:



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

## WORLD DIABETES DAY



London is the birthplace of insulin! World Diabetes Day on November 14 marks the birthday of Sir Frederick Banting who co-discovered insulin in 1921 with Dr. Charles Best.

The Canadian Diabetes Association, Juvenile Diabetes Research Foundation and Novo Nordisk Canada are marking the day by honouring and celebrating Diabetes Champions.

Champions are people living with diabetes; their friends and family; diabetes researchers; healthcare practitioners; volunteers; diabetes educators; advocates; life science partners; community leaders; role models; mentors; and elected officials to name just a few.

Nominate yourself or someone else as a Diabetes Champion by visiting [www.worlddiabetes.ca](http://www.worlddiabetes.ca) and look for the red "Submit a Champion" button. You can also read about other champions while there.

Celebrate World Diabetes Day in London, join the Canadian Diabetes Association at Banting House on November 14 for entertainment, refreshments and birthday cake.

Visit [www.healthylivinginfo.ca/news.php#world\\_diabetes\\_day\\_celebration!-116](http://www.healthylivinginfo.ca/news.php#world_diabetes_day_celebration!-116) for more information.

PS. [www.healthylivinginfo.ca](http://www.healthylivinginfo.ca) is a great website dedicated to providing resources you need to move toward a more healthy lifestyle. Check it out today!

## IDEAL GIVEAWAY

IDEAL WAY is inviting individuals with a developmental disability living in group homes, residences and supported independent living to shop for FREE for clothing, household items and more. The first 450 individuals will receive breakfast for free. Saturday, November 6, 10 a.m. —3 p.m. at Jean Paul Catholic Secondary School, 1300 Oxford Street East.

## Thank you!

We are grateful to the Crochet Club of London for their recent donation. If you have yarn you will not use and would like to donate it to the Crochet Club so they can make and give away blankets to those in need, please drop it off at the Centre. For more information about the Crochet Club or if you would like to learn how to crochet, visit [www.crochetclub.ca](http://www.crochetclub.ca)

## Much Ado about the Flu



Are you ready for the flu season? Naturopathic doctor, Richard Vuksinic, will discuss the flu, the immune system, herbs and supplements, plus tips on what to eat and avoid. Wednesday, November 3, 7—9 p.m. Central Library, Stevenson & Hunt Room A. 251 Dundas Street. Free, no registration required.

## In Memory

We are sad to report that Bob Loveless passed away recently. Bob was smart, friendly, a diplomat, an advocate, an employee, a brother, an uncle, a son, a model citizen, loved nature, loved Christmas, and was as fine a friend as any person could have. He will be missed by many of us who were lucky enough to know him.



## 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.

We will be holding the following information sessions during November and December:

November 25, 2—3:30 p.m. St. Thomas library  
December 7, 6-7:30 p.m. Cherryhill Library  
To register, please contact us at the Centre.

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.



## Audio Books Online

There are many places online to find free books on audio. Here are a few places:  
[www.londonpubliclibrary.ca](http://www.londonpubliclibrary.ca)  
[www.librivox.org](http://www.librivox.org)  
[www.booksshouldbefree.com/](http://www.booksshouldbefree.com/)  
[www.openculture.com/freeaudiobooks](http://www.openculture.com/freeaudiobooks)  
[http://freeclassicaudiobooks.com/](http://http://freeclassicaudiobooks.com/)  
[www.learnoutloud.com/Free-Audio-Video](http://www.learnoutloud.com/Free-Audio-Video)  
[www.gutenberg.org/browse/categories/1](http://www.gutenberg.org/browse/categories/1)  
[www.apple.com/itunes/podcasts/](http://www.apple.com/itunes/podcasts/)  
(You do NOT need an iPod for iTunes, you can listen free from any computer.)

This is just a sample, there are many more places. Google audio books to find more websites.

*“First they ignore you. Then they laugh at you. Then they fight you. Then you win.”*

*Mabatma Gandhi*

# HAPPY HOLIDAYS!

To celebrate the holiday season, we will continue our tradition of two get-togethers:

On December 9, 5—8 p.m. we will have dinner at Shelley's Restaurant, 591 Wellington Road (in the Best Western Lamplighter.) Each person will pay for their own meal. Register no later than December 8.



Then, on December 13 we will have a more casual lunch at the Centre (1—4 p.m.) where we will order in Swiss Chalet Festive Specials. Again, each person pays for their own meal but we will subsidize a portion of it. Please call us for prices and to place your order no later than December 10.

## WE WISH YOU AND YOUR FAMILY A JOYOUS HOLIDAY.



### 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: \_\_\_\_\_

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.