



**Ottawa Independent Living
Resource Centre**
Promoting a new perspective on disability
**Centre de ressources pour la
vie autonome d'Ottawa**
Voir au-delà du handicap

Contact News Bulletin

Suite 401, 214 Montreal Rd.
Ottawa, Ontario
613-236-2558
Website: www.oilrc.com

Fall Issue

September – November 2010

OILRC News

OILRC News

Community
News

Upcoming
Events &
Activities

Our Supporters

Editorial Notes &
Disclaimer

OILRC Annual General Meeting

This year's AGM will be held at the new Centre on Montreal Road Tuesday, September 21st at 5pm until 7pm. There will be a tour of the Centre at 4pm for those of you who have not seen it yet and the meeting will proceed at 5pm. Thank you for participating!

Our Mission Statement

To assist in the individual empowerment of all persons with any disability in the Ottawa area and to provide the tools they need to direct their lives and participate fully in the community



Halloweeeee Party

Since we had such a great Christmas Party at the Bronson Centre we thought we would have the Halloween Party there too! There will be a costume contest, dancing, and junk food!!! Come one, come all and party the night away.

**Saturday, October 30th at
7pm until 11pm**



Help us cut down on paper and overall costs and receive the newsletter notice via e-mail. Send your name and e-mail address to programs@oilrc.com If we have your e-mail address, expect to receive the notice that our newsletter is now on the website and updates in the future.



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Welcome Joey!

Hello Everyone! My name is Joey Raso and I am the Healthy Living co-ordinator. I am very pleased to be part of the Centre and I have been delighted to meet a number of you already. For those I haven't met, feel free to drop in at the Centre for a chat and introduction, you can also attend the Healthy Living activities that we offer. It is important to maintain a healthy lifestyle and be active; this is one way to guarantee your personal well being is maintained at a high level and a good way to feel better about yourself. Through the various workshops and activities we offer, you have the opportunity to become involved with healthy cooking classes, which look at way to cook healthy and economically and other fun and exciting activities which are posted in our calendar. I am looking forward to meeting more of you, for now, choose a healthy lifestyle and have fun! If you have any questions or you just want to say hello you can contact me by phone: (613) 236-2558 x227 or email: programadmin@oilrc.com



Summer Getaway 2010

It's been an eventful planning year for the 2010 getaway. The biggest lesson learned is PLAN EARLY! Unfortunately, we didn't reach our 2010 goal of getting to Niagara Falls, but we did manage to raise enough to spend a day at Mont Cascades Water Park! Everyone had a great time and a lot of fun was had, for sure!



With that in mind, the planning committee for the 2011 Summer Getaway will be formed in September of this year. For the 2011 trip, there will be a finite number of spots available, so if you're interested in participating on the planning committee and attending the trip, call OILRC early and reserve your spot because late participants will have to go on a waiting list for cancellations. We want to encourage a strong participation in the planning meetings, because that's where you'll get the opportunity to talk about your summer getaway ideas & experiences as well as share what the getaway means to you.

Also for the upcoming season, we're going to need a very strong volunteer base to make it a great getaway, so your participation will require a commitment to the process, not just showing up on trip day.

Remember, the more people that put in the effort early, the more amazing a getaway we can plan for 2011!



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You Are Invited to a Registered Disability Savings Plan (RDSP) Information Session

Learn more about this new federally registered savings plan delivered by the Government of Canada.

RDSP Facts

- Having an RDSP does not impact Federal Benefits.
- In most provinces and territories, money in an RDSP does not impact existing provincial social assistance support programs.
- You may be eligible to receive annual grants of up to \$3,500 depending on your contribution and family income.
- Even with no financial contribution, you may be eligible to receive up to \$1,000 every year for up to 20 years.

Information session will be held at:

Community Laundry Co-op
153 Chapel Street
Thursday September 16th from 1-3pm

The RDSP is designed to help people with disabilities and their families save for the future.

This information session is available in English only. Afin d'obtenir des renseignements en français, veuillez communiquer avec Gilbert Brunette par téléphone, au 613-563-2581 Ext. 11, ou par courriel à liaison@vac-ilc.ca ou visiter le www.vacanada.ca

Funding for these information sessions is provided by the Government of Canada. / Ces séances d'information sont financées par le gouvernement du Canada.





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The Annual Picnic was a real blast!

The competition was tight, between doing the scavenger hunt and playing Frisbee/baseball and the word game. Katie's potatoes salad was a hit! Please give Candice your e-mail address if you would like pictures from any of our events.



Thank you to our awesome volunteers, Luke, Melissa and Judy!

Community News

Join the Celebration of People in celebrating the contributions and achievements of people who help make our community more accessible and inclusive for all. Nominate someone today! Take the time to nominate a friend, colleague, client, employee, business, event, or employer who deserves to be celebrated! Consider nominating an individual or organization whose accomplishments have yet to be publicly acknowledged.

Using the online nomination forms is encouraged and Candice can help you with that.

Accessibility by Design Award
Advocacy Award in Memory of Agnes Wee
Artistic Excellence Award
Career Award
Citizenship Award in Memory of Cathy Kerr
Education Award
Employee Award

Employer Award
Customer Service Award
Sports Award
Volunteer Award
Volunteer Opportunities Award
Youth Award in Memory of Susan Meyer



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Connecting on Disability & Abuse

(OILRC is a member of the Connecting on Disability and Abuse (CODA) Committee)

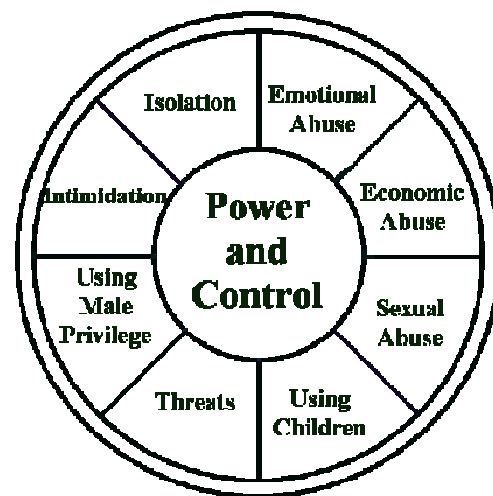
CODA would like to invite you to an informative “Working Together” discussion on how community agencies work with people with disabilities experiencing and/ or fleeing abuse.

Moderated by: Will Murray

With emphasis on how ODSP delivers services to people with disabilities and collaborate with other service providers

Panelists will include:

- ❖ Francine Somerville, City of Ottawa services
- ❖ Linda Osmond, Catholic Family Services Ottawa
- ❖ Lee Ann Lee, Harmony House
- ❖ Laurie E. Joe, West End Legal Services



When: November 17, 2010

Where: Nepean Sportsplex room C & D

9:30am coffee and muffins

10:00 am-12:00pm presentations and question period

The CODA Committee recognizes that the abuse of people with disabilities takes place in the context of systemic discrimination in all aspects of society, such as but not limited to housing, employment, transportation, service delivery, and interpersonal relationships.

Abuse includes:

1. Physical
2. Sexual
3. Psychological
4. Financial/Material
5. Neglect/Desertion
6. Spiritual





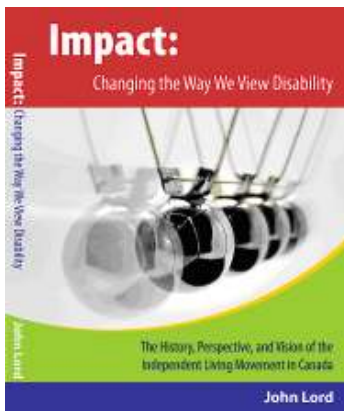
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IL impact: Changing the Way We View Disability

Independent Living Canada is proud to announce that the innovative book, *Impact: Changing the Way We View Disability*, by John Lord has now been released and is available for purchase. John Lord is a renowned researcher and writer from Kitchener-Waterloo, Ontario who has published widely on disability issues. This book chronicles and celebrates the IL movement in Canada since its inception in the late 1970s while describing the key

historical milestones of the movement; exploring some of the ways that IL is having an impact and influence on individuals and communities, as well as on research and policy; and finally, it identifies the issues likely to influence the future of the IL movement, and suggests ways the movement can address these issues.

In some ways the title of the book says it all - Impact: Changing the Way We View Disability. Society's view of disability has changed - from dominance of the medical model to the emergence of an IL and community approach to disability, and from clienthood to citizenship. – John Lord

Independent Living (IL) Canada is a national, bilingual, non-profit organization that is governed by a Board of Directors which is comprised of a majority of people with disabilities. Independent Living Canada supports the IL movement and strengthens the IL Centres by undertaking policy articulation to develop policies that will strengthen and support the core programs offered at the IL Centres; offering guidance and support to IL Centres in day-to-day operations and delivery of programs and services; Developing training and resources to help IL Centres; promoting and building awareness of the Independent Living philosophy throughout Canada.

Do not miss out on your opportunity to own a piece of Independent Living History!
This book is priced at \$35.00, a discounted price is available for people with limited incomes.



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Thank you for your years Traci!



Traci Walters dedicated 16 passion filled years to leading the national Independent Living Movement as the Director of Independent Living Canada, formally known as the Canadian Association of Independent Living Centres (CAILC). Independent Living Canada is the national umbrella organizations of 27 Independent Living Centres (IL Centres) across Canada. Independent Living Canada represents the Canadian Independent Living Movement which is part of a Global movement. Independent Living encourages people with disabilities to take control over their own lives, examine options, make choices, take risks, and even to make mistakes in the learning process. The IL philosophy recognizes when people with disabilities control their own lives and services the greater chances of successful integration and participation.

Traci articulated the IL message nationally and internationally. In 2002, she was instrumental in obtaining support from Prime Minister Chrétien along with the United Nations whereby on December 3rd the Secretary of the UN, Kofi Annan, declared the theme for the United Nations International Day of Disabled Persons “Independent Living and Sustainable Livelihood”. She has given workshops in Bosnia, Moscow and at the Sapporo Disabled Peoples International World Assembly in October of 2002 and in Seoul, South Korea in 2007. It was there that she was given an international Meritorious Service Medal by the World Movement for Independent Living for Endless Effort and Passionate Heart.

On March 9th 2010 she was called to the United Nations headquarters in New York City to sit with the Honourable Lawrence Canon, Minister of Foreign Affairs, the Council of Canadians with Disabilities and the Canadian Association for Community Living to announce Canada’s ratification of the Rights of Persons with Disabilities. Way to end with a bang!



Thank you, Traci, for helping to shape what the IL Movement is today! You will be missed!



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The New IL Canada National Director

The Board of Directors of Independent Living Canada is pleased to announce the hiring of Louise Bergeron as the National Director.

Louise graduated from Concordia University in 1989, with a degree in Communications Studies. In 2003 Louise commenced her involvement as an arthritis advocate and became a board member of AWISH Arthritis Montreal West Island Self Help. In 2005 she became a member of the Canadian Arthritis Patient Alliance, and was elected President of this organization. Since 2006 she has also been a member of the Consumer Advisory Council of the Canadian Arthritis Network. This is a federally funded arthritis research network which has advanced knowledge about arthritis through collaborative research. She also was a member of the Steering Committee of the Alliance of the Canadian Arthritis Program and was invited to sit on the Episodic Disabilities Network's Advisory Board. As a Community Reviewer with the Canadian Institutes of Health Research she is involved in the peer review grant process which awards Canadian Researchers health research grants. She was also the Consumer Representative on the Systemic Autoimmune Rheumatic Disease Research Alliance and was invited to work with the Systemic Autoimmune Rheumatic Disease Expert Working Group who were consulted by the Public Health Agency for their new and revised publication "Arthritis in Canada" which is being released in July 2010.



Louise's personal experience with her own disability and those of her immediate family members has prompted her interest and involvement disability issues. She believes that her intimate experience of living with arthritis every day has given her valuable knowledge that can be shared with policy makers, caregivers, government representatives and employers. Her involvement in advocacy stems from her belief that only ongoing education and accountability will improve outcomes for the lives of people with diverse disabilities. She believes the combined voices and vision of all Canadians who live with disabilities will change the future.

Welcome Louise!



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Healthy Living

Things the People Who Live the Longest Have in Common;

- Movement: Simple things like walking, using human power instead of gadgets, or sitting cross-legged on the floor help to keep people in shape. It seems a very convenient environment can actually be counter-productive to good health.
- Purpose: They have a sense of purpose, a reason get up in the morning. It can be spending time with their grandchildren, gardening, their careers, or volunteer work.
- Down Shift: They don't overdo it. They take more time to rest, meditate, and relax, with more free time interspersed in each day.
- 80 per cent rule: They tend to stop eating when 80 per cent full. Eating less than one's maximum capacity seems to be a secret to good health.
- Plant power: They eat more veggies and less protein and processed foods; quite the opposite of the modern diet.
- Red wine: They drink a small amount of red wine. While a lot of alcohol is not good, one or two glasses of red wine are, because of the healthy antioxidants in dark-skinned grapes. **By the way, it seems dark grape juice is just as good for you.**
- Belonging: Longevity appears to have a lot to do with one's social life. Healthy people have healthy social networks that provide people a sense of belonging.
- Beliefs: Spiritual or religious participation seems to be good for human beings. It doesn't matter which religion; it's the sense of meaning and community that's important.
- Your tribe: Making family a priority is good for your health. Intergenerational closeness is good for young and old alike.

For more information visit: <http://www.bluezones.com>





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Some Free Things to Do Around the City

Gatineau Hot Air Balloon Festival

The Hot Air Balloon Festival promises another exciting experience! The balloons and many more shows totaling 60 hours of programming set the tone for this major event!

September 3 to 6, 2010 Friday, 4 to 11:30 pm; Saturday to Monday, 6:30 am to 11:30 pm
Parc de la Baie 988 St-Louis street



Latin parade

Admire the colourful costumes of 20 Latin-American countries. Come and enjoy food, beverages and Latin music.

September 12, 2010 from 1 to 7 pm
Wellington Street to Laurier Avenue

Fall Celtic Festival

You are invited to join us for a Fall Celtic Festival for some fun and entertainment with a host of local musicians and dancers on stage. Tap your feet, clap your hands, or get up and dance. Food, refreshments, BBQ and bar available to indulge yourself.

September 12, Noon to 6 pm
Saint Brigid's Centre, 310 St. Patrick Street

Fall Rhapsody

The National Capital Commission (NCC) invites you to experience the magical fall colours of Gatineau Park. Enjoy activities for the whole family at the Visitor Centre and learn about the hidden treasures in the Park.

October 2 to 17, 2010; Saturday to Sunday, 9 am to 5 pm
33 Scott Road, Gatineau Park/Chelsea



Santa's Parade

Before the fascinated eyes of thousands of spectators, a procession of illuminated floats, bands, puppets, mascots and marching groups pass by on Main Street. The excitement mounts and finally Santa Claus arrives.

November 26, 2010, 7 pm



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OILRC upcoming event and activities

Grocery Smarts

Tuesday, September 14th
1-3pm – Welcome Room

Have you ever wondered what is in the foods you eat? Well, come along with us on a trip to a local grocery store where together we will explore various foods we encounter everyday and are they as healthy as we think.

Body and Mind - What is Wellness?

Thursday, September 30th
3-4pm – Welcome Room – Part 1

Tuesday, November 9th
2-3pm – Welcome Room – Part 2

Balancing your overall well-being; how to achieve a balance of the mind, body and spirit. Fall is here and the holidays are coming, learn ways and shortcut to deal and manage your overall well-being.

Alternative Fitness

Tuesday, October 26th
4-5pm – Welcome Room

Not interested in joining a gym/fitness centre? Want a more cost effective way to get in shape and feel great? Learn easy and free ways to get the most out of your daily activities and other things you can do around your home to stay healthy.

Animal Comforts

Thursday, October 25th
3-4pm – Welcome Room

If you are a person who enjoys animals then this is a great time to learn about animals and the comfort they provide. Enjoy the visitor(s) joining us that day.





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Art Expressions

Thursday, October 14th - 5:30-6:30pm and Thursday, November 18th – 4-5pm
 Welcome Room

Art Expressions - What better way to improve body and mind but by expressing through art. Paint and other supplies will be provided.

Geocaching Comes to OILRC

Geocaching is an outdoor activity in which the participants use a Global Positioning System (GPS) receiver or other navigational techniques to hide and seek containers, called "geocaches" or "caches", anywhere in the world. Let's have some fun and try locating some of the caches here in Ottawa.

A typical geocache will be a small container containing small trinkets of relatively low value, quite often whatever the finder was carrying in their pocket at the time, which they then place in the cache, and take something out in exchange.

Contact Jamie at 613-236-2558 ext. 220 for more details and come take part in the largest scavenger hunt you'll ever be involved in!

OILRC Membership

Do you believe in the independent living philosophy? Do you agree with our mission and mandate? Do you want to take part and get involved? Become a member. There are no fees associated with individual memberships.

Date: _____ **Email Address:** _____
Name: _____ **Phone#:** _____
Street: _____ **Apt. #:** _____
City/Town: _____ **Postal Code:** _____

Would you like to receive correspondence by mail or by email?

Mail: **Yes** Email: **Yes**

What type of membership would you like?

Individual = Free Organization = \$20.00

**Do you want to volunteer or be a part of board of directors? Please let us know!
 Or, I would like to support the OILRC through a tax-deductible donation.**

Enclosed is: \$ _____



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Our supporters



This Centre is proud to be an accredited member of the [Independent Living Canada](#)

Editorial note & disclaimer

The views and opinions expressed within the pages of this Newsletter are those held by the authors and do not necessarily reflect the views or the position of the OILRC and its membership. The materials presented herein are meant to be thought provoking and to promote dialogue. The OILRC does not endorse any products, services, ads, or businesses in any way. We provide information as options for persons with disabilities. It is the responsibility of the consumer to make an informed decision.

All information provided by our readers will be used for the sole purpose of managing our distribution list for this Newsletter. Any person and/or establishment who wishes that their name/s be removed from our mailing list, can do so by sending us a formal request via regular mail to the Ottawa Independent Living Resource Centre, 401 – 214 Montreal Rd., Ottawa, Ontario K1L 8L8 or by email info@oilrc.com Please send only one request per person and remember to use the word “REMOVE” in the sub-heading. It will take two weeks to carry out this process.