

# LIVING INDEPENDENTLY



**NOVEMBER—DECEMBER 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:



Website: [www.ilcla.ca](http://www.ilcla.ca)  
Email: [info@ilcla.ca](mailto:info@ilcla.ca)  
Telephone: (519) 660-4667

## Ontario Electricity Support Program

Beginning in 2016, low-income households may be eligible for the Ontario Electricity Support Program (OESP). If you are eligible, you could receive a monthly credit to help lower the cost of your electricity bill. The amount of the credit you receive depends on the number of

people living in your home and your household income level. Additionally, people who rely on medical devices that use large amounts of power may be entitled to a higher amount of financial support.

If you are interested in applying for the OESP, you will need the following information:

- \* Your electricity bill
- \* Birthdates and names of all people living in your home (as registered with the Canada Revenue Agency)
- \* Social Insurance Numbers, Individuals Tax Numbers, (or temporary taxation numbers) for all household residents over 16 years of age.

Applications can be found online. Once your online application is completed, you must print and sign a consent form, which you then need to mail to the address provided.

For more information or to get an application:

Visit: [www.ontarioelectricitysupport.ca](http://www.ontarioelectricitysupport.ca)

Or call: 1-800-831-8151



# LIVING INDEPENDENTLY

## Wheelchair Accessible Vehicles

*Need transportation for a special occasion or family outing?*

Bennett Truck Rentals has wheelchair accessible minivans for rent! Located at 71 Clarke Road, just north of Gore Road in London, offers reasonable pricing and after-hours drop-off on their rental vehicles.



For more information, or to book your rental contact Bennett Truck Rentals today!

Phone: 519-455-8296

Email: [info@bennettfleet.com](mailto:info@bennettfleet.com)

Website: [www.bennetttruckrentals.com](http://www.bennetttruckrentals.com)

## 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

Consumer—\$5

Agency—\$50

Charitable Donation \$ \_\_\_\_\_

Charity # 893156778RR0001

I prefer to receive my newsletter by:

Postal mail

Email

# LIVING INDEPENDENTLY

## 6 Quick Self-Advocacy Strategies

1. **Body language is very important!**  
Something as simple as eye contact can show others that you feel good about yourself, and it will change how they respond to you. This works even if you don't feel confident at the moment.
2. **Try to remain calm.** Others will have more respect for you and you will get better results if you can stay cool and collected when dealing with a challenging person or situation.
3. **Avoid using negative language when discussing your disability.** Phrases like "I have ..." (rather than "I suffer from ..."), or "I use a wheelchair" (rather than "confined to a wheelchair") send a more confident message. This will help others see your disability simply as a fact about you, rather than taking pity on you.
4. **Taking notes can change a person's tone.** Professionals (eg. doctors, lawyers etc.) will think more carefully about what they say and how they respond to you if they know you are recording it. This means they are likely to be more fair.
5. **Write a letter.** A written letter for a service provider or business owner can be far more effective than a verbal complaint. On a larger scale, writing to a local paper can be a powerful call to action.
6. **Focus on solutions.** You are more likely to be taken seriously and to create real change, if you can propose potential solutions for complaints you have. You are the expert on accessibility.

## Personal Safety Tips from the London Police Department

Common sense is your best protection!

- \* Acknowledge that danger could exist in any situation
- \* Remember that you can become a victim, it can happen to ANYONE!
- \* Have a plan! Think about what you might do if a dangerous situation did arise.
- \* Be determined not to freeze up!
- \* Trust your judgement! If something doesn't feel right, it is better to be safe than sorry. Leave the situation and get to a safe place as quickly as possible!

Remember the 3 A's:

- \* **Awareness**—be aware of your surrounding, abilities, trends etc.
- \* **Anticipation**—plan ahead, identify risks and suspicious persons/behavior
- \* **Avoidance**—simply try to stay away from identified issues, dangerous places, and known problems

The MacDonald-Pierce Foundation, a fund within London Community Foundation, has extended their very generous support to our

Independent Living Skills  
Development Program.



LONDON  
COMMUNITY  
FOUNDATION

**THANK YOU!**

# LIVING INDEPENDENTLY

## A Time of Change

With the falling of leaves so falls Stephen Harper's Conservatives. As the evening of October 19, 2015 drew to a close, a crimson tide rose from out of the ashes traveling from the east and sweeping across this great land driven by a strong wind wanting change...

The people have spoken; Justin Pierre James Trudeau is Prime Minister Designate elect.

Mr. Trudeau will not only open this country's 42nd parliament, but will have, with the help of his party made history in several different areas.

He is the second youngest Prime Minister. Second only to Joe Clark who was one day shy of 40 when he defeated Justin's father, Pierre Elliot Trudeau.

He and his father were Prime Ministers a first in Canadian history.

He and his party were the first to oust a government without holding the title of official opposition. No one has ever come from third to first in Canadian history.

He and every other candidate in this election held the dubious honour of running in the longest election campaign in Canadian history, 78 days, costing over \$128 million compared to \$50 million in 2011.

This election resulted in 3.6 million voting in the advanced poll - 71% higher than the 2011 election, and the highest voter turnout since 1997.

This will be remembered for many

years as one of the most swinging elections which voters turned out in record numbers to change the direction this country will take over the next four years...

As I finish writing this article the week is drawing to a close, election signs are all but gone, returning the countryside back to its rustic landscape enjoyed by all at this time of year.

I can't help but wonder... what is next for us?

We have cities wanting funding for infrastructure, environmental lobbyists expecting a greener Canada as soon as possible, the Provinces looking cautiously to the future hoping the Federal government will sit down and talk to them, the Territories and the First Nations, each one wanting something. The public service, health care, security, and human rights are just a few of the areas that the Harper Government's repressive bills have affected. Each crippled area needs to be addressed. These issues and many others have been identified and promised action by the Liberals for the betterment of all Canadians.

Expectations are high; many have questions as to how all the promises can be kept.

Only one man knows how it will be done.

Justin Pierre James Trudeau 29<sup>th</sup> Prime Minister of the 42<sup>nd</sup> Parliament of Canada says he will keep every promise!

Only time will tell.

*Article by: Gary Doerr, Board Chair*

# LIVING INDEPENDENTLY

## What's Coming Up? AT THE CENTRE

### Election Experience Discussion

Wednesday November 4th, 2-4pm

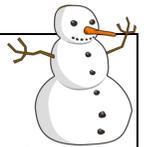
Come talk about your voting experience and contribute suggestions to help improve accessibility in the next election.



### Winter Social: Craft & Snacks

Monday November 9th, 1:30-3pm

Join us for some fun conversation with friends and enjoy delicious treats and hot chocolate. We will be making adorable sock snowmen!



### Santa Claus Parade

Saturday November 14th, 5:45-7:15pm

We will meet at the Centre for hot chocolate and walk just one block over to Dundas street, where we can take in this fun holiday tradition! Be sure to dress warmly!



### Hidden History

Thursday November 19th, 7-9pm

@ Crouch Library (free admission)

Meet up for a fun evening where you are sure to learn something new about the history of our wonderful city!



### Bingo

Tuesday November 24th, 2-4pm

Drop in at the Centre for your chance to win some cool prizes!



### Holiday Card Making

Wednesday November 25th, 2-4:30pm

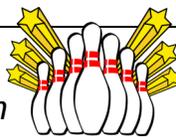
Design and create your own unique holiday greeting cards! Once completed you get a hard copy printed on photo paper, as well as an electronic copy on CD. You can then print or email as many copies as you need.



### Bowling @ Fleetway

Monday November 30th, 2-4:30pm

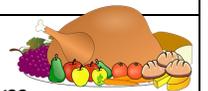
We'll be having a blast at the bowling lanes! Only \$4.50/game



### Swiss Chalet Luncheon

Wednesday December 2nd, 12-2pm

Enjoy a festive special lunch with friends at the ILCLA! This event is always popular and never fails to get us excited for the holiday season! Meals must be payed for in advance, contact the Centre to place your order as soon as possible.



### Roll & Stroll: Holiday Shopping

Monday December 7th, 2-4:30pm

Want some help getting your shopping done? We will be cruising Masonville Mall in hopes of crossing a few names off our gift lists.



### Christmas Dinner @ Trissa's

Tuesday, December 15th, 6-8pm

We'll be celebrating the holidays with a festive turkey dinner at Trissa's Family Restaurant, 4014 Dundas Street. Be sure to RSVP well in advance for this event.

### Holiday Movie Day

Wednesday December 16th, 1-4pm

Snuggle up with some hot chocolate and good friends as we enjoy a classic Christmas film!





This event is made possible by the generous support of the *MacDonald-Pierce Foundation*, a fund within *London Community Foundation*



# Organization Solutions

An Independent Living Skills workshop **2-3pm**

**Wednesday November 18th**

**Please RSVP!**

**This is a FREE event!**

**EVERYONE is welcome!**

**Independent Living Centre  
London & Area**

*433 King St., suite 101*

*London ON*



**519-660-4667**

**info@ilcla.ca**

**www.ilcla.ca**

Pauline Hoffman is a Certified Professional Organizer.

She will be visiting the Centre to share her tips and ideas for getting, and staying, organized. Pauline will offer advice on accessible and affordable options for organizing small spaces, including some suggestions on how to effectively reuse items you may already own. She will also touch on the importance of safety when approaching your own organizational task.

Join us to learn some great techniques for how to manage your space and help you stay on top of things!

The ILCLA proudly presents...

# BUILD A BAND WORKSHOP



Join  
**Dave McEwen** at  
the Centre for a  
rockin' good time!

Dave is the ILCLA's top entertainer—he plays guitar for us during our weekly exercise class! He has been working with our members, teaching them to play as well. If you are interested in learning some guitar basics, this workshop is definitely for you! There will also be a range of percussion instruments available for you to try out. Dave can answer any questions you may have about learning to play, participating in a band, and performing.

Join us for this creative workshop and discover your musical side!

This is a **FREE** event.  
Everyone is welcome.  
**Please RSVP.**

**Wednesday  
December  
9th  
1-3pm  
@ the  
Centre**

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