

# In the Stream

Spring 2009

## WHAT'S NEW AT CILT?

### Nutrition and Healthy Living Workshops

Two workshops were hosted by Nancy Barry, John Mossa and Carling Barry. The dates were Wednesday February 25th and Wednesday March 25th from 1:30-4:00pm at CILT.

We sent out 300+ flyers for the event and 7 people, in total, participated in the workshops. Nutrition and Healthy Living Workshop packages were handed out to all workshop participants. Some of the information included in the package was:

- A copy of Canada's Food Guide
- An enlarged Nutrition Label to teach participants how to read labels on food items
- Information about Sodium
- Iron for women and children
- A quiz about being label smart and seeing how much we know
- Nutrition and Wellness tips
- Recipes
- Shopping on a fixed income
- Physical activity for people with disabilities

Included as part of the workshop was an activity, "Guess What is The Worst for You" in regards to calories, fat, sugar, sodium for food from Tim Horton's including a bran muffin, a Boston crème donut, and a yogurt parfait. People really enjoyed the activity and were extremely shocked with the results. We also talked about how to read a product's nutrition label.

### Gateways to Cancer Screening: Project Update

As many of you are aware, the Gateways Project has been on hold for a while as we have been waiting to hear about whether or not we were going to receive further funding. It is with great pleasure that we are able to report that we have indeed received funding from the Canadian Breast Cancer Foundation so that we can continue with the next phase of the project.

We are about to embark upon Phase II of the Project. We would like to develop a creative resource (Tool Kit – DVD and Training Manual) that would allow health care settings across the Province to learn from and implement the recommendations made by the women that participated in the five groups that were held earlier on in the project. These recommendations will serve as important improvements to access, screening and early detection. Due to the fact that the funding came from the Canadian Breast Cancer Foundation, will be focusing Phase II mainly on breast cancer screening. Stay tuned for further updates.

### **CILT Participates in Webinar for Citizens with Disabilities of Ontario**

CILT was asked to present a webinar on the “Gateways to Cancer Screening Project” for Citizens with Disabilities of Ontario. It was well received and it was exciting for the Gateways Team to have an opportunity to share our research with others across the province. Nancy Barry and Linda Muraca co-presented a Power Point presentation demonstrating the barriers that women with mobility disabilities face when trying to access cancer screening services, and also the recommendations that we hope to implement during the second phase of the project.

The Gateways Project Team would like to sincerely thank Citizens with Disabilities of Ontario for giving them the opportunity to share their research findings.

### **Gateways Gets More Publicity in PULSE Magazine**

PULSE Magazine is a publication produced by University of Toronto, that focuses on healthcare issues and is circulated widely among healthcare professionals across the country. They found out about the Gateways Project and asked Linda Muraca, from Mount Sinai, if they could do an article on the project. So, once again, Gateways was in the spotlight. The article appeared, with photos, in the Spring 2009 issue of PULSE.

### **Gateways Gets Published in “Disability and Society”**

Quite some time ago, when Gateways was in its first phase, the team submitted our Literature Review, written by Julie Devaney and Lisa Seto, to a journal entitled, “Disability and Society”. We recently were notified that the article has been accepted for publication and will appear in Volume 24, Number 6, in October 2009.

## PEER SUPPORT PROGRAM UPDATE

### Women's Workshop Series

*By Carling Barry*

In April Nancy Barry and I, hosted a 4-Part Women's Workshop Series. The four workshops dealt with issues pertaining to relationships, including Self Esteem, Assertiveness, Healthy versus Unhealthy Relationships and Coping with Stress in Relationships.

What was great about this series was that every week we had the same participants attend, so we were able to see them grow and come to understand these issues by starting to practice some of what was discussed and apply it to their personal lives.

In the beginning of the series, we found some participants were feeling unsure if they wanted to participate and would discuss their concerns, to ending up absolutely enjoying every session and coming back wanting more.

Everyone seemed comfortable discussing these topics and even offered information about their personal lives and issues as we went through the various topics. The participants enjoyed the relaxed and informal nature of the workshops.

For the four part series we had activities for each workshop topic to get everyone to participate and enjoy discussing the issues in an interesting and fun way. One of the activities was "Developing a Self Esteem", including answering short quiz questions such as: how you felt when your self esteem was low, high and how you behave during those times.

Another activity was Communication Styles for the workshop we held on Assertiveness, which focused on the different styles and patterns and communication that we tend to use in our relationships with others. We were able to discover which style each of uses the most: passive, assertive or aggressive.

This Workshop Series was a success, as we received great feedback from our participants and encouraged us to do more workshop series in the future. We hope to be putting together a workshop series on "Aging With a Disability" this coming fall.

## **Introducing Melanie Moore as CILT's Community Development Worker**

Hello my name is Melanie Moore. At Nancy's request I have put together a brief bio so that, as consumers of CILT, you get a look at who I am as I try to do what I can with you.

I am privileged to say that my new position at CILT is Community Development Worker. My role is to provide support to all core programs of CILT and to be an active representative for CILT in the Community. I look forward to meeting all consumers of CILT and assisting where ever I am needed.

As a social worker in previous positions I have facilitated many workshops in Ottawa, covering such topics as anger management, preparing for the work day, time management, having fun while you shop economically, happiness is, dress for success, communicating with difficult people and how to make the most out of what we have.

In 2005, a group of blind people established an Alliance for Equality of Blind Canadian's chapter in Ottawa. I am happy to say that the chapter I formed is still up and running with great success. One more way for us to have a voice for change is through being a member of Canadian Council for the Blind where I took their Peer Support Training.

In the past I have also provided peer support to people that have just retired their guide dog. Recently I moved to Toronto where I have interviewed people with disabilities that chose to share their human rights stories.

Currently I am the president of Guide Dog Users of Canada. I enjoy music, reading, and spending time with my husband and sons. I am a proud mother of 3 boys ages 2, 21 and 26. I know what it's like to live on a fixed income, I understand and work very hard at staying positive even though it's tough to face the world with it's struggles, barriers to employment, facing negative attitudes, and perceived judgments like 'how can you assist someone else if your disabled?'

My hope is that if we all do the best we can with what we have it will make life just a little better. Thank you I look forward to working with everyone. I can be reached at [melanie.moore@cilt.ca](mailto:melanie.moore@cilt.ca) or by telephone at (416) 599-2458 ext 222.

## **BOOK REVIEW**

*By Susan DeLaurier*

Disability, Mothers, and Organization: Accidental Activists

By Melanie Panitch

This book looks at mothers of children with disabilities and how they became activists. These women often struggled at home and in their communities against the demoralizing effects of exclusion. Gradually they recognized the importance of becoming advocates of change beyond their own families and helped toward building an organization, the Canadian Association for Community Living (CACL), that would take their concerns to a more public level.

Ms. Panitch's book tells how very ordinary women, often working as volunteers, became political leaders helping to change professional practices and public laws that impacted on their disabled children. The author combines insights and methods from women's and disability studies to enhance our understanding of the history of both disciplines.

This book illustrates how three women challenged traditional expectations for being good mothers and became national leaders promoting deinstitutionalization and human rights. These women are from diverse areas of Canada and bring into focus different local and provincial issues and perspectives. The mothers' accounts of their own experiences show that their grievances were internalized as personal failings. This was due, in part, to conventional literature which had put the onus on mothers for producing the disabilities in the first place or for failing to have a healthy child. These women received information attributing blame to pre-natal behavior, emotional problems, biological (waiting too long to have children) and other factors. All of these categories of blame have been used by social agencies to justify a less compelling right to aid and services for many mothers of children with disabilities. Mothers strenuously advocating for their children were seen as trouble-makers, hysterical and "bad" mothers. Cultural stereotypes put pressure on mothers to conform to professionals' idea of who they should be. For example, honest expressions of fatigue were interpreted in a negative way.

Panitch explains in great detail how CACL came into being in the 1960's and demonstrates how at the beginning, most of the women working at this organization were either volunteers or had very marginal roles and were significantly under represented at the board level. At that particular time, it was primarily men who ran organizations. It was only gradually when doors opened to them that they began to take on leadership roles.

The campaign to close institutions originated with the first wave of post-war mothers who resented the alternative of either giving up their child to 24-hour institutional care or keeping them at home with no community support. Included

is a detailed discussion of some of the hostility between those who advocated for improving the institutions and those who wanted them shutdown.

The chapter discussing human rights documents how the Federal Human Rights Act became law in 1978 but without an amendment to include people with disabilities. Due to these activist mothers, in 1983 the Human Rights Act was fully amended to include people with disabilities. Panitch gives an extensive description of the process.

This erudite and enjoyable narrative demonstrates the necessary disciplines for the study of disability. Disability is often viewed as a narrow field of social policy, programs and services that leads to a set of parallel social arrangements that have isolated disabled people in segregated systems. By looking at the mothers of children with disabilities and their insights and researching their activism, it is hoped that disability will be viewed as a broad-based inquiry commanding social and political analysis.

This wonderful book would be a great addition to a library dealing with disability issues or anyone working with or studying how non-professional people, specifically mothers, become activists in local and national organizations. It can be purchased from Amazon.ca.

## **COMMUNITY NEWS**

Registered Disability Savings Plan Canada Disability Savings Grant and Bond ©  
[www.hrsdc.gc.ca/disability](http://www.hrsdc.gc.ca/disability)

### **Helping you save**

The Registered Disability Savings Plan (RDSP) is a long-term savings vehicle to help you, your child, your family and others save for the long-term financial security of a person with a severe disability. Contributions to an RDSP could be supplemented by matching Canada Disability Savings Grants from the Government of Canada. The Canada Disability Savings Bond is also available for low-income families even if no contributions are made. RDSPs can be opened until the year the beneficiary turns 59 and Grant and Bond can be received until the year they turn 49.

### **How the Grant and Bond Work**

#### **Canada Disability Savings Grant**

Private contributions to an RDSP may be supplemented by the new Canada Disability Savings Grant. Depending on the amount contributed and the

beneficiary family income, the Government of Canada may supplement funds to the RDSP, up to an annual maximum of \$3,500, with a lifetime limit of \$70,000. A beneficiary's lifetime private contribution limit is \$200,000.

Beneficiary family income of less than or equal to \$77,664

- For the first \$500 contributed towards the RDSP, the government may supplement the contribution with \$3 for every \$1 contributed, up to \$1,500 in a calendar year.
- On the next \$1,000 contributed towards the RDSP, the government may supplement the contribution with \$2 for every \$1 contributed, up to \$2,000 in a calendar year.

Beneficiary family income greater than \$77,664

- For the next \$1,000 contributed towards the RDSP, the government may supplement \$1 for every \$1 contributed, in a calendar year.

**Canada Disability Savings Bond**

The new Canada Disability Savings Bond is also available for individuals with disabilities who have a low family income. Even if no contributions are made to the RDSP, the Government of Canada may deposit a Bond of up to a maximum of \$1,000 a year in a beneficiary's RDSP. The lifetime Canada Disability Savings Bond limit for a beneficiary is \$20,000.

Beneficiary family income of less than or equal to \$21,816: The Government of Canada may contribute \$1,000 annually to an RDSP.

Beneficiary family income between \$21,816 and \$38,832: The Government of Canada may contribute a portion of the \$1,000 (based on a formula in the Canada Disability Savings Act) to an RDSP.

This document is available in alternate formats (large print, audio cassette, Braille, and computer diskette) in French and English by calling 1-800-622-6232; by TTY at 1-800-926-9105, or you may view this document online at [www.hrsdc.gc.ca/disability](http://www.hrsdc.gc.ca/disability).

**Chinese Government Delegation Consults AODA Alliance on Disability Accessibility** © *Accessibility for Ontarians with Disabilities Act Alliance Update; May 2009*

A delegation from the Government of China has recently been in Canada, hosted by the Government of Canada, to learn what is being done in Canada to promote accessibility for persons with disabilities. The AODA Alliance's Chair, David Lepofsky, was approached to meet with this delegation, to offer our perspective on this issue. The Chinese Government delegation included officials working on disability issues in China.

The meeting took place in Toronto on Thursday May 7, 2009 for about one hour. The discussion focused on the need for strong, effective, mandatory and enforceable legislation to achieve a barrier-free society for persons with disabilities. It addressed our efforts over the past 15 years to advocate for strong legislation, including the importance of grassroots advocacy, pressuring the Government, holding public meetings and forums, and getting our message out to the public via the news media. We discussed progress to date on accessibility, and our concerns about the Ontario Government's implementation of the AODA to date. The meeting was warm, pleasant and positive. On behalf of the AODA Alliance, David Lepofsky said we would welcome the chance to discuss these matters with Chinese officials in the future. This is another important signal of the recognition of the AODA Alliance as an informative source of ideas and strategies for promoting a fully-accessible society.

Send us your feedback. Encourage others to sign up for AODA Alliance email updates on our ongoing campaign for a fully accessible Ontario. Write us at: [aodafeedback@rogers.com](mailto:aodafeedback@rogers.com).

## **NEWS TIDBITS**

### **Quadriplegic Lawyer From Thunder Bay, Ontario Reaches North Pole**

THUNDER BAY, Ont. - A lawyer from the northern Ontario city of Thunder Bay has become the first known quadriplegic to reach the North Pole.

David Shannon, 46, who was paralyzed after a spinal-cord injury, reached the frosty destination on Saturday with his expedition partner Christopher Watkins, 40, who is also from Thunder Bay. The men, both lawyers, say they embarked on the daunting trek to raise awareness of accessibility issues and to show how obstacles can be overcome through persistence. Read more at <http://www.accessibilitynewsinternational.com/?p=567>.

## **Athlete Fights For Disabled Rights: Hotel had only one accessible suite**

WINNIPEG -- She spent nine months in hospital fighting for her life after her vehicle was rammed from behind on the highway. Now, Arlene Ursel is fighting for her rights.

On Thursday, the Manitoba wheelchair curling champion has a human rights hearing in Winnipeg she hopes will draw attention to the need for accessibility legislation. Read more at <http://www.accessibilitynewsinternational.com/?p=565>.

## **Ontario Ends Era of Segregation for the Disabled: Huronia regional centre in Orillia closes doors** *March 31, 2009 Trish Crawford*

The Ontario government officially closes its remaining institutions for the mentally disabled today, ending an era of segregation that lasted almost 200 years. The last residents walked out the doors of the Huronia Regional Centre in Orillia on Saturday, fulfilling the Liberal government's promise that it would close all its institutions for the mentally disabled by April 2009.

Since the province announced its intention in 1987 to shut the regional centres down, 6,000 residents have steadily returned to communities. Successive governments of all political stripes continued to support their closings. For more information, visit [www.healthzone.ca/health/article/610878](http://www.healthzone.ca/health/article/610878)

## **NETWORKING OPPORTUNITIES**

### **Toronto Ride**

Toronto Ride is a non-profit network of 14 community-based agencies which provide affordable, assisted transportation to frail seniors, disabled adults, and patients weakened by medical treatments.

Toronto Ride Central Functions provides all back office support for these 14 partner agencies and receives most of its funding from Toronto Central Local Health Integration Network. Toronto Ride can set up transportation programs tailored to the unique needs of specific departments, clinics or teams within hospitals or healthcare facilities within Toronto.

Towards the end of 2008, the Toronto Ride network provided over 41,000 rides across Toronto. About 35% of all rides provided bring clients to medical appointments. Rides are also provided to adult day programs; health & wellness programs; and other locations.

Toronto Ride is an electronic access hub for assisted, affordable transportation for eligible clients. Rather than working with multiple community-based agencies, healthcare providers need to only contact Toronto Ride to arrange transportation for their patients, no matter where these individuals may live in the city.

Access to transportation helps vulnerable populations remain living at home safely and stay out of emergency departments, hospital wards and long-term care facilities. Providing access to transportation is therefore a cost-effective improvement to Ontario's health care system.

Toronto Ride provides drivers working for agencies in the network with standard safety training. SPRINT (Senior Peoples' Resources in North Toronto) is the lead agency for the network and manages the Central Functions team.

For more information on the Toronto Ride program, contact Sara Singh, Chief Administrator, at (416) 481-5250.

### **Youth Drop-in**

The Youth Drop-in is for youth, ages 16 to 29 years, with physical disabilities and their friends. The upcoming Youth Drop-in is taking place on Saturday May 30, 2009 at the Earl Bales Community Centre, 4169 Bathurst Street (Bathurst and Sheppard). The event runs from 7:00pm to 10:00pm.

This event will be featuring DJ RO and rapper "Alex Todd". Snacks are free with admission, and attendant services will be available.

To RSVP, call Natalie Timbrell at (416) 425-6220, extension 3296. The Youth Drop-in is a community partnership between Bloorview Kids Rehab, Anne Johnston Health Station, the City of Toronto and Spina Bifida and Hydrocephalus Association.

### **Movie Munchie Night**

W.D.A.A.G. for Women with Disabilities and their Women Allies presents a Movie Munchie Night, featuring, 'The Miracle Worker', on June 12, 2009 5:30pm to 9:30pm at the Anne Johnston Health Station. Limited space available. RSVP to Shazmin at (416) 486-8666, extension 0.

W.D.A.A.G. Movie Nights are opportunities for women to interact within a supportive independent living environment. Films may contain material of a sensitive and controversial nature.

## **TTC Public Forum on Accessible Transit**

### **Queen Elizabeth Building, CNE Grounds**

Tuesday, June 23, 7:00 p.m. to 9:00 p.m.

TTC Commissioners, TTC staff, and members of the Advisory Committee on Accessible Transportation (ACAT) will be on hand to hear from the public on matters of accessibility of conventional and door-to-door (Wheel-Trans) public transit services in Toronto. Let us know how the TTC can make the system better for our customers with disabilities.

TTC will be providing Accessible Shuttle Service from Bathurst Subway Station to the Public Forum leaving Accessible Bathurst Subway Station starting at 6:00 p.m. and leaving the Queen Elizabeth Building starting at 9:00 p.m.

You can also take the 29 Dufferin Accessible Bus right to the event

For assistance in planning your trip using the TTC Accessible Transit Network, call TTC Customer Information at 416-393-INFO (4636) or for more information about the meeting, visit the website [www.ttc.ca](http://www.ttc.ca), scroll down and click on Public Meetings.

Starting on Saturday, June 20, you may book your Wheel-Trans trips to the Public Information Forum. Please Note: at the time you make your booking, you will receive only your pick-up time to the event. The return trips will be coordinated at the location.

## **May is MS Awareness Month**

May is MS Awareness Month. You can do one of the following things to help promote MS Awareness during the month of May:

- Send an e-mail to friends of the MS Society to spread the word about MS Awareness month. Visit this link:  
<http://www.mssociety.ca/emails/msawareness.htm>
- Get a poster by contacting Julie at 416-967-3046 or [julie.crljen@mssociety.ca](mailto:julie.crljen@mssociety.ca). You can put it up in your school, workplace, community centre or anywhere you like!
- Support real action: Send a message to your MP at [www.mssociety.ca/act](http://www.mssociety.ca/act) to help with advocacy initiatives for people with MS.
- Get an oil change at Mr. Lube on May 9. For every oil change done that day, \$5 will be donated to the MS Society.
- Visit a RONA store from May 1-17 to support their point of sale campaign and make a donation at the checkout.

## **Survey for Parents Who Have MS**

If you are a parent with MS and have a child under the age of 18 please take 5 minutes to answer the following survey. This survey will gauge your interest in a parenting with MS support program and help us determine how to proceed. The survey is anonymous. Just paste the link in your web

browser. [http://www.surveymonkey.com/s.aspx?sm=b4kWcf93QOEZcD\\_2bHt89t2Q\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=b4kWcf93QOEZcD_2bHt89t2Q_3d_3d).

## **MS Society, Toronto Chapter Event: Cognitive Changes and MS**

The MS Society is hosting an event to appreciate the frequency and range of cognitive deficits associated with Multiple Sclerosis and to understand how cognitive problems can be managed.

The event is featuring Dr. Anthony Feinstein who is trained in medicine, psychiatry and neurophysiatry.. He is currently a Professor of Psychiatry at the University of Toronto. His neuropsychiatry practice and research focuses on behavioural disorders and cognitive changes associated with multiple sclerosis.

This event takes place Thursday, June 11, 2009; Bayview Ave./Eglinton Ave. Registration is at 7 p.m. and the presentation will be from 7:30 p.m. to 9 p.m. Light refreshments will be provided. Wheel-Trans can be arranged if requested.

The MS Society of Canada, Toronto Chapter, thanks Bayer Healthcare Pharmaceuticals for providing the chapter with an unrestricted educational grant. To register, call 416-922-6600, x2501 or email to [torontoevents@mssociety.ca](mailto:torontoevents@mssociety.ca).

## **People in Motion 2009**

**People in Motion** is for people with disabilities, seniors with special needs, family members and friends, therapists, home care providers, facility managers, special educators and insurance representatives.

Everyone is welcome to this fun and enlightening event which features mobility aids, adapted vehicles, rehabilitation, home healthcare products, travel and leisure activities, corporate and government services, employment opportunities, computer aids, disability publications, associations and more.

See and compare everything under one roof at one time. More than 120 exhibits! If you have attended before, see it again! There are always new exhibitors with exciting new products and it is important to be aware of changes to existing technology.

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**CLASSIFIEDS**

**FOR SALE:**

**2005 Pride Legend 3 Wheel Scooter**

Reclining high back seat and adjustable headrest, flat free tires, basket, lights, on-board.

3 amp charger, viper blue.

Barely used, asking \$800 or best offer.

Contact Julie at (416) 967-4554.

**FOR SALE:**

**WHEELCHAIR LIFT**

Functioning vertical wheelchair lift available.

The unit is about 15 years old and has had very little use in the past nine years. If you can use it or would like more information, please contact Julie at 416-967-3046 or email to [julie.crljen@mssociety.ca](mailto:julie.crljen@mssociety.ca).