

# Our Centre's Stage



Spotlighting Independent Living in Northwestern Ontario.

## Fall into our Autumn Newsletter!

As the weather turns cooler, sit back with a blanket and relax with our fall edition of "Our Centre's Stage."

To find out more about the ILRC as a new ODSP service provider or to find out what is happening in Thunder Bay, visit page two (2).

To learn more about RDSPs and steps to register for one visit page three (3).

Browse to page four (4) for a list of Customized Skills courses or turn to page five (5) for a list of events that our Peer program is running throughout the community, including the Connectors program.

You can find information about our Halloween Sooktacular event on page six (6).

Turn to page seven (7) to learn about 29 days and the 28 ways you can vote in the 2011 Provincial Election.

Please feel free to stop by our Centre to pick up a monthly calendar or to book an appointment with one of our qualified staff today.

-ILRC staff

**"All your dreams come true, if you have the courage to pursue them."**

**-Walt Disney**

Volume 2, Issue 4 ~

## Inside:

ODSP Service Provider What's Happening?	2
Muffin Recipe Winner	2
RDSP	3
Customized Skills	4
Centre Event List	5
Connectors	5
Halloween Spooktacular	6
Get Out and Vote	7
Message from the Executive Director	7
Centre Information	8

**The ILRC Thunder Bay Is Proud To Be An Accredited Member Of:**



Canada

Voir au-delà du handicap  
Promoting a new perspective on disability

This and all publications of the ILRC are available in alternate formats upon request. Please contact us directly.

## ILRC: New ODSP Service Provider

As the newest ODSP service provider, ILRC is pleased to welcome all ODSP clients to the centre. With a strong and experienced background in employment, the ILRC staff are excited to bring our experience to you when looking for employment.

The ILRC offers a wide range of pre-employment skill development workshops, courses and individualized sessions.

Some of the offered courses are as follows:

- Resume
- Cover Letter
- Interview Skills
- Mock interviews
- Job Readiness
- Job Retention
- Job Coaching

Please visit page four (4) for our new Customized Skills courses:

- Customer Service and Retail Course
- Office Administration Course

For more information about this program, contact Alison at 577-6166 ext. 2 or via email at [alison@ilrctbay.com](mailto:alison@ilrctbay.com).



## What's Happening Around The City

### Fall/winter events in Thunder Bay:

#### **PumpkinFest:**

September 24, 2011 to October 31, 2011  
11AM to 5PM: Gammondale Farm

#### **Haunted Fort Night 2011:**

October 21, 2011 to October 30, 2011 October 21-23 and  
October 28-30/tour times vary: Fort William Historical Park

#### **New Year's Eve Family Frolic:**

December 31, 2011 6:00 pm to 10:00 pm:  
Fort William Historical Park

*Check out the City of Thunder Bay website  
for more local events!*

## Muffin Madness Winner

### Fireworks Muffin

Heidi Kruger

Plain Muffin Mix	Diced Marshmallows
Brownie Chunks	Sprinkles
Chocolate Chips	1 tsp Vanilla

1. Follow plain muffin mix instruction on the box
2. Add all above ingredients
3. Mix well
4. Bake according to box instructions



**What is an RDSP?** A long-term savings plan to help Canadians with disabilities and their families save for the future. Independent Living (IL) Canada encourages people to apply for RDSP's. This savings plan aligns with the Independent Living philosophy encouraging people with disabilities to plan for their long term financial security and the future costs of disability needs.

**Who is Eligible?** Canadian residents who are under the age of 60, have a SIN and are eligible for the Disability Tax Credit (Disability Amount).

**What is the Disability Tax Credit?** A non-refundable credit that reduces the amount of income tax that an individual with a severe and prolonged physical or mental disability may have to pay.

**What is the Canada Disability Savings Grant (CDSG)?** The CDSG is a matching grant paid by the federal government for beneficiaries of an RDSP. A person can get up to 300% for every dollar contributed depending on family income and amount contributed towards an RDSP.

The Government of Canada will pay a maximum CDSG of \$3,500 per year and **a lifetime limit of \$70,000 up until the beneficiary turns 49 years old.**

**What is the Canada Disability Savings Bond (CDSB)?** The CDSB is a federal government bond that pays up to \$1,000 a year into the RDSPs of low-income and modest-income Canadians, even if no contribution is made. The Government of Canada will pay a lifetime bond limit of \$20,000 up until the beneficiary turns 49 years old.

### **Steps to opening an RDSP?**

- 1)** Identify the holder (person who opens RDSP) of the RDSP.
- 2)** Identify the beneficiary (person the RDSP is for) of the RDSP.
- 3)** Make an appointment with a financial organization to fill out a registration form to open RDSP receive the CDSG and CDSB.



### **Who can be an RDSP Holder?**

If beneficiary is under the age of majority, the holder can be a legal parent, legal representative or public department.

If beneficiary is over the age of majority, the holder can be a beneficiary, guardian, legal representative, or public department.

For more information, please contact Angie at (807) 577-6166 ext. 3 or by email at [angie@ilrctbay.com](mailto:angie@ilrctbay.com)

---

## Office Administration

The Office Administration course is designed to assist people who are considering entering the field of office administration. Divided into four (4) categories, including Communications, Computers, Administration and Management, participants will be required to attend all of the modules and a comprehension assessment in order to receive a Certificate of Completion. The Office Administration course is a PowerPoint/instruction-based course run by Ontario Certified Teacher(s) who will be available to clarify, answer questions and run activities in a relaxed atmosphere.

This course is broken down into the following four (4) modules:

### **Module 1) COMMUNICATIONS**

- a) Listening & Explaining Responsively
- b) Expressing Yourself & Positively Translating
- c) Asking Questions & Expressing Appreciation

### **Module 2) COMPUTERS**

- a) Internet
- b) Microsoft Word
- c) Microsoft Excel

### **Module 3) ADMINISTRATION**

- a) Office Skills (Proofreading, business letters)
- b) Office Equipment (Phone, Photocopier, Fax)
- c) Business Ethics

### **Module 4) MANAGEMENT**

- a) Time
- b) Anger
- c) Stress



## Customized Skills

## Customer Service and Retail

The Customer Service & Retail course is designed to assist people who are considering entering or re-entering the retail or customer service sector. Divided into three (3) categories, including Communications, Cash Register skills and Retail skills, participants will be required to attend all of the modules and a comprehension assessment in order to receive a Certificate of Completion. The Customer Service & Retail course is a PowerPoint/instruction-based course run by Ontario Certified Teacher(s) who will be available to clarify, answer questions and run activities in a relaxed atmosphere.

This course is broken down into the following three (3) modules:

### **Module 1) COMMUNICATIONS**

### **Module 2) CASH REGISTER SKILLS**

### **Module 3) RETAIL SKILLS**

**For more information or to register for either of these courses, please contact  
Laura at 577-6166 ext. 4  
or via email at [laura@ilrctbay.com](mailto:laura@ilrctbay.com)**

**Free Events Hosted by Our Centre:  
Don't Miss Out!**

**Connectors @ Kinsmen Centre**  
(Tuesdays: 9:00-2:30 p.m.)

**Internet Cafe @ ILRC**  
(Mondays: 1:00-3:00 p.m.)



**October Events**

- Oct 6– Election Day: Get Out and Vote!**
- Oct 12– Restaurant Club Pt. 1 (1:30-3:00)**
- Oct 13– Restaurant Club Pt. 2 (1:30-3:00)**
- Oct 19– Create! IL Artists Club (1:30-3:00)**
- Oct 20 – Impress the Chef: Pizza (1:30-3:00)**
- Oct 26– Computer 101: Basics (1:30-3:30)**
- Oct 27 – Action! Grocery Tour (1:30-3:30)**
- Oct 27 – Halloween Party (5:00-7:00)**

*\* Please Note: Our office will be closed on  
Monday, October 10 for Thanksgiving \**

**November Events**

**Check out our website for November events!**

**December Events**

**Add the ILRC Thunder Bay as a friend on  
Facebook for updates!**

*\*Please Note: our office will be closed from  
December 23, 2011 until January 4, 2012\**  
**Happy Holidays!**

## Connectors

### Welcome Back to Connectors!

Connectors is a safe place where people come together to develop new skills, meet new friends and are encouraged to participate in fun activities! Join Aleksa from the Independent Living Resource Centre at the James Street Kinsmen Centre (609 James Street North) on Tuesday's from 9:00 am – 2:30 pm.

### How Much Does it Cost?

The Connectors drop in fee is \$3 per visit. We also operate a canteen during each session. Participants can purchase healthy snacks from our canteen at a cost of .50 cents per item. Canteen cards are available for purchase for \$5.

Please Note - ILRC staff CANNOT assist with medication, washroom use or feeding. If a participant requires assistance with any of these areas or to fully participate in the planned activities, suitable support staff must accompany them.

Call 577-6166 (ext.5) to register with Aleksa or e-mail her at [aleksa@ilrctbay.com](mailto:aleksa@ilrctbay.com)





**ILRC'S**

# **Halloween**

# **Spooktacular**

**27th of October**

**5pm-7pm**

**Family and Friends Welcome**

You have more options than ever to vote in the **2011 Provincial General Election**. It's all part of Elections Ontario's mission to make voting easier for eligible participants. The following are accessible devices you may use on Election Day:

- AVT device
- Sip & Puff device
- ATI controller
- Paddles
- Ballot template
- Braille numbers
- Magnifier
- Easy-grip pencil

**Please visit [www.elections.on.ca](http://www.elections.on.ca) to learn more!**

## Message From the Executive Director

Happy Fall Everyone,

Many of you may remember that Fall is my favourite season. I like all the seasons we get here in Northern Ontario, but Fall has always had a special place for me. As a little guy, growing up in Sudbury, I think Fall has a food connection for me. My Mom and Dad had a MASSIVE garden, and in the Fall, everything was at its peak readiness—the Harvest! My Mom would begin the process of 'processing' the vegetables and fruits—and our house would be filled with the smells and deliciousness of pickles, jams, jellies, preserves and blanched fresh vegetables for freezing. All this is not to mention that the cooler weather brought back the preparation of so many comfort foods too—like Chili, Stews and fresh baked bread. Not much was bought pre-prepared in our house—nearly everything was homemade. I don't think I appreciated it then as much as I do now and I try to pass some small amount of this on to my family today. It's a tradition that is all too often forgotten.

In many ways, this is something we look to share with our ILRC Family too. You'll always notice a number of food related events going on at your Centre here. Much like music and art, food is truly something that we all experience individually, but yet has the power to bring people together in such a meaningful way. I'm always reminded that "The Family That Eats Together—Stays Together". There's always a place for everyone at your ILRC's table.

Tom Pugliese, Executive Director



ILRC Thunder Bay  
 130 S. Brodie St., Suite 102  
 Thunder Bay, Ontario  
 P7E 6H8  
 Hours: Monday-Friday 8:30-4:00  
 (closed between 12:00-1:00)

Phone: 807.577.6166  
 Fax: 807.577.6119  
 Email: info@ilrctbay.com

**Our Board of Directors:**

Chairperson: Frances Brunton  
 Vice Chair: Jim Gamble  
 Treasurer: Sandra Wojciechowski  
 Director: Jennifer Hebert  
 Director: Brian Spare  
 Director: Dawnelee Wright

We are a locally based organization who works directly with the entire community in many capacities as related to persons with disabilities. While we are locally based and directly serve the Thunder Bay community and entire Northwestern Ontario Region, we are proud members of Independent Living Canada. Belonging to this national network of Centres directly links us and our consumers to Centres spanning all of the provinces. This national strength is focused regionally in the development and delivery of special services and programming unique to our consumers.

The Independent Living (IL) philosophy is an alternative approach to the traditional medical/rehabilitation service delivery model. The IL philosophy promotes and encourages an attitude of self direction in consumers so they can access the community services and resources they require in order to participate as equal citizens in their community. The IL philosophy recognizes the rights of individuals with disabilities to assume risks and make choices.

**Our Mission**

Our mission is to promote ability and independence within an inclusive community.

**Our Vision**

Through action and education we will achieve a community where an individual's choices and rights are enhanced through accessibility and inclusion.

[www.ilrctbay.com](http://www.ilrctbay.com)

**Centre Staff:**

Tom Pugliese	Executive Director	tom@ilrctbay.com
Alison Warwick	CEO Facilitator / BBBB	alison@ilrctbay.com
Laura Preston	Customized Skills Facilitator	laura@ilrctbay.com
Angie Minelli	CEO Facilitator / Direct Funding	angie@ilrctbay.com
Aleksa Shermack	Peer / Connectors Facilitator	aleksa@ilrctbay.com

**We are generously funded by:**

