

CILT's Volunteer Vibes

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Welcome New Volunteers

Let's give a warm welcome to Suzette Yearwood who has recently joined CILT's wonderful team of volunteers. Suzette comes in to help staff with clerical tasks once a week. She's a great help and we are pleased to have her with us.

A Fond Farewell to...

Sadly, we have to say goodbye to two of our volunteers who have decided to move on to new and exciting things. Doan Bui and Rita Grotsky have left us to pursue other interests. They were both an amazing help to all of the staff at CILT, and we will miss them. Good luck to both of you in your future endeavours.

Living and Loving - A Time for Giving

Article written by Kristen Pasculli, www.volunteer.ca, November 17, 2001.

If only during this holiday season, now is the time to volunteer. There are plenty of organizations that can use your help, and will accept you for the time you are willing to give. It doesn't take much to volunteer, just a willingness to help. Then you must collect your resources and find a charity that you will enjoy working for. Do you prefer working with people? Children? Would you rather work behind the scenes? Do you have a special interest that you would enjoy working with? Maybe an issue has hit home with you (a.k.a. cancer, AIDS, the terrorist attacks). These are all avenues to thoroughly explore before you descend upon your journey to find the perfect volunteer opportunity.

The Internet is a great place to begin your search. Many local organizations have web sites, and worldwide and national organizations are sure to as well. Your local newspaper is another great resource to take advantage of, chocked full with up-to-date listings of organizations in need of your help. In addition, the phone book is a great tool. Here are some great organizations worth a look into:

- Interested in helping out with cancer? See if your local chapter on the Canadian Cancer Society needs assistance. www.cancer.org
- A wealth of volunteer opportunities in just about every part of Toronto are at www.charityvillage.com.
- The Volunteer Opportunities Exchange connects you with organizations that are looking for volunteers. Check it out at www.voe-reb.org.

- Surf the net - there are tons of listings to help you find a perfect match. Food banks, animal shelters, health organizations...the list is endless.

An important aspect of making a good match is to talk extensively to someone with the organization, and ask questions to ensure that the opportunity is right for you.

1. How much time will I have to devote? How often? Are there set hours?
2. What am I responsible for? What is a typical session like? What are the working conditions?
3. Is this a one-time experience? Can I come back if I like it?
4. Do I have to have any prerequisites?
5. Are there any situations that may make me feel uncomfortable?
6. Do I need to be in tune with other cultures/diverse people?
7. How safe is this opportunity? What is the neighborhood like?
8. Will I be working alone? With others? How many people? How long have many of your volunteers been with your organization. Can I speak to any of them for a first-hand account of what the work is like?
9. What do you think your organization's biggest attraction for volunteers is?
10. In case I am uncomfortable with this work, who do I notify? Do I need to give a notice if I am going to leave (which is sometimes polite when an organization is depending on you.)

Community Service Volunteer Awards

The Community Service Volunteer Awards celebrate people who are investing in their communities and inspiring others through their tireless work. Through these awards, the City of Toronto recognizes how invaluable volunteers are in supporting their vibrancy and strength of Toronto.

Nomination Categories

For individual or group nominations, the volunteer activity must fall into one of the following categories:

- Children/youth services
- Community and public health services
- Community development/community centres
- Housing and homelessness support services
- Immigrant and newcomer services
- Seniors services

Eligibility

- Nominations are open to all residents of Toronto
- A volunteer must live within the boundaries of the city of Toronto

- Volunteer services must be performed within the boundaries of the city of Toronto
- The organization that the volunteer assists must serve Toronto communities
- A volunteer is to be nominated in one category only
- A nominator may submit a total of three separate nominations only
- A group must be made up of two or more individuals who worked on a project or activity within the past year
- Self-nominations will not be considered.

How to nominate someone

- Complete a nomination form - one can be downloaded from www.toronto.ca/volunteer_awards.
- When completing the form assume that the selection committee knows nothing about the nominee, organization or community.
- All entries must be typed or printed legibly.
- Mail nominations to: 2005 Community Service Volunteer Awards, City of Toronto, 15th floor, East Tower, 100 Queen Street West, Toronto, ON M5H 2N2.
- Fax nominations to: 416-3928492, Attention: 2005 Community Service Awards.
- Direct questions about the awards to Lin Mu, 416-392-8616 or lm@toronto.ca

Disability Awareness Corner

United Nations International Day of Disabled Persons

The United Nations International Day of Disabled Persons is an annual day of observance, held on *December 3rd*, with the aim to build a better understanding of the needs, rights, talents and contributions of over 600 million citizens with disabilities throughout the world.

This year's international theme was "Nothing About Us Without Us." In celebration of the day, the Canadian Association of Independent Living Centres held their 3rd annual national kick-off event in Ottawa and broadcasted it live over the Internet.

Famous Players

www.famousplayers.com

Cineplex Galaxy LP

www.cineplexgalaxy.com

Empire Theatres

www.empiretheatres.com

Landmark Cinemas

www.landmarkcinemas.com

Rainbow Cinemas

www.rainbowcinemas.ca

Magic Lantern Cinemas

www.rainbowcinemas.ca

Capitol Theatres (Yellowknife)**Theatre Near You (Burnaby, Surrey, New Westminster BC)**

CILT invited its members and volunteers to join staff to celebrate the day by watching the live webcast together from our office in Toronto. We had a large turnout and the event was a great success!

If you weren't able to participate in this year's celebration but would like to see the webcast, you can view the archived version by logging on to CAILC's website at www.cailc.ca. Click on "International Day of Disabled Persons" on the homepage and follow the links.

Access2Entertainment

The Motion Picture Theatre Associations of Canada and the National Advisory Council of Disability Organizations have developed a program that will provide discounted admission to the support person accompanying a person with a disability to member movie theatres across Canada.

Application for the Access 2 Entertainment Card must be verified by a Registered Health Care Professional as defined in the application form or by presenting a copy of an authorized client identification card from a recognized disability service provider (for example the CNIB client identification card) and the applicant must be a client/patient of the authorizing health care practitioner/service provider.

Participating Theatre Chains - and other Members of the Motion Picture Theatre Associations of Canada. Please check with your local theatre to confirm participation in this program.

Terms and Conditions

- The application form must be submitted by a person with a disability or a

- legal guardian on his or her behalf.
- The applicant must be identified as having a disability by a registered health care professional or recognized service provider and he/she must be a client/patient of the authorizing health care professional/service provider.
 - The applicant must present the Access 2 Entertainment Card along with personal identification at the movie theatre Box Office when purchasing his or her own movie ticket.
 - The person with a disability and support person must attend the movie together.
 - The discounted admission fee for the support person will be free or no more than \$3.00. Prices may vary from theatre chain to chain.
 - This program is administrated by Easter Seals / March of Dimes National Council on behalf of the Motion Picture Associations of Canada. Please allow 4 to 6 weeks for processing of your application and delivery of your Access 2 Entertainment Card.
 - This card shall be valid for a period of 5 years from date of issue after which a renewal application form must be filed with Easter Seals / March of Dimes National Council.
 - Misuse or abuse of this card shall result in the immediate termination and confiscation of the card and its privileges.
 - These terms and conditions are subject to change without notice under the authority of the Motion Picture Theatre Associations of Canada and the National Advisory Council.

2005 Access Awards

The City of Toronto is calling for nominations for the 2005 Access Equity and Human Rights Awards. Among the awards being presented is the Access Award.

The Access Award is given to a person, group or organization that has significantly contributed to improving access for people with disabilities in the City of Toronto. "Access" can include designing new or renovated structures; an employment program, a transportation system, a recreational/leisure program, or anything that contributes significantly to people with disabilities living independently.

Do you know someone who has made a difference in the City of Toronto? Have their accomplishments recognized by nominating them for an award. Nominees must be residents of the City of Toronto. The nomination deadline is March 15, 2005.

For more information, please contact Diversity Management and Community Engagement, Strategic and Corporate Policy/Health City Office, Chief Administrator's Office, City Hall, 10th Floor East Tower, 100 Queen Street West,

Toronto, Ontario M5H 2N2. You can also contact their office by phone at (416) 392-8592, TTY (416) 338-0889, fax (416) 696-3645 or email diversity@toronto.ca. Multilingual Services, call Access Toronto at (416) 338-0338.

OMOD Geneva Park Winter Weekend

Geneva Park Winter Weekend **January 28-30th, and February 25-27th, 2005.** The Ontario March of Dimes invites consumers to join new and old friends at the YMCA's Geneva Park Conference & Resort Centre in Orillia.

Come out, relax and have some fun in an accessible environment. Vacationers are encouraged to participate in and enjoy the great Canadian outdoors.

Indoor and outdoor activities such as dog sledding, ice fishing, arts and crafts, and socializing provide an unforgettable wintertime experience.

Attendants will be available on site to provide attendant services as required. For more information, please call Indra Parsan at (416) 425-3463, x360.

SCCC Swim and Social Program for 2005

Every Monday and Thursday, 6pm to 8:30pm the Swim and Social Program meets – a social-recreational program for adults with physical disabilities. It is free of charge to anyone with a disability who is a member of Scadding Court Community Centre.

Scadding Court Community Centre is wheelchair accessible with ramps and an elevator. Their Swim and Social program includes:

- an elevator chair that lowers you into the water
- coffee, tea and fresh fruit before and after the swim
- the opportunity to meet new people and make new friends.

Please note that this program cannot provide one-to-one care. Participants should make arrangements for attendants if they require such care/assistance. For more information, please contact Walter Quan or Mohsin Khattak at (416) 392-0335.

Activate Your Winter at Birchmount Bluffs!

Birchmount Bluffs Neighbourhood Centre offers access to integrated and adapted living and learning programs, and persons are free to participate at a

level suitable to their ability and choice:

Chair Tai Chi: enjoy the practice of low impact movements in this gentle wellness class that starts January 10, 2005, Mondays, 11:45 am to 12:45 pm. It runs for 10 weeks and the cost to join is \$10.

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

Stress-Reduction Group: practice easy to learn breathing and relaxation techniques that reduce stress in a safe, supportive group setting. Takes place every third Tuesday of the month from 2 pm to 3:30pm (free of charge).

Barrier-free Access to Swimming Project: this program begins Tuesday January 25th 2005 and offers attendant-supported access to an integrated lane swim. Runs to early June. Every Tuesday from 12 noon to 3:30pm. For more information, call (416) 690-8804 (free of charge).

Other programs offered through Birchmount Bluffs include information and referral services, informal counseling and advocacy and workshops on disability-related topics. The winter session begins the week of January 3, 2005 and registration began on December 6th. Annual membership is \$4.00 and subsidies are offered to offset program fees for those who face financial barriers. Location: Birchmount Bluffs Neighbourhood Centre, 93 Birchmount Road (at Kingston Road). For more information, please contact David Meyers at (416) 396-7606.

SEASON'S GREETINGS

WISHING YOU AND YOUR FAMILY A SAFE AND HAPPY HOLIDAY! FROM
CILT STAFF

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.

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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.

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