

The Self-Manager

CILT • Centre for Independent Living in Toronto • A publication for Direct Funding Program participants

Summer 2023



Dorothy and grandson, Daniel, touring Montreal

Working in Concert to Make Family Trip Happen

Dorothy Willis
Self-Manager, Toronto

My attendant, Teresa Young, and I recently organized a trip to Montreal for a weekend in May to see my grandson perform in a symphony orchestra. We also planned an in-person get together with my friend, Mona Arseneault, a fellow post-polio person and founding member of Polio Québec.

Teresa and Mona met up in Montreal in January to check out accessible hotels. Teresa made a template of my large, custom-made wheelchair (Permobil F3) since it necessitated a large bathroom. Initial planning of my trip eliminated rail travel: My chair and I do not part, and

trains do not allow you to travel in your power chair. We discovered Megabus, and Teresa rode to Montreal on her own time to see if it could be an alternate mode of transport. Next came my try-out, which was taking a Megabus to St. Catharines, a shorter distance – a kind

For more **PLANNING**, please see p. 8



Keeping Time

Nicole Hajjar
Community Facilitator

If you find it difficult to keep track of schedules and timesheets and are open to using technology to help simplify these tasks, the **TimeStation** or **Homebase** apps might be solutions for you.

TimeStation is an attendance system that runs on smartphones and tablets. Using scan technology, employees can clock in and out using their individual QR "cards" or assigned PINs. Self-Managers can make manual adjustments when necessary and can publish a report to their bookkeeper at the end of the pay period. TimeStation is free for up to 10 employees. Find out more at www.MyTimeStation.com



Homebase is a mobile timesheet app that allows attendants to clock in and out for their shifts using their smartphone and will allow Self-Managers to export the timesheets to their bookkeeper using an Excel or Google sheet. Homebase is free for up to 20 employees. Find out more at www.JoinHomebase.com

If you know more helpful solutions, please share them with us; we welcome your suggestions. Both TimeStation and Homebase were recommended by other Self-Managers! ■



Friendly Reminder:

Self-Managers are reminded to provide timesheets with your quarterly reports.

Upcoming Holidays:

***Monday, August 7 – Civic Holiday**

Not a public holiday and therefore not subject to Public Holiday Pay or premium pay.

Monday, September 4 – Labour Day

Monday, October 9 – Thanksgiving

Keep in touch



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Stay Cool This Summer

Marlene Benedicto
Intake and Resource Facilitator

It's getting hot in heeerrre.

The sunshine and warm weather is lovely most days, but let's face it, it can get quite hot during the summer months in Ontario. When it's 40°C and you don't have air conditioning, it can be hard to stay cool. Luckily, we've put together some tips on how to beat the heat this summer.

1. Drink plenty of water

We've all heard it, but the best way to stay cool and avoid dehydration is by drinking water.

2. Wear an ice pack hat

Strapping an ice pack to your head will help cool you down and is a great way to assist people who are prone to headaches.

3. Sleep under a damp towel or sheet

The evaporation of the water on the cloth will help keep you cool while you're sleeping. According to the Centre for Disease Control, "when parts of the body with high concentration of blood vessels near the skin come in contact with the cold, it helps transfer heat out of the body to cool down faster." This technique works best when the humidity isn't too high.

4. Eat less salty food and protein

When ingested, salty food and protein produce metabolic heat, which causes water loss. Instead, it can be beneficial to eat more fruits and vegetables, alongside smaller meals eaten more frequently throughout the day.

5. Place a bowl of ice in front of a fan

You can either put a bunch of ice cubes into a metal bowl or freeze water in a metal bowl and put it in front of a running fan. Tilting your fan or bowl so that it gets air flowing directly onto the ice will cool down the blowing air.

In addition to the techniques listed above, running cool water over the insides of your wrists or placing a cool, wet cloth on the back of your neck are quick ways to reduce body temperature. Looking for more? Take a look back at page 4 of the Winter 2022 issue of *The Self-Manager* for information on how to make DIY cold packs. ■

Homemade Creamsicles Recipe from Delish.com



Ingredients

Orange base

12 oz. frozen orange juice concentrate
1/2 cup heavy cream
1/4 cup granulated sugar
1/2 tsp. pure vanilla extract
1/8 tsp. kosher salt
Orange food colouring (optional)

Vanilla Yogurt Base and Assembly

1 cup full-fat plain yogurt
1 cup heavy cream
1/4 cup granulated sugar
1 tsp. pure vanilla extract
1/8 tsp. kosher salt

Equipment Needed

10 (3-oz.) ice-pop molds

Directions

Orange base

- In a blender, blend orange juice concentrate, cream, granulated sugar, vanilla, and salt on medium-low speed until combined.
- Add a little bit of food colouring (if using) and continue to blend until

the desired colour is reached. Transfer to a medium bowl. Cover and refrigerate until ready to use.

Vanilla Yogurt Base and Assembly

- In another medium bowl, whisk yogurt, cream, granulated sugar, vanilla, and salt. Cover and refrigerate until ready to use.
- Pour 1 heaping tablespoon yogurt base into a 3-oz. ice pop mold, then pour in 1 tablespoon orange base. Repeat with yogurt and orange bases until you have 10 ice pops. Cover and insert sticks. Freeze until firm, at least 8 hours or up to overnight.
- Dip molds briefly into warm water to release pops.

Pet Care Zone

Joella Connaught
Community Facilitator

We can all appreciate how much love and companionship our pets provide to us. Here are some community resources and tips for both pet owners and pets.

Community Resources for Both Pet Owners & Pets

Breakaway Through Ruff Times

Program offers services such as temporary pet care, a pet food program, a pet loss support program, and a preventative veterinary care program. There are criteria for accessing services. For more information, and helpful FAQ, please visit: breakawaycs.ca/programs/through-ruff-times/

Elder Dog Canada provides in-home dog care supports for older adults. Services include assistance with obtaining food (delivery and pickup), feeding, minor grooming (nail clipping, brushing), transportation (veterinarian, groomer), temporary care (owner hospitalization), exercising, and light hygiene tasks. Long-term supports for older dogs and bereavement support are also available. For information on the eligibility criteria and application process, contact Intake Coordinators at 1-855-336-4226 or ElderDog.ca

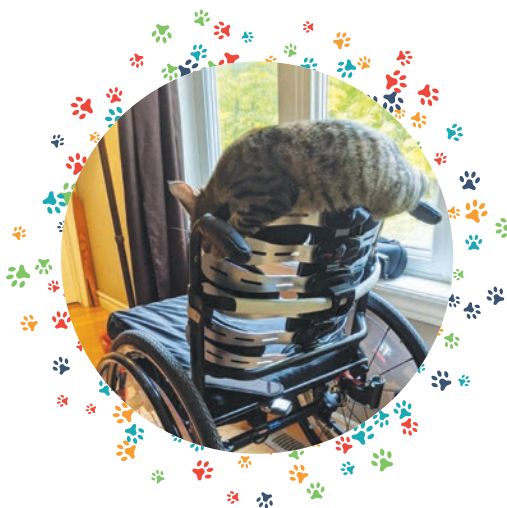
In Need of a Service Dog?

Approximately 2.6 million people live with a disability in Ontario. That is almost 1 in 4 Ontarians. Some individuals have service dogs to help with their disability. If you are interested in getting a service dog, here are some of the first steps you can take:

- Adopt a dog or puppy and train the dog yourself. This process can take up to two years.
- Adopt a dog and train the dog yourself with the assistance of an experienced dog training professional.
- Get a trained service dog from a reputable organization. Some of these organizations are non-profit or charity groups and may have long waiting and application processes.

For more information on service dogs, please visit: theservicedogs.com/service-dogs-ontario/

PHOTOS: Top right, Self-Manager Mandy McEwen and her canine friend, Ollie; bottom left, cat Stormy takes over the wheelchair of Self-Manager Neil Allen. Photos supplied by Self-Managers.



Dos & Don'ts of Pet Care on Direct Funding

As Direct Funding is an attendant services program, we encourage you to investigate the suggested services in this article if you need assistance caring for your pet. Direct Funding has limits for pet care; filling water and food bowls is permitted, while other tasks such as dog walking, training, and playing with your pets are outside the scope of attendant services and are therefore not covered by the program.

Warm Weather & Pet Safety Tips:

- Protect your pets' paws from hot surfaces.
- You can evaluate the temperature of sidewalks by pressing your hand on the surface for 7 seconds.
- Keep your pet cool and hydrated with fresh, clean water.
- Keep your pets' ears dry.
- Never leave your pet in the car.
- Keep an eye out for allergy symptoms, especially in August.
- There is a 15% increase in ear infections during the late summer months for pets. ■

Source: trupanion.com/canada/pet-care/pet-safety/summer-tips

Motivational Speaker

Kevin McShan, a Self-Manager and motivational speaker living in Windsor, spoke recently to a group of consumers online and in person at the Ottawa Independent Living Resource Centre (pictured here with Georgina Varelas-Stapper, Executive Director of OILRC). The topic of Kevin's presentation was resiliency. PHOTO contributed by OILRC.



Technology Collection

Nicole Hajjar
Community Facilitator

Be My Eyes is a free smartphone app for receiving video support at a moment's notice. Every day, sighted volunteers and professionals lend their eyes to solve tasks big and small to assist blind and low-vision people to lead more independent lives. The app is available for iOS and Android devices. Learn more at www.bemyeyes.com.

Hot off the heels of last issue's Smart Home technologies, another Self-Manager alerted us to a tool called

SwitchBots (ca.switch-bot.com).

There are several types of SwitchBot products to facilitate almost any function, all controlled by an app on your smartphone. The Self-Manager says, "It is half the size of a matchstick box, with a tiny arm that comes out to press almost any button. I use it to open and close my garage and turn my computer on and off. I've even customized them to control the remote for my electric bed so I can control the vibration and go up and down." Sounds awfully smart to us!

The **Remote Care Monitoring program** is a free alternative to

LifeLine, and available to Self-Managers across the province. The program uses a broad range of technology to support clients in remaining safe at home. Alerts from the RCM safety devices are sent to a 24/7 contact centre where a member of their team will follow up with you to determine whether to call 9-1-1, contact family, etc. The devices work on the Rogers network, so your location may be a consideration. Learn more at www.torontograces.org/programs-services/remote-care-monitoring or speak with your local Direct Funding resource person to make a referral. ■

Media Corner

Nicole Hajjar
Community Facilitator

AMI - Accessible Media Inc - is a not-for-profit media company operating three broadcast services: AMI-tv and AMI-audio in English, and AMI-télé in French. AMI's vision is to establish and support a voice for Canadians with disabilities, representing their interests, concerns and values through accessible media, reflection, and portrayal. Learn more about AMI's programming at www.ami.ca

Fashion Dis from AMI-tv is a fresh take on makeover shows challenging traditional norms that lack inclusion and adaptive options. With two seasons available at www.ami.ca/FashionDis/episodes, it's ready to be your next binge-watch. ■

Share your recommendations with Nicole Hajjar at nicole.hajjar@cilt.ca

New Staff

Jessica Ayoub

*Direct Funding Intake Manager
Centre for Independent Living in Toronto (CILT)*

I am delighted to be joining the Direct Funding Team, once again. For over 6 years I worked at the Ottawa Independent Living Resource Centre, as the Direct Funding Coordinator and within other roles. After taking a maternity leave, I worked for an international development organization called CODE. I feel very fortunate to have made my way back to the DF world, this time joining the team at CILT. My educational background is in Criminology and Sociology, and my previous roles include working for the Elizabeth Fry Society and numerous jobs throughout the service industry. In my personal time I enjoy baking, event

planning, and exploring parks and trails throughout Ottawa. ■



Memos

What has DF helped you do?

Most of the photos you see in this newsletter are of or taken by Self-Managers – please send us your photos and stories so we can include you, too! Contact Sara Stonehouse at sara.stonehouse@cilt.ca or 416-599-2458 ext. 232.

Notice: CRA and WSIB

A reminder to all Self-Managers that it is permitted to make CRA and WSIB payments electronically from your DF bank account, not just by mail. If you have any questions about making electronic payments, please contact your Direct Funding report reviewer for assistance.



REMINDER

What to Include with Each DF Quarterly Report

- ORIGINALS of all three bank statements
- Copies of most recent Receiver General statement (PD7A) and WSIB statement
- Original receipts for expenses claimed (postage, bookkeeper invoices, etc.)
- Annual insurance policy; T4s and T4 summary



Finding Fitness, Fellowship, and Friendship at the Gym



Amani using the shoulder press.

Self-Managers meeting at Bfit to exercise together. Front row from left to right: Mary Jo, Loretta, Kim, Rowena and James. Back row: Ray and Heather (standing).

A group of Self-Managers in the St. Catharines area have made a local fitness centre their home base for exercise and mutual support. Some use the meetups at the Brock Functional Inclusive Training (Bfit) Centre as a time to discuss attendant recruitment, employer-employee relations, and living with multiple sclerosis. They often go for lunch or coffee after their workouts to socialize, and their spouses sometimes attend as part of this informal peer support network.

Two Self-Managers, Loretta and James, attend the Bfit Centre almost

daily. Another regular, Rowena, says she appreciates the benefits from exercising. Kim welcomes the sense of community when working out with Self-Managers and other attendees with disabilities.

Originally called "Power Cord" and only available to those with a spinal cord injury, Bfit has expanded to provide supervised community exercise programs for older adults, cardiac patients, amputees, and more. The program is housed in the Walker Sports and Abilities Centre near Brock University's main campus. ■



Self-Manager Dorothy Willis travelling comfortably in her power chair on a Megabus.

Planning for My Next Trip

Continued from p. 1

of dry run. Megabus passed the test. We were ready to tackle the details of a weekend holiday for someone who had not travelled away from Toronto in more than seven years.

We arranged to stay four nights at the Fairmont Hotel, based on the size of the washroom, room space, and proximity to the symphony venue. We would be strolling and rolling, since Montreal's Paratransit is similar to Toronto's Wheel-Trans, requiring an early booking time and definite plans.

I spent two days with my grandson, Daniel, touring the McGill University campus and rolling through his neighbourhood. We had a patio lunch on the first day and attended

a spectacular concert the following evening. The symphony orchestra performed Mahler's "Resurrection" with choral accompaniment, their final concert of the season. Post-concert, Mona escorted us along recently renovated Rue St. Catherine in our search for an accessible patio for a celebratory toast.

The concert and good visits with new friends, accompanied by delicious meals, meant a successful holiday. I was fortunate that it was a well-planned team effort.

Thanks to Direct Funding for making my rare holiday possible! I am starting to plan my next trip. ■

Want to Connect with Other Self-Managers?

If you are not yet a member of the Ontario-Wide Self-Managers' Network but would like to connect with other program participants from across the province, then the Network might be for you. Through the Self-Managers' Network you can share tips and ideas, learn about attendants seeking employment, ask questions of experienced Self-Managers in your area, and much more. For more information, please contact Sara Stonehouse at sara.stonehouse@cilt.ca or 416-599-2458 ext. 232.

All issues of *The Self-Manager* newsletter, including this one, are available to view at www.dfontario.ca/resources/news/newsletters.html



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