



Newsletter

Spring 2006

S.C.A.P.D., 1102 - 44 Cedar Pointe Drive, Barrie, Ontario
www.scapd.on.ca scapd@scapd.on.ca 705-737-3263

INSIDE THIS ISSUE

- 2 Association News
- 2 Meeting the Board
- 3 Events Coming Up... Fundraising
- 4 Making Donating Easier...
- 5 Active Living
- 6 Did You Know...?

Adaptive Rowing Barrie

By Debbie Decaire of Barrie Rowing Club



"Adaptive Rowing has been a wonderful experience for the rowers and the volunteers", says Debbie Decaire of Barrie Rowing Club. In the words of one of our new rowers "The feeling of gliding across water is sheer freedom - legs don't matter"

More Adaptive Rowing details ...Active Living ... page 5



Details ... page 4

5th Annual Bowl-A-Thon – May 28th



**S.C.A.P.D. NEEDS
YOU TO GET
INVOLVED
Great Fun
Great Prizes
For all ages &
abilities!!!**

Association News

*Executive Director,
Dan McGale*

As 2006 begins, our Association continues with the focus as agreed to in our Strategic Plan, to move forward with our goal to "Open Doors and Minds". This plan has been reviewed and revised slightly by the Board of Directors in December to more accurately reflect the reality of the changes in the health care sector.

This year will see the end of our current Trillium Grant. This was a three year grant which focused on establishing a Peer Support network and a Friendly Visiting program, and a new focus on public education and accessibility expertise at the Association. This grant has supplied us with the resources to train accessibility auditors and maintain this expertise, develop an accessibility guide on our web page and expand our revenue sources to include fee for service. This summer, we plan to expand the Accessibility Guide we developed last year, in cooperation with the City of Barrie, to include other communities and locations across Simcoe County. Our Public Education program continues to expand and be recognized as a quality service in communities across Simcoe County. This Trillium grant has had a major positive impact on the future direction of the Association.

The changes which are occurring in the health sector in Ontario will have a major impact on how services are prioritized and funded in the years to come. The creation of Local Health Integration Networks (LHIN) has the potential to offer more flexibility in the way that Attendant Care programs, as necessary supports for people with significant physical disabilities, are delivered throughout Simcoe County in the future. We look forward to working with the North Simcoe/Muskoka LHIN, to improve the accessibility and quality of Attendant Care services across Simcoe County. To learn more about the development and function of LHINs in Ontario please see www.lhins.on.ca.

New to this newsletter is a focus on the members of our Board of Directors. This senior group of volunteers is responsible for determining the overall direction of the Simcoe County Association for the Physically Disabled, and evaluating the effectiveness of efforts to move the agency in that direction. We have been fortunate as a non-profit organization to continue to attract highly skilled and dedicated volunteers for the Board of Directors, who offer diverse skills and experiences, and regional perspectives from across Simcoe County. We plan to focus on 2 members of the Board of Directors in each of the upcoming newsletters, to recognize the expertise and commitment of these individuals.

Meeting Our Board



Varouj Eskedjian was elected to the S.C.A.P.D. Board of Directors in 2001 bringing with him an extensive background in senior health care management. During his career, Varouj

has held senior positions with the Provincial Government and several hospitals, most recently Soldiers Memorial Hospital in Orillia.

He was appointed Vice-Chair in 2002-2003 and Treasurer in 2004 to Present. Varouj offers a wealth of experience, commitment and enthusiasm to S.C.A.P.D. through his volunteer work serving on the Board, Finance Committee and supporting our annual fundraising events.

Varouj is currently the longest serving member on the Board of Directors and his limitless contributions are greatly valued.



Gail Winter was elected to the S.C.A.P.D. Board of Directors in 2004.

Gail has a diversified background in business, teaching and health care. Gail's accreditations include Registered Holistic

Nutritionist as well as Registered Nutritional Consulting Practitioner.

In her life, Gail has faced some of the challenges involved with living with a disability, thereby bringing a first hand perspective to the Board table.

Gail is the Chair of the Board Nominating & Development Committee as well as a valued volunteer in S.C.A.P.D.'s Speaker's Bureau. Her volunteer commitment to S.C.A.P.D. is inspirational and invaluable.

Fundraising Committee

Join Gail and Varouj on the Fundraising Committee.

Share your ideas or marketing and planning expertise.

For more information call Christopher @ 705-737-3263

5th Annual Bowl-a-thon Sunday, May 28th, 2006 at Bayfield Bowl Bayfield Mall 1:00 - 4:00 p.m.

There are many ways to get involved whether it be through sponsoring, volunteering, and participating. This year you create "Your Own Team Theme"

So get creative with friends and family and plan for an afternoon of

"Fun-Raising"

Pledges can be collected by the usual cash method or a pledge can be made via our web site

www.scapd.on.ca

"Donate Now" button



WHAT'S HAPPENING!!!

*Manager Community Development,
Christopher Vanderkruids*

Sun City Swim Saturday, August 12, 2006 at Fern Resort in Orillia.

You swim from the shores of Fern Resort to Couchiching Beach Park - 5 kms. We are looking for sponsors, swimmers and prizes for this great event.

3rd Annual Raffle Draw

starting soon. Those interested in participating by selling tickets or if you just want to buy some raffle tickets contact Christopher. We will be set up at many events over the summer selling tickets and require your assistance manning the ticket booths. We need volunteer "Ticket Coordinators" in Midland, Orillia, Collingwood, Alliston and Barrie to assist in the distribution of tickets and acquiring other possible sale venues.

"Take A Chance "... *It is common sense to (attempt any sport) take a method and try it. If it fails, admit it frankly and try another. But above all, try something"*

Franklin D Roosevelt

Making Donating & Event Pledging Easier

go to S.C.A.P.D.'s web page
www.scapd.on.ca
 click on



Making donations at CanadaHelps -

It is as simple as doing your grocery shopping. You might be the kind of shopper that makes a list, researches your family's needs and wants, and meticulously walks the isles of the store to the items you want to purchase, drop them into your shopping cart and get to the checkout. Or, perhaps you are the type of person who doesn't really know what you want to buy, but you know you are hungry; you take your cart, peruse all the items available, choose one or more of them, and maybe even select some for your friends. You could even be the person who only eats one kind of food, and buys the same amount of that food, every month, on the same day. No matter what type of shopper - or more to the point, what kind of charitable donor you might be - CanadaHelps can accommodate all your giving needs.

CanadaHelps lets you give:

- When you want
- The amount you want
- To whom you want
- In the manner you want.

Making your donation is as simple as 1, 2, 3,

1. Choose a charity (or charities).
2. Identify any special requests associated with that gift (Gift Card, memorial designations, specific project requests, frequency of gift, etc.)
3. Proceed to the checkout (or payment) process.

Once the donation has been paid for, you receive an immediate, secure PDF tax receipt, issued by CanadaHelps, by email. CanadaHelps then disburses the funds (less a 3% transaction fee) to the designated charity.

CanadaHelps makes giving simple!

Charitable TAX TIPS

Unlike business "write-offs" or other tax-saving initiatives, charitable donations qualify for a tax credit rather than a tax deduction. A tax credit directly reduces your tax liability, whereas a tax deduction reduces your income that is subject to tax.

In Canada, your first \$200 of charitable donations qualifies for a 17 per cent federal tax credit (23.4 per cent federal/provincial combined). After \$200, you will get a credit of 29 per cent (36 per cent federal/provincial combined). So, even if you are not interested in donating for altruistic reasons, keep in mind that charitable contributions offer you some significant tax savings (especially after your first \$200). All donations at CanadaHelps are tax-receipted. If you have an account with us you can easily keep track of your charitable spending over the course of each year.

Charitable donations must be made by midnight December 31st to qualify for a credit in that taxation year. However, you can carry-forward donation receipts for up to five years - a useful tip to get you closer to the over-\$200 donation amount for the bigger tax credit.

Please be sure to contact your financial advisor should you have detailed or advanced questions about your charitable gifts and how they affect your income tax.

ACTIVE LIVING

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

Winter is a more difficult time of the year to be active - especially outside. Getting around can be challenging - it's so much easier to stay at home but there are events you might be interested in...

DOES AN OUTDOOR EXPERIENCE CALL TO YOU?

Wye Marsh in Midland is holding its 2nd **Annual Winter Ability Weekend** on February 21st and 22nd. This two day event is planned especially for people with disabilities and is designed to encourage outdoor activity, try special equipment, and have fun! Wye Marsh has much adaptive equipment to make winter fun for people with disabilities. Check their website to "see" the sit-skis; kick-sleds and other amazing equipment the link below or call 526-7809 for additional information.

http://www.wyemarsh.com/about_access.html

*Looking for an incredible experience -
How'd you like to try...*

WHEELCHAIR SKIING?

Canadian Association for Disabled Skiing (CADS) is offering to provide information sessions at Snow Valley Ski Resort in an effort to orient folks to the sport of skiing - a great opportunity to see what it's all about.

The program runs on Sundays in January and February. They have 2 sessions on Sunday - 11 am and 1:30 pm - running for about 2 hours. Go talk to the group, have an information session and be able to see the wheelchair skiers. However there is a fee between \$25.00 - \$40.00 to take lessons and ski. Participants have to get to the site (bummer! - transportation problems again!), however, once there, you will have the undivided attention of one of the many volunteers who work the program.

The person to call if someone is interested is Charlotte Russell at cell: 416-709-1145 or Home: 905-815-8788.

ADAPTIVE ROWING, *By Debbie Decaire*

The launch of the Barrie Rowing Clubs Adaptive program was enthusiastically received. 12 people came out to try the sport of rowing during the summer of 2005.

Adaptive Rowing implies that the equipment is "adapted" to the user to practise the sport, rather than the sport being "adapted" to the user.

The sport of rowing provides opportunities for disabled participants to experience a non-contact, low-impact, team environment. As with any new rower the sport is a great way to increase overall fitness levels.

The Barrie Rowing Club has achieved great success in obtaining a grant from the Wheels in Motion - Rick Hansen program. This will go a long way towards purchasing adaptive equipment. Some of these dollars will go towards building a non-slip and slope friendly dock for easy access to the water and the rowing shells. We hope to stretch the dollars to include a lift to assist people with getting into and out of the boats. We are currently working towards increasing our funds to ensure we have the needed tools to get people on the water in a safe and secure environment.

In Barrie, call Debbie Decaire for information at 734-6279. Midland Rowing Club is starting an adaptive program soon; call Donna Lister at 527-0912.

BOWLING

Something you can do winter, summer, spring or fall and especially on May 28th, 2006 at S.C.A.P.D.'s 5th Annual Bowl-A-Thon.

Start signing up sponsors now and plan to participate for your health, for fun and to help S.C.A.P.D. raise \$\$\$'s.

Bayfield Bowl in the Bayfield Mall has adaptive equipment and staff who will ensure that you are "set to go".

DID YOU KNOW?

*Manager, Volunteer & Information Services,
Marion Tizzard*

The McGuinty government is moving ahead on its plan to make Ontario an accessible province by 2025 by improving the *Disabled Person Parking Permit* Program, Transportation Minister Harinder Takhar announced.

Effective January 16, 2006, the Disabled Person Parking Permit Program will be renamed the **Accessible Parking Permit (APP) program**.

Improvements to the program include:

- New measurable and observable mobility criteria to make it easier for medical practitioners to evaluate a person's eligibility and ensure only qualified applicants receive permits;
- Improvements to application and production processes and technology to cut permit processing time in half, to approximately four weeks;
- New permit security features to reduce misuse and fraud, so that available parking spots are freed up for those who really need them.

The improvements to the renamed permit program represent the "first" major operational change following the passage of The Accessibility for Ontarians with Disabilities Act 2005. For more information on this program view the link below:
www.mto.gov.on.ca/english/dandv/vehicle/disabled.htm

Speaker's Bureau:

We have a small, professionally trained group from within Barrie and Orillia who are now ready, willing and very able to speak to groups such as service clubs, church groups, businesses, etc., on issues relating to disabilities. This group is made up of people with disabilities, family members of people with disabilities or people who work within the disabled community. Brochures announcing this program will be sent to many organizations offering to speak at gatherings - all in an effort to inform the general public on matters relating to people with disabilities as well as to increase understanding and create opportunities for people with disabilities to participate in meaningful and significant ways within our County.

One sure way to make a difference is to share stories. Spread the word that we are available. Or, if **you** would like to volunteer for such a role, do let us know. Further training will be done as volunteers commit to this program.

Friendly Visitors:

This program has made a huge difference in a number of lives. We are offering a new training program within the next few months so if you know of someone who'd benefit from a visitor **OR** if you know of anyone who might enjoy being a visitor, please let me know.

Support Group:

- We've had several sessions with an amazing group in Orillia who are enthusiastic, fun to be with and open to try new things. Call if you are interested in joining us. Next session will be on Monday, February 20th at 2 p.m. and it'll be "Movie Monday". Our movie featured will be **Murderball** - don't miss it.
- Joining with our many friends at Breaking Down Barriers in Collingwood for some events and programs has proven a positive experience for a number of folks in the Collingwood area. Please call if you'd like to participate in any of the fun activities being planned and I'll get details out to you.

National Access Awareness Week (May 28th - June 2nd, 2006) - we look forward to beginning this week with an afternoon of fun and "Fun-Raising", as we hold our 5th Annual Bowl-A-Thon at Bayfield Bowl, Bayfield Mall. Plan to participate - get a team going; sponsor someone else or offer your time as a volunteer. Stay tuned for some other events that will take place during this week throughout the County.

S.C.A.P.D. WEBSITE:

Make a habit of checking our website now and then as we try to keep new and current information in the "What's New" section. Check it out at www.scapd.on.ca

If you know of items of interest - let me - Marion know and I'll get them on so everyone can read about it. Marion 737-3263 Ext 226

PHILOSOPHY OF ATTENDANT OUTREACH SERVICES

*Manager of Support Services,
Dianne Reynolds*

The primary focus of Attendant Outreach services are to provide an attendant at pre-determined times who acts as a physical extension of a person with a physical disability.

The attendant follows the direction of the consumer and assists the consumer in carrying out the activities of daily living as defined by the consumer's plan of service.

The 5 Principles of Attendant Outreach Services:

1. Consumer's Support Network & Lifestyle Choices
2. Flexibility of Service
3. Integration
- 4. Independence**
5. Consistency

This newsletter will review Principle #4—Independence. This principle has been taken directly from the Attendant Outreach Services Policy Guidelines and Operational Standards Ministry of Health & Long-Term Care Division.

"Attendant Outreach Services should permit the consumer to maximize his/her independence. This will be achieved by scheduling services according to the consumer's lifestyle, providing attendant services when required in the competitive workplace or place where the consumer is pursuing adult education courses, and carrying out activities according to the consumer's direction.

Independence in a supportive housing program means that people are able to live in the community with as much freedom, self-determination, choice and responsibility as is feasible given their support and housing needs.

In supportive housing environments, it means that people have the opportunity to influence

decisions about the housing and support services they receive. This is empowerment of the consumer."

Next issue Principle #5 - Consistency

Program Supervisors

Christine Robus
737-3263 & 444-7680
crobus@scapd.on.ca

Roberta McComb
726-3366
rmccomb@scapd.on.ca

Mary Lee MacMillan
329-1393
mmacmillan@scapd.on.ca

Shirley Robles
**721-1478 &
528-0142**
srobles@scapd.on.ca

Tami Hawes
737-3263
thawes@scapd.on.ca

Fact:

We have 120 consumers
ONLY 17 are members of S.C.A.P.D.!!

**“Enable Your Voice to Be Heard
Become A Member!”**

contact Nicola @ (705) 737-3263 Ext 232

S.C.A.P.D. Web Site — Consumer Access

www.scapd.on.ca

The S.C.A.P.D. web site has been revised and has many NEW sections and information. The site has a private log-in section that will allow S.C.A.P.D. consumers access to documents and forms found under the heading Resources—Documents for Download. These can be easily downloaded from the web site for your convenience.

Accessing the Private Section:

On the top far right side of the screen is the log-in section. We have provided a username and password that is specific and case sensitive, so it must be entered as it appears below.

Username: consumer Password: cons44 you will know you have entered the correct information when you see **“Welcome Consumer”** (this replaces the information you entered)

Notice the Log Out button? **REMEMBER!!!!** **Log out** when you are finished on the web page.

Should you have any questions or suggestions regarding the web site, please contact Laurie at the Central Office @ (705) 737-3263 Ext 230 **Enjoy Browsing!**

WE ARE SELLING

Older office equipment i.e. computers and attachments, cell phones, FOR SALE as is - please call the central office to inquire about purchasing any items.
(705) 737-3263 Ext 230