



Newsletter

Fall 2006

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" United Way Member Agency "



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INSERT:

CILT (Centre for Independent Living) "In The Stream" Summer Newsletter....Excerpt - *Boiling Points: Coping with Anger & Frustration*, by John Mossa



Boston Pizza warmly welcomes customers of all abilities

Boston Pizza in Orillia was assessed recently and passed with flying colours! Also, comments from a number of their customers (people with disabilities) have been very positive. In addition to having a fully accessible location and the staff at this restaurant are very welcoming and sensitive to special needs. Hurrah for Orillia's Boston Pizza!

If you know of a good news story - a business that has improved access, please let us know so that we can update or add this location to our guide. We need your help to keep the guide current.

"EXEMPT FEES"

City of Barrie Parking Meters & Municipal Lots



At the March 27th, City of Barrie's Council meeting a decision was made to **exempt fees on** legally parked vehicles displaying the Ontario Disabled Parking permit and/or the Ontario Veterans License plate. This includes street meters and city parking lots.

Thanks Barrie City Council, your support is awesome!

Association News

Executive Director, Dan McGale

We continue to be amazed by the number of questions and inquiries our Association regularly receives regarding a wide variety of issues facing individuals with physical disabilities, their families and support networks. This demand for information is reflected in the over 16,000 hits we received on our web page in June of this year. The types of questions are as diverse as our population.

In response to this constant request for information, we are creating a volunteer driven Information and Research Service that will be available to assist individuals in tracking down some of the information they require. We hope to be able to coordinate this volunteer resource with the other groups and agencies in Simcoe County to assist with answering questions from community members about how to adjust to the realities of living with a physical disability. We are also currently expanding the Access Guide on our web page to include business locations in Orillia, Alliston and Innisfil this summer, so citizens and tourists to Simcoe County can be prepared for their shopping and entertainment expeditions in advance.

The plans for this year's Annual General Meeting and Conference are being finalized now. This year the event is being held in Barrie, and will continue to include information sessions to assist the members of Simcoe County Accessibility Network to make their communities more accessible to citizens with disabilities. We are also sponsoring some self-improvement workshops in the afternoon, and co-hosting a speaker following our business meeting who describes her success in maximizing life while living with Multiple Sclerosis.

I hope you can join us for at least part of this exciting day.

A number of the activities which our Association offers in the community are not funded through any government funding. These programs include the operations of Elaine House - an accessible residence in Barrie, our volunteer services, public education and community development activities. We are exploring ways to increase the diversity of funding we receive to support these activities, and these efforts have been supported through the United Way of Simcoe County's Training and Consulting Services.

The move to decentralize decisions for the planning, funding and evaluation of health services across Ontario is continuing to unfold through the development of the Local Health Integration Networks, or LHINs. The North Simcoe/Muskoka LHIN has been very busy gathering information from the general public and service providers to develop a long term plan for health services in this area. The results of this planning process and final report will be made available to the public starting in September, so check your local media.

There have been several changes at the main office of the Association in Barrie. Both, the MS Society-Simcoe County Chapter and S.C.A.P.D. wanted additional office space. We were able to negotiate an expansion to our current lease which allowed for the creation of a separate staff office area for our Outreach Attendant Care staff in the Barrie area, while allowing the MS Society to more than double their office space.

Although the renovations are slow getting completed, we are looking forward to the additional work space. You may also notice that we have finally given in to the benefits of telephone technology by incorporating the auto attendant service - that human touch is gone.

**Barrie
Dragon Boat Festival**

Avalon Wellness Centre of Barrie
is pledging all funds raised by
their team

"Pendragons of Avalon"

to S.C.A.P.D
Saturday, August 26, 2006
Heritage Park at Barrie's
Waterfront

More information available on
our web site -
www.scapd.on.ca
(Events & Celebration link)
Avalon Wellness Centre
705-728-6021

**"Paddlers
Needed"**



Meeting Our Board



Albert Stein

Albert joined the Board of Directors of S.C.A.P.D. in Sept. 2002. Being a retired Certified General Accountant, and a valued member of our Finance Committee he quickly moved into the role of Treasurer of the Board.

He is now currently moving into his second year as the Chair of the Board.

During his service on the Board of Directors, Albert has been a strong voice at the Board table on accessibility issues involving people with physical disabilities, and is a very positive role model within our Association. He has encouraged and supported our Association to develop a program, supported by the Ontario Trillium Foundation, offering accessibility audits to the business community within Simcoe County. This program is designed to increase the quantity of accessible locations and supports the inclusion of individuals with physical disabilities in our community.

Albert then spearheaded the mentoring of other Accessibility Advisory Committees to develop a similar process for them to begin audits in other communities in Simcoe County and surrounding areas. This included the towns of Stayner, Wasaga Beach, even as far north as Gravenhurst. He currently acts as Chair of the Simcoe County Accessibility Network.

Albert has been an active participant in S.C.A.P.D.'s public education and advocacy work over the past four years. This has included working with local media to produce a mini documentary outlining the concerns associated with wheelchair access along city streets, and reviewing the potential impact of Accessibility legislation on the inclusion of individuals with disabilities with our local politicians.

Albert was injured in a boating accident at age 16, and has lived with lower, and partial upper, body paralysis since that time. He has used this experience well to further the cause of improving accessibility in our communities in a volunteer capacity.



Laurie Marshall

Laurie joined our Board of Directors in 2005. Having a teenage son who was born with a physical disability, Laurie learned the hard way - how to advocate for service and find your way through the variety of services, supports and experts in Ontario.

She considers each day to be a joy, a challenge, and a growth experience. She hopes to use some of this expertise to assist other families in Simcoe County, by making it easier to access services and supports for their family members.

Laurie works with the OPP in Orillia in the criminal investigations area. In her first year on the Board of Directors at S.C.A.P.D.; Laurie is a member of the Nominating Committee of the Board, and a very active participant in the Associations special events.

Win Your Choice Of:

First Prize: Your choice of a Skidoo, Seadoo or a ATU Four-Wheeler.



Ticket Sellers Needed

Second Prize:

Home Entertainment Package or Lawn Tractor.

Third Prize: Framed numbered Print "End of Season" by S. Dempsey or enjoy enough coffee for a year.

Fourth Prize: \$100 Free Groceries from Zehrs or 1000L Drinking Water from Water Depot or 400 Minutes of Tanning at Fabutan.

Draw Date: September 12th 2006 at 7pm

Tickets are only \$5 or 5 for \$20 Buy One Today!

Odds of winning first prize: 1 in 7,500, second prize: 1 in 7,500. Estimated value of Skidoo, Seadoo or 4wheeler is \$10,000, Entertainment Package is \$2,500. Winner need not be present at draw to be eligible for prize. All ticket sales are non-refundable. Winning tickets are not eligible for other draws. All ticket proceeds go to the Simcoe County Association for the Physically Disabled, Charitable Donation No. 106773575 RR0001. Total number of tickets printed: 7,500. License No. M342993



Tickets Call 737-3263

*the winners will be notified the evening of the draw and posted on our web site at www.scapd.on.ca

The Simcoe County Association for the Physically Disabled



Student Project Opens The Door For Bowlers With Disabilities

by Tracy Dermott, Alliston Herald

Several local disabled bowlers are making strikes thanks to a couple of students from Banting Memorial High School. Christopher VanderKruys of the Simcoe County Association for the Physically Disabled approached Dave Bohach, a teacher in the technology department at the school, to come up with a bowling ball ramp to help physically disabled people bowl.

"It was perfect timing," Bohach said. He was just getting ready to hand out the practical exam assignments to his Grade 12 manufacturing class. He handed over the challenge to Cameron Sneath and Mark Varral. They were told to use their research and development process to find a solution for the problem.

You have to design and manufacture a five-pin bowling ramp they can use to bowl against each other. The ramp must be light enough to carry for the bowling staff and must be moveable for them to aim at the pins."

Bohach said the pair got right down to work. It was the first time a practical project from outside the school was assigned. The research and development process included making sketches, making up a costs bill and ultimately, in the end, building it. Sneath and Varral have been under Bohach's tutelage for the past four years.

"They're really good kids," he said. "They're dedicated to what they do. They're always the one to lend a helping hand, and they do good work."

Varral was recognized for his years of hard work at Banting's commencement ceremony. He received the technology department award. VanderKruys said he was thankful for all of the help he received from Banting.

*The ramps are being used at Bayfield Bowl, Bayfield Mall in Barrie. The steel was donated by Otto Schaff, owner of Ontario Steel Sales Ltd.
771 Bayview Dr. Barrie, Ontario.*

A.G.M. Annual General Meeting

Thursday, September 21, Holiday Inn,
Fairview Dr. Barrie

- Accessible Transportation to be arranged from Collingwood, Midland, Orillia areas
- Afternoon Information Workshops
 - 1:30-2:30 Facility Accessibility Design Standards
 - 2:00 - 3:00 Options for active living with a disability
 - 3:00 - 4:30 How to complete a site plan review regarding Accessibility
 - 3:30 - 4:30 Standing up for your rights - "How To Assert Yourself"
 - 5:00 Dinner
 - 7:00pm Our Guest Speaker "The Three Steps to Recovery"

Eva MARSH, *MEngEE BSc(Physics)*



"Maximizing on life while living with MS"

More detailed information is available on our web site @ www.scapd.on.ca or call 705-737-3263 Nickie ext 232

ACTIVE LIVING

Don't Just Think About It... Do It

NEWEST ACCESSIBLE TRAIL IN SIMCOE COUNTY

Huron Trails and Greenways, in partnership with the Thornton-Cookstown Trans Canada Trail Committee of the Township of Essa and the Town of Innisfil have redeveloped a section of the Thornton-Cookstown Trans Canada Trail to enhance its use by people of all abilities.

The new section of trail was built using the new guidelines developed by the Trails for All Ontarians Collaborative, a partnership of 16 trail and disability organizations that is working to ensure that all Ontario trails are accessible to all Ontarians.

The scenic walk/roll from Cookstown, around the new loop and back takes about 60 minutes.

CHECK IT OUT -

If you'd like to try this trail and transportation is stopping you, the Committees in Thornton and area are prepared to assist with arranging a bus trip on Wednesday, August 30th - call Nicole Cross, S.C.A.P.D. main office, at 737-3263 x 228 and if you are interested, she'll co-ordinate the trip. There is no cost to go see and try this new trail and the Committees are anxious to get your honest feedback.

Additional Areas in AccessSCGuide

www.scapd.on.ca

With the support of HRSDC, Trillium Foundation and a grant from the Orillia and area Community Foundation, we have welcomed a student to our S.C.A.P.D. team this summer - Jocelyn Wardlaw. She is busily assessing areas outside of Barrie to determine just how accessible they are for people with disabilities - particularly mobility issues. Keep an eye on our website and the AccessSC Guide for Orillia business locations as well as some from South Simcoe - Thornton, Cookstown and Innisfil.

Don't just think about it Do it!

- Do you have 30 minutes of physical activity at least 3 times each week?
- Do you compete in any sports activity?

Drop by our Active Living with a Disability session at September 21st AGM - details enclosed.

Share your story with others.

Drop me an email at mtizzard@scapd.on.ca or call at 737-3263 x 226.

Cool New Site -

This site provides Ontarians with quick and easy access to health information, advice and practical ideas for healthier living.

www.healthyontario.com/Home.htm

Check under "Health tools" (located on the lower right corner of the home page) and try a few of the personal tests:

1. How is your calcium intake;
2. How much weight do you need to lose?
3. Is your heart rate within the "correct" limit?

This is a great self help site for basic information on medical conditions as well as current articles.

Have a look!

Wye Marsh Promotes Outdoor Accessibility

The Wye Marsh offers the opportunity to see and experience the great outdoors. Not only are their trails and boardwalks wheelchair accessible, they have specialized equipment on-site for year-round enjoyment, including all-terrain wheelchairs, bubble wheel wheelchairs, a "trail rider", 6-person gold cart, kick-sleds, sit-snowboards and sit-skis! Website www.wyemarsh.com/about_access.html will show you all the accessible equipment that is available. Get active - get outside - check out their September program.

DID YOU KNOW?

Dropping by to say "hi" and to tell you a little of what's happening in my "neck of the woods"

Marion Tizzard,
Manager Volunteer & Information Services,
705-737-3263 Ext 225 mtizzard@scapd.on.ca

Volunteers make a big difference at S.C.A.P.D.

We now have close to 50 people who share many tasks from office support work, friendly visiting, outing companions, raffle ticket sales, speaker's bureau. We love adding to this list - so if you have a few spare hours, please let me know and let's see what we can do together.

Hats off to the team of volunteers whose gift of time enabled us to sell lots of raffle tickets; at the Canadian Street Nationals in July, Kempenfest in August and the ticket sellers who are continuing to sell tickets until raffle night.

Did you Know!!!!!!

We have conducted children's public education sessions in 10 County schools so far this year with more than 500 Grade 2 students learning that "differences are OK". This program is so worthwhile - children who understand this concept become much more aware and accepting adults. Teacher feedback is overwhelmingly positive and the children's interest is amazing. To continue this program we need financial support, so if you know of a business who might want to sponsor this very worthwhile program, please connect us. Also, if you know of a Grade 2 teacher who might like us to conduct the program - let us know that, too.

Teacher comments: "excellent program - should be mandatory"; "delightful session with wonderful learning"; "the children felt comfortable asking deep questions".

Children's comments: "Carol's wheelchair bell is so cool"; "loved the "Wendy" story"; "I'm different, too, and I know how much it hurts when I don't get asked to play".

"A Thousand of candles can be lit from a single candle, and the life of that candle will not be shortened. Happiness never decreases by being shared."

Buddha

Help!! - We need opportunities - We have our stories ready to tell!

Our Speaker's Bureau is ready for action but we haven't had any calls. If you know of an organization that would enjoy hearing the life story of a person with disabilities, refer them to our office. These stories raise the awareness level of the general public and add immeasurably to one's understanding of the barriers and challenges that exist.

Hello Midland and area

We are hoping to expand our Friendly Visitor program into the Midland area in the Fall. A recruitment drive will be started in mid September and we are hopeful to get volunteers for a training program which would be done in an October/November timeframe. This program has received very positive feedback in Barrie where a number of matches have been successfully made.

We are all like one-winged angels. It is only when we help each other that we can fly.

--Luciano de Crescenzo

Over the past year the Association has provided services to 124 individuals throughout Simcoe County in both our Outreach and Supportive Housing Programs.

- Individuals with MS and SCI make up 43% of our consumer base
- 27% of the individuals we support have MS, 81% of these individuals are female
- 16% of the individuals we support have a SCI 16% with 85% of these individuals being male
- The remainder consists of over 15 different disabilities

Check out the resource section of our website for information on these different disabilities www.scapd.on.ca