

LIVING INDEPENDENTLY

JULY—AUGUST 2014

The Independent Living Centre London and Area

433 King St., Suit 101, London ON, N6B 3P3



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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 own lives.

An accredited member of:



Canada

Website: www.ilcla.ca

Email: info@ilcla.ca

Telephone: (519) 660-4667

Come Walk With Me for Independence 2014 was a HUGE success!

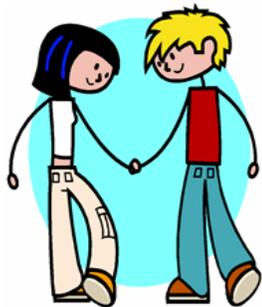
All together, we raised over \$17 500 in support of the Centre!

Thank you to everyone involved including:

- Everyone who collected pledges
- Everyone who helped to spread the word about the event
- Everyone who helped with preparation and organization for the event
- Everyone who donated their time on the day of the event
- Everyone who joined in the walk
- And especially, all of our sponsors and prize donors

This event would not have been possible without your enthusiasm and support! The park was filled with laughter and friendship on a beautiful sunny day. We could not have asked for a better outcome. What a fantastic way to kick off the summer!

Can't wait to see all of you next year!



Come Walk With Me for Independence

THANK YOU!

A huge thank you to everyone who attended and contributed to support our 11th annual Walk & Wheel-A-Thon Fundraiser! Your contribution and commitment to Come Walk with Me for Independence has enabled our organization to increase awareness in the community and continue to fund programs at our centre to provide assistance & social support to individuals with disabilities.

GOLD SPONSORS



SILVER SPONSORS

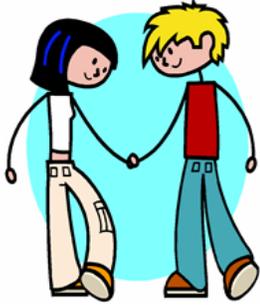


BRONZE SPONSORS



Thank you to our Prize Donors

- Aeolian Hall
- Alarmtech Systems for Life
- All About Cheese
- Angels Diner
- Arthur's Society
- Attie Books
- Auberge du Petit Prince
- Beta Photos
- Bob Magee
- Body Benefits Day Spa
- Bonnie McBean
- Boston Pizza
- Bonnie Quercel
- Boston Pizza
- 2000 Woodhurst Road South
- Bubbler Gardens
- Burrill Boyz
- Cafe of Life
- Cerys' Barroz's
- Chil Frozen Yogurt Bar
- Covent Garden Market
- Crabby Joes
- 2000 Woodhurst Road South
- 2000 Woodhurst Road South
- Daily Planet Cafe
- 2000 Woodhurst Road South
- Dairy Queen Bar & Grill
- Denise Brown - City of London
- Dominio's Pizza
- 2000 Woodhurst Road South
- Downtown London
- Downtown Yoga Holistic Centre
- East Side Maria's
- 2000 Woodhurst Road South
- Elegance Esthetics
- Fantastic Nails & Spa
- Fire Roasted Coffee Company
- 2000 Woodhurst Road South
- First Choice Haircutters
- 2000 Woodhurst Road South
- Fleeway
- Fresh Co.
- 2000 Woodhurst Road South
- Gary Dozer
- Call of Art
- GoodLife Fitness
- 2000 Woodhurst Road South
- Grand Theatre
- Greeneyes
- Harvey's
- 2000 Woodhurst Road South
- Heaven's Secret
- Heaman's Greenhouse
- Herome Cards & Comics
- Holiday Inn Express & Suites
- Jack Anzor - Bar & Grill
- 2000 Woodhurst Road South
- 2000 Woodhurst Road South
- Jazzercise London
- Jill's Table
- Joe Kool's
- Kellogg Canada Inc.
- Kelsey's Restaurant
- 2000 Woodhurst Road South
- 840 Wellington Road
- Kernels Popcorn
- King's Buffet
- Koffie Korner
- 2000 Woodhurst Road South
- La Julie Jajpe
- Lobbys
- 2000 Woodhurst Road South
- London Burger
- London Free Press
- London Fringe
- London Hotel & Suites
- London Ice Cream Co.
- London Knights
- London Major Appliances
- London Music Hall
- London Pottery Guild
- Lone Star Texas Grill
- Lucky's
- Malibu Restaurant
- 2000 Woodhurst Road South
- Mandarin Restaurant
- Marinehead
- Marvonus 2 for 1 Pizza & Wings
- 2000 Woodhurst Road South
- Massage Addict London North
- McComick Canada
- McKerrie's Limited
- Medicine Shoppe
- Metvo
- 2000 Woodhurst Road South
- 2000 Woodhurst Road South
- Milbers Medical
- Missionary Bar & Grill
- 2000 Woodhurst Road South
- Holly Maid
- Montana's Cookhouse
- 2000 Woodhurst Road South
- Neighbourhood Credit Union
- New York - The Anime Store
- Sova Via
- N Hair & Makeup Studio
- Oldie London Fish & Chips
- ONE Hip Hop
- Orchestra London
- Ort Cleaners
- Oscar's Collectibles
- Palace Theatre
- Palstad
- 2000 Woodhurst Road South
- 2000 Woodhurst Road South
- Parkeway Gardens
- Passion & Beauty
- Patricia Palmer
- Pei Paradise
- Pizza Hut
- 2000 Woodhurst Road South
- Pizza Pizza
- 2000 Woodhurst Road South
- Qdoba Mexican Grill
- 2000 Woodhurst Road South
- Rainbow Cinemas
- Remarks Fresh Markets
- Recall Pharma Plus
- RONA
- 2000 Woodhurst Road South
- Roxbury Bar & Grill
- Schubert Custom Photofinishing
- Seicorhands Hair & Cosmetics
- Service Experts
- Stamp Art
- Starbucks
- 2000 Woodhurst Road South
- 2000 Woodhurst Road South
- Swiss Chalet
- 2000 Woodhurst Road South
- Symposium Cafe
- Tepperman's
- The Athletic Club
- 2000 Woodhurst Road South
- The Comic Book Collector
- The Hungry Buncher
- The Keg
- 2000 Woodhurst Road South
- The Works - Gourmet Burger Bistro
- Tim Hortons
- 2000 Woodhurst Road South
- 2000 Woodhurst Road South
- Tin Cops Mini Golf
- Tony's Famous Italian Food
- 2000 Woodhurst Road South
- 2000 Woodhurst Road South
- Tony Roma's Restaurant
- 2000 Woodhurst Road South
- Tribal Mountain Trade
- Turkey's Home Hardware
- Tupperware
- 2000 Woodhurst Road South
- Twice the Deal Pizza
- 2000 Woodhurst Road South
- Under the Volcano
- UNIFOR Canada
- UNIFOR Canada
- 2000 Woodhurst Road South
- Value-Mart
- 2000 Woodhurst Road South
- 2000 Woodhurst Road South
- Vince Nash
- Wal-Mart
- 2000 Woodhurst Road South
- Westmont Mall
- White Oaks Mall
- William's Coffee Pub
- 2000 Woodhurst Road South
- Wills Eatery Inc.
- 2000 Woodhurst Road South
- Yoko's Yogurt Cafe
- YMC of Western Ontario
- 2000 Woodhurst Road South
- 98's Free FM



Come Walk With Me for Independence

Pam, our Executive Director, wrote this poem to commemorate the beautiful day we had.

*We held our walk on the 21st
With plenty of water to quench one's thirst.
The weather was great, with sunshine and breeze
A perfect day to opportunity seize!
Jason & Chris were there to keep us from harm
Thankfully, there was no cause for alarm.
Matt Brown joined us that day to start the walk
He donned one our T-shirts and gave a great talk.
With the sound of a clapper, the walk was begun
Everyone seemed to have lots of fun.
Possibly seen were chipmunks, ducks and birds along the way
The beauty of Parkway added to the day.
As people returned from their jaunt in the park
Their appetites grew approaching the finish mark.
Bob and friends were ready with the barbeque
Tasty hotdogs awaited walkers right on cue.
Tina brought some cold treats to have for dessert
After a walk on a sunny day, it certainly didn't hurt.
Then Rosha and Nicole handed out the prizes
Guaranteed were a few surprises!
Thanks to all the sponsors who supported our event
And volunteers who worked for us 'cause energy was spent.
We were successful, the results quite clear
So stay tuned, get set, and we'll see you all next year!*

Fun Facts about the 2014 Walk & Wheel-A-Thon

Individual with the Most Pledges:	Ken
Individual with the Most Money Raised:	Dori
Randomly Picked Winner:	Len & Tayler
New Participant with the Most Money Raised:	Sue



LIVING INDEPENDENTLY

Created by some of our very own members,
the ILCLA's new book is now available!

Words of Wisdom
From One Generation
to Another



Collected and compiled by:
The Independent Living Centre London & Area

\$5

Pick up your copy from the
Centre

GUARDIAN BATH AND SHOWER STOOLS

Guardian Bath and Shower Stools provide a safe seat while bathing.



The ILCLA currently has 2 Guardian stools, which we are hoping to donate to someone who will use them.

If you are interested in the stools, please contact us.

(519) 660-4667 or info@ilcla.ca

If you have not yet renewed your membership, please complete the form below and mail to:

The ILCLA 433 King St., Suit 101 London, ON N6B 3P3

The Independent Living Centre London & Area

Membership Form

Name: _____

Address: _____

Postal Code: _____

Email: _____

Telephone Number: _____



Consumer: \$5

Agency: \$50

Charitable Donation: \$_____

Charity #893156778RR0001

I prefer to receive
my newsletter by:

_____ postal mail

_____ email

LIVING INDEPENDENTLY

A message from Nicole, our Summer Student

Hi everyone!

My name is Nicole Van Oss and I am lucky enough to call myself your 2014 Summer



Student! Throughout my time at ILCLA, I have met so many wonderful individuals whom have given much laughter and numerous life lessons. Unfortunately, I wasn't able to meet everyone, so for those of you do not know me I'll share a bit about myself. I am a 21-year-old Psychology and Health Sciences student entering my 4th year at Western University. I consider myself an enthusiastic and cheerful character who loves photography, travel, running and yoga. My favourite activities at the Centre are our scrabble sessions, craft day (when we hand-painted glassware) and lastly helping Vince on Friday afternoons for exercise class. My experience at ILCLA has taught me valuable information and opened my eyes to the day-to-day lives of individuals with disabilities and will most definitely be helpful in my future career plans of being a Social Worker. It has been a wonderful time at the Centre and I am sad to be leaving. I would like to thank Pam, Rosha, and all the members of the Centre whom I have met for making me part of the ILCLA family and providing me with a great summer experience!

An Update...

On the Western Fair District's Community Access Program



The Western Fair District launched their Community Access Program in 2011. The program offers a discount on admission for people with disabilities and **free** admission for a support person to all Western Fair District events. They have spent the last few years promoting the program to organizations throughout the city and to individuals attending events.

Now that the program has become well established, the opportunity to apply for a CAP card will **no longer be available at the time of entrance** to events. Beginning August 31st 2014, individuals will be required to present their CAP card **before** entry in order to receive the discounted/free admission rate. This means you must apply for your card well in advance of the event you plan to attend!

CAP cards are valid for 5 years from the date of issue. If you are interested in applying for a CAP card, you can contact the Centre for a copy of the application form.

info@ilcla.ca or (519)660-4667

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FIFA World Cup 2014 Kick Off



The Walk Again Project demonstrated some amazing innovation at the FIFA World Cup Kick Off in June. People from universities all over the world have contributed to the development of a mind-controlled robotic body suit for the project. Juliano Pinto, a 29-year-old man with paraplegia, used the suit to perform the ceremonial first kick at the Corinthians Arena in Sao Paulo. The robotic suit worn by Pinto is an intriguing advancement in the medical technology field. At this time, the suit is not practical for regular use, but it is a good step forward in the development of mobility aids controlled directly by the users brain. It is exciting to imagine this technology becoming commonly available.

Planning an Accessible Summer Vacation

Looking to plan a fun and enjoyable summer vacation?

These websites provide accessibility information for travel destinations all over the world. Check them out when you are planning your next trip. Learn everything there is to know about the accessibility of your chosen destination—from accessible accommodations, tours, activities and restaurants to planning check lists, assistive device rentals, and available emergency services.

⇒ www.disabledworld.com

⇒ www.travelinwheels.com

⇒ www.abilitytrip.com

⇒ www.101mobility.com

⇒ www.frommers.com/trip_ideas/disabled



A Visit from Green Shield

On Friday June 27th we were visited by representatives from Green Shield Canada.

Two young ladies joined us during exercise class to present the Centre with a check. The donation we received from Green Shield will help to support our weekly exercise class. Our visitors joined us at the perfect time to see exactly where and how their donation would support the Centre's programs.

Our sincere thanks to Green Shield!

We truly appreciate your support!



LIVING INDEPENDENTLY

What's Coming Up? AT THE CENTRE

<p>Thursday July 3rd, 1-3 PM Sunfest (Meet @ William's) Celebrate music, dance & culture!</p> 	<p>Wednesday July 9th, 12-2 PM Potluck Picnic @ Gibbons Park Sun & snacks to share them with friends!</p> 
<p>Friday July 18th, 12-2 PM Brown Bag Lunch @ the Centre Pack a lunch & have a good time with us!</p> 	<p>Monday July 21st, 2-4 PM Scrapbooking @ the Centre. Come get creative with us!</p> 
<p>Thursday July 31, 2-4 PM Ribfest (Meet @ William's) Join us at Canada's largest Ribfest!</p> 	<p>Monday August 4th, 2-4 PM Expressions in Chalk (Meet @ William's) View & create street art for the day!</p> 
<p>Wednesday August 13th, 11:30AM Lunch Out with Pam @ Angel's Diner Come out and enjoy a bite to eat!</p> 	<p>Tuesday August 26th, 2-4 PM Scrabble @ the Centre Come out for some wordplay!</p> 

AROUND LONDON

July 8th— July 13th
*The London Regional
Bridge Tournament*
at the Hilton Hotel

Sunday July 13th
*Creative Sunday
at Museum London*
Enjoy some art making
www.museumlondon.ca

Community Movie Nights
Enjoy free movies under the
stars at Victoria Park!

July 14th Despicable Me
July 22nd SHREK
August 14th E.T.
August 26th Tangled

For more information visit:
www.lyac.ca/movie_nights

Saturday July 12th
LEGO My Library
Participate in workshops,
play games & win prizes!
at Central Library

July 18th—July 20th
*Home County Folk
Festival*
at Victoria Park
www.homecounty.ca

LIVING INDEPENDENTLY

What's Coming Up?

INDEPENDENT LIVING SKILLS WORKSHOPS

Affordable Funeral Planning Seminar

Tuesday July 15th, 1PM @ the Centre

Carolyn Nixon, from Affordable Funeral Options will be joining us at the Centre on **Tuesday, July 15th** at 1PM for our monthly **Independent**

Living Skills workshop. This seminar will discuss affordable options for funeral arrangements; a topic that can be uncomfortable, but it is also important. Carolyn will share information about where to look for inexpensive funeral accommodations, potential problems that may be encountered in funeral planning, and the importance of advance planning. She will also provide information about issues related to end of life arrangements including; preparation of wills, estate planning, and choosing an executor. She will also touch on the legal side of things, by providing options for affordable legal representatives who specialize in funeral and estate planning.



Please be sure to RSVP to this seminar so we can make sure to set up appropriately.

Phone: 519-660-4667

Email: info@ilcla.ca



Annual General Meeting

Wednesday September 24th,
2:30PM @ Cherryhill Library.



facebook

Yes,
we are on Facebook!

Visit our Facebook page for information on upcoming community events, interesting websites and more!

Like our page to receive updates about ILC groups, activities and events.

facebook.com/IndependentLivingCentreLondon

The ILCLA would like to thank the Sifton Family Foundation for their continued financial support of our weekly Peer Support Programs in 2014.

THANK YOU!!

