

LIVING INDEPENDENTLY

NOVEMBER—DECEMBER 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

Website Updates



Our website has been updated to show more current information about the Centre and it's events! Check out our improved site to see how easy it is to keep track of what's going on at the Centre.

Changes include:

- * Newsletters are now available online and will be archived.
- * Centre events are displayed on an interactive calendar for easy navigation including; tagged volunteer opportunities, event descriptions, and posters detailing specifics for the Independent Living Skills workshops.
- * A poll on future Independent Living Skills topics has been added to help us gain consumer input.
- * The 2014 Annual Report has been posted so you may read about the Centre's change over the past year.
- * The Board of Directors member list has been updated to reflect the 2014-2015 year.
- * Photos and details of our success at Come Walk With Me 2014 have also been updated.

Check us out at:

www.ilcla.ca

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

Pick up your copy from the Centre

Are unused Christmas ornaments taking up space in your home?

The ILCLA will be collecting used Christmas ornaments for the craft scheduled in December. You can drop off gently used ornaments at the Centre any time throughout the months of November and December.

Any ornaments left over after the craft day will be delivered to Goodwill.



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



Independent Living Centre London & Area Membership Form

Name _____

Address _____

Telephone _____

Email _____

Please mail to:

433 King St., Suite 101

London ON N6B 3P3

I prefer to receive my newsletter by:

Postal mail

Email

Consumer—\$5

Agency—\$50

Charitable Donation \$ _____

Charity # 893156778RR0001

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Personal Emergency Response Systems, No Monthly Fee

LogicMark offers two Personal Emergency Response Systems—*GuardianAlert* and *FreedomAlert*. Both of these systems are great alternatives to ‘Lifeline’, especially for those with fixed income.



Simply purchase your device and it is yours to use for as long as you need it, with no associated monthly fee! These devices operate through your landline so

there is no added cost for cellular service and it easily plugs into your existing phone jack. The devices are designed to have an extended range so that they work just as well from the yard as they do inside your home! This provides reassurance that you will be safe as you remain active and independent! The devices also transmit information to 911 dispatch so that they know who and where you are, even if you can’t speak.

The *GuardianAlert* pendant patches you directly to 911 dispatch in the case of an emergency.



The *FreedomAlert* device can be programmed with up to 4 custom numbers for family/friends, to be called in the case of an accident. If none of the programmed numbers pick up, the *FreedomAlert* pendant will then call 911 for assistance.

Check out their website at:
www.logicmark.com



Simply, Good Business—the new ‘partnership council’ for employment of people with disabilities

The Ministry of Economic Development, Trade and Employment has been recruiting people with disabilities, business leaders and academics to form a new ‘partnership council’. The council intends to address the large unemployment rate among people with disabilities. Currently, 25% of the 1.9 million Ontarians with disabilities, are unemployed and another 50% have simply given up trying to find a job. This new alliance will take a new approach than previous initiatives on the subject by focusing on the attractive incentives for businesses to hire individuals with disabilities. Studies have shown that companies who hire people with disabilities experience lower turnover rates, less absenteeism, and better safety records. The ‘partnership council’ will use these trends to show business leaders the economic benefits of hiring individuals with disabilities. The



expected outcome is that hiring people with disabilities will finally be seen as it is – good for business!



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Christmas on a Budget

Christmas can be financially difficult. Here are a few tips from *Canadian Living* on how to avoid over-spending during the holiday season.



1. **Budget**—Making a budget is the first step. Not having a budget can make you feel like there are no limits to your spending possibilities. Decide how much you want to spend in total. Then, determine how much of your total budget will go toward each different expense, such as: gifts, decorations, food, or travel. Keeping receipts is also a helpful way to track your budget.
2. **Gifts ≠ Love**—Thinking about what you really want from the holiday season will help you determine what is most important to you. You can arrange your budget to reflect the most valued parts of the season. For example; take a trip together instead of exchanging gifts; or do “Secret Santa” so each person only buys for one other person in a larger group.

3. **Avoid Impulse Buys**—Make a plan before going out shopping. It is easy to overspend when you don’t have an idea about what you want to purchase. Before purchasing any big ticket items, ask yourself if it is within your budget. Other helpful ideas are to: share food costs with family members; “go in” on a gift with someone; use coupons; or create homemade gifts, decorations and snacks.



4. **Procrastination**—Try to do your shopping before the Christmas craze hits. Waiting till the last minute means you will pay more because selections are limited and there is no time left to find a better deal. You can also save money by picking up items like wrapping paper, stocking stuffers and decorations at Boxing Day sales and keeping them for the next year.
5. **Cash vs. Plastic**—It is often easier to set a spending limit if you use cash, because you can actually watch it disappear from your wallet. Credit cards are useful as well, the key is to remember they are not “extra money”. Try writing down your transactions to help track your credit card spending. Using gift cards to purchase gifts is also a good way to keep your spending within a preset limit.
6. **Holiday Rush**—The holiday is full of reasons to spend more, but organization can help to limit your expenses. For example: carpooling to parties to save gas money, or pre-making and freezing meals to avoid eating out when you are too busy to cook.
7. **The Payoff**—When the bill comes in January, try to pay it off as soon as possible, before the interest gets overwhelming. Reducing unnecessary spending in the months after helps to lighten any debt load as well.



LIVING INDEPENDENTLY

What's Coming Up?

AT THE CENTRE

Brainstorm Session

Nov. 4, 1-3 pm

Tell us what you'd like to see at the Centre in the new year!



Card Making

Nov. 19, 1-4 pm

Create your very own Christmas cards to share this season!



Sojourns

Nov. 27, 12:30 pm

Enjoy a classy afternoon at the orchestra!



Decorating Day—Dec. 1

Drop by any time to hang some tinsel! We will also be collecting used ornaments for crafts.



Swiss Chalet Lunch

Dec. 3, 12-2 pm

A delicious lunch at the Centre with friends!



Christmas Dinner

Dec. 16, 6-7:30 pm



Join us at Shelly's to celebrate!

AROUND LONDON

Christmas Craft Show

November 7—9

@ Lucan Community Memorial Centre

\$2/person



Lung Association of London's Festival of Trees

Nov. 26—Dec. 6

@ Covent Garden Market

Support a great cause and get some shopping done at the same time!

Toy Warehouse

November 14—19

@ Western Fair District, Progress Building

A great place to find gifts for the kids on your list!



Broadway in London

Mythbusters: behind the myths

November 30

@ Budweiser Gardens

An unorthodox approach to science!

Tickets/More info: 1-866-455-2849



The Nutcracker

December 21 @ 2 PM

@ Centennial Hall

Enjoy a classic Christmas performance, presented by Canada's Ballet Jorgen.

Tickets/More info: (519) 672-1967



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What's Coming Up? INDEPENDENT LIVING SKILLS WORKSHOPS

Self Defense workshop—Thursday November 13th, 7-9 pm

Steve Stewart, of the Modern Martial Arts Academy, will be leading a self defense class for people with disabilities and limited mobility as part of the Centre's Independent Living Skills program. On Thursday November 13th, from 7 to 9 pm, Steve will be joining us at the North London Optimist Community Centre (1345 Cheapside St.). He will be teaching some basic strategies to protect yourself, which are specially adapted for people who use wheelchairs or have limited mobility. This workshop will help you to feel safer and more confident in your independence.



St. John Ambulance Therapy Dog visit—Thursday December 18th, 2-3 pm

The St. John Ambulance Therapy Dog program regularly visits many facilities across the city. Terry Power will be visiting the Centre on Thursday, December 18th from 2 to 3 pm, to share information about the SJA's Therapy Dog program and the positive influence animals can have on our lives. She will be bringing her therapy dog along so that we all will have the chance to experience the benefits of this amazing volunteer-run program. If you believe in the value of pet therapy and want to learn more about it, or you'd just like the opportunity to unwind with the unconditional love of a furry friend, this workshop is not one you should miss!



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!!



facebook

**Yes,
we are on Facebook!**

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

facebook.com/IndependentLivingCentreLondon