

CILT's Volunteer Vibes

Volume 5 Issue 1

March 2003

Welcome New Volunteers

We are happy to introduce two new faces to our team of volunteers. **Petra Heinzelmann** is from Germany where she practiced general English law. Petra has five years professional experience practicing, including work experience in Turkey in an international operating law office. Petra is volunteering at CILT, particularly in our Independent Living Skills Training Program.

Also starting with us very shortly is **Grace Kusnandar** Grace has an MBA and has come to CILT for some Canadian volunteer experience. Grace will be helping out in our resource library. I would like to extend a warm welcome to both Petra and Grace.

Marta Banach, although with us for a short time, made a valuable volunteer contribution to CILT. Marta also worked closely with our Independent Living Skills Trainer as well as some of our other staff. Marta has moved on to full time employment. We wish her every success in her future endeavors.

National Volunteer Week

Statistics provided by Volunteer Canada in an article called, "The Value of One. The Power of Many." March 2003.

This year, from April 27 to May 3, National Volunteer Week is celebrating the spirit and energy of Canada's volunteers, with the theme: **The Value of One. The Power of Many**. The theme describes how one person's individual actions, informed by the heart and by a desire for change in the world, can make a significant difference. When this one person's actions are multiplied by those of 6.5 million people, the world is changed, in very real and important ways.

Over the years National Volunteer Week has grown from a targeted recruitment drive into a celebration of volunteers from coast to coast. Providing a focal point for volunteer-involving organizations of all sizes, the week shines a spotlight on the amazing contributions of volunteers. Today, with 6.5 million volunteers in more than 180,000 non profit and charitable organizations, the celebration of National Volunteer Week is reaching sizable proportions!

Managers of volunteer resources look to National Volunteer Week as a centre piece in their year-round programming; it is the time to recognize and thank the

dedicated volunteers who help deliver programs and services and enrich the culture of our organizations and communities. Managers of volunteer resources are well aware that recognition plays a key role in the retention of volunteers and National Volunteer Week offers a custom-made opportunity to highlight the participation of each and every volunteer.

Yet, volunteers and volunteer assignments are changing. The 2000 National Survey on Giving, Volunteering and Participating indicates that since 1997 almost one million fewer Canadians volunteer. Today's volunteers are looking for innovative solutions to their overcrowded schedules: short-term assignments, virtual volunteer opportunities, and family volunteering opportunities. To be effective, volunteer recognition must reflect the changing nature of volunteer involvement.

Every year, CILT holds its annual Volunteer Appreciation Activity during National Volunteer Week in April. This year we have decided to hold our recognition event in June, providing an opportunity for more of our volunteers to attend. Stay tuned for more information.

Global Youth Service Day: April 11-13, 2003 - Canadian Youth Making a Difference

Excerpted from 'Global Youth Service Day 2003,' written by Jennifer Saltman, found in The Volunteer Beat, February 2003.

Global Youth Service Day (GYSD) celebrates, recognizes and mobilizes youth volunteers; it is an annual event celebrated by 34 international organizations in over 150 nations. GYSD offers us a special opportunity to shine a spotlight on the spirit and energy of Canada's youth.

On April 11-13, youth volunteers will be busy. Food drives, car washes, choir performances, and habitat clean-ups are just some of the activities we can expect to hear about. And there will be new projects launched - new community service projects that herald the involvement of greater numbers of youth volunteers.

By getting involved in hands-on ways, Canadian youth help to shape the world around them. Statistics from the 2000 National Survey of Giving, Volunteering and Participating, show that 27% of all young Canadians between the ages of 15 and 24 volunteer. The same survey also indicates that volunteering in adulthood is linked to early life experiences that teach young people about civic participation. Encouraging youth to volunteer is an investment in our nation's future. It is in all of our best interests that the voice of Canadian youth be heard in our communities, institutions, organizations and governments.

Global Youth Service Day is an opportunity for young people to be recognized for their contributions. Whether four friends get together to clean up a stretch of riverbank or 14 young people canvass for a local charity, the message is clear: Canadian youth make a difference in their communities.

The Statistics Canada 2000 National Survey of Giving, Volunteering and Participating reveals that:

- There are 6.5 million volunteers in Canada
- 29% of all volunteers are between the ages of 15 and 24
- youth volunteers contribute an average of 130 hours a year
- 78% of youth volunteers believe that volunteering is a way to improve job prospects
- 24% of youth volunteers believe that volunteering helped them get a job
- 18% of youth volunteers participate because of a school, employer or government requirement
- the key causes that Canadian youth volunteers support are education and research, social services, arts, culture and recreation (including sports)
- Canadian youth volunteers are involved in organizing and supervising events (53%); canvassing, campaigning and fundraising (39%); teaching or coaching (34%); providing care, support or counselling (29%); and serving as unpaid members of boards or committees (26%).

2003 Canadian Forum on Volunteerism

Excerpted from the '2003 Canadian Forum on Volunteerism,' found in *The Volunteer Beat*, January 2003.

The Board of Directors of Volunteer Canada invites volunteers throughout Canada to join them in Toronto on Tuesday April 15 and Wednesday April 16 as they host the 2003 **Canadian Forum on Volunteerism**.

It was during International Year of Volunteers, 2001 that Volunteer Canada hosted the 2001 Forum in Vancouver, BC. The 2001 Canadian Forum on Volunteerism brought together volunteers from across the country to debate and discuss four controversial and provocative statements on volunteering. The report from the event can be viewed at volunteer.ca

Following the format of the 2001 Canadian Forum on Volunteerism, the 2003 Forum will convene hundreds of volunteers to debate a series of declarations on volunteerism in Canada. The Forum will focus on debate and discussion around issues facing volunteers across the country and will give an opportunity for participants to help redefine volunteerism in Canada. The Forum also provides a great way for charities and non-profits to recognize the contribution of the volunteers they send to the event.

Who should attend?

The voluntary sector in Canada is as large and diffuse as the 180,000 organizations and agencies that serve our nation. The Forum creates the opportunity for organizations to recognize their volunteers by having them represent the viewpoints of their community and participate in the debate of volunteer issues.

How will the Forum work?

Three statements have been formulated to capture the sometimes ambiguous nature of creating a definitive position on issues facing volunteers and voluntary organizations across Canada. They are meant to be controversial and are not necessarily reflections of the beliefs of Volunteer Canada or their sponsors. The statements are intended to generate new insights and energy around volunteer activity, offering an opportunity for intellectual dialogue and the exploration of new ways of thinking about volunteerism in Canada.

In 2003, the debate statements are as follows:

1. When Canadians pay taxes and receive publicly funded services they do not expect those services to depend on volunteers.
2. When the media depicts volunteerism as either “hearts and flowers” or in terms of scandal, they negatively effect recruitment and retention of volunteers.
3. Given that Board volunteers already provide so much of their time and energy, they should not also be held personally liable for wrongdoings within organizations they are associated with.

Each statement will be debated by a panel in a plenary format

Volunteer Orientation Workshop

CILT had scheduled a **Volunteer Orientation Workshop** for Friday February 28th, 2003 but it was cancelled due to illness of the facilitator. This workshop has been re-scheduled for Thursday April 24, 2003 1-4pm (registration begins at 12:30). If you are interested in attending, please call Nancy at (416) 599-2458, x27.

Volunteer Classifieds

One of CILT’s main features is our resource library, which includes information relating to disability issues. Much of that information is contained not only in

books and magazines, but also on videos and audiotapes.

We are looking for a dedicated volunteer to come in one to two half days a week to assist our librarian with the following tasks:

- a) writing brief summaries for our collection of videos and audiotapes;
- b) filing news articles accordingly;
- c) sorting periodicals; and
- d) updating resource lists and materials.

The successful candidate must have an avid interest in library sciences, excellent listening, comprehension and writing skills. Reliability is crucial. Must have a firm grasp of the English language. Must submit resume and attend an in-person interview. This position would be ideal for a library sciences student. TTC tickets will be provided.

If interested, please call Nancy at (416) 599-2458, x27 or email to peervolunteer@cilt.ca.

Disability Awareness Corner

The information provided in the Tourette Syndrome pages coming from members.tripod.com/~tourette13 is as accurate as possible. However, the author of this article, Raenna Peiss, is **not** officially a part of the National Tourette Syndrome Association. She does have Tourette Syndrome and is speaking from personal experience.

Tourette Syndrome (TS) is a neurological disorder characterized by tics -- involuntary, rapid, sudden movements or vocalizations that occur repeatedly in the same way. Diagnostic criteria include:

- Both multiple motor and one or more vocal tics present at some time, although not necessarily simultaneously;
- The occurrence of tics many times a day (usually in bouts) nearly every day or intermittently throughout the span of more than one year;
- Periodic changes in the number, frequency, type and location of the tics, and in the waxing and waning of their severity. Symptoms can sometimes disappear for weeks or months at a time;
- Onset before the age of 18.

NOTE:

- Although the word "involuntary" is used to describe the nature of the tics, this is not entirely accurate. It would not be true to say that people with TS have absolutely no control over their tics, as though it was some type of spasm; rather, a more appropriate term would be "compelling." People

- with TS feel an irresistible urge to perform their tics, much like the need to scratch a mosquito bite. Some people with TS are able to hold back their tics for up to hours at a time, but this only leads to a stronger outburst of tics once they are finally allowed to be expressed.
- Although the DSM-IV has recently changed the upper age of onset from 21 down to 18, the Tourette Syndrome Association Medical Advisory Board is working to have it reverted back to 21, as is listed in the DSM-III-R.
 - Coprolalia (see below) does not have to be exclusively swear words. Many times coprolalia manifests itself as socially inappropriate or unacceptable words or phrases, such as the overwhelming urge to use a racial epithet, even though that is the **last** thing you want to do. Something about the "forbiddenness" of it impells a person with coprolalia to say it, seemingly against their will.
 - Another important thing to remember about coprolalia is that although this symptom has been sensationalized by the media, it is actually rare, occurring in less than 30% of people who have a severe case.

How are Tics Classified?

Simple tics are movements or vocalizations which are completely meaningless, whereas complex tics are movements or vocalizations which make use of more than one muscle group or appear to be meaningful.

The range of tics or tic-like symptoms that can be seen in TS is very broad. The complexity of some symptoms is often perplexing to family members, friends, teachers and employers who may find it hard to believe that the actions or vocal utterances are not deliberate.

What Causes Tourette Syndrome?

Research is ongoing, but it is believed that an abnormal metabolism of the neurotransmitters dopamine and serotonin are involved with the disorder. It is genetically transmitted; parents having a 50% chance of passing the gene on to their children. Girls with the gene have a 70% chance of displaying symptoms, boys with the gene have a 99% chance of displaying symptoms.

Any Related Problems?

Yes. People with TS are more likely to have any combination of the following problems:

- Attention Deficit/Hyperactivity Disorder (ADHD)
- Difficulties with Impulse Control (disinhibition)
- Obsessive-Compulsive Disorder (OCD)
- Various Learning Disabilities (such as dyslexia)
- Various Sleep Disorders

Back once again to the DSM-IV, Tourette Syndrome is an Axis I disorder. People

with TS do tend to present with more other Axis I disorders than the rest of the general population.

For more information:

Visit the Web site alt.support.tourette - a newsgroup dedicated to discussions of Tourette Syndrome.

Community Events

Deep Relaxation and Visualization

There are two workshops being held in the Yonge and Summerhill area on **Deep Relaxation and Visualization**. In a group setting of confidentiality and support, this 1.5 hour workshop provides participants with an opportunity to draw on their intuition and their emotional life. The workshop is interactive and experiential and is designed to help each participant access powerful personal resources found deep within each one of us. The presenters are:

Harvey Hall: a psychotherapist with 20 years experience and a founding member of the Institute for Psychotherapy and Emotional Bodywork. He is a retired high school teacher and the father of three. His experiences with Multiple Sclerosis provides him with both empathy for and insight into the challenges of life with a disability.

Ellen Jane Rose: a graduate of the Institute for Psychotherapy and Emotional Bodywork; she has worked with groups and with clients individually. She is a retired teacher and the grandmother of five. As both a former caregiver and a stroke survivor herself, Ellen Jane has a natural understanding of the demands of both roles and is glad to share her hope with others.

The workshops are being held **Thursday, April 3, 2003, 10 to 11:30am** and **Friday, April 7, 2003, 7 to 8:30pm**. Registration is limited to 20 people per workshop. Please register by calling Lynn Laccohee at (416) 967-3032.

ODSP Odyssey

Bellwoods Centres for Community Living Inc. is holding a workshop entitled, "**ODSP Odyssey**" on **Tuesday, April 22, 2003, 1 to 3pm** for adults (16 years and older) with a physical disability. If you attend this workshop, you will:

- Learn about benefits, equipment coverage, eligibility, the referral process and overcoming barriers to employment;
- Get your questions answered by Keith Howlwell, Income Support Worker

- and Linda Scott, Employment Support Worker;
- Find the fit between your needs and their services.

The workshop takes place at:

Bellwoods Park House Lounge
300 Shaw Street
(Dundas & Ossington)

Workshops are free of charge. Registration is required. Please call Marsha or Alma at (416) 696-9663. Refreshments will be provided. Attendant services can be provided if requested in advance.

Ontario March of Dimes Spring Trips

The Ontario March of Dimes has announced their "**Spring 2003 Out-Trips**":

Jungle Cat World -- Monday, May 12, 2003, 11 am- 6:30 pm. Experience a variety of threatened and endangered species such as lemurs, gibbons, cotton-top tamarins, spider monkeys felines. Jungle Cat World is accredited by the Canadian Association of Zoos and Aquariums, a non-profit organization established to promote the welfare of and encourage the advancement and improvement of zoology, recreation, education, conservation and science. Jungle Cat World is recognized for its successful breeding programs and participation with various international Species Survival Plans and Population Management Plans. The cost per person is \$35.00 (lunch not included, brown bag lunch recommended).

Grand River Cruise - May 23, 2003, 11am-6:30pm. The Luncheon Cruise Package includes shopping in the Bake Shop and Craft Shop, an excellent music show featuring the "Millennium Four" ensemble, and a 3 hour dinner cruise with a delicious three course roast beef meal. This facility does not open until May, so the date has not been decided. If you are interested in attending, please sign up and you will receive a call notifying you of the date. Trip subject to favourable weather conditions. The cost per person is \$60.00 (lunch included).

Scadding Court Community Centre presents a new program, "**Gardening for People Living with a Disability**"! The gardening community would like to extend an invitation to those who are living with a disability and rarely have an opportunity to experience the wonderful world of gardening. Scadding Court is providing "raised planter beds" for persons using mobility devices. For more information, please call Krista Fry at (416) 392-0335, x243 or Sam Savona at x247 (Wednesdays only).

CILT News

SARS Information

There isn't really anything 'new' at CILT. Staff are working hard as usual and things are just as busy as they normally are.

The one important item that does seem to be on people's minds these days is the **Severe Acute Respiratory Syndrome (SARS)**. Any volunteers who wish to stay home while this virus is going around, may do so. However, if you also volunteer at a hospital or visit a hospital on a regular basis for appointments, dialysis, etc. we do encourage you to stay at home during this time for your own protection as well as that of everyone else. We thank you for your cooperation.

Severe Acute Respiratory Syndrome (SARS)

Severe Acute Respiratory Syndrome, or SARS, is a severe form of pneumonia. The cause of SARS is still not confirmed, however national and international laboratory testing and collaboration is ongoing.

The main symptoms of SARS include both a high fever (over 38° Celsius) and respiratory problems, including dry cough, shortness of breath or breathing difficulties. A chest X-ray would indicate pneumonia. People with SARS may also experience other symptoms, including headache, muscular stiffness, loss of appetite, malaise, confusion, rash and diarrhea.

The disease is spread from one person to another only through close contact - through droplets from coughing or sneezing, or from direct face-to-face contact. There is no evidence to date that the disease spreads through casual contact, or through the air.

SARS appears to be less infectious than the flu, with an incubation period estimated to range from 2-10 days.

If you do not develop symptoms within 10 days from your last possible exposure to SARS, you are out of the risk period.

Home Quarantine

For people who may have had contact with SARS, during the 10 days following exposure, you should stay in home quarantine. This means remaining at home, wearing a mask when in contact with other family members, using your own personal items (such as towels, glasses, utensils, etc.), washing your hands often, sleeping in a separate room, and checking your temperature twice daily.

If anyone in your home develops a fever over 38° Celsius, respiratory symptoms

(cough, shortness of breath, difficulty breathing), headache, or feels sick, contact:

- **Toronto Public Health** at 416-338-7600, or
- **your local health unit**, or
- **Telehealth Ontario** at 1-866-797-0000.

Otherwise, family members of healthy people who are quarantined do not need to stay home because there is no risk they can transmit SARS.

If the person in quarantine develops signs of SARS, their entire household will be quarantined.

For more information contact:

The Ministry INFOLine at 1-800-268-1154 (Toll-free in Ontario only)

In Toronto, call 416-314-5518

TTY 1-800-387-5559

Hours of Operation: 8:30am-5:30pm

Email: infomoh@gov.on.ca

Visit HealthyOntario.com for more information on a wide variety of consumer health topics.

CILT's Volunteer Vibes is a quarterly publication of the **Peer Support Program**. If you are interested in volunteering at CILT, please call Nancy to request a Volunteer Application Package.

Centre for Independent Living in Toronto (CILT) Inc.

205 Richmond Street West, Suite 605

Toronto, Ontario M5V 1V3

Tel: (416) 599-2458, extension 27

Fax: (416) 599-3555

TTY: (416) 599-5077

Email: cilt@cilt.ca or peervolunteer@cilt.ca

Web site: www.cilt.ca

Volunteer Vibes is also available on audiotape.

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.

Supported by a Toronto Community Service Grant, United Way and Human Resources Development Canada