

APRIL 2010



**Independent
Living Centre**
of WATERLOO REGION

THE FORUM

Together Freedom Through Access and Choice

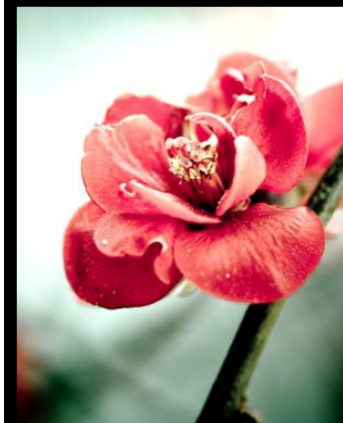
Greetings from the Board

Our new Executive Director, Bil Smith and I attended a Governance Forum hosted by the WWLHIN at Wilfrid Laurier University. This 2 ½ day program was intended to enhance the skills and effectiveness of Boards through in depth examinations of strategy, decision making, performance and measurement. These sessions provided a great opportunity for us to learn from the experts in the field of good governance and to build strong networks with our peers in other WWLHIN-funded agencies. In the coming months, the Board will be examining ways to strengthen the agency based on this learning.

Best regards to everyone, and I wish you all a Happy Spring!

Sue Morgan
Board President

ILCWR believes in and supports the rights and responsibilities of persons with disabilities!



MESSAGE

FROM THE

EXECUTIVE DIRECTOR



I continue to be amazed by all of the good work our agency does in this community to improve the lives of people with disabilities and the community as a whole. You will read in this issue of *The Forum* how we are spreading the word of customer service and inclusion through our *Beyond Barriers* and *Access For All* AODA Training. You will also hear about the provinces biggest-ever investment in ILCWR through the Aging at Home Strategy. Other new projects include our partnership with the Federal Government to provide education sessions on their RDSP program and our Healthy Communities initiative to provide hands on cooking and nutrition programs to a wide variety of people throughout Waterloo Region. All of this is in addition to the hundreds of people that we support on a daily basis through our Attendant Service programs and the thousands we reach each year through our Community Support Services. It is no wonder that we are quickly becoming the “go to” source for information on disabilities issues in Waterloo Region.

In December, we asked you to make a financial contribution to help support the work we do. The response was tremendous and I am pleased to let you know that we received over \$6,000! This money will be used to help fund our advocacy, peer support and public awareness programs as well as to support the Access Fund. Through these programs we reach many people and in large and small ways every day, have meaningful impact on peoples lives. A recent recipient of support wrote “***the generous contribution you made has allowed me to maintain an independent lifestyle that is very dear to me.***” On behalf him and of all who benefit from our programs, I thank you heartily for your contribution.

As I settle into my new role as Executive Director, one of the tasks that the Board has charged me with is raising the communities knowledge and awareness of ILCWR and the good work we do. To that end, I have been meeting with our local, provincial, and federal leaders to solidify their support and have them become ILCWR cheerleaders! Their welcoming response has been heartwarming. Our positive relationships with these individuals will serve the agency, our consumers, and the community as a whole well as we move forward together, removing barriers, creating opportunities, and supporting people.

ILCWR Believes in advocating for the elimination of barriers and in challenging public attitudes!



ACCESS 2010 - "Your Key To Independence"

Friday, September 17th, 2010 - 10:00am - 9:00pm
Saturday, September 18th, 2010 - 10:00am - 5:00pm
The Kitchener Memorial Auditorium Complex, Kiwanis Arena

An Exhibition of Products and Services for Independence

Access 2010 will feature exhibits on
mobility aid equipment
modified vehicles
financial programs
community resources
health and nutrition
and much more . . .

Entertainment including
a choral performance
a dancing performance
a cooking demonstration
a fashion show
and more . . .

There will also be a special showcase on adaptive computer technology

Access 2010 is geared to the interests and needs of People with Disabilities, their friends and family, as well as caregivers, Health Care Providers and Seniors with Special Needs in Waterloo Region and surrounding areas.

You can help to make this show a success!

Seeking Vendors

- If you or someone you know would be interested in being a vendor at the show and displaying your products or services for people with disabilities, their families and the community, please contact Paula.
- There will be a special Adaptive Computer Technology Showcase. To demonstrate your products and services, please contact Dan.

Seeking Volunteers

- There are many opportunities to volunteer in the months leading up to the show and during the days of the event. Please give Lorene a call to find out how you can help.

Seeking Sponsors

- If you or someone you know would be able to support **ACCESS 2010** by acting as a sponsor, advertising in the show directory or sponsoring a not-for-profit agency so they could have a booth, please contact Chantal.

Contact us at 519 571-6788 or by email at access2010@ilcwr.org

Look forward to see you at **ACCESS 2010!**

Admission is FREE!

www.access2010.org

ONTARIO INVESTS IN PEOPLE WITH DISABILITIES

HEALTHY COMMUNITIES

Recently, the Ontario Ministry of Health Promotion invested \$27,000 in ILCWR to help fund our **Food for Thought** program, an innovative approach to improving the quality of people's lives.

Through a series of hands-on cooking and education workshops, the program seeks to:

- Increase awareness of the benefits of healthy eating
- Increase the skills and capacity of people to make healthier choices
- Change attitudes and behaviours around eating and snacking

Master Chef Wolfgang Stutz, ILCWR's Peer Nutrition Coordinator, has delivered several successful sessions so far and looks forward to more opportunities to spread the word about the benefits of cooking and eating good food. For more information about how you can become involved, contact Wolfgang at our main office.

AGING AT HOME

The Outreach Team at ILCWR has been extremely busy the past number of months after hearing exciting news of an investment in Aging at Home funding. The Local Health Integration Network of Waterloo Wellington committed a total of \$575,000 annually to the expansion of Outreach Services at ILCWR, including a \$165,000 investment in August 2009, with the remaining commitment scheduled to come in 2010.

By September 2009 the Outreach Team began to add consumers, carefully reviewing the waitlist and initiating services for those most in need. By February 2010 seventeen consumers were added to service due to this expansion. To date, all funds from the August investment are committed.

This funding increase enabled us to address a long waitlist. Last year at this time there were over fifty applicants seeking service, currently we have approximately fifteen on the list. Our ability to address the waitlist is directly related to the WWLHIN's Aging at Home investment in addition to normal turnover of our service. This remarkable investment has provided much needed community based service, enabling ILCWR to reach more people and assist them in daily living activities and remaining connected to their community.

The Outreach Team is now preparing for the second stage of program growth, and we are currently accepting applicants and referrals for Outreach Services. We are excited that new relationships have been created as a result of this new funding, and we look forward to offering support to more persons in Waterloo Region.

AODA

Accessibility for Ontarians with Disabilities Act

Working Toward a Barrier-Free Ontario

For far too long much of our community has not been accessible to people with disabilities. Inaccessibility comes in many forms; steps in front of corner stores, menus in small print, complicated applications for housing and so much more. The Ministry of Community of Social Services wants to put an end to the inaccessibility of Ontario and their plan to do so is made clear in the AODA.

The Accessibility for Ontarians with Disabilities Act, 2005 (AODA) declares that all of Ontario must be barrier-free by the year 2025. This law was designed to improve opportunities for people with disabilities and is the first of its kind in Canada. The legislation lays out various specific steps to remove a great number of barriers. These steps are what the ministry call *Accessibility Standards*. The standards outline what has to be done and by when.

The Customer Service Standard

The first standard, Accessible Customer Service Standard, came into force on January 1, 2008 . This standard outlines various requirements that must be met by businesses and other organizations in Ontario. For instance there is a requirement that all service animals be permitted anywhere the public is welcome (with the exception of where they are excluded by other laws). Another requirement states that service providers use reasonable efforts to ensure that their policies, practices and procedures are consistent with the core principles of independence, dignity, integration and equality of opportunity.

Another requirement states that service providers must train their staff, volunteers and contractors not only on what the AODA is but also on the topic of disability awareness and how to provide service to people with disabilities.

As experts in the field, ILCWR offers a full range of consultation and training services to organizations and businesses to assist them in making their services more accessible and compliant with the legislation. Please contact Andrena Lockley, Public Awareness and Education Coordinator for more Information or to book training.

For more information on the ADOA please visit: www.accesson.ca



Tournament

OF HOPE GOLF CLASSIC

www.tournamentofhope.ca

Each June, golfers head out onto the fairways and greens of Grand Valley Golf and Country Club to enjoy a round of golf with friends and to support a worthy cause. The **Tournament of Hope** is an annual golf tournament that provides financial support for the special needs of individuals and families in our community who often have difficulty accessing resources elsewhere. The Tournament was founded by a group of community-minded citizens who became aware of the financial challenges facing individuals with disabilities because of the high cost of equipment and serious gaps in funding. Originally expected to be a one-time affair, the Tournament of Hope continues to meet needs in the community.

Funding support has been provided for accessible home renovations, wheelchair accessible vans, mobility equipment, hospital beds, lift devices, and all manner of specialized equipment. Support has ranged from a hundred dollars to several thousand dollars per recipient. Over the last 12 years, the event has raised over a quarter of a million dollars that has directly supported individuals and families in Waterloo Region.

The 13th Annual Tournament of Hope Golf Classic, presented in partnership with the Independent Living Centre of Waterloo Region, will be held on Wednesday, June 9, 2010 at Grand Valley Golf & Country Club.

We need your support in the following areas:

- donations to our silent auction
- hole sponsors and cart sponsors
- golfers to come out and play!

Please contact Paula Saunders (519) 571-6788 to register or donate.





Italian Bistro & Cake Auction

An opportunity to support our **valuable** Organization, bid on our silent auction and have a little Cake too!

Dinner, Cake & So Much More

Some of our mouth watering entrees include:

Fettuccini Alfredo

Pasta Primavera

Spaghetti

Lasagna

Date

Saturday, May 1st, 2010

Time

5pm – 8pm

Location

Kitchener Gospel Temple
9 Conway Drive
Kitchener, Ontario



**Independent
Living Centre**
of WATERLOO REGION

To purchase tickets
call:(519) 571-6788
email:reception@ilcwr.org

What is a Registered Disability Savings Plan (RDSP)?

You may have heard about RDSPs but do not know the benefits of opening one. ILCWR is working with IL Canada to get the word out to as many people as we can on the benefits of this plan. RDSP is a new federally registered savings plan aimed at ensuring long-term financial security for people with disabilities.

Did you know...

- Even if an eligible person does not contribute to the plan, they may qualify to receive up to \$1,000 annually to invest through the Canada Disability Savings Bond
- If an eligible person, a family member or a guardian make a contribution to the plan, they may be eligible for additional contributions from the federal government in the form of a Grant
- This plan will not have any impact on a person's monthly ODSP payments
- Parents or guardians can establish an RDSP on behalf of a person with a disability who is a minor or who is unable to enter into a contract
- Growth of a person's RDSP contributions are not taxable until they start withdrawing the money

If you or someone you know might be interested please contact ILCWR to sign up for an upcoming workshop. Contact **Dan Lajoie** at 519-571-6788 ext 7477 for further information.



Independent Living Centre of WATERLOO REGION

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Opinions expressed in this newsletter are those of the contributors and do not necessarily reflect the views of the organization.

This newsletter is available in alternate formats, please contact us at: info@ilcwr.org Call: (519) 571-6788

ILCWR PROGRAMS AND STAFF

MAIN OFFICE - (519) 571-6788

Executive Director – Bil Smith
Human Resources & Finance Director - Angela Korn
Employee Health Coordinator - Christina Churchill
Human Resource Coordinator - Amy Ross
Financial Assistant - Tracy Spencer
Administrative Assistant – Joyce Nieuwesteeg
Executive Assistant & Community Relations - Chantal Audet
Receptionist - Jim Ducharme

Community Support Services Director - Paula Saunders
Public Awareness & Education Coordinator - Andrena Lockley
Peer Resource & Advocacy Coordinator - Dan Lajoie
Regional Direct Funding Coordinator - Lorene Collingwood
Peer Nutrition Coordinator - Wolfgang Stutz

Attendant Services Director - Daryl Nancekivell
Outreach & In-Home Respite Supervisor - Cindy Guy
Outreach Supervisor - James Downham
Outreach Supervisor - Karen Mahovich
Attendant Services Program Support - Leanne Schade

SHAMROCK - WATERLOO - (519) 746-1312

Sandy Stauffer - Project Supervisor

MOOREGATE - KITCHENER - (519) 745-5949

Allan Russell - Project Supervisor

KIWANIS VILLAGE CAMBRIDGE - (519) 650-0843

RuthAnn Wassing - Project Supervisor

MAJOR FUNDERS



Canada
Promoting a new perspective on disability



Ontario

Waterloo Wellington Local Health Integration Network



United Way

SERVING KITCHENER WATERLOO
And the Townships of Wilmot, Wellington and Weston

MEMBER AGENCY



Region of Waterloo

MEMBER INFORMATION

Stay in Touch!
Become a Member.

INDIVIDUALS - \$5/year - \$10/3 yrs
ORGANIZATIONS - \$10/ year- \$25/3yrs

FOR MEMBERSHIP INFORMATION

Contact ILCWR at
(519) 571-6788
info@ilcwr.org

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