

Independent Living Centre Kingston Holds its 22nd AGM

Independent Living Centre Kingston celebrated its 22nd annual general meeting on Friday September 24th, 2010. During this time the members of the organization were updated on how the organization continued to meet the needs of people with disabilities and the community.

ILCK's appointed auditor presented the audit for the past year and reported that the centre finished with a surplus of just over \$2000. The centre also recognized its dedicated volunteers and elected its new board of directors. For a list of ILCK's board of directors:

<http://www.ilckingston.com/about.html>.

It was also reported that, the centre responded to more than 13,700 requests for information, support and Independent Living Skills Development. In addition, the centre supported more than 500 people and organized 85 peer group activities.



Agency Profile Kingston Access Bus

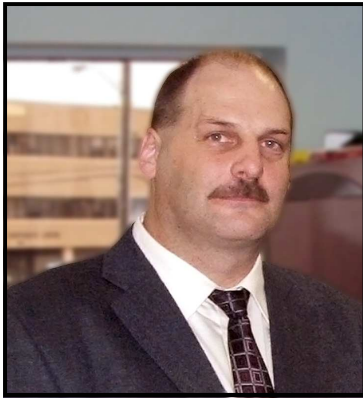


Kingston Access Services (KAS) is a charitable non-profit organization, funded by the City of Kingston, passenger revenue, and donations. KAS oversees the operations of the Kingston Access Bus (KAB), the Kingston Area Patient Shuttle (KAPS) and operates a Dial-A-Bus service in the "rural" portions of the City (Route #9) for Kingston Transit. Kingston Access Bus offers local transportation services to individuals regardless of age who meet the eligibility criteria.

Kingston Access Services recently hired a new executive director, Trevor Fray. ILCK had the opportunity to ask him a few questions.

Tell us a little about yourself. I was born and raised in Kingston, and am a graduate of St. Lawrence College. My family does have some strong ties to the Kingston area, as my Grandfather is a former Mayor of the City. I have worked for the most part in Operations and Logistics positions where I was responsible for drivers, vehicle fleets, customer service and efficiencies....many of the same items I

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Notes from the Executive Director

The Uniqueness of Programs & Services at Independent Living Centres in Canada

There are 26 Independent Living Centres in Canada and they all share a unique framework of programs and services. Every centre provides Information & Networking, Peer Support, Independent Living Skills Development and Community Development.

- The Information and Networking service strives to ensure that people with disabilities have access to all possible information available in order to make informed choices.
- Peer Support programs provide opportunities for people with disabilities to explore, share and process information with those who have similar experiences.
- The Independent Living Skills Development program provides learning opportunities to improve self advocacy. Issues addressed include but are not limited to communication, disability awareness and management and goal setting.
- The fourth core program offered by Independent Living Centres is Community Development. This program develops responses to gaps in attitude and services in the community. Activities in community development may include disability awareness training, policy development or the development and delivery of services needed by people with disabilities that aren't available in the community. These specific programs and services may include a Direct Funding program for those who require attendant services or an employment program for those who want to lead their employment process. The unique context of this framework is intended to empower the individual to lead and manage their life processes at the same level as any other citizen.

The underlying principles of choice, flexibility and control should be at the forefront of any program or service offered by an Independent Living Centre. In other words, when receiving support from an Independent Living Centre in Canada the individual should always be leading the process. Improved quality of life of people with disabilities is what a lot of organizations strive for but what makes Independent Living Centres unique is the empowerment process within our framework of programs and services.

For more information on Independent Living visit www.ilckington.com.

HEALTHY EATING AND ACTIVE LIVING

This two year pilot project's focus is for people with all types of disabilities to implement healthy lifestyle practices that are achievable and easy to maintain. ILCK is providing one to one support, healthy eating workshops, and a series of sessions focussed on healthy eating and active living. To date, active living workshops delivered have included accessible sailing and Tai Chi. Healthy eating workshops began in September 2010. A second series of sessions is being planned for January 2011.

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Keep physically fit over the winter!

This free, drop-in indoor winter walking/rolling program, offered through the City of Kingston and KFL&A Public Health, starts November 1, 2010, and ends the week of March 28, 2011.

Volunteer led walks/rolls provide a safe, and social atmosphere for people of all ages to increase their physical activity. No registration required. Wheelchair accessible.

- INVISTA Centre, Mondays, Wednesdays, and Fridays, 9-10 a.m.
- Memorial Centre, Tuesdays, Wednesdays, and Thursdays 9-10 a.m.
- Perth Road Public School, Tuesdays 5-6 p.m.
- LaSalle Secondary School, Wednesdays 5:30-6:30 p.m.

Levelling the Landscape

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2010 Annual BBQ & Open House

Once again, ILCK has had a successful BBQ and Open House fundraiser, with hotdogs, hamburgers, delicious desserts and a silent auction. It was very well attended by members, guests and the public. Way to go everyone who helped make it a success! Thank you to our many sponsors for their support.

Access To Employment

A Unique Approach

ILCK's Access to Employment program supports people with disabilities in finding and maintaining employment using the Independent Living (IL) model. The program assists people experiencing disability-related barriers to employment who are referred by Ontario Works.

The IL model is one example of consumer empowerment where persons with disabilities are provided with the information and support to make choices and decisions in taking responsibility in their own employment process.

The Access to Employment program provides individual consultation and support throughout the entire process of planning, obtaining and maintaining employment. More Specifically, our program provides assistance with identifying & clarifying barriers to; employment, disability management strategies, individual exploration of interests, identify transferable skills, and career options, employment goal setting and planning, resume and interview preparation, as well as, networking with employers, identification of and relationship building with potential employers.

Over the past 3 years individuals using this program have achieved a great deal.

A consumer who had acquired a brain injury, that had resulted in an underlying (and undiagnosed) disability. He had not

finished school, had a low literacy level and was finding it very difficult to find employment. After regular meetings at ILCK he was able to identify his disabilities. This led to a referral to services for acquired brain injuries and a plan to move forward.

Following the plan he secured employment as a security guard. ILCK worked with his employer to simplify his job's reporting requirements to adapt them to match lower literacy skills.

A 22 year old woman, with a difficult health and family history required a job, and a permanent place to live, in order to regain custody of her three children. ILCK worked with her to identify the main issues she would need to deal with, starting with her own physical health concerns.

With ongoing assistance from ILCK she built a routine that enabled her to tackle her issues one by one, and work towards her dream of becoming a mechanic. She has been able to find accommodations and a job with a major retailer, and a year later, this individual is still employed fulltime. She has moved to a better neighborhood, and established visitation rights with her children.

Become a member of Independent Living Centre Kingston, contact the centre today.

Self Managed Attendant Services - Direct Funding

ADVERTISING FOR ATTENDANTS

When you are looking for a new employee (attendant), or advertising for the first time, there are several no cost options available to you:

1. Service Canada maintains an online job bank database that is visited continuously by employees looking for job opportunities. The job bank is free to employers, which includes Self-Managers. You can post a job ad either by calling Service Canada or visiting their website and registering online. Be sure to have your Payroll Business Number ready before hand. The website can be found at <http://www.jobbank.gc.ca>.



2. Another place to advertise for potential employees is your local College or University. You can also post an ad for students in the Nursing or Personal Support Worker (PSW) programs. The Student Employment office or Special Needs office could also assist in posting an ad. Students are often looking for part-time jobs and this is a good place to get people for short shifts, or weekend shifts; while giving students valuable experience in the workforce.
3. On-line classifieds like Kijiji and Craig's List are another option for finding staff. You can include as much or as little detail as possible, and best of all, it's free.
4. Finally, word-of-mouth continues to be the favourite way to advertise among the majority of Self-Managers that I talk to.

SAFETY TIP:

When providing a source of contact for potential applicants, consider setting up a temporary e-mail (Hotmail) account, and/or an alternate fax number (ILCKingston).

Kingston Access Bus

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handle now, however this is my first venture working in the non-profit sector which certainly has its intricacies. Before starting with KAS I was running a local school bus company which greatly prepared me for this role in specialized transit.

What do you see as the primary mission of KAS and the Access Bus? Our mission is to provide a reliable and efficient transportation option to those who have impaired mobility and cannot utilize conventional transportation.

What do you see as the main challenges to meeting that mission? KAS is no different than any other Municipal organization in that we rely on funding from the City in order to cover most of our operating costs. As the demand for our service grows, so does the funding required to support the growth. The increased demand is due to a couple of factors. First and foremost is the number registered passenger is growing due to an aging population, many of whom have mobility issues. The second part of the increase in passengers is that technology has enhanced mobility. A person with limited or no mobility in the past did not have many options. Now electric wheelchairs and scooters are more reliable while being less cost prohibitive. Lastly destination points are becoming accessible, be they restaurants, sporting venues, and shopping malls. A lot of those places were not realistic options ten to fifteen years ago.

Where do you feel KAS should be going in the near future? A lot of where we go in the future is going to be set out for us as the Accessibility for Ontarians Disability Act (AODA) is implemented by the Provincial Government. Not only does it have specific mandates and timelines for businesses and public venues to become accessible, but it also will establish guidelines for transit providers. Items such as service hours, fare structures, priority seating, and required accessibility equipment will become law. The purpose is to eliminate barriers to those with disabilities from participating fully in society. In 2005 the Ministry of Community and Social Services estimated that in 20 years approximately 20% of Ontarians will have some form of recognized disability. This will mean an increase of approximately 30% in our registered passengers. Thus the need for the services provided by KAS will only increase.

If users of the service, and the general public, have questions or comments on where they can they go, there are a couple of options available for questions or comments. The first is to call our office at 613-542-2512. The second is our website www.kingston.org/kas/. Or we can be e-mailed at kab@kingston.net

Do you have anything you would like to add? Our services are available to registered passengers Monday-Friday 7am-11pm, Weekends 9am-11pm, and most Stat Holidays. Passengers can book their trips up to 2 weeks in advance.

www.kingston.org/kas/

HEALTHY EATING AND ACTIVE LIFESTYLES

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In addition, ILCK is developing a healthy eating guide that provides tools and resources so that people with disabilities can have the information to choose healthy foods and incorporate healthy lifestyle habits into their daily routines.

Spinach Lasagna

This Spinach Lasagna is a crowd pleaser. You could make two and freeze one for another day.

Servings 6 Cost \$1.71 per serving

Ingredients

9	lasagna noodles	9
2	packages (10 ozs/284 g) fresh spinach	2
2 cups	Homestyle Tomato Sauce With Herbs	500 ml
1	can (5 1/2 ozs/156 mL) tomato paste	1
1	Tbsp dried parsley	15 ml
1 tsp	dried oregano	5 ml
1 tsp	salt	5 ml
1/2 tsp	ground pepper	2 ml
1	container (500 g) cottage cheese	1
1 1/2 cups	grated cheese	375 ml

1. Cook lasagna noodles according to package directions. Make sure they are still slightly firm. Drain and set aside.
2. Meanwhile, cut the coarse stems off the spinach. Put the trimmed spinach in a medium saucepan. Add about 1/4 cup (50 ml) of hot water. Turn on stove to high heat. Cover and cook for 2 to 3 minutes. Rinse spinach with cold water. Put in a strainer to drain.
3. Turn on stove to medium-high heat. Combine Homestyle Tomato Sauce With Herbs, tomato paste, parsley, salt, oregano and pepper in a large saucepan. Cook and stir until mixture boils. Turn heat to low. Simmer, uncovered, for 10 minutes.
4. Spread a thin layer of sauce on the bottom of a 13x9x2-inch (3.5 L) baking pan.
5. Arrange 3 lasagna noodles over the sauce. Spread with 1/3 of the sauce, 1/3 of the cottage cheese, 1/3 of the spinach and 1/3 of the grated cheese.
6. Repeat Step 5 two more times.
7. Turn on oven to 350 °F (180 °C). Bake lasagna for about 30 to 40 minutes. Let stand 10 minutes before serving.

Per Serving: 460 calories / Calories from fat: 31% / Excellent source of: calcium, iron, vitamins A&C, folic acid / Very high source of: dietary fibre.

GST/HST information



Here we describe some of the goods and services used by persons with disabilities. These are exempt from, or zero-rated for, the goods and services tax/harmonized sales tax (GST/HST). This means you will not pay GST/HST on these expenses, or you will be eligible to claim a rebate for the GST/HST you did pay.

Health care services

You do not have to pay GST/HST for most health care services. An example of a health care service that is exempt from GST/HST is a homemaker service, funded by a government or a municipality, provided to an individual in their place of residence. A homemaker service includes household or personal services such as cleaning, laundering, meal preparation, and child care that are provided to a person who, due to age or an impairment in physical or mental functions, needs help.

If you receive subsidized homemaker services on which you do not have to pay GST/HST, all other supplies of homemaker services you receive are also GST/HST-exempt.

Personal care and supervision programs

You do not have to pay GST/HST for services provided for care and supervision to an individual with a limited capacity for self-supervision and self-care, due to an impairment in physical or mental functions. This exemption applies to services provided mainly in the establishment of the provider.

An example of this exemption would be daytime or overnight supervision provided to a person with an impairment, when the main caregiver is working or is otherwise unavailable.

Meals on Wheels and similar programs

A public sector body such as a charity, a non-profit organization, or a government may operate a program to provide prepared meals to seniors or persons with disabilities in their home. You do not have to pay GST/HST when you receive food and beverages under these programs.

Recreational programs

You do not have to pay GST/HST for recreational programs offered by a public sector body that are primarily for persons with disabilities.

Recreational programs may include board and lodging at recreational camps

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or similar places, as well as recreational services, including those provided on an ongoing basis at a community centre.

Medical devices and supplies

You do not have to pay GST/HST on:

- wheelchairs, walkers, and other similar aids to locomotion that are specially designed for persons with disabilities;
- hearing aids;
- prescription eyewear supplied under the written order of an eye care professional;
- selector control devices specially designed to enable a person with a disability to select, energize, or control household, industrial, or office equipment;
- toilet-seats, bath-seats, or shower-seats specially designed for use by a person with a disability;
- patient lifters specially designed to move a person with a disability;
- canes or crutches specially designed for use by a person with a disability;
- clothing specially designed for use by a person with a disability, when the clothing is supplied on the written order of a medical practitioner for use by the person named in the order;
- incontinence products specially designed for use by a person with a disability;
- auxiliary driving controls that are designed for attachment to a motor vehicle, that enable a person with a disability to operate a motor vehicle;
- modification of vehicles to adapt them for the transportation of a person

- using a wheelchair; and
- the supply of trained dogs for a person who is blind or with a hearing impairment, including the service of training the person to use such a dog. The supply has to be made to or by an organization operated for the purpose of training and providing such dogs.

Specially equipped motor vehicles

You may purchase a new or used vehicle from a dealer which comes equipped with either auxiliary driving controls to enable an individual with a disability to operate the vehicle, or with a device designed to allow a wheelchair to be placed in the vehicle without having to collapse the wheelchair. The GST/HST applies to the purchase price of the vehicle.

You can get a rebate for the GST/HST payable on the part of the purchase price that relates to the modification of the vehicle and the installation of these devices. You can obtain this rebate from the supplier or by sending us a completed Form GST518, GST/HST Specially Equipped Motor Vehicle Rebate Application.

The rebate is also available if you paid GST/HST on modifications that were made to specially equip your vehicle outside of Canada.

Forms and publications

Guide RC4064, Medical and Disability-Related Information

Information sheet and form GST518, GST/HST Specially Equipped Motor Vehicle Rebate Application.

Recycling

Fall is upon us and it's a great time to clean house and get ready for winter. But what do you do with your hazardous waste and electronics?

Household Hazardous Waste



Everyone generates some Household Hazardous Waste (HHW) and disposing of it improperly can be harmful to your health and the

environment. HHW should not be placed in your recycling, garbage, or poured down the drain. The City of Kingston operates a HHW facility at 196 Lappan's Lane where residents of the City and Loyalist Township can drop off material at no charge. Open every Thursday from 8 a.m. to 5 p.m. and every Saturday from 8 a.m. to 4 p.m. from April through November inclusive.

During the Household Hazardous Waste Facility's hours of operation, a HHW Reuse Centre is available to the public. Residents can help themselves to leftovers paints, stains and varnishes, free of charge. Reusing materials such as these saves on disposal costs and reduces resource usage.

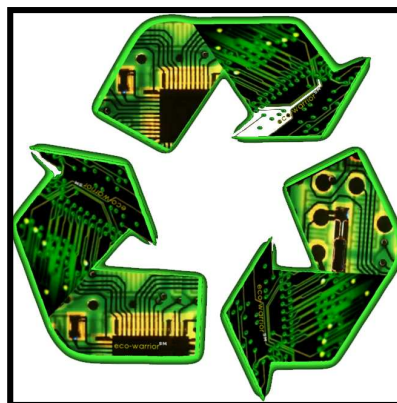
USE THE B.U.D. SYSTEM TO REDUCE YOUR HOUSEHOLD'S HAZARDOUS

WASTE

- **Buy only what you need.**
- **Use it all up.**
- **Dispose of container and residue properly.**

Note: Please bring the following empty containers to the HHW facility at the Kingston Area Recycling Centre: Aerosols, antifreeze, fertilizers, oil, paint, pesticides and solvents.

Electronics



Unwanted electronics are piling up in landfills. Most of the individual parts of these devices – steel, glass, copper, aluminium, plastics and

precious metals – can be recovered and reused to make new products.

Electronic equipment such as computers, printers, and televisions can also be reused cutting down on the amount of waste that is produced. The Ontario government and the electronics industry providing a free recycling program.

What's Included?

- Amplifiers
- Audio and video players and recorders (DVD and VCR players)
- Cameras
- Cell phones
- Computers and peripherals
- Copiers
- Digital cameras

- Fax machines
- Monitors
- Pagers and PDAs
- Printers
- Radios
- Receivers
- Scanners
- Speakers
- Telephones and answering machines
- Tuners
- Turntables
- Televisions
- Video projectors

Where do I go?

Please note that there are residency restrictions

- Best Buy Canada, 770 Gardiners Road, Kingston
- Colborne's TV & Stereo Ltd., 612 O'Connor Drive, Kingston
- Computer Depot Technologies, 699 Gardiners Rd., Kingston
- Future Shop , #1 - 616 Gardiners Road, Kingston
- Henry's Photo-Video-Digital, 616 Gardiners Rd., Unit 3B, RioCan Centre, Kingston
- JKL Micro Distribution Inc., 1250 Gardiners Road, Kingston
- Kingston Computer Planet, 477 Princess Street, Kingston
- Scott Environmental Group Limited, 633 Fortune Crescent, Kingston
- Staples, 616 Gardiners Rd., Kingston
- Staples, 105 Queen St., Kingston
- Waste Management of Canada Corporation
62 St. Remy Place, Kingston
- Waste Services Inc., 1266 McAdoo's Lane, Glenburnie

Smart Phones Flunk for Blind Users

Smartphones can be pretty clueless when it comes to blind or visually impaired users.

For millions of consumers with normal vision, smartphones offer almost effortless conference calling, e-mailing and Internet browsing. They make it easy to find a gas station, a rental car or a recipe. Vast music libraries and video games are expected features for a device with a \$200 to \$600 price tag.

But for many in the blind and visually impaired community, the absence of physical buttons on most smartphones makes interactions with some devices virtually impossible.

Many consumers with visual impairments say they are being held back from equal participation in the digital revolution, and denied tools their colleagues and competitors enjoy. Smartphones, they argue, are public accommodations, no different from building ramps or Braille on elevators.

“Our electronic, digital universe is changing so rapidly that these phones are as essential to our daily life as a curb cut would be,” said Brian Bashin, the CEO of the Lighthouse for the Blind in San Francisco, an advocacy organization for the blind and visually impaired. “We shouldn’t have to play catch up with expensive modifications when it all should have been there right out of the box.”

By Jessica Portner

ILCK would like your opinion

ILCK's marketing committee undertook an analysis of the tools being used to present the centre's message to consumers, the public and funders. The committee came to the realization that the centre required a clear positioning statement. A positioning statement is a short statement, or series of word images, that expresses the spirit and purpose of the organization.

The committee developed a three word positioning statement that we believe expresses ILCK:

- Empowerment (attitude) - based on independent living philosophy the programs, services and purpose of the Centre 'empower' people with disabilities to take control of their lives and move towards full citizenship.
- Education - ILCK is a one stop shop for disability information, resources, programs and services.
- Support - peer support, resources, programs and services.

This positioning statement would, naturally, become our new 'tag line':

Empowerment * Education * Support

The next step was to create a clear, short, description of ILCK that will be used whenever talking about the centre.

The descriptive statement, with the tag line, should explain the organization in broad strokes and lead to questions

about the centre and Independent Living.

The committee is recommending:

Independent Living Centre Kingston is a non-profit organization, run by and for people with any disability, promoting Independent Living Philosophy.

What to you think? Does this represent ILCK to you? The committee would like your feedback on the tag line and descriptive sentence. You can email ILCK at info@ilckingston.com or call the centre - 613-542-8353.

Dates to Remember

December 3rd is International Day of Persons with Disabilities

Dinner Club

December 14th – The Loyal Oarsman
724 Bath Road - 5pm to 7pm

January 11th – Pizza Lunch at ILCK
298 Concession St. - 1pm to 3pm
\$5.00 per person

February 8th – McGinnis Landing
1530 Bath Road
5pm to 7pm

Holiday Closure Dates:

The centre will be closing at noon on Thursday December 23rd and will resume regular office hours on January 4, 2011



Accredited Member



For more information please visit/contact:

Independent Living Centre Kingston

298 Concession St., Kingston, Ontario K&K 2C1

Ph: 613-542-8353 * TTY: 613-542-8371 * Fax: 613-542-4783

Email: info@ilckingston.com * Web: www.ilckingston.com