

# LIVING INDEPENDENTLY

NOVEMBER—DECEMBER 2016



The Independent Living Centre London and Area

433 King St., Suite 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

## Paralympic Athletes Outperform Olympic Athletes

The Paralympics are more than a gentle version of the Olympics. In fact, a few performances at the Paralympic games in Rio exceeded that of the performances in the Olympics! This was the case for the runners in the men's 1,500-meter race. All four of the top runners in the T13 class for the visually impaired, had better times than the Olympic champion in last month's Rio Olympics. In fact Algeria's Abdellatif Baka who won the gold medal in the men's 1,500-meter T13 final athletics event made a new world record of 3:48:29! A truly remarkable finish by all four finalists.



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## 2016 Paralympic Medals

The 2016 Paralympic games were held in Rio Brazil. Canadian athletes made Canada proud winning a total of 29 medals. The medals consisted of 8 Gold medals, 10 Silver, and 11 Bronze.

This years medals were seed shaped to indicate the courage, perseverance and growth of the Paralympic athletes. The seeds formed an infinite rising spiral inspired by the Paralympic motto "Spirit in motion". Each of these unique medals contained a tiny rattle that jingles when shaken. The gold, silver and bronze medals all produce different sounds providing a special way for Paralympic athletes to celebrate their success.



## 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

# LIVING INDEPENDENTLY

## What does an Accessible Canada mean to you?

*In-person consultation sessions are taking place across Canada to inform the development of planned accessibility legislation.*

Did you know that approximately 14 percent of Canadians aged 15 years or older reported having a disability that limited them in their daily activities? And that there are approximately 411,000 working-aged Canadians with disabilities who are not working but whose disability does not prevent them from doing so? Almost half of these potential workers are post-secondary graduates.

We all benefit when everyone can participate equally in everyday life. But many Canadians with disabilities and functional limitations face accessibility barriers in their communities and workplaces. That is why the Government of Canada has launched a consultation process that will inform planned accessibility legislation.

All Canadians are encouraged to take part in the consultation process, either by attending an in-person session or by participating in the online consultation. A full list of in-person sessions can be found at [Canada.ca/Accessible-Canada](http://Canada.ca/Accessible-Canada). If you would like to pre-register for an in-person session, or to notify us of accommodation needs, please notify the Office for Disability Issues: Phone: 1-844-836-8126

TTY: 819-934-6649

Fax: 819-953-4797

Email address: [accessible-canada@hrsdc.gc.ca](mailto:accessible-canada@hrsdc.gc.ca)

Mailing address: Consultation – Federal Accessibility Legislation  
c/o Office for Disability Issues  
Employment and Social Development Canada  
105 Hotel-de-ville St., 1st floor, Bag 62  
Gatineau QC K1A 0J

Canadians are also encouraged to follow @AccessibleGC on Twitter, Accessible Canada on Facebook and to follow the #AccessibleCanada hashtag. The consultation process will run until February 2017.

For the most up-to-date information on in-person venues and dates, and to participate online, please visit [Canada.ca/Accessible-Canada](http://Canada.ca/Accessible-Canada).

# LIVING INDEPENDENTLY

## Premier Wynne's Throne Speech

On September 12, 2016 Premier Wynne's new Throne Speech was read at Queen's Park. The speech offered 1.8 million Ontarians with disabilities absolutely nothing new, according to the AODA Alliance. David Lepofsky, chair of the AODA Alliance said, "This Throne Speech is called "A Balanced Plan to Build Ontario Up for Everyone," but nothing in it ensures that 1.8 million Ontarians with disabilities will be treated as part of 'everyone'."

The Throne Speech announced eight priorities for the Government. However, getting Ontario back on schedule for full accessibility by 2025 was not any of the eight priorities. In fact The Throne Speech did not mention a single thing about people with disabilities. This left many people wondering what about Premier Wynne's promise three years ago to get accessibility back on track?

The Throne Speech did mention the commitment to new action on education, but offered nothing for the one-third of a million students with special education needs in Ontario. Similarly, promises of new hospital construction were made, but nothing to ensure that these new changes contain full disability accessibility. Even after having the Disabilities Act pass eleven years ago Ontarians with a physical, mental, sensory, learning, communication or intellectual disability still face too many barriers when trying to go to school or university, use Ontario's health care system, ride public transit, take a cab, shop in stores or eat in restaurants. Unfortunately none of these issues seemed to be a priority in The Throne Speech!

## Upcoming Events in London...

**Feeling Festive? Check out what London has to offer this season!**

November 12th, London Santa Claus Parade @ 6:00pm in downtown London

November 13th, The Merry Makers Fair @ Covent Garden Market from 11:00am– 3:00pm

November 24th-27th, Festival of Trees @ Covent Garden Market from 8:00am

November 25th- December 31st, Winter Wonderland @ Victoria Park

December 1st– 4th, 37th Annual Christmas Craft Festival @ The Metroland Media Argiplex from 1:00pm- 5:00pm

# LIVING INDEPENDENTLY

## Changes to the Way Social Assistance Clients Access Drug Coverage

The ministry is making changes to how social assistance clients (Ontario Works and ODSP) will access drug coverage through the Ontario Drug Benefit program. The current process has clients receiving a paper drug card as part of their monthly social assistance cheque which they are required to take to the pharmacy when filling prescriptions for medication. The pharmacy keeps the paper drug card, which can cause issues for the client if they need to use the drug card again during the same month, but is not accessing the same pharmacy. The new process will be effective September 1st. This new process allows people receiving social assistance to use their Ontario health card at pharmacies to access the Ontario Drug Benefit program and obtain their prescription medications. There will be a 3-month transition period (September 1st-November 30th) where clients can use either their health card or the paper drug card at the pharmacy. This transition period is to allow time for clients, staff and stakeholders to become accustomed to the new process. As of December 1st, however, the paper drug card will no longer be provided as part of the monthly cheque to clients who have a permanent health card number. This means it's very important clients apply for a health card as soon as possible.

## Independent Living Skills Workshops

### **Self-Defense Workshop**

*Wednesday November 16th, 2-4pm*

This Independent Living Skills Workshop will teach individuals with a variety of disabilities how to protect themselves in different situations. The goal of this workshop is to help individuals gain confidence, independence, and improve their overall safety. This workshop will be held at the Carling Heights Community Centre.

**Facilitated by:** Steve Stewart



### **Healthy Relationships & Sexual Assault**

*Wednesday December 14th, 1-3pm*

This Public Education Workshop provides an opportunity to examine the spectrum of sexual violence. It also helps to create tolerance and motivation for change in our communities by modeling conscious language, creating safe space and encouraging respectful dialogue.

**Facilitated by:** Sexual Assault Centre London

# LIVING INDEPENDENTLY

## What's Coming Up?

### AT THE CENTRE

#### London Museum

Thursday November 3rd, 2-4pm

Share in the fun as we look at the many wonderful exhibits the London Museum has to offer!



#### Scrabble

Tuesday November 8th, 2-4pm

Come to the Centre to have some fun with words and share a few laughs. Haven't played before? Don't worry everyone is welcome!



#### Scrapbooking

Thursday November 10th, 2-4pm

Come help craft memories of all the wonderful events that have gone on this year!



#### Winter Social: Craft and Snacks

Monday November 16th, 1-3:30pm

Winter is closer than we think! Join us for an afternoon of fellowship. We will be making a winter inspired craft and enjoying some treats.



#### Christmas Cards & Carols

Monday November 21st, 2-4pm

Hand make cards at the Centre for those you care about to make their season extra special.



#### Bowling @ Fleetway

Wednesday November 23rd, 2-4:30pm

Join us to see if you got what it takes to get a strike! Only 5\$ a game.



#### Palace Theatre Preview

Wednesday November 30th, 8pm

Join us for The Secret Garden Musical.

A story of a recently orphaned 10-year-old who has been sent to live with her reclusive uncle....



#### Swiss Chalet Luncheon

Thursday December 1st, 12-2pm

Enjoy a festive lunch with friends here at the Centre. Meals need to be ordered through the Centre and must be paid for in advance.



#### Holiday Shopping

Monday December 5th, 2-4:30pm

Cross some names off your shopping list with a roll and stroll at Masonville Mall.



#### Gingerbread Decorating

Wednesday December 7th, 2-4pm

Make a snack by decorating a delicious gingerbread cookie just the way you like!



#### Holiday Movie

Tuesday December 13th, 1-4pm

Get in the spirit with a Christmas movie!



#### Bowling @ Fleetway

Monday December 19th, 2-4:30pm

Come out and enjoy our last festive bowl of the year and a sweet treat to celebrate!



#### Christmas Dinner @ Shelly's

Wednesday December 21st, 6-8pm

Celebrate the holidays with us as we have a festive turkey dinner at Shelly's Tap and Grill at 591 Wellington Road. RSVP well in advance if your planning on attending!



**Please RSVP To events!**

Phone: (519)660-4667 or Email: [info@ilcla.ca](mailto:info@ilcla.ca)