



OPTIONS NEWSLETTER

Winter 2008

Embrace Disability

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Vice –Chairperson

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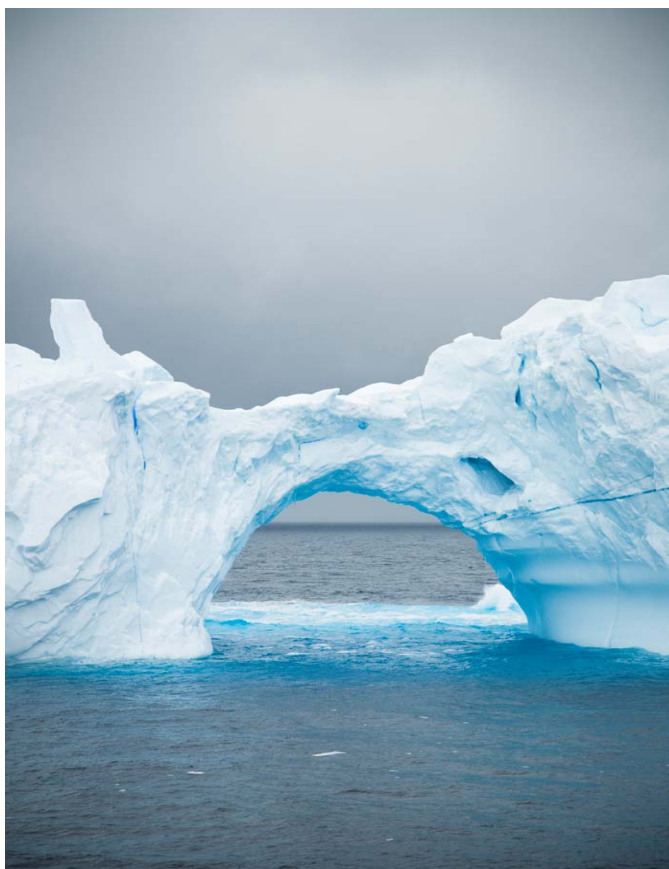
Ken Shachtay

David Parker

Bonnie Bieganski

Executive Director

John Young

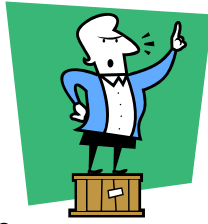


Embrace Strength

Created/Edited through
the ILRC Options Newsletter
Committee The content of this
newsletter is not necessarily a
reflection of ILRC alone; it is a
reflection of our consumer population.

From the Soap Box

A John Young Perspective



In times of economic turmoil, wise investors and company executives have some words of advice. “Stay the course” or “do nothing rash” come to mind. There are a few others that ring clear in recent times, mostly from the mouths of campaigning politicians but they all share a common theme: lie low and wait out the storm.

As the world markets crumble, and the value of Gross Domestic Product, investments and the dollar drop, we must question the merit of these words of advice. Doing nothing might actually be part of the problem. For a successful non-profit, a certain degree of risk is always involved. For ILRC, our centre has actually worked *against* the tired words of advice from big money/company spenders and investors. In times of turmoil, our centre steps forward, takes a risk and embraces new development, programming and change. When the frontier is rife with instability, ILRC plunges ahead. This strategy works and continues to place our non-profit on the path of innovation in terms of viability, stability and relevance.

Embrace risk. To a conservative thinker, this is certainly counterintuitive. The community—at large, those persons outside the Independent Living Movement, may view our centre with a degree of apprehension, an odd perception of who we are and what we actually do. ILRC provides more career opportunities for persons with disabilities than any other organization in Manitoba. ILRC provides community-derived programming designed for long-term implementation, rather than program *hot-spots* and *flashes* created

through the *buzz* words of the day or the short-term funding trends and dead-ends. The centre’s disability lies in having to prove day in and day out the merit of our efforts, to educate that group of people that simply *don’t know* what ILRC *does know*. This is tiring, absolutely, but we embrace that challenge. We welcome it.

I am certainly not condoning dumping large amounts of personal funds into ‘red-chip’ or high risk investments, and I am not endorsing any kind of risky practice that might place an individual in danger or severe hardship, but as the dark cloud of economic volatility descends, I *am* condoning moving forward. *Act* rather than *react*. An idle engine, whether personal, corporate, or non-profit, will expire. Recognition of your perceived limitation is key to celebrating the role it plays in life. Embrace your disability, and then realize its strength. Vulnerability is actually a derivative of our strength. Acceptance of this vulnerability actually contributes to a birth of rejuvenated independence within the individual.

Board Corner

By Robert Mitchell



A successful non-profit receives significant feedback from its Board of Directors. ILRC has been fortunate enough to maintain a strong blend of career backgrounds and experiences on its Board. This year is no different.

We welcome the following members to the ILRC Board of Directors and we look forward to another year of discussion, collaboration and review in the ongoing efforts to propel the facets of Independent Living into the community.

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Chairperson: David Kehler
Vice-Chairperson: Zephania Matanga
Secretary: Judith Rossowski
Treasurer: Grant Young
Members: David Parker, Vic Stone, Dave Fowler, Bonnie Bieganski, Ken Shachtay

Also, we wish to congratulate this year's recipients of the ILRC Awards and Certificates.

Youth Achievement Award – Marcia Matanga
Volunteer Recognition – Nancy Allan
IL Attendant Award – Angela Dyck
Staff Recognition – Robert Mitchell
ILRC Award – Ken Shachtay
Board Appreciation – Mel Graham, Larry Crouse
Staff "In Appreciation" Awards
John Young – 10 years
Darlene Marcoux - 20 years

A Path to Success - UEDP

By Rajan Sharma

My name is Rajan Sharma. I am in my late 40's and was born in India and immigrated to Canada in 1999. I live with my wife and my two children. I have completed my Bachelor of Law and my Master Degree as well as a computer technology course. I am licensed to practice in Manitoba as Barrister, Solicitor & Notary Public.

When I was three and a half years old, I contracted polio during an epidemic in India. Complications from a post-polio operation resulted in my disability in 2002. One of my legs is shorter and weaker than the other leg; that leg has very little blood flow. I currently use a full leg brace to assist my mobility. I have severe pain in my leg during the winter resulting from a lack of blood flow. Since

moving to Canada, I have worked in a number of different jobs, including: a local convenience store as a customer service representative, security for a trucking company and customer service at a photo finishing company. None of these positions offered me satisfaction, nor did they offer me the ability to use my skills in law practice.

After complications resulting from my surgery in 2002, the doctor said that I would be unable to work for five or six years. I was referred to several agencies and community organizations including Society for Manitobans with Disabilities (SMD) and Independent Living Resource Centre (ILRC). I made the decision to upgrade my law degree so I could practice law in Manitoba. With the assistance of SMD, I began my university courses in 2005 and completed them in 2007.

I began to explore the idea of self-employment, of establishing my own law firm that would cater to the diverse needs of a very specific community. SMD referred me to the Urban Entrepreneurs with Disabilities Program (UEDP) at Independent Living Resource Centre. ILRC welcomed me and advised me on several different loan options. The UEDP program offered me a complete review and assistance on my business plan. They were very supportive of my education and emotional well-being, recognizing the necessary supports I would need in starting my own law firm. Upon completion of my business plan, I was able to qualify for a loan from the UEDP program. I am very satisfied with UEDP and found it extremely valuable. Access to a variety of programs and supports through ILRC have been very important for me and have played a part in my successful integration into the Canadian work force.

I am now working with a law group in Manitoba, following my Call to Bar in June 2008. The pursuit of entrepreneurship is a

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difficult challenge but it is one that I encourage anyone to try.

Independence in Action 2009”

Celebrating the accomplishments of people with disabilities

By Doug Lockhart

The ILRC is celebrating our accomplishments and over 25 years of innovative supports and resources by inviting YOU on a journey that we call “Independence in Action”. This trek will take us from Winnipeg to Brandon over the days of June 24th to 26th, 2009. Each participant will embrace a journey that reflects on individual successes that have made an impact on the acceptance and inclusion of people with disabilities in communities throughout Manitoba.

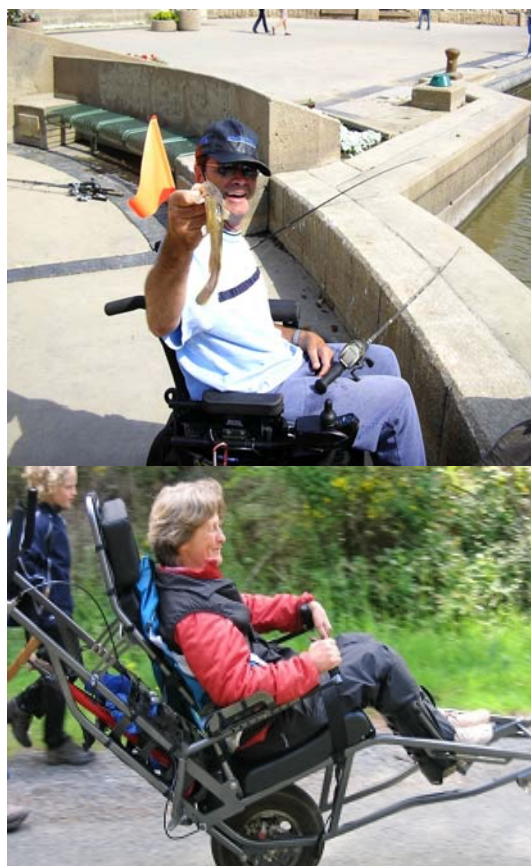
If you are a person with a disability, or know someone who exemplifies the spirit of independence through the impact you/they have made on our community, we want to hear from you. Our plan is to travel from Winnipeg in a caravan with people of all abilities sharing ‘legs’ of the journey and reflecting on the changes that our community has seen due to the efforts of our members. Each member will receive ILRC support in acquiring sponsorship of a minimum of \$1,000 per leg and the distance of that leg will be determined by each person based on what they feel would be significant to them. How you travel is up to you – hand pedaled bike, with the aid of a walker, tandem bike, trail rider, wheelchair – there are many options and the choice is yours.

As we travel, we will have rest areas set up along the way for camping, rejuvenating and celebrating each stage of the journey. All monies raised will go to PACE Manitoba,

delivering quality, consumer-directed and delivered Independent Living Attendant training throughout the Province. The attendant support trained by people with disabilities will leave a legacy of independence for those who choose to live in the community with the appropriate resources.

Our plan is to incorporate new communities every year as PACE Manitoba expands and reaches into all areas of the Province; **Independence in Action 2009** will be the launching point for this annual event.

You or someone you know can be a part of this celebration of action and accomplishment by contacting Gary at 947-0194.



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New Faces, New Places



By: Lori Ross

Jen Bieber - Jen worked with us three years ago and is happily back with us since May '08. She is assisting in Qu'Appelle staffing and acting as a Tenant Resource. Jen looks forward to growing with ILRC and participating in a variety of programs in the community.

Marla Simcoff – Marla is in her 2nd year of Social Work at the University of Manitoba. She is currently working in Leisure Education and ILRC's DART program.

Did you Know?



There is a website called www.gethuman.com where you can access “secret” phone numbers for 1,000 companies instead of wasting your time on the phone waiting for the next available customer service agent. Accessing the numbers given through this website will ensure that you get a human being to answer your questions or concerns.

www.gov.mb.ca/chc/grants is a website that provides information about different programs that offer grants

Check out this website:

http://www.enablelink.org/resources/doic_bod_bottom1.html It contains over 5,000 disability organizations within Canada. You can browse by topic ie. Housing and it will bring up all the housing disability organizations in Canada. In addition, you can browse by Community – geographical locations within Canada.

For the travel lovers, there is a website called www.worldonwheelz.com which specializes in

accessible travel arrangements for people who use wheelchairs, people who have difficulty walking and senior citizens who require extra care.

If you are a person with a disability and enjoy exercising this might be the right machine for you. www.exnflex.com There are several models advertised of passive/active exercise therapy for people who are disabled. These exercise models have potential benefits for multiple sclerosis, strokes, Para & Quadriplegia, and Parkinson's.

Thinking about volunteering? Check out www.myvop.org for volunteer opportunities in Manitoba.

The ILRC Cookbook, Doing More With Less, contains recipes that are simple, inexpensive and accessible. Included in the cookbook are nutrition tips and an easy symbol key to help find the recipes to fit your individual need. Contact Gary Dyson at 947-0194 to purchase a copy for \$15.00.

PACE Schedule for 2009

By Kelly Dagdick

The PACE Program is in its final session for the 2008 year. In session 21, we saw 22 out

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of 23 students graduate on Oct 3. The students were very motivated and eager to obtain employment in the field that they had just learned so much about. About $\frac{3}{4}$ of the students were employed by the end of their graduation day.

“The feeling that you get from knowing that you can help an individual start his/her day, even though they rely on you for what seems like so little for some of us, is so hard to explain. I only hope that one day we can all get to experience that feeling of fulfillment that the PACE Program has helped me achieve.”

This was a statement made by one of the students from the Graduating class. I strongly believe in it as I myself know what she is feeling.

I am finding great enjoyment in the PACE Program and meeting each new student as they are interviewed for the next session.

Our 2009 classes are scheduled as follows:

The training is five weeks long. It runs Monday to Friday with classes from 9:00 AM – 4:00 PM daily. Community training hours are early morning, afternoon and late evening.

We are currently taking applications for any of the following sessions:

Session 23 – January 26, 2009 to February 27, 2009 – Registration deadline January 16th

Session 24 – March 16, 2009 to April 17, 2009 – Registration deadline March 6th

Session 25 – May 4, 2009 to June 5, 2009 – Registration deadline April 24th

Session 26 – August 24, 2009 to October 3, 2009 – Registration deadline August 14th

Session 27 – October 13, 2009 to November 13, 2009. Registration deadline September 6th.



Be creative with wrapping paper: use old maps, the funny papers and posters.



Santa Claus is coming to Town & the ILRC

A Children's Christmas party Tuesday, December 23, 2008 11:00-2:00 pm at the ILRC. Please call Jodie at (204) 947-0194 for more information or to register.

Tips on Surviving the Holiday Season

By Natalie Pirson

The holiday season is generally seen as a cheery, joyful time of year. For many individuals, however, it can be an extremely stressful time. Here are some practical tips for surviving the holiday season:

Gift Buying

- You've got a lot of shopping to do so shop ahead of time! Don't wait until December 1st when you know you'll need to scramble. Shop on weekday nights, if you can. Shopping on weekends can just add to the stress.

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- Be in the mood to shop – there's nothing like shopping for loved ones when you're stressed about so many other things.
- Make lists of what to give people. Wandering around aimlessly because you don't know what to buy someone is just a waste of your time and energy.

Financial Burden

- Gifts don't always need to be bought. Often the best gifts are from the heart. Bake a plate of cookies, create gift certificates that offer house cleaning, baking, or errand runs for someone. They'll love it.
- Use your talents and skills in gift giving.
- Give the gift of your TIME to your loved ones.

Unable to Get Out? Not Enough Time in the Day?

- If you can't decorate your residence or your Christmas tree on your own, have some friends over and throw a decorating party. Eggnog and festive cake helps to lure them over.
- Trouble with gift wrapping? Throw a gift wrapping party.
- If you can't get out to the shopping centre, buy gifts online that can be shipped to your door. Most of your favorite stores have an online resource.

Most importantly, remember that you can't do it all!

- Take care of yourself: eat properly and get enough rest.
- Too much food, too many outings, too many expenses? Remember that you can always say 'no thanks'.
- You will experience mixed emotions this holiday season; not everyone experiences only joy at this time of year. We all get stressed!
Take time for yourself; plan, think, and reflect.



**The Board, staff
and volunteers
of ILRC wish
you Season's
Greetings and
a Happy and
Prosperous New Year.**

More Independence in Action

"Join us on the Journey"
by Lori Timmerman

We want you to celebrate with us by taking part in the "Independence in Action" journey from Winnipeg to Brandon over the days of June 24-26, 2009. You're not going to be alone in this journey. You'll have lots of support and resources including the ILRC and other consumers. The Independence in Action workshop will give you the tools and resources needed to prepare and complete the trek such as Benefits of a healthy lifestyle, funding/support, setting goals and steps for success, nutrition and others. Also you will get to meet other consumers who will take part in the Journey.

There are many reasons that you should take part in this journey whether you just want a new challenge or to meet new people. Sure it will take some effort...but it won't be work because you'll be having too much fun. There are endless rewards to taking part in this journey including sense of accomplishment and greater self esteem, living a healthier

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lifestyle, meeting new people and not only receiving support but providing support to other consumers. Living a healthier lifestyle isn't about being physically active and healthy. There are many aspects to a healthy lifestyle including a mental aspect. Throughout preparing for the journey, you will have a good support team, just as professional athletes need to do well in an event.

Anyone is welcome to attend this workshop: whether you want some more information about 'Independence in Action', you want to take part in the journey and will find the tools and resources useful, or if you just want some tips on how to live a healthier lifestyle. All disabilities are welcome, from visible to invisible. Don't miss out on being a part of this celebration of independence and inclusions of people with disabilities! So come join us on December 11, 2008 from 1-4 in the Allan Simpson boardroom. For more information or to sign up please call Lori Timmerman at 947-0194.



The Voice of a Volunteer



The ILRC Volunteer program would like you to meet our newest volunteer here at the Centre. Her name is Pearl and we just asked her a few questions in order to get to know her.

When did you start at the ILRC? I started in the middle of July 08 and was initially going to do the front desk; however, my computer skills are minimal or as I like to say non-existent. I need to learn some skills in that department. I am also faxing for the Kids on the Block program.

How did you hear that the ILRC was looking for volunteers? I heard from the Volunteer Coordinator at Dorahy Enterprises. She suggested I come and see if they could use my help.

What are your tasks at Dorahy? I mainly do the front desk, but I don't work on computers there. I really enjoy it and it sometimes is very busy.

Pearl what do you do in your spare time? I love to read everything around Self help, Romance, Mysteries and pray reading. I also

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like to knit scarves, shawls and dishcloths. I have a one year old cat named Johan and he keeps me busy too.

Thank you Pearl and welcome to the ILRC. We hope your experience here is enjoyable.

Advocating for One's Self

By Marie-Lynn Hamilton

There may be times in your life that you have gone to a service provider or have been in need of supports where you feel that you have been treated unfairly. Whether it's applying for CPPD and being denied, feeling that you do not have enough hours assessed through Homecare, or sensing that you have been discriminated against, sometimes you might be aware of the need to advocate for yourself. Sometimes in life, across age, gender, race and so forth, people feel that they are not hitting the mark.

When you've decided that there is a situation that you do not agree with and feel the need to advocate for yourself, you may believe that there isn't a course of action and that all is lost. However, the truth is that most every situation has an appeal or complaint process. Here is a simple example of how this may take affect in your daily life: You feel discriminated against in a particular grocery store. Your first step of complaint would be to bring your concern to the supervisor on duty. If you feel that your opinion is not being heard or validated, you have the option of bringing this matter to the General Manager. Still, if these two methods of complaint do not amend the situation, there are still further courses of action, including but not limited to, the store owner. As such, the same example rings true for those systems that most often affect the disability community. If you believe that you have been treated unfairly in a

system, one as complicated to navigate as CPPD, there is always a set course of action to appeal a decision. The first is a request for reconsideration. After request for reconsideration, there is an appeal tribunal. If you still feel you are being treated unfairly after those processes, you can apply to the Pension Appeals Board. From the common to the complicated, in the situations where you feel treated unfairly, there is a path – usually several paths – which you can take to advocate for yourself.

The point of advocating for yourself is not always about whether or not you win or lose, or whether you are right or wrong, but in essence, knowing that those paths of choice are there. Independence in Individual Advocacy is about standing up for your rights, for what you believe in, and exercising your right to advocate for those beliefs in the right manner.

Embracing Individuality

By Jodie Jephcote

The Community Living Team at the ILRC is all about breaking barriers and challenging stereotypes. This is done in many unique ways, but one that best exemplifies this is the Brokerage program. Indeed, its tenets rely on consumer control and consumer participation; however, it is mostly always a joint effort between the consumer and the ILRC in achieving many of the goals that the program sets out.

ILRC's Brokerage program provides a range of Independent Living options that the consumer chooses from to best suit their lifestyles goals. The primary objective of the program is to enable the person to become a full participant in the community. Individuals take control over decisions and choices that

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affect their lives with self selected supports designed to meet their daily needs. With individually designed supports and options, consumers are able to realize their lifestyle goals in their community.

Brokerage is one of many ILRC programs that offer practical application of the I.L. philosophy where consumers take risks and experience outcomes and consequences in a community setting. Brokerage gives people the opportunity to face challenges and barriers with a support system in place, embracing their disability along the way. The ILRC supports consumers in a variety of situations, including single parent families, people with visible and invisible disabilities, just to name a few. This program allows consumers the opportunity to have full control over the decisions that affect their lives, with a team supporting them every step of the way if necessary.

The on-going development of Brokerage consists of creating strategies to optimize the service delivery capacity and identify the gaps in the I.L. models and adapt to the ever-changing consumer demands. If you would like to learn more about the Brokerage Program, contact Jodie @ 947-0194 ext. 313.



FYI! Winnipeg Transit is implementing an increase to fares for January 1, 2009.

The Many Faces of Santa Claus

Robert Mitchell

Santa Claus, known also as Saint Nicholas, Kris Kringle, Father Christmas, or simply 'Santa', is the ghost of Saint Nicholas who, in Western Cultures, brings gifts on Christmas Eve, December 24th.

Santa has many different names and identities throughout the world and in a variety of cultures but the modern vision of Santa as a fat, jolly man in red is due in large part to the influence of caricaturist and political cartoonist, Thomas Nast in the 19th Century. Nonetheless, Santa Claus has several 'faces' across the globe.

In Germanic folklore, the god Odin was rumored to lead a great hunting party through the sky. Children would place their boots, filled with carrots, straw, or sugar, near the chimney for Odin's flying horse, *Sleipnir*, to eat. Odin would then reward those children for their kindness by replacing Sleipnir's food with gifts or candy.

In Dutch folklore, *Sinterklaas* was aided by helpers known as *Zwarte Piet*. This is most likely the origin for the idea of Santa's little helpers ... elves, perhaps?

In the United Kingdom, Father Christmas was depicted wearing a green cloak. There is a myth circulating that the red-suited Santa was created by Coca-Cola as a marketing tool in

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the 19th Century. This is not true – the red-suited image was created by Thomas Nast.

In American tradition, Santa lives on the North Pole. However, each Nordic country claims Santa's residence to be within their territory. In Denmark, he is told to live on Greenland. In Sweden, the town of *Mora* has a theme park named *Tomteland*. The national postal terminal in Tomtebodan in Stockholm receives children's letters for Santa. The Finnish town Rovaniemi has long been known in Finland as Santa's home, and today has a theme park called Santa Claus Village.

The power and mystery of Santa Claus is very real for some. He brings magic to those who choose to believe. It is important to remember that he is an image that embodies the spirit of the holiday season, a spirit of warmth, dizzying lights and an appreciation for this time of year ...

Ho Ho Ho, indeed.

Tax Free Savings Account (TFSA)

By Gary Dyson

What do you do if you have extra money to put away but you have already maxed out your RRSP plan for the year? What if you don't qualify to open up an RRSP plan or you know you will be needing your money soon? You can open up a Tax Free Savings Account.

Starting in 2009 Canadians 18+ can save up to \$5000 each year.

Contributions are not tax deductible but investment income will not be taxed. Contribution room can be carried forward to future years if not all used in one year.

You can withdraw funds from the TFSA account at anytime based on what investment you have in the account.

Amount withdrawn can be placed back in a TFSA at a later date without reducing the contribution room; for example, if you put in \$3000 in March, take out \$2000 in May, you can still put in \$4000 in November. Remember, withdrawing from an RRSP will reduce your contribution limit.

If you withdraw \$20,000 for home renovations from a TFSA you can re-contribute the \$20,000 to the TFSA without affecting the available contribution room. If this was done via an RSP withdrawal, you would have to take out \$28,571.42, plus this amount is then added on the current year income for taxation purposes.

A person who sets this account up and contributes \$200 a month for 20 years will enjoy an additional savings of \$11,045 in 20 years as compared to an unregistered account.

Remember only \$5000 per year so when this becomes operational in 2009 you would want to put in investments that generate interest returns first, then dividends and finally capital gains. This is because interest is taxed the most (100%), dividend second and capital gains are only taxed at 50%.

Scent Free Environment

Many people have severe allergies, asthma, and environmental sensitivities to such things as hair spray, scented

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deodorant, perfume, aftershave, scented fabric softeners, etc. The ILRC believes it's really important to provide a scent-free, safe space for everyone, so please don't wear fragrances when you come to the ILRC or any of our events.

We Want You... ...Not Your Flu



ILRC supports a "Stay Healthy" policy for all consumers, volunteers, visitors and staff members.

Please DO NOT come to the office if you are sick. Many people with disabilities have weakened immune systems and a simple cold or flu can easily become a dangerous illness.

Do your part to help everyone stay healthy!



**THE HOLIDAY SEASON
COMES ONCE A YEAR ---
ENJOY IT!**

UNITED NATIONS INTERNATIONAL DAY FOR PEOPLE WITH DISABILITIES

HUMAN RIGHTS



We invite you to attend our Christmas **OPEN HOUSE** Wednesday, December 3rd from 11:00 a.m. – 3:00 p.m. to celebrate the individuality and diverse abilities of people with disabilities. This is a day to reflect that every individual deserves to be shown dignity and equal rights. Dignity and equal rights of all people are the foundations of freedom, justice and peace.

Our day will consist of:

- 'Freedom Tour' Video
- Open mike, Mix and Mingle
- Human Rights Stories
- Panel Discussion
- Ongoing Webcast DART Training footage
- DART Video Presentation

Refreshments available throughout the day ...

Independent Living Resource Centre
ILRC is a scent-free environment ...

***Celebrating the Accomplishments of
People with Disabilities***

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What is 'Independence in Action'?

It's a Journey from Winnipeg to Brandon over the days of June 24-26, 2009 celebrating the accomplishments of the Centre through over 25 years of innovative supports and recourses. We want you to be a part of this celebration. The distance and how you travel is up to you for example by wheelchair, trail rider, aid of a walker. Please read Doug Lockhart's article in Options for more information.

Come join us on **December 11, 2008** from **1:00 to 4:00** p.m. at ILRC in the Allan Simpson Boardroom.

To find out more information or register, call Lori Timmerman at (204) 947-0194 or email her at leisureed@ilrc.mb.ca

ILRC is a Scent Free Environment

Alternative Format Available upon Request



A Night of Dance, Food and Fun at



ILRC's annual **Cabin Fever Social**

Saturday, April 18, 2009

8:00 pm – 1:00 am

Burton Cummings Community Centre

920 Arlington Street

Tickets: \$10.00

For more information please call Heidi at (204) 947-0194



Holiday Office Closure

CHRISTMAS HOLIDAYS

We will be closed from December 24, 2008 to January 4, 2009. Our doors will open on Monday, January 5, 2009.

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Flu Season

By Darlene Marcoux

The Flu season, November – April, is again upon us. Many of the ILRC staff and consumers have received their flu vaccinations. So we felt it was an opportunity to give everyone some information about this topic.

Let's start with some basic information. ***What is influenza (flu)?***

According to the Public Health Agency of Canada it is a respiratory infection caused by a virus. A CBC report says that over a normal flu season 1 in 10 adults will catch the flu. The flu vaccine is used to protect us and is changed every year to provide protection from the most common flu virus.

How do I know if I have the flu?

Some symptoms are:

- Headaches
- Chills
- Cough
- Fever
- Loss of Appetite
- Muscle aches
- Fatigue

The primary reason to get a flu shot is to protect yourself from health effects related to flu. However, by getting a flu shot, you will also help protect other Canadians and reduce the burden on the health care system.

The most effective way to protect yourself from the flu is to be vaccinated each year, other steps you can take to prevent catching the flu:

WASH, WASH your hands. (Tip: Sing Happy Birthday or the ABC song)

Cover your mouth & nose (Use a tissue or cough or sneeze in your elbow)
Don't share eating utensils or drinks
Avoid kissing and hugging when you're ill
Dress appropriately for the weather
Sleep at least 7 hours each night
Eat nutritious foods!
Drink plenty of liquids
If you think you have the flu – stay home

Halloween Fun

It was a spooky day on October 31, 2008 at the ILRC. Witches, Devils and other such scary folks were at the Centre, including Father Time, the Fellowship of the Ring and a rare sighting from Bertha Rand and all her cats.



1st place went to the 'Bootiful' woman in the middle; 2nd place went to Sister Jodie (left); and 3rd went to Carrot Top. Great costumes from everyone!



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Terry as Bertha Rand (for you that might not know she was a notorious cat lady.)



Gary as Frodo Baggins



Darlene as Crash Test Tummy



Doug as Father Time



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MEMBERSHIP APPLICATION FORM

Your membership helps us in programs, production and mailing costs of this newsletter. Being a member has its benefits in that you can vote at our next annual meeting, you receive our quarterly newsletter, and most of all you support the Centre and what we do. If you have not renewed your membership, please do so. The cost is **\$5.00**.

Please inform us about the following:

I prefer not to receive any mailings from ILRC.

I would like to be placed on or remain on the ILRC mail list.

Name: _____

I prefer to receive my newsletter in this
Format:

Org. Name: _____

Phone: _____

- | | |
|--------------------------|--------------------|
| 1. Audio tape _____ | 4 Braille _____ |
| 2. Large print _____ | 5. Disk _____ |
| 3. Email text only _____ | 6 Print copy _____ |

Address: _____

Postal Code: _____

ILRC STAFF

Executive Director: John Young
Operations Manager: Lori Ross
Senior Program Coordinator: Doug Lockhart
Controller/Accountant: Thom Lamont
Payroll:
Assistant to the Executive Director/UEDP
Project Officer: Robert Mitchell
Reception: Penny Siemens
Information & Referral: Gary Dyson, Natalie Pirson
Independent Living Skills/Peer Support: ILRC Staff
Individual Self-Advocacy: Marie-Lynn Hamilton
Volunteer Consultants: Heidi Hellsten, Darlene Marcoux
Core Program Coordinator: Joanne Legault

Senior Community Living Coordinator: Jodie Jephcote
Community Living Coordinator: Thandie Undi
Community Living Staffing: Terry McIntosh
Leisure Education: Danielle Balcaen, Michaela Egonia, Lori Timmerman, Christine Peters
Personal Attendant Community Education:
Kelly Dagdick
Urban Entrepreneurs with Disabilities Project:
Robert Mitchell, Heidi Hellsten
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