

Our Centre's Stage



Spotlighting Independent Living in Northwestern Ontario.

"Fall" into our Newsletter

Volume 1, Issue 1 ~

Inside:

Welcome new and existing members of the ILRC Thunder Bay. We are very excited for our first publication of "Our Centre Stage."

Spotlighting Independent Living in Northwestern Ontario might seem like a huge undertaking to some; but with our amazing regional support and partnerships, we are confident we are up for the task.

We hope you are as excited by this first installment of our quarterly newsletter. We have printed copies available for you to take home, or to read at our Centre.

In recent ILRC Thunder Bay news, we are running exciting workshops and courses this fall. Check out page four (4) for a full list of CEO skills

enhancement courses and workshops. Visit page five (5) for a list of free activities events that our Peer program is running throughout the community. You may also add us as a friend on Facebook!

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

Our Centre also provides AODA Training for your business - Please contact the ILRC to book your training!

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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.

CEO Program *The Heart Of Employment!*



Our CEO Program is at its very best; our new team and individualized programming has us seeing more success now than ever before! Our monthly calendar is full of skill development sessions, skills workshops, courses and so much more!

More than 80% of our consumers are retained after wage subsidy!

With Ontario Certified Teachers leading the new skill development area, new and existing clients can expect skills sessions tailored to

both their learning style and future goals! Our wage subsidy program is boasting more than an 80% retention rate with more and more clients securing employment on their own and without the subsidy.

Our tuition program has never been bigger! Many of our clients have begun post secondary learning with Confederation College: the result of a very positive partnership developed this year. The CEO Self-employment program has also turned out several successes this year. Some of our clients' products have been purchased for re-sale by local merchants. We are very proud of their hard work!

Stop by today for more information!

ILRC Wraps Up 3 Year National Literacy Research Project!

Since 2007, The Independent Living Resource Centre (ILRC) Thunder Bay has been actively involved in a national literacy research project focused on assessing the impact of literacy on quality of life for persons with disabilities. The ILRC is one of five pilot sites across Canada that was chosen to participate in this prestigious, Canada-wide project. This exciting team also included the Thunder Bay Literacy Group, Independent Living Canada and researchers from the University of Manitoba. These researchers are currently analyzing the findings. Participant stories and combined findings will be published in a national research essay that will be distributed to disability groups across Canada. The project will conclude in September 2010, and as a result of the rave reviews of the project, the ILRC will continue to provide literacy tutoring to adults with disabilities.

Over the literacy project's three-year span, The ILRC has assisted 17 consumers in enhancing their literacy skills. Reading, writing, math, and computer skills were some of the desired literacy domains being explored by participants. Learning environments were also very different for each participant. Some project participants attended classes, while others attended tutoring sessions. In all cases, classes and sessions were designed to fit the needs and learning styles of each participant. Some participants required hands on, repetitive learning in their lesson plans, while others benefited more from audiovisual cues or verbal direction. The multiple learning styles approach was a very successful part of the project.

Though the research of the project is yet to be finalized, project participants have reported that they feel that they were successful in attaining their goals. Participants have been quoted as saying that they wish they could have been involved in this project years ago to help in their literacy pursuits. One participant has even stated that the literacy project offered her "a new beginning in her life".

Prior to the project, some participants had been fearful of "literacy", as they had always felt that they simply could not learn. Not only did their literacy skills improve, but participants also began to report on higher self-esteem, as they realized that they could really learn – just perhaps in a different way!

To learn more about the upcoming literacy program or to become a program participant, please contact us today: Kaitlin at (807)577-6166 ext. 3.

Literacy Is For Life!



Opening an RESP in Northwestern Ontario has its incentives ILRC Thunder Bay & RBC are Investing in Northwestern Ontario's Future!



RBC
Royal Bank

Did You Know?

By opening a Registered Education Savings Plan (RESP) you can receive **\$500 FREE NOW** from the Canada Learning Bond (CLB). Given that you qualify, your family could also receive an additional \$100 per year until your child reaches the age of 15. The great thing about this is that you **do not** have to invest your own money to receive these free contributions.

To be eligible your child must have been born after December 31, 2003 and your family must collect the National Child Benefit Supplement ("baby bonus"). Including other government incentives, like the Canada Education Savings Grant (CESG) which does require you to contribute your own money, a family can receive up to a total of \$9,200 to help their children save for post-secondary education. Also, not only will the government contribute FREE money to help your child save for future education costs, it will allow your contributions to grow **tax-free!**

On top of all these government incentives, the Independent Living Resource Centre (ILRC) and the Royal Bank of Canada (RBC) have teamed up to provide one family per year for the next three years (three families in total) a **chance to win \$2,500** from the **ILRC-RBC Education Fund**. This can add up, especially since your savings will be invested and earn interest overtime.



"...students are more likely to abandon their studies the more in debt they become"

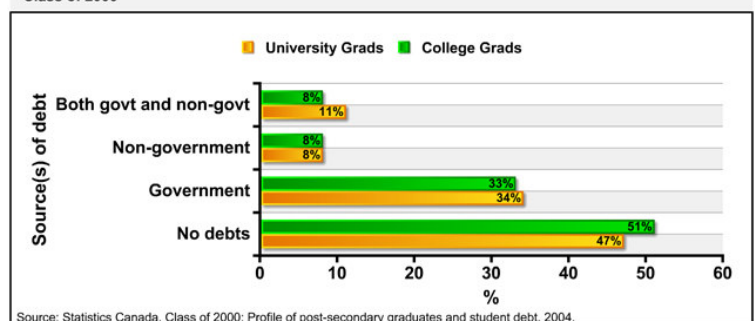
The ILRC believes that all children should have access to post-secondary education and wants to help families plan for their future. Today, helping your children access post-secondary education is important, if not, sometimes more important than their actual education itself. A growing trend in Canada reveals that tuition costs are on the rise and students are finding themselves increasingly burdened by debt each year. According to a recent article by Macleans magazine, students are more likely to abandon their studies the more in debt they become. Let's face it, borrowing is expensive and many families in Northwestern Ontario are finding this to be a barrier to putting their children through college or university.

This is why the ILRC will be visiting communities in Northwestern Ontario over the next three years to educate and provide information to modest income families and various community service providers about the many saving incentives and FREE contributions available for families who open an RESP. Ultimately, by just opening an RESP you can set the foundation for your child's future!

To learn more about our program, to schedule a community workshop, or to enter the draw to win \$2,500 from the ILRC-RBC Education Fund contact us today:

Josh Valley (807) 577 – 6166 ext 6
josh@ilrctbay.com.

Sources of Debt Among College and University Graduates
Class of 2000



CEO: Customer Service & Retail Course

The Customer Service & Retail course is designed to assist people who are considering entering or re-entering the retail or customer service sector. The following three (3) categories will be covered:

- **Communications**
- **Cash Register Skills**
- **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 an introductory level, PowerPoint/instruction-based course taught by Ontario Qualified Teachers who will be available to clarify, answer questions and run activities in a relaxed atmosphere.



Skill Groups

New to our Centre, we are offering small class-sized workshops that encourage group discussion, problem solving and cooperation skills.

Currently, we are offering the following hands-on skills workshops:

- **Intro to Computers (Basic)**
- **Intro to Microsoft Word**
- **Intro to Microsoft Excel**
- **Intro to Microsoft PowerPoint**
- **Intro to Internet**
- **Public Speaking Skills**
- **Creating Your Resume**
- **Creating Your Cover Letter**
- **Interview Skills**

CEO: Skills Groups and Course Information

CEO: Office Administration Course

The Office Administration course is designed to assist people who are considering entering or re-entering the field of office administration. The following four (4) categories will be covered:

- **Communications**
- **Computers**
- **Administration**
- **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 taught by Ontario Qualified Teachers who will be available to assist you in your learning.

If you would like to attend one of these upcoming courses or Skill Groups, please contact Laura at 577-6166 ext. 5.



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

Connectors @ Kinsmen Centre

(Tuesdays: 9:30-2:30 p.m.)

CEO Customer Service & Retail Course:

(Wednesdays: 9:30-11:00 a.m.)

Exercise: Fit4Less

(Wednesdays: 1:00-3:00 p.m.)



October Events

Oct 1 – Private Swim @ Churchill Pool (2-3 p.m.)

Oct 4 – Recreation @ SportsDome (1-3 p.m.)

Oct 7 – Thunder Bay Art Gallery Tour (1-3 p.m.)

Oct 18– Autumn Trail Walk @ Chapples (1-3 p.m.)

Oct 22–Private Swim @ Churchill Pool (2-3 p.m.)

Oct 28–Bowling @ Superior Bowl (1-3 p.m.)

November Events

Nov 4– Scrapbooking Workshop (1-3 p.m.)

Nov 8 – Recreation @ SportsDome (1-3 p.m.)

Nov 19- Private Swim @ Churchill Pool (2-3 p.m.)

Nov 22 – Fabric Design: Clothing Dye (1-3 p.m.)

Nov 25–Bowling @ Superior Bowl (1-3 p.m.)

December Events

Dec 2– Facebook 101 (1-3 p.m.)

Dec 3– Independent Living Day Celebration (TBA)

Dec 6– Recreation @ SportsDome (1-3 p.m.)

**For More Information About These Upcoming
Events Or To Register Contact:
Laura at 577-6166 ext. 5**

Connectors

It is with great pleasure that we announce the newest version of our Connectors Program. After careful and thoughtful review, we at the Independent Living Resource Centre believe we have developed the best plan possible to continue Connectors for our participants. The most significant change for this year is location – we are moving the Connectors Program to the James Street Kinsmen Centre, at 609 James Street North. This change in venue will enable us to add many outdoor components for interested participants.

Connectors will begin on September 14, 2010 and run until December 14, 2010. The program now runs Tuesdays ONLY from 9:30 a.m. to 2:30 p.m. at the James Street Kinsmen Centre. The entry fee is \$3.00 per day. You can pre-purchase the entire block for \$40 (includes a \$5 value canteen card), for which a receipt will be issued at time of payment. We will no longer issue receipts for individual days. Instead, we will track the number of times a person pays a drop-in fee and prepare a single receipt at the end of the term.

Some upcoming events that our participants can look forward to are: tie dying, scavenger hunt, Thanksgiving feast, and a Halloween dance party.

New people are always welcome to join. Please feel free to contact Angie at 577-6166 ext. 0 for more information.

We look forward to seeing you there!



Spotlight on Success: Self-Employment

Message From Business Owner:

Coveralls_Etc is a new and local home-based sewing business serving your every day sewing needs. Although Coveralls_Etc specializes in slipcovers for furniture, duvet covers, wall hangings and table cloth runners, Coveralls_Etc also custom designs clothing, including hats, cloth purses, and more. There's no job too big or too small.

For more information or to place an order, please give Lynne a call at 475-8377 or email at coveralls_etc@live.com.

Looking forward to custom designing something special for you.

-Lynne Gallucci



Coveralls_Etc is an exciting new business that is part of ILRC's CEO Self-Employment program.

Come in to the ILRC to check out one of Lynne's beautiful wall hangings that was handmade by her for our Centre.

Thanks again, Lynne, for the colourful wall hanging, and for donating one of your works of art to our "Bring the Spring" fundraiser event!

-ILRC staff

Breaking Barriers Building Bridges

ILRC is proud to be a partner in the Breaking Barriers - Building Bridges program with PARO, Ontario March Of Dimes and ODSP. This program was developed to help persons with disabilities start their own business.

The participants are guided through the process with assistance from all agencies. ILRC and PARO work closely with the participants to make sure that they achieve their goals of entrepreneurship. Upon completion of the program, participants will have a completed business plan and have learned skills that will help them be successful in the future.

Please contact Alison at 577-6166 ext. 2 for more information.



December 3rd
UN's International Day of Persons with Disabilities
Independent Living Day in Canada

2010 Theme:

"Keeping the promise: Mainstreaming disability in the Millennium Development Goals towards 2015 and beyond"

The annual celebration of the International Day of Persons with Disabilities on December 3rd was established by the International Year for Disabled Persons (1981). The Day aims to promote a better understanding of disability issues with a focus on the rights of persons with disabilities and gains to be derived from the integration of persons with disabilities in every aspect of the political, social, economic and cultural life of their communities.

December 3rd is, also, a celebration of Independent Living Day in Canada. Ceremonies for this day take place throughout cities all over Canada.

Please stay tuned for more information about how we are going to celebrate this very special day. All will be welcome!

Message From the Executive Director

There has never been a more exciting time for your ILRC in Thunder Bay. We have the strongest staff and board in our recent history, and we continue to grow! We continue to expand our programming to meet the unique gaps that living in Northwestern Ontario can present to persons with disabilities. We continue to meet this head-on with innovative and exciting programming ideas. It is incredible, and I am grateful each day to work with people who have a passion for, and inherent understanding of, ensuring that effective and meaningful Independent Living (IL) choices are available for the people in our region. This is thankfully met with such positive responses from the wonderful friends we have in our community that daily partner with us in bringing the IL movement forward in as tangible a way as possible.

We've recently broken out into social networking through the use of Facebook and this newest rekindling of our newsletter will be one more way that we can ensure that our entire community is aware of the happenings at your local ILRC. I hope you will watch this publication grow and develop into a strong voice by and for IL in our region.

I invite you to comment on, provide suggestions for, or contribute to, this publication by contacting our Centre directly.

-Tom Pugliese



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Hours: Monday-Friday 8:30-4:00
(closed between 12:00-12:30)

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Our Board of Directors:

President: Frances Brunton
Treasurer/
Secretary: Sandra Wojciechowski
Director: Jim Gamble
Director: Ken Silen
Director: Suzanne Persall
Director: Dawnelee Wright

www.ilrctbay.com

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.

Centre Staff:

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