

April 2009

2009 Ontario Budget Recipients leaving the Ontario Disability Support Program (ODSP) for employment will now receive health benefits indefinitely or until employer health benefits become available. Before, people could keep their benefits for only three months.

This new rule will help people on ODSP to enter the workforce, knowing there is no longer a risk of losing important health benefits.

<http://www.fin.gov.on.ca/english/budget/ontariobudgets/2009>

Rick Hansen

Wheels in Motion

June 14th



The seventh annual Rick Hansen Wheels In Motion event will be held on Sunday, June 14th, 2009 at the Wolseley Barracks (Canadian Forces Base, 701 Oxford St E. London). Register online at www.wheelsinmotion.org. This is your chance to have fun and make a difference in the lives of people with spinal cord injury. Join colleagues, friends or family and register a team in the wheelchair challenge or come out and cheer on your favourite group or team.

For a list of 90 + available, accessible houses throughout the area, please click:

<http://www.accessiblehouses.ca/ah-AvailableAccessibleHouses.pdf>



If you are thinking of going out for lunch or dinner downtown, please give some thought to these 2 places to support Make-A-Wish.

Enjoy dining out and help wishes come true! From Sunday, March 29th to Sunday, June 21st, when you dine at Crave Restaurant www.craverestaurant.ca:80 or Next Door Grill www.nextdoorbarandgrill.ca/ in London, 35 % of all pre-tax food sales will be donated to the Make-A-Wish Foundation®. To participate, please print the flyer found at www.makeawishsw.org/images/stories/crave.pdf and present it to your server at Crave Restaurant or Next Door Grill.

Land Transfer Tax for First Time Home Buyers

<http://www.rev.gov.on.ca/english/revfund/newhome>

(If you would like to have your name removed from this newsletter list, please call me at 852-3822.)



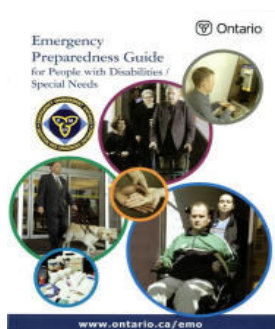
Falls in the Home

- One-third of seniors (age 65 and over) have a fall every year; half of them have more than one fall.
- Falls are the most common cause of injury among seniors.
- Seniors are nine times more likely to be hurt in a fall than someone under age 65.
- Nearly two-thirds of injury related hospitalizations for seniors are the result of falls.
- Roughly half of all falls occur at home.

The following link is excellent and is a must-read for everyone of all ages.

<http://www.phac-aspc.gc.ca/seniors-aines/pubs/falls-chute/pdf/falls-chutes-eng.pdf>

Emergency Preparedness Guide



I have copies of this free guide. If you have not got a copy, please let me know and I will give one to you. This is an excellent resource!

Travelling with Medications

Pack an extra supply of your medication in case you are away for longer than expected.



Carry a copy of the original prescription, and ensure that both the generic and trade names of the drug are included in case your medication is lost or stolen. A doctor's note describing why you are taking the medication is also recommended.

If you are taking a less common medication, check to ensure that it is legal and readily available in the country you intend to visit.

If you require syringes for a medical condition such as diabetes, carry a supply to last your entire trip, as well as a medical certificate that states that they are for medical use. Syringes are usually prohibited in carry-on luggage due to security concerns. Contact your airline before departure to verify their carry-on regulations.

<http://www.voyage.gc.ca/drugs-drogues/medication-medicaments-eng.asp#1>

Medical expense tax credit for moving expenses

You can claim, as a medical expense on your tax return, reasonable moving expenses of up to \$2,000 to move a person:

- .who has a severe and prolonged mobility impairment, or
- . who lacks normal physical development, to housing that is more accessible, or in which the person is more mobile or functional.

1 800 959-8281

<http://www.cra.gc.ca/disability>

How to Fill an Allergy-Safe Easter Basket



<http://specialchildren.about.com/b/2009/03/05/how-to-fill-an-allergy-safe-easter-basket.htm>

Happy Easter

Seniors Driving Information and Tips & Information on the DriveABLE Program

Wednesday, April 22, 2009
Masonville Library
30 North Centre Rd, London
1:30 - 2:30 pm

