



OPTIONS NEWSLETTER

Winter 2011

311A-393 Portage Ave.
Winnipeg, MB R3B 3H6
PH: 947-0194 (TTY)
Toll Free: 1-800-663-3043
FAX: 943-6625
Email: thecentre@ilrc.mb.ca
Web: www.ilrc.mb.ca

Chairperson

Ken Shachtay

Vice – Chairperson

David Parker

Treasurer

Kate McLachlin

Secretary

Judith Rossowski

Directors

Martin Nyachoti

Ron Crealock

Dave Fowler

Brian Baldwin

Sharon Olson

Chris Sobkowicz

Randy Guimond

Executive Director

John Young

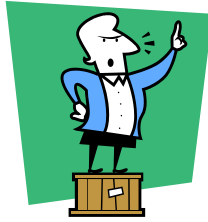
Created/Edited through the ILRC Options Newsletter Committee. The content of this newsletter is not necessarily a reflection of ILRC alone; it is a reflection of our consumer population.



***Forging Ahead....
Building
Momentum***

From the Soapbox

A John Young Perspective



As the years have rolled by – ILRC just passed its 27th year of service to Manitobans with disabilities this year – we have remained committed to celebrating and promoting December 3rd, the International Day of Persons with Disabilities, in a variety of ways. ILRC was, in fact, one of the first agencies in Canada to celebrate this day on a broader scale. Celebration is key but only when delivered in its truest form: embracing and promoting the *strengths* of our community for *pride* rather than any *weaknesses* to evoke *sympathy*. Regrettably, there are agencies locally and nationally who continue to utilize December 3rd as a day of placation or self-promotion of programs, grants and fundraising. It is harmful when this day is used as a means of celebrating one's own needs rather than promoting the needs of the day.

ILRC has focused on smaller, targeted fundraising for centre activities and services. Such events include our Annual Spring Cabin Fever Social, sale of specific stationary items such as pens, pads and hats or the distribution of quality coats and jackets. Revenue generated from these mediums have been directed into other, community-focused occasions such as our Holiday Kids' Party (essential in educating young children on disability and teaching that the instance of disability itself just another part of the human landscape) and, of course, events for December 3rd, both of which are generating their own specific momentum and

sustainability where fundraising is becoming less necessary.

And so the question remains: what should December 3rd look like for ILRC?

ILRC has struggled with this over the past few years: how best to address the issues of celebrating the achievements of our community and its individuals. We have held symposiums, workshops and training sessions. We have trained private and government sector representatives on this day, including the Government of Manitoba and the Canadian Armed Forces. We have hosted web-conferenced guests from across Canada and welcomed members of provincial and federal governments to speak on disability issues and the future of our community. These have all been effective mediums to recognize December 3rd. It has only been recently that we have turned to a different method to promote this day: pure celebration through performance.

Our second Annual Talent Showcase will be held December 2nd in recognition of December 3rd. A variety of performers – both with and without disabilities – from our community will demonstrate a wide array of talents, from comedy to music and dance. This is what the day has become for ILRC, following in the wake of our successful 2010 Comedy Showcase. This seems an appropriate and now very popular way to celebrate this day.

In summary I will state only this: when we enter the processes of fundraising and fuse them with days meant to recognize and celebrate, we dilute our movement and project an image of a community with hands *out* rather than hands *up*. If ILRC asks for help we will be very clear. Our requests will be unmitigated and transparent to the final word. What we are asking for on December 2nd is simple: come and join us for

camaraderie, sincerity and to have a good time, nothing more.

Taking Control Beyond our Daily Routines

Doug Lockhart

At ILRC's recent Beyond Bed and Bath symposium, we stepped outside of the everyday routine to look at some opportunities in our lives that can offer us a wider array of support. We looked at our lives as full of possibilities when we see it from a different point of view. Yet, we continue to take for granted the risks we face every year.

It is commonly known to Manitobans that disasters will happen every year yet we do little to protect ourselves from the inevitable. Floods, forest fires, tornadoes, snow storms, train derailments, flu pandemics and ice storms seem all too common yet our response to them is typically reactive but, as we learned at the symposium, it doesn't have to be.

The essential information on what we can do is prevalent. Know the risks, create a plan, practice the plan, and build a kit. Knowing the risks you face as a Manitoban will help you plan accordingly to survive the next disaster. By creating a plan you are able to inform everyone in the family on what to do to be prepared for a disaster response that will be effective and efficient and minimize risk. By practicing the plan you take the guess work out of your response when each member of your household has rehearsed their role in response to a variety of situations. Finally, with an emergency kit you are able to live with reasonable comfort knowing you have the essential supplies that will last you at least 72 hours. Just imagine your experience of any emergency with a plan, then without, and ask

yourself why you would torture yourself without a plan when the steps you need to take are very simple.

We know disasters will happen in Manitoba. It is time to stop being complacent thinking it won't happen to us when it happens every year. We hope to use the momentum of this past symposium to continue to offer opportunities for stepping outside of our routines to reflect on what we can do to improve the quality of all lives, regardless of the situation that might present itself. Take control; be a survivor not a victim!



PACE Break-Out

Kelly Dagdick

Whoever thought PACE students just spent their time in a classroom environment would be wrong.

Besides spending time in classrooms and Consumers homes, this PACE Session #37, students were lucky enough to attend the ILRC's Beyond Bed and Bath Symposium held on October 14th 2011 at the Polo Park Canad Inn. The students spent the day meeting new consumers and offering a helping hand if need be as well as attending interesting break-out groups. Many of the students found new information when they

attended the Self and Family Managers break out session. The students found the break-out group to be very informative with not only information for future employment opportunities but also with helpful information that one might need when it comes to looking after a family member's needs as they age.

Some of the students also attended the accessible gaming break-out session and learned all about accessible gaming, while I myself did a presentation for PACE with help from guest speakers, Lori Ross, Darlene Marcoux and Ranjit Sing.

The PACE break out session was attended to by 15 welcomed guests who learned all about the PACE Program. They gained information on how to become Community Trainers and Classroom trainers. The guests heard from our guest speakers who shared information and experiences with the group. The PACE presentation may have had a handful of people present but it was a great success as I received inquiries from people interested in becoming Community trainers.

The break-out session was wrapped up with great questions from a WRHA representative and some other guests who also had great questions.

The students commented on how much fun it was and how they learned much from each break-out session. The success of the session was applauded students who attended the Beyond Bed and Bath Symposium.

PACE is now entering its last session for 2011. PACE has had 383 applicants apply this year. PACE held six sessions in 2011.

82 students have graduated so far this year. Way to go ILAs (Independent Living Attendants.)



New to the Self-Employment World?

Gary Dyson

One of the most struggling aspects of owning or running a successful business is the “red tape” that you need to go through to acquire (if needed) various licenses and permits for your business. For someone who has been self employed for a while they would be used to this. For a person who is new to the world of self employment trying to get through the so called “red tape” can be daunting. Also where does one go to access programs for small business? Even a veteran of the self employment world may not know all of the programs that are out there to help them out with their small business. Never mind a person who is new to the world of self employment.

On October 17 the Province of Manitoba announced that they are adding two new programs to help small business and entrepreneurs. The two new programs are called Access Manitoba and Business Programs and Services.

Access Manitoba will help with people who are applying and registering for apprenticeship programs. Applying and

registering can be done online using Access Manitoba. Starting in December of 2012 Access Manitoba will be including additional programs as well as including small business development, Manitoba business gateways, industry workforce development and Manitoba Agriculture, Food and Rural initiatives services. For more information on Access Manitoba please visit their website at www.accessmanitoba.ca

The second program is BizPas, this is a web based directory that will provide information on business programs, services, permits and licences for business. This will be offered on line and will be in both English and French languages. More information on the BizPas program can be found at www.manitoba.ca/business

For more information on how to start a business in Manitoba, contact the Urban Entrepreneurs with Disabilities program at 947-0194.



New Airport Terminal Accessibility Benefits All

Joanne Legault

Recently, I had the opportunity to visit the new James Richardson International Airport terminal.

The directions that were given to us upon arriving to the airport in our vehicle were to follow the blue line which we were told would take us to the parking area. We drove for some time almost giving up then suddenly there was the blue line they spoke of... This took us to the multi tiered level parking. Getting out of the vehicle I have to admit felt foreign, however, being at the airport and being in enclosed parking, out of the elements, definitely is of benefit in our climate.

We followed through to the entrance doors which were all electronic, no hands required, which is nice when handling bags and perhaps using other devices.

Upon arrival, apparently our airport is the only one in Canada with a common bag drop area. It doesn't matter where you're travelling, within Canada to the U.S. or around the world, once you put your suitcase on the seven-kilometre-long belt, technology will ensure it's dropped off at the right spot and will meet you at your destination. I don't know about anyone else but it takes me a little while to build up a level of trust in technology, so just dropping off my bag on this long belt gives a new meaning to the saying blind faith! However, it does work!

Arrivals are all on the lower level. This level consists of the many carousels all clearly marked and if you need help you can ask for assistance as golden ambassadors are available. When it comes to baggage pickup there are lights and audible indicators to tell you when the bags are going to be coming out. Now, if only they had a GPS Iphone app that would help me locate my bag on the belt!

Doors coming in and exiting are all automatic. The carpet in walking areas is broken up by tiling in front of washrooms to help people get their bearings. There are no outer doors on

the washrooms, either, making it considerably easier for everyone!

The information screens for departing and arriving aircraft have been brought down to about a meter off the floor. Unfortunately, I did not have a chance to see if it had any voice over technology installed.

Elevator controls are lower and buttons are raised and audible. Free Wi-Fi will be available for all laptop and tablet users. Golden ambassadors are available for assistance throughout the airport.

There are many other amenities from local Manitoba food chains like Salisbury House and Gondola Pizza, Tim Horton's, Starbucks, clothing stores and souvenir shops. There is also a play area for children, a chapel and an area for service animals to relieve themselves. One tip from a consumer was they would like to see more accessible taxi's available; otherwise the standard transportation services are available.

Overall, the airport seemed much more spacious and modern; without a doubt, a very clean, nice first impression for visitors to Winnipeg. Our diverse community was involved in the consulting process and it clearly shows that accessible features at the end of the day benefit all citizens. Good work! Next project is the stadium!



Did you Know?



Gary Dyson

Once again winter is upon us. We have had a great summer but it is time for us to settle into a winter routine until spring. There are lots of things to see and do in the winter in Winnipeg. Let's face it, we didn't get our nick name *Winterpeg* because we are in a hot and warm climate all year.

Some of the winter activities I look forward to are the following:

During the holiday season, nothing brings cheer like looking at the holiday light displays throughout the city. If you can get a few people into a vehicle and each chip in gas money it becomes a great way to spend fun time together with family and friends. Try and book various trips with Handi-Transit during the evening. This way while going to and from appointments or events, you will be able to see some of the holiday displays.

As well, during the holiday season the Royal Winnipeg Ballet will be doing "The Nutcracker" on December 21, 22, 23, 27 and 28th.

The Winnipeg Symphony Orchestra has various holiday season concerts as well coming up in December. If you are a member of the Leisure Education program, please see your Leisure Education consultant about perhaps receiving tickets to these holiday events.

Once the Holiday season is done people may think, well, not much to do until spring right? Wrong! Starting on February 17 and running until February 26 is the Festival du Voyageur.

During the winter the river trails are opened as well for people to make their way on the river walk and enjoy the city view from a different perspective.

As well for other winter activities, always check out ILRC's Leisure Education calendar that is available later each month. This will provide a listing of all of the events going on in the community for everyone to partake in.

Happy Holidays to All!



ILRC will be closed December 26, 2011 – January 2, 2012. See you in the New Year!

Self and Family Managed Care Breakout Session

Terry McIntosh

The session for which I was responsible for at ILRC's Symposium was on Self and Family Managed Care (SFMC). This session had the largest attendance of the four, and for a person who does not like doing public speaking, I sure got challenged. This is all part of the Independent Living experience.

Self and Family Managed Care was one of the breakout sessions at the Symposium where we could explain the program in more detail. Self and Family Managed Care is the ultimate of Independent Living, to me.

We started the session off with an ILRC video, showcasing the various Independent Living models. A brief PowerPoint of the History of SFMC was presented and then discussion on some of the positive and negatives of the program. A panel presentation was the highlight, as the audience had an opportunity to ask Self Managers directly about their experiences. Lorne Chartrand, Self Manager and Bonnie Bieganski, Family Manager, spoke of their personal experiences being on the program and what lead them to going on the SFMC program. I spoke on the process on going through Home Care and getting on the program. Thank you to Lorne and Bonnie for their assistance!

The feedback from the audience was excellent. Many had fears of all the paper work, hiring, etc. but felt more relieved once talking with the Managers on the Panel.

Volunteer Profile

Natalie Pirson

Besant Dhillion is one of ILRC's long time volunteers. I sat down with her to inquire about her time with us.

NP - How did you come to volunteer with ILRC and how long have you been with us?

BD - I was a paid employee from 1972 - 1984. I decided to volunteer after my aneurysm. I volunteered at SMD for a year. I learned about ILRC through SMD I decided to try it out and I liked it and have been here ever since, I have been volunteering for about 12 years or so.

NP - In your words, what are you doing in volunteer work and what do you enjoy most?

BD - I am a data entry operator but I also do other things if I am asked. I like the change most which gives me the opportunity to learn new things.

NP - What has your experience been like volunteering with us and what have you learned?

BD - The experience has been positive and I enjoy it, I have learned more about the computers things I did not know before.

Being a people person, I love people. I look forward to coming to the Centre to see bright, friendly, smiling faces. I have learned some valuable things like Disaster Management, some Pace, Community Training and Disability Rights. I sincerely thank ILRC.

Thanks, Besant, for all the support you provide to the Centre!



Picking up Speed

Margita Tobolkova

On my 50th birthday, someone sent me a card with a picture of a car on top of a hill, going down. It said: "Don't look at it as 'going downhill'; think of it as 'picking up speed'". I am picking up speed ever since. I am approaching the speed of light. Where will that take me? Out of this world.

From time to time, I wonder what I have accomplished while picking up speed. There were many naughty things and I am trying to forget them. What's the point? I cannot change the past. Instead, I look at my good deeds and activities.

I was making pretty good money for a while. This enabled me to help my family. I treated my parents to several trips to Canada and USA when it was an impossible thing to do for most Czechoslovaks. I did the same for my sister and her family.

One funny story sticks out from those times: Czechoslovakia was still under Soviet dominance, and so was the portrayal of the world outside of its influence. I bought tennis shoes for my 11 year old nephew. The shoes

were made with kangaroo skin. Upon their return home, school started and teachers were asking students about their summer holidays. My nephew talked about his trip to Canada, and included tennis shoes with kangaroo skin. The teacher didn't believe a thing of it. She called in my sister and my brother in law. She told them my nephew has a wild imagination, and advised them he could use some psychiatric help. Fortunately, those times are over in Czechoslovakia (actually, in Czech Republic and in Slovakia now). People are free to travel abroad, and in Slovakia, they have the same merchandise available as we do.

I used to spoil my nieces and my nephew in Toronto when they were little. On their birthday, they came to overnight with their aunt = me. We had special meals, watched millions of movies on the VCR. I remember watching "Love Bug" or "Wizard of Oz" four times in one sitting. The next day, I would take them to a beauty salon for some fancy hairdo. We would go to nice places and nice restaurants. I took them to Holt Renfrew, and they could choose any dress they liked (I was rich then, remember?). Later on, I moved to Winnipeg, and haven't seen my family for many years. They all grew up to be beautiful young ladies and a handsome young man. I saw them last year, at last. It was truly a wonderful reunion. They have never forgotten those wonderful birthdays they had with me. This time, however, there were no trips to Holt Renfrew. I can no longer afford anything from that store.

The biggest thing that happened to me while picking up speed is my career. I became a writer, and for seven wonderful years, a freelance broadcaster for CBC Radio One. I think this was my calling all along. So far, none of these activities have made me financially rich, but my life is richer. I enjoy doing research and interviewing people for my stories. I enjoy every minute I spend on

the computer writing anything and everything. One day, I may assemble my stories into a book. I only hope people will still read.



Do I or Don't I Roll with the Snow....

Tina Gledhill

Well, sure I do. Compost through the winter months, that is. There is no stopping me or you. Ok for some there is some stopping. I live in a house and some of you live in an apartment. If you really want to compost, you can get a garbage can with a lid and just toss all your household waste into that. It will be a wet mess come spring time. I would add some leaves to it that I have saved all winter long.

Leaves, leaves everywhere. You need leaves to add to your compost - it's just another ingredient to add to the mix, right? I don't rake my leaves in the fall. I'll just cut the grass and all the leaves will be mulched and left on the lawn till spring. Leaves fall and land in the flower beds and I'll leaf (gotcha, didn't I?) those as well. They become good sleeping places for the lady bugs and any other bug that needs a place to sleep for the winter. Leafing (yes, again, sorry I'm on a roll here;

or, a leaf maybe.) the leaves in the flower bed will help to hold in the moisture. Where was the moisture this summer, anyhow? Without moisture the compost takes longer to break down. The 3 piles I do have should be ready for next fall. So where do I get the leaves if I don't rake them? Good question, right? Well, I get them on garbage day from my neighbours or different neighbourhoods. Darn, I missed last night (October) yes I do the walk by leafing. Hope I get another chance to get some. I poke holes in the bags and leave them with the rest of the compost. By the time I want to add to the compost I have already, they've gotten a bit wet and have started to decompose. I'm in heaven. It doesn't take much for me to get excited because I know what I'll get in the end. FREE STUFF. I'll still take home the coffee grounds from work, collect everyone's banana peels, apple cores, etc and toss them in the front yard. A mess come spring, you bet. I try to hide it by covering it up until I run out of snow.



The Experience of Delivering and Coordinating Workshops/Peer Events

Mildrate Matanga

Working directly with the consumer allows for interaction and provides for opportunity to dialogue with the service user. We have conducted six workshops: *Canada Pension Plan Disability, Managing Stress, Planning your Healthy Life Style, Smoking Cessation, Disability Emergency Management, and what is EIA All About*. Approximately thirty consumers have attended the workshops. One of the most memorable workshops was the Canada Pension Plan Disability.

During this particular workshop, we had almost twenty participants who attended. Those that did attend were eager to know and acquire as much information possible on the Canada Pension Plan Disability (CPPD) from the guest speakers and from one another. I have learned a lot from presenting these workshops; it is not just from the speakers who we learn from it is also from each other.

I have come to realize the importance of Peer Support which is an essential tool for information sharing and allows for personal empowerment. We learn from each other; that is why meeting other consumers and discussing some of these issues is essential. The issues that are faced daily are important to share.

This will help the service user to learn from one another, recognize and on how to cope with some of the fear they might have

such as “*Do I qualify for CPPD?*”, “*When & how to apply for?*” and “*Where to acquire the forms?*” Above all, attending workshops allows consumers to meet other consumers in the same situation, reduce stress, make friends, prevent isolation, learn new things and become more active.

PACE

Kelly Dagdick

What if someone you knew suddenly was hit with a physical change in life that left them with a disability? Would you know what to do to support them with their daily routine?

Do you think that supporting people would be a career that you would really enjoy?

Do you have the drive and commitment required to support persons with disabilities to be independent and in control of their life and choices?

If so maybe the PACE (Personal Attendant Community Education) Program is for you. Pace is five weeks long. It incorporates classroom time and hands on experience to train you to become an ILA (Independent Living Attendant) in the community.

Our Sessions are quickly filling up, so come down to the Independent Living Resource Centre in Portage Place, 3rd floor across from IMAX, and fill out an application.

We will be hosting six sessions throughout the 2012 year.

Session 39: Jan 16th – Feb 17th 2012
Session 40: Mar 5th – April 5th 2012
Session 41: Apr 23rd – May 25th 2012
Session 42: Aug 13th – Sept 14th 2012
Session 43: Sept 24th – Oct 26th 2012
Session 44: Nov 5th – Dec 7th 2012

Are you looking for a change in your daily routine? Maybe becoming a Community Trainer for PACE is something that might interest you.

If you can open your home to letting a PACE Student train by doing thing you cannot do for yourself than call 947-0195 and discuss your options with Kelly.

For more information go to www.ilrc.mb.ca and the click on PACE or call me directly.

Gaming and What it Meant to Me

Tina Gledhill

Gaming I thought was associated with a couple of guys playing on their computers; not unlike my son and his friends talking to one another while they shoot to kill. Sounds like fun to some but not to me because I don't game. I had the pleasure of attending the accessible gaming breakout session at the October 14th FYIndependence Symposium. The room was packed. The presenters opened my eyes to the enormous potential of the gaming industry and its ability to include persons with disabilities in a broad way. Gaming is playing any sort of game on the computer for any length of time. Didn't know that either. I learn something new every day; O.K., maybe not every day. I guess you can say that GAMING IS BIG. The ability to incorporate and include a huge portion of our population in the “mass exodus” of gaming communities is incredible.

Have you ever wondered about people with disabilities that would like to game but can't. I never did because again I don't game but you'd be surprised at how many people out there like to game that have a disability. I honestly never gave it a thought. Let me just say that attending this session really opened

my eyes to a lot of things I would normally take for granted. Gaming is accessible – you just have to have the right equipment /tools.

There is more information available through ILRC on accessible gaming. Follow-up sessions on this incredible, inclusive, exciting industry will take place in early 2012. Watch for more information or call 947-0194 to find out more.



Scent Free Environment

Many people have severe allergies, asthma, and environmental sensitivities to such things as hair spray, scented deodorant, perfume, aftershave, scented fabric softeners, etc. The ILRC provides a scent-free, safe space for everyone, so please don't wear fragrances when you come to the ILRC or any of our events.

Techie's Corner

Jason Hirose



One of the largest technology trends of this year has been the tablet computer. Frequently referred to as just 'tablet,' these portable devices are on sale everywhere with big advertising dollars being spent to make you want to buy one. Tablets have no traditional keyboard and instead rely upon a touch screen for input. Apple, Blackberry, Dell, HP, Motorola, Samsung, Sony and Toshiba are just some of the big names that have produced a tablet this year. While these are hot items, the question remains: what does a tablet do and why would I want one?

A tablet is a flat electronic device with a seven to ten inch screen. Input is done via touching the screen with different actions being performed based on length of touch and how many fingers touch the screen.

Communication with the outside world is done primarily through WiFi but many models are available with cellular capabilities for use outside of a WiFi hotspot. Tablets use apps (Short for application) to do things and many apps such as e-book reader, web browser, e-mail, picture & movie viewer being installed by default. Weight is around one and a half pounds and the batteries are big enough for a full day of use without the need to recharge.

When you combine all of these traits you can see that tablets fall somewhere in between smart phones and laptop computers. Now, do you actually want one? It helps to remember that tablets were designed to consume data, be it an e-book, website, movie, music game or e-mail. If you do not own a smart phone or

a laptop, a tablet can potentially fill in for either of those devices. A tablet is smaller and lighter than a laptop and its shape makes it easier to use when relaxing on the couch or in bed. A tablet is not a pocket device like a phone but the larger screen makes it easier to view movies or even just read text on the screen. Of course tablets are not cheap. Although prices are rapidly dropping, the average starting price is still \$400. This puts them out of the reach of many.

What about accessibility? All modern tablets have screen reading and variable magnification as built-in features. As well there are tactile (vibration), audible and visible alerts. If you require screen reading software this built in feature alone can make a tablet seem like a bargain. These accessibility solutions are built into the system itself so there's no need to install a separate app. Tablets have a "just right" size for people with limited vision, mobility or strength. It's big enough to be seen by most but small and light enough for most to lift and use.

Clearly tablets are not for everyone. For some they appear as very expensive toys. For others they can replace an entire computer in a more convenient form. Where you end up in this spectrum depends on your personal requirements. If you have any questions on this or any other technology related issue in accessibility please let me know at jasonh@ilrc.mb.ca



True Love is like a Snowball

Besant Dhillon

T rue love grows like a snowball that gets bigger and bigger. If you want to see good days, keep your tongue free from harsh words, they are a deadly poison. Words contain power-you can tear down or build up the people around you by what you say.

If you say loving words, your relationships get better and better .

Be considerate, respect and honor one another more than yourself in every situation. Do not insist on your own way.

Make the best of every opportunity that comes your way. Finally, live in harmony, be compassionate, be kind and forgive one another. Try these things and your love life will grow like a snowball bigger and better ...

New Faces; New Places

Natalie Pirson

ILRC has a new leisure education consultant. Her name is Christina Roxas-Buebo and she has proven to be a fantastic fit for the position.

She came to Winnipeg from London, England in March of this year and was told she had arrived at the perfect time because it was spring and summer wasn't too far off... A little daunted by the still falling snow, she settled into life in a new country, reviewing for her Occupational Therapy license. Also in search of volunteer opportunities, she came across an ad for a leisure buddy, which led to becoming a consultant in the program.

Christina is happy to be in this position because she believes in focusing on abilities, what consumers can do and not what they can't do. She strongly believes in the three steps (principles) practiced in becoming a consultant which are; self awareness, community awareness & community participation as well as ILRC's principles on consumers making their own choices and taking their own risks. She enjoys partnering with the consumers to support them in reaching their individual goals.

We welcome Angela Rae as the new friendly face at ILRC's front desk on Mondays, Tuesdays and Wednesdays. She also supports the organization on Thursdays and Fridays in various capacities within the office. Angela started off with ILRC by graduating from our PACE program, stepping into the role as a front desk volunteer and now as a staff member of our team. We say farewell and thanks to Penny Siemens who was our front desk receptionist for over eight years and wish her well in her future endeavors!

We have three social work students doing their practicum at ILRC.

Yumna Gill is in her third year of Social Work at the University of Manitoba and is working within the Leisure Education and DART programs at ILRC. Although she's only been at the centre for two months, she has already learned different barriers and services that influence many people with disabilities. She has enjoyed learning about the different aspects of the programs she is involved in and how each of these supports people with disabilities. She continues to enjoy learning

from the consumers and staff whom she has found extremely friendly and willing to support her throughout her practicum.

Pat Sytnick is finishing up her Bachelor of Social Work Degree from the University of Manitoba. She has been working on various projects within the centre, including our December 2nd Talent Showcase and learning from the consumers about disability awareness. Pat has a background in mental health and has past work experience from the Canadian Mental Health Association. She has also assisted Mildrate Matanga with our Independent Living Skills/Peer Support program in facilitating a workshop on "Quitting Smoking," drawing from her own personal experience. Pat has said many times how much she enjoys working at ILRC and how much she will miss the staff when she leaves. Pat is also the mother of a 12 year old daughter.

Eva Carrasco is a Social Work student in her second year of the Pre-Masters Program at the University of Manitoba. She is involved in providing support in the community living programs at ILRC. She has learned much from the consumers during personal visits; such as the activities in their daily lives, the barriers they have encountered and how the ILRC's consumer control approach and the IL Philosophy applied in supporting consumers. She has also been working with people with intellectual disabilities for over 5 years. Her practicum with the centre is providing her a much broader perspective on disability. She says the staff has been very welcoming and she is looking forward to experiencing new opportunities.

Winter 2011



**Independent Living Resource Centre
TALENT SHOWCASE
in Celebration of United Nations
International Day of People with Disabilities**



**Join us on Friday, December 2nd to celebrate performers
sharing their diverse talent!**

11:00 a.m. – 2:00 p.m.

Victoria Inn – 1808 Wellington

Hot Lunch Served

**There is no cost for this event – as this is a day to celebrate! Registration is
required due to limited space. Please contact Natalie Pirson at ILRC by
calling 947 – 0194 for more info.**

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:

New Member

Renewal

I prefer not to receive any mailings from ILRC.

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
Senior Program Coordinator: Doug Lockhart
Controller/Accountant: Thom Lamont
**Assistant to the Executive Director and
Director of Operations:** Robert Mitchell
Reception: Penny Siemens/Volunteers
Payroll Coordinator: Michael Jimenez
Information & Referral: Gary Dyson, Natalie
Pirson, Terry McIntosh
Independent Living Skills/Peer Support:
Mildrate Matanga
Individual Self-Advocacy: Marie-Lynn Hamilton
Volunteer Consultant: Natalie Pirson
Network Administrator: Jason Hirose

Senior Community Living Coordinator: Jodie
Jephcote
Community Living Coordinator: Tina Gledhill
Tenant Resource Coordinator: Krystal Polson
Community Living Staffing: Suzanne Foreman
Leisure Education: Joanne Legault, Sonya
Lockhart, Samareh Haji –Hamzeh, Christina
Buebos
Personal Attendant Community Education:
Kelly Dagdick
Urban Entrepreneurs with Disabilities Project:
Robert Mitchell, Gary Dyson
Community Outreach: Gary Dyson
Kids on the Block: Zöe Kogan
DART Training: Joanne Legault, Terry McIntosh