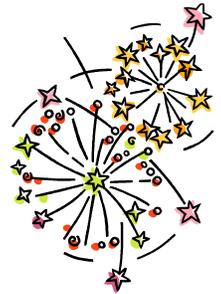
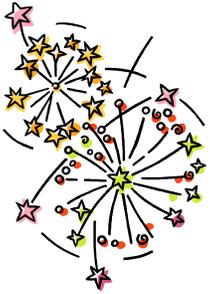


LIVING INDEPENDENTLY

JANUARY—FEBRUARY 2015

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

Self Defense Success!

On November 13th 2014, we hosted an Independent Living Skills workshop on self defense for people with disabilities. We had a great turn out and the workshop was both informative and enjoyable. Our instructor, Steve Stewart, from the Modern Martial Arts Academy, expertly lead our group through a variety of strategies to help protect ourselves; he even let us practice some of the moves on his assistant. We at the ILCLA would like to thank Steve for sharing his amazing skills with us and for his continued encouragement of people with disabilities to maintain their independence.

In fact, the class was such a success that a local newspaper picked up the story, conducting interviews with Steve Stewart and the ILCLA's program coordinator. An article about the workshop was published in the November 27th issue of London Community News, complete with a colour photo. So, the ILCLA would also like to extend sincere thanks to Jonathon Brodie (reporter for London Community News) for his interest in the Centre and our story.

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The Direct Funding Program allows you to manage your own attendant care anywhere in the province of Ontario.



To learn more:

Visit www.dfontario.ca

Call **519-660-4667**

facebook

Yes,
we are on Facebook!

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

facebook.com/IndependentLivingCentreLondon

DON'T FORGET TO RENEW YOUR MEMBERSHIP FOR 2015!



Please complete the form below and mail to:

The ILCLA 433 King St., Suite 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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Diabetes and Diet

A review paper on diet and diabetes was recently published by several researchers. Until now, most dietary suggestions for diabetes prevention and management were not based on strong scientific evidence. This review found evidence that a Mediterranean diet is related to lower risk of developing type 2 diabetes. This type of diet includes yogurt, leafy vegetables, fruits, whole grains, olive oil, and even coffee! According to their findings, this type diet effectively reduced the risk of diabetes even without controlling a person's weight or calorie intake. They also found that people with newly diagnosed type 2 diabetes, needed less medication to control their sugar levels if they practiced Mediterranean-style eating habits.

Foods with refined grains (eg. white flour), sugar-sweetened drinks, red or processed meats, and excess quantities of alcohol are commonly known to be unwise food choices for people with (or at risk for) diabetes. In their review, the researchers confirmed that these types of foods do, in fact, contribute to higher risk of diabetes, and related obesity. However, they stress that fat is not always bad; fat from vegetable oils and nuts are actually associated with lower risk for heart health problems.

Doctor Hamdy, one of the researchers for the review, said "the quality of fat and carbohydrates is more important than the quantity". Therefore, managing weight and diet by eating the right kinds of food is healthier and easier than simply controlling portion sizes.



Ontario's Low-Income Energy Assistance Program (LEAP)



The Ontario Energy Board (OEB) has developed a new initiative to help low-income earners manage their energy bills. The Low-income Energy Assistance Program (LEAP) offers emergency financial assistance and adjusted customer service rules to help people who may be having difficulty paying their bill and who are at risk of being disconnected.

To determine if you are eligible for this program, you must apply through your local utility. A social service agency will then help you complete your application. Working together, the social service agency and your utility will determine if you are eligible for the program. If you are eligible, you will be contacted and a payment will be made directly to your utility.

Some of the new rules in the program that you may benefit from include:

- * Refunding security deposits
- * Extending payment periods for under-billing adjustments
- * Various payment plan options
- * Using load control devices as an alternative to disconnection
- * Receive a \$500/year credit directly to your bill



For more information or to find out if you qualify, visit the OEB's website:

www.ontarioenergyboard.ca

or contact the Customer Relations Centre:

1-877-632-2727

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Disability Tax Credit: new regulations for application assistance fees



The application process for the Disability Tax Credit (DTC) is quite extensive and can be overwhelming. There are many organizations and individuals who offer assistance to people who are trying to get through this complicated application process. To help prevent these organizations from taking advantage of applicants, the CRA has begun working on a new initiative.

 The *Disability Tax Credit Promoters Restrictions Act* will set a new standard on what fees can be charged for assisting people as they apply for the DTC (as well as some other guidelines for reporting). The CRA has also asked for public input as they develop these new rules, to help ensure that all important issues are considered and addressed, so that the new regulations are fair to businesses and consumers of the DTC.

Volunteer Needed!

One of our members is in looking for a volunteer to help with her exercise routine. She likes to go to the YMCA to work out during the week, but she needs a friendly volunteer to help her with her routine there. If you are interested in helping someone maintain a healthy and independent lifestyle, this volunteer position is a great opportunity for you!

Contact Dori by email for more information about what this volunteer position involves.

doric12@rogers.com

Volunteer Needed!

We recently updated the ILCLA website. Now, we are looking for a volunteer to help us manage the new and improved site!

It is important for us to have some additional personnel who knows how to revise the information and events on our site. We are looking for a volunteer with computer experience, who is committed to maintaining the integrity of our online pages. There is no specific time commitment involved in this position, but professionalism and reliability are absolutely necessary qualities for the successful applicant. Familiarity with Word-Press is also an asset for this position.

Please contact the ILCLA if you are interested.

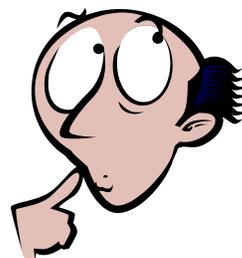
info@ilcla.ca

(519)660-4667

FEATURED...

Do you write poems, short stories or comics? Do you draw or paint? Do you have a positive experience or an amazing pet you'd like to share with the world?

The ILCLA will be starting a "featured" section to help get our members involved with the newsletter. Submit your piece to be featured in our next issue!



Email submissions to:
info@ilcla.ca

Mail submissions to:
433 King St. Suite 101
London ON N6B 3P3

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What's Coming Up?

AT THE CENTRE



Roll & Stroll @ Masonville Place

Tuesday January 6th, 1-4pm

Roll & Stroll is a great chance to get out of the house during the winter and enjoy some exercise and good company. We will be meeting outside of Cole's bookstore, near the food court.

Scrapbooking

Wednesday January 14th, 2-4pm

We have a ton of pictures from our Christmas events that we need to add to the Centre's scrapbook. Join the fun and add your personal style as we create pages for all of our holiday photos. Or bring in your own photos to work on.

BINGO

Thursday January 15th, 1-3 pm

A lucky card could win you a fantastic prize!

Bowling @ Fleetway

Monday January 19th, 2-4pm

We always have a ball at Fleetway! Come on out and knock adown a few pins with the ILCLA team! Only \$4.50 per game.



UWO Musical Performance

Wednesday February 11th, 6pm

St. Cecilia Singers

Enjoy some classic Broadway, movie and folk tunes that will warm your heart , just in time for Valentine's day!

Potluck, Craft & Movie

Thursday February 12th, 12-3pm

Enjoy lunch and some sweet treats with your friends at the ILCLA! We'll be making unique photo frames—a great Valentine's gift for your special someone! And round out the afternoon with a feel-good movie honoring our Valentine's theme!

Palace Theatre Community Preview

Wednesday February 18th, 8pm

Cat On A Hot Tin Roof

Enjoy a classic theatre production with some friends from the ILCLA. Free admission!

Scrabble

Monday February 23rd, 2-4pm

Join us for a game of Scrabble. We always have a great time!

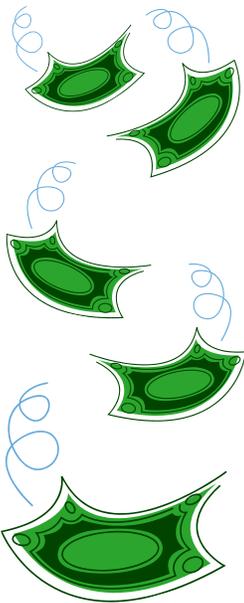
LIVING INDEPENDENTLY

What's Coming Up?

INDEPENDENT LIVING SKILLS WORKSHOPS

Income Tax & Disability Tax Credit Information Sessions

- 1) Wednesday January 28th, 2-3pm—DTC Information Videos
- 2) Tuesday February 3rd, 2-3pm—Q&A with TaxWise



The ILCLA will be hosting a 2-part Independent Living Skills workshop on the tax benefits available to individuals with disabilities and their families.

In part one of this series, on Wednesday January 28th at 2pm, we will be sharing a series of short videos from Canada Revenue Agency's website. These videos discuss eligibility and the application process for the Disability Tax Credit.

In the second part of this series, Chris MacLean from TaxWise, will be joining us at the Centre. TaxWise is a company that works to ensure people with disabilities get the most out of their tax returns. Chris will be joining us at 2pm on Tuesday February 3rd to answer questions about the Disability Tax Credit and/or any other tax benefits you may be eligible to receive.

AROUND LONDON

Wine & Food Show <i>January 15-17</i> @ Western Fair District Enjoy the exhibits, cooking demonstrations and tasting seminars! www.westernfairdistrict.com	Lifestyle Home Show <i>January 30-February 1</i> @ Western Fair, Agriplex Check out the latest and greatest products and services for in and around your home! General admission: \$11	Bryan Adams <i>February 24th</i> @ Budweiser Gardens A concert honouring the 30th anniversary of his album Reckless. Tickets: \$21—\$96 each
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