

Treating High Cholesterol Through Diet

Jiri Frohlich, MD, FRCPC, in association with medbroadcast.com

It has now been proven beyond any reasonable doubt that lowering blood cholesterol with diet or drugs decreases the likelihood of [angina](#), [heart attacks](#), and [stroke](#). To a certain extent, this decrease in risk is related to the decrease in "bad" cholesterol (LDL-C). However, an even better indicator of reduced risk may be the ratio of total cholesterol to "good" HDL-cholesterol.

Tips for heart healthy eating:

- ⇒ Eat moderately to maintain a healthy weight.
- ⇒ Decrease fat intake to 30% of total calories. For example, an average person eating 2000 calories per day should eat no more than 66 grams of fat per day.
- ⇒ Very-low-fat diets have also been found to be effective for people with extreme increases in blood triglycerides or cholesterol. For example, 10% of total calories per day as fat.
- ⇒ Saturated fats, which are mainly animal and dairy fats, should make up one third or less of your daily fat intake.
- ⇒ Eat only small amounts of high-cholesterol foods such as organ meats and egg yolk.

Inside this issue:

Literacy and Disabilities	3
How Guardianships	6
Birchmount Bluffs—Activate	9
CWD-O	10
Transitional Housing Program	10

Fish oils include the two omega-3 fatty acids, EPA and DHA. People who eat fish regularly have fewer heart attacks than those who eat fish rarely. Fish oils decrease blood triglycerides and, to a lesser extent, cholesterol. Fish oils also interfere with blood clotting. In some people with extremely high blood triglyceride levels (a butter-like fat), fish fatty acids can lower these levels dramatically.

A recent study (the Lyon Diet-Heart Study) demonstrated that high intake of omega-3 fatty acids, as in the popular "Mediterranean Diet" (along with omega-6 fatty acids, found primarily in certain plant foods such as corn oil), can be as effective as the most powerful drugs in preventing repeat heart attacks.

The average North American diet does not contain enough fiber. A healthy diet should include plenty of fiber in the form of fruits, vegetables and whole grain products. Increasing the type of fiber such as that found in oat bran, pectin and psyllium may lower blood cholesterol by up to 10%.

Foods such as pectin, garlic, onions, green algae, some Japanese mushrooms, the commercial preparation Metamucil, and even charcoal may have some cholesterol-lowering properties. Unfortunately, information on their effectiveness is still very limited.

Literacy and Disabilities

Movement for Canadian Literacy: This fact sheet was developed /assembled as part of the Literacy and Disabilities Study (LADS) project by Bow Valley College, Calgary and the Neil Squire Foundation.



Despite rapid advances in technology and learning tools, people with disabilities are still being left behind on their journey towards literacy.

Literacy rates among people with disabilities in Canada

Statistics on the literacy rates among people with disabilities is limited. While there are some statistics on disabilities and some on adult literacy, there is a need for further research on literacy rates among people with disabilities.

One in seven (3.4 million) Canadians aged 15 years and over has a disability. The rate is even higher among Aboriginal peoples. One in five (20%) Aboriginal peoples aged 15 years and older have a disability.

Points of interest:

- ⇒ Approximately 50% of Canadian adults with disabilities experience literacy barriers. Literacy barriers can include print or verbal: unnecessary words, small or congested fonts, complicated or professional jargon, acronyms, and access to information or services only through websites.
- ⇒ 20% of adults with disabilities have less than a grade 9 education, as compared to 8.1% of adults without a disability who have less than a grade 9 education.
- ⇒ 50% of adults with disabilities have an annual income of less than \$15,000. Nearly 50% of adults with limited literacy live in low-income households. Only 56% of people with disabilities are employed, and most are working in low paying jobs. People with disabilities make up a disproportionate amount of the 48% of Canadian adults who function at the two lowest literacy levels.

Literacy needs among people with disabilities

The best way to understand the literacy needs of people with disabilities is to listen. Listening to individuals with disabilities, as well as organizations that represent them can help everyone to understand the relationship between literacy and disabilities.

Here is what we currently know:

- ⇒ All national surveys on either literacy or disabilities have identified that people with disabilities are disadvantaged when accessing education, employment, housing, and other community services.
- ⇒ There is a wide range of disabilities (physical, intellectual, visual, hearing, psychiatric, and learning). The severity and type of disability has different degrees of impact on an individual's literacy.
- ⇒ There is a serious lack of public awareness about adult literacy and disabilities. Stereotyping and assumptions about the capacity of people with disabilities to learn and to work are harsh social barriers.

- ⇒ Many mainstream literacy programs do not have the skills or resources to accommodate people with disabilities.
- ⇒ Aboriginal people with disabilities are more likely to have low literacy and experience systemic racism, which impedes accessibility to community services including literacy programs.

What can be done?

To build a society that values inclusion it is important to challenge the assumption that literacy is only reading and writing on paper. There are multiple literacies and multiple ways of communicating including American Sign Language, Braille, technologies, gestures and sounds. Here are some ways to help make Canada a society that truly includes everyone:

- ⇒ Support people with disabilities to voice their ideas and needs about literacy and life long learning. Individuals involved in disability organizations can initiate conversations with each other about local literacy or continuing education programs, and find out what courses or programs accommodate people with disabilities.
- ⇒ Build and strengthen relationships and partnerships between literacy programs and community disability programs. Develop training for staff and volunteers to learn about current issues in literacy and disability and to develop strategies to reduce barriers.
- ⇒ Community disability programs can increase their awareness of literacy and incorporate plain language strategies and literacy related activities into their programs and services. Some organizations have written their by-laws and policies in plain language.
- ⇒ Adult literacy programs can increase their accommodations for people with disabilities that will improve accessibility and participation. This includes staff and tutor training about disabilities, physical setting, assistive technologies, inclusion of support person(s), flexible learning timelines, and appropriate assessment tools.

- ⇒ Family literacy programs can provide accommodations for families with children and/or parents with disabilities that will improve accessibility and participation. Examples of programs that have an inclusive approach are Rhymes that Bind and Books for Babies.
- ⇒ Develop knowledge to better understand the complex relationship between literacy and disabilities.

WEBSITES

Literacy for Independent Living.

On-line resource for the literacy and disabilities communities, by the Canadian Association of Independent Living Centres (CAILC). www.nald.ca/ava/english/.com

National Adult Literacy Database. The National Adult Literacy Database (NALD) has a growing collection of online resources and links for literacy and disabilities information at www.nald.ca/fulltext

Neil Squire Foundation provides education, technology and career development for people with physical disabilities, including programs such as Speech Assisted Reading and Writing, Access to Literacy, Computer Comfort and Educational Options. <http://www.neilsquire.ca/>.

Raising Adult Literacy Skills: The Need for a Pan-Canadian Response. Report of the Standing Committee on Human Resources Development and the Status of Persons with Disabilities, 2003. www.parl.gc.ca.

Roehrer Institute has resources and research on literacy and intellectual disabilities. <http://www.roeher.ca/>.

How Guardianships Work FAQ

A couple of months ago, the Prime Timers joined the PDN (Parenting With a Disability Network) for a workshop on “How to Create a Will”. Many people felt that their questions around the topic of guardianship were not sufficiently answered. As a result, I did some research of my own on the topic and found, what I believed to be, very useful information. I thought that I would take this opportunity to share this information with you in the format of *Frequently Asked Questions (FAQ)*. I hope this helps.

What does a guardian do?

Typically, a guardian takes care of a child’s personal needs, including shelter, education, and medical care. A guardian may also provide financial management for a child’s assets, although sometimes a second person (often called a “guardian of the estate”) is appointed for this purpose.

What is the difference between a guardianship and an adoption?

A guardianship establishes a legal relationship between a child and an adult who isn’t the child’s parent, but it does not end the legal relationship between the child and the child’s biological parents. For example, the biological parents are still legally required to provide financial support for the child. And if a biological parent dies without a will, the child has certain automatic inheritance rights.

On the other hand, an adoption permanently changes the relationship between the child and the adults involved. The adopting adults legally become the child’s parents. The biological parent (if living) gives up all parental rights and obligations to the child, including the responsibility to pay child support. If a biological parent dies without a will, the child usually has no right to inherit.

When does a guardianship end?

A guardianship ordinarily lasts until the earliest of these events:

- ⇒ the child reaches legal age (usually 18)
- ⇒ the child dies
- ⇒ the child’s assets are used up (if the guardianship was set up solely for the purpose of handling the child’s finances), or if
- ⇒ a judge determines that a guardianship is no longer necessary.



Even if a guardianship remains in force, a guardian may step down from his or her role with permission from the court. In that case, a judge will appoint a replacement guardian if necessary.

What does the law of Ontario state?

In Ontario you have a statutory right to appoint by will one or more persons to have custody of your minor children after your death and to be guardians of their property. You should note that having custody of your children and being guardians of their property are two different things.

What about custody of your minor children?

The *Children's Law Reform Act* provides you with the right to appoint in your will someone to have custody of your minor children. A person with custody of a child has the rights and responsibilities of a parent in respect of the child. For example, the person with custody of the child can normally decide where the child should live, what school the child should go to, and what medical treatment the child should receive.

Three Main Restrictions—What are they?

There are three main restrictions on your ability to appoint a person to have custody of your children:

- (1) First, you must be the only person entitled to custody of your children. If someone else with legal custody of your children survives your death, such as the children's other parent, then the person you appoint as guardian would not acquire custody. Furthermore, if both you and the other custodial parent die at the same time, then only a person whom both of you had appointed would acquire custody.
- (2) The person you appoint to have custody of your children must consent to the appointment.
- (3) The custody appointment in your will only lasts for 90 days after it takes effect. That means the person whom you have appointed to have custody of your children must apply to a court within that period for permanent custody of your children.

On the court application, the court will choose a person to have permanent custody of your children based on what the court considers to be in their best interests. The court will consider many factors, including the wishes of the children, and their relationship with the person applying for custody and with other family members. If there is a surviving non-custodial parent of the children, the court will normally award custody to the parent. If there is no surviving parent, the court will normally follow your wishes as set out in your will on the basis that you, as custodial parent, were the person in the best position to determine the best interests of your children.

Guardians of your minor children's property

The *Children's Law Reform Act* also provides you with the right to appoint by will one or more persons to be the guardians of your children's property. A person with guardianship of a child's property has charge of and is responsible for the care and management of the property of the child. For example, the guardian may invest the child's money and may decide how it should be used for the benefit of the child.

The main restriction on your ability to appoint someone to be the guardian of your children's property is that you must be the guardian of your children's property at the time of your death. You should note that you are not automatically the legal guardian of your children's property; you must actually apply to a court to be so appointed.

In addition, a guardianship appointment is subject to the same three restrictions as a custody appointment; you must be the only person entitled to guardianship, the person you appoint must consent to act as a guardian, and the appointment is only effective for 90 days. The person whom you have appointed to be the guardian of your children's property must apply to a court within that period for permanent guardianship. Again, the court will choose a guardian based on the best interests of your children, but will show a preference for a surviving parent, if any, and if none, for the person named as guardian in your will.

Activate your Fall at Birchmount Bluffs Neighbourhood Centre

Birchmount offers access to many integrated and adapted active living programs:

Chair Tai Chi: enjoy the practice of low-impact movements in this gentle, fun class. Starts Sept. 12. Mondays, 11:45am-12:45pm. 12 weeks (\$20)

Barrier-free Access to Swimming Project: the next session of this program begins mid-October and runs to June, 2006. It offers attendant-supported access to an integrated lane swim. A partnership program, it is offered at 3 Toronto sites. For registration info, call Constantine at 416 690-8804.

Fitness and Wellness Classes: we offer access to integrated and adapted fitness wellness classes. Classes include yoga and Aqua Fitness, yoga in the hot tub, low impact fitness classes.

Workshops: Enjoy monthly workshops on a wide range of topics including health/wellness, self-advocacy, community services, etc. Tuesday, Sept 20 and Nov. 15, 2-4pm. Call for information about fall workshops.

Information and Referral Services, Informal Counselling and Advocacy



The fall session begins the week of **September 12th 2005**, and registration starts from August 31st. Annual membership is \$4 and full subsidies are offered to offset program fees for those who face financial barriers.

Location: Birchmount Bluff's Neighbourhood Centre.
93 Birchmount Road, Scarborough (at Kingston Rd).

For more information and to register, please contact David at **416 396-7606**.

New Organization Represents Ontarians with Disabilities



Citizens With Disabilities—Ontario (CWD-O) is a new consumer-driven, cross-disability organization that is dedicated to the full participation of all persons in the social, economic and political life of their communities.

CWD-O actively supports and promotes the rights, freedoms and responsibilities of individuals to determine their own destinies. Key areas of activities are community development, social action, social development, referral, and member services.

CWD-O's primary activity is to advocate on behalf of persons with disabilities and promote their personal participation in changing social and physical barriers that allow for full participation in the mainstream of society.

For more information, visit <http://www.cwd-o.ca>.

Transitional Housing and Support Program for Abused Women

The Transition Housing and Support Program aims to provide services through support, counseling, advocacy, and referral to all women, especially women with a disability, in establishing violence-free lives in their community.

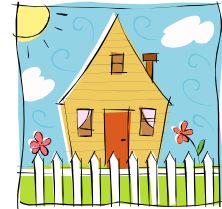
The Transitional Housing and Support Program:

- ⇒ Provides support to women in crisis, as well as ongoing counseling;
- ⇒ Helps women plan for themselves and their children if they are planning to leave a violent partner, and helps them make the transition into safe housing;

- ⇒ Provides information and referrals to other community supports and services;
- ⇒ Advocates for women, and accompanies women to appointments for family, criminal, income, housing, and immigration consultation;
- ⇒ Helps women find and maintain housing that is safe and affordable.

ASL and cultural interpretation will be provided.

Contact Jiin Yiong, Transitional Housing and Support Worker at (416) 461-0980; TTY: (416) 461-0625; Email: tsw@nellies.org.



Centre for Independent Living

Prime Timer Focus is a quarterly publication.

Editor: Nancy Barry

205 Richmond Street West
Suite 605
Toronto, ON
M5V 1V3
Phone: 416-599-2458, x27
Fax: 416-599-3555
Email: peervolunteer@cilt.ca



Articles on products, agencies or services are for information only and are not meant as endorsements.

The opinions expressed in this newsletter are those of the contributors and may not reflect the views of CILT.

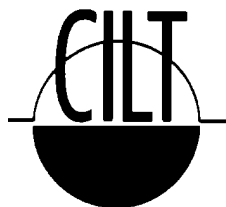
CILT is a non-profit resource organization, consumer-controlled and community based. CILT is funded through the United Way, City of Toronto grants, Federal and Provincial government grants, donations, earned income and membership support.

CILT is a consumer-controlled, community-based resource organization. We help people with disabilities to learn Independent Living skills and integrate into the community. (Please note: CILT is a resource agency and does not do any political, systemic or group advocacy!)

CILT operates on the philosophy of the Independent Living movement which was developed in response to traditional rehabilitation services models. CILT's aim is to develop and implement dignified social services that empower individuals rather than create dependencies. We encourage people with disabilities to take control of their own lives by exercising their right to examine options, make choices, take risks and even make mistakes.

CILT is one of 25 members of the Canadian Association of Independent Living Centres (CAILC) and one of 10 members of the Ontario Network of Independent Living Centres (ONILC).

CILT is also unique in that a majority of Board and staff positions must be held by persons with a disability, thus ensuring that the service is directed and controlled by the consumer.



For persons with a disability...by persons with a disability.