LIVING INDEPENDENTLY

MARCH—APRIL 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:

Independent Living Vie autonome

Canada

Website: **www.ilcla.ca**

Email: **info@ilcla.ca**

Telephone: **(519) 660-4667**

Celebrating Elvis

"Rock & roll music, if you like it, if you feel it, you can't help but move to it."

- Elvis Presley

Saturday, April 18th

Doors open at 6:30pm

Tickets $40

Join us for a great night of music and entertainment!

The ILCLA is excited to be hosting an Elvis Tribute Concert to raise funds to help support the Centre's programs. Award-winning Elvis impersonator, Roy LeBlanc, will take the stage at 7:30pm. His talents as an entertainer are sure to impress!

You can enjoy some light refreshments and grab a drink at the licensed bar. Take the opportunity to bid on our silent auction items, including some rare Elvis memorabilia.

The money raised will help the Centre to continue to support people with disabilities in our community.

Contact the Centre to purchase your tickets today!

A Message from the Board

Dear friends,

With 2015 a month and a half old we can look back at the last 20 years with great pride at Independent Living Center London Area's (ILCLA) accomplishments. However as we look down the road at the coming months a cloud seems to be hanging over ILCLA's existence.

Continued government cuts and heightened competition amongst non-profit organizations brings our existence into question.

Many of you have enjoyed the benefits of being a member of ILCLA. Others have been content to provide support through your time and money, knowing that ILCLA provides an environment that encourages individuals to grow, socialize and be more independent. There is no other organization I know that offers so much for only $5.00 a year.

On April 18, your board is asking that you consider giving back a little more this year. We are planning on presenting an evening "Celebrating Elvis", featuring world renowned Elvis Impersonator Roy LeBlanc. The event will be held at the Victory Legion, tickets sell for $40 a person; from this revenue ILCLA will receive $20.

In order for this to be successful we are looking to fill the hall with approximately 400 people. There will be a light buffet, licensed bar and a silent auction offering several rare Elvis memorabilia items, plus much more! With your support we hope to increase our finances sufficiently to allow ILCLA to continue to operate.

But, in order to do that we need your help!

I realize many of you are living on a tight budget or have no real interest in seeing an Elvis impersonator. I ask you to consider the following, if you can't afford $40 or you do not want to attend, why not make a $20 donation that will go directly to ILCLA? Every donation receives a tax receipt for 2015.

There's been no other time when we as a whole need to stand up and support ILCLA.

Please help us to help you!

In Solidarity,

Gary Doerr

ILCLA Chair

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Website Updates!!

We've added some useful material to the Resources section of our website. The notes from our monthly Independent Living Skills workshops are now available online! This is a great way to get the information from the seminars we host if you missed a workshop that interested you, or if you were unable to attend that day.

We also added a new poll to help us gain consumer input about Peer Support Events.

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

THANK YOU!!

Sifton FAMILY FOUNDATION

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!

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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FEATURED

Poems, stories, articles, art work, photography…

Submit your own original piece to be featured in the next issue of *Living Independently*.

Email submissions to:
info@ilcla.ca

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

A Sweet, Easter Treat…

Check out this diabetic-friendly recipe:

- 2 & 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup butter, softened
- 1/3 cup Splenda for Baking
- 3/4 cup packed brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs
- 2 cups chocolate chips

Directions:

- Preheat oven to 375F
- Mix flour, baking soda and salt in small bowl. Beat butter, Splenda, brown sugar and vanilla extract in large bowl until creamy. Add eggs one at a time, beating well after each. Gradually beat in flour mixture. Stir in chocolate chips. Spoon onto ungreased baking sheet.
- Bake 9 to 11 minutes or until golden brown. Leave for 2 minutes on baking sheet, move to wire racks to cool.

Halfway to the deadline, not so close to reaching our goals

In 2005, the Accessibility for Ontarians with Disabilities Act (AODA) was first enacted. The AODA set out specific goals, developed a timeline, and generated standards for accessibility in Ontario, in an effort to transform the province into one that is entirely accessible for people with disabilities. Now, ten years later, an independent review says that as a province, we have not made nearly enough progress to meet the initial timeline for improved accessibility.

The review, conducted by Mayo Moran of Trinity College at the University of Toronto, explains that not much has changed in the daily lives of people with disabilities living in Ontario. Numerous barriers still exist that prevent people with disabilities from engaging fully in their communities.

After consultation with thousands of people across the province, Moran determined that accessibility is something that the general population of Ontario thinks is very important. Despite the value Ontarians see in creating a fully accessible province, the government has not effectively prioritized the goals of the AODA.

Moran suggests that members of the provincial government take the lead and use their power to ensure Ontario is making the changes necessary to reach our goal of full accessibility by 2025.

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What's Coming Up?

AT THE CENTRE

Jazz Ensemble

Thursday March 5th, 7pm

Join the ILCLA for a classy night out! We will be enjoying a live music performance at Central Library's Wolf Performance Hall.

Admission is FREE!

Bowling @ Fleetway

Wednesday March 11th, 2-4pm

Come out and knock down a few pins with the ILCLA! We like to get a sweet treat from Dairy Queen afterwards too.

$4.50 per game

St. Patrick's Day Potluck

Tuesday March 17th, 12-2pm

Everyone loves to enjoy a meal with good company! Our Potluck will be green-themed to honour the occasion. Please bring a green side, salad, or dessert to share. Main dish will be provided.

"Spring has Sprung" Party

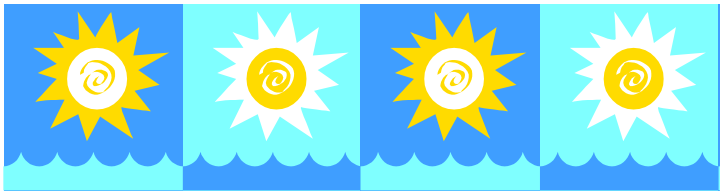
Wednesday March 25th, 1-3pm

We're so excited about springtime! Join us for some fun, spring crafts that are sure to brighten up your home, even if the sunshine hasn't already.

Bingo

Monday March 30th, 1-3pm

Enjoy a fun afternoon of bingo with friends! You could even win some cool prizes!



Roll & Stroll @ White Oaks Mall

Thursday April 9th, 1-4pm

Meet us at Tim Horton's in the food court. We'll tear up the mall and enjoy the company while we check out the deals.

Earth Day Potluck Picnic

Wednesday April 22nd, 12-2pm

Join us for an indoor picnic to celebrate Earth Day! The Centre will provide sandwiches as a main dish, but we ask everyone to bring a side, salad or dessert to share.

Scrabble

Tuesday April 28th, 2-4pm

Join us for some fun with words at the Centre! We always have a great time with friends and good conversation.

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What's Coming Up?

INDEPENDENT LIVING SKILLS WORKSHOPS

Navigating the Health Care System

Monday, March 16th 1:30-2:30pm

Feeling like you're lost in the health care system?

On Monday, March 16th we will welcome Chris Curry to the Centre. Chris is a board member for the Council for London Seniors and has collected some great information for navigating the health care system. Join us to learn about your rights as a patient, what you can expect during each part of a hospital stay, and some helpful advice about how you can advocate for yourself within the health care system.

ODSP Information Session: Benefits

Tuesday, April 14th 1-3pm

Want to know more about ODSP Benefits?

Join us at the Centre on Tuesday, April 14th from 1-3pm to learn all about the benefits available to ODSP recipients. We are excited to welcome back Atija Steckler, from the London ODSP office, as our expert guest speaker. She will discuss the various benefits available through ODSP, including health benefits, disability-related benefits and employment benefits. She will also answer any questions you may have about your benefits.

AROUND LONDON

Monster Jam

@ Budweiser Gardens

March 7 & 8

Tickets: range from $22-57

A rip-roaring good time!

http://www.budweisergardens.com/events/1142

Harlem Globetrotters

@ Budweiser Gardens

April 19th @ 3pm

Tickets: $26.75

Amazing athletes, exceptional entertainers!

http://www.budweisergardens.com/events/1497