



April  
2018

# Changing Tides

Independent Living Nova Scotia's Newsletter

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## ILNS ANNOUNCES NEW EXECUTIVE DIRECTOR

It is with great pleasure the Board of Directors for Independent Living Nova Scotia announces the appointment of Carrie Ernst as Executive Director, effective immediately. Carrie has been with ILNS since 2015, most recently in the role of Operations Manager.

A 20-year veteran of the Nova Scotia non-profit sector, including over a decade as Executive Director of the New Waterford Employment Resource Centre, Carrie is more than qualified and prepared to lead ILNS into the future.

ILNS has been without an Executive Director for almost a year, and the Board would like to extend our heartfelt gratitude and appreciation for the outstanding work Carrie has done over that time. The organization would not be on the solid footing it is today without her deep commitment and extensive skills.

For more information, contact:

Carrie Ernst, Executive Director  
Independent Living Nova Scotia

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### Our Mission

Independent Living Nova Scotia supports persons with disabilities to make informed choices about their lives by providing programs and services that support Independent Living

## About the Program

Hotelworx is a 26 week Sector based employment program that is being offered by Independent Living Nova Scotia (ILNS) in conjunction with Futureworx.

Hotelworx is an initiative designed to meet employee and employers needs and to create a positive working relationship within the hospitality sector. The Hotelworx program will follow best practices in adult education, mixing hands on learning with opportunities to explore and develop the self-awareness needed by participants to be excellent employees.

The project objectives are to develop the technical, essential and employability skills of participants for employment in the hospitality/housekeeping sector; to achieve skill development in a manner that motivates participants and provides them with momentum to move into the work place; and to create links between prospective employees and employers so that the transition from training to work is smooth and reliable. The program started on March 5<sup>th</sup> with a 14 week job placement and a 12 week paid training allowance.

## Manager of Employer Engagement – Michelle Anderson



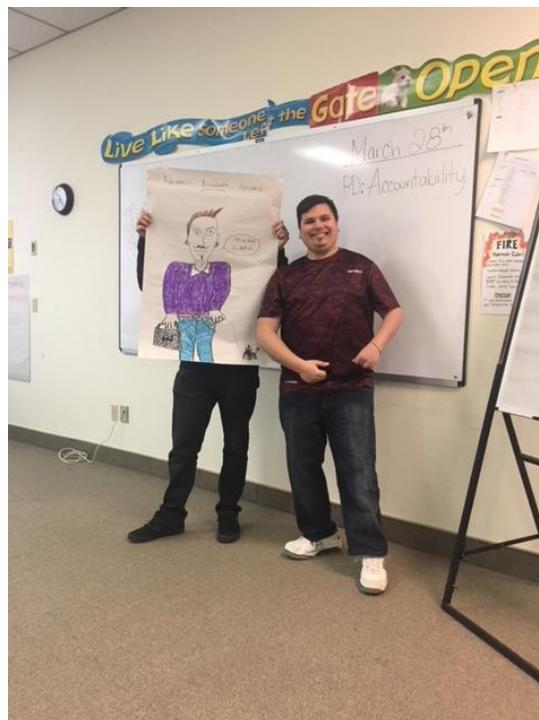
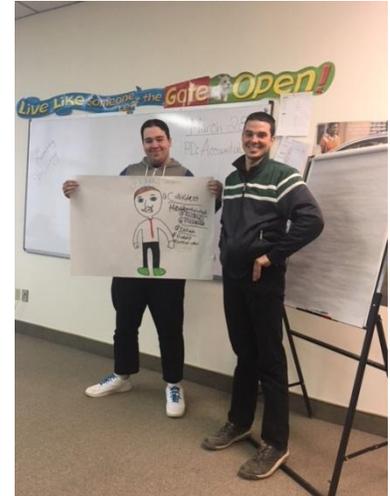
**Michelle Anderson** has been a passionate educator in the private and public sector for over 10 years. Her experience in program development and employer engagement for various NFPs and social enterprises has contributed to the success of many initiatives and her strategic problem solving skills has helped drive the progress of many ventures. Michelle strives to advocate for underrepresented youth in the community and is dedicated to help establish a solid platform from which youth with disabilities can resonate their voices.

## Program Coordinator – Ali Farr



**Alison (Ali) Farr** is the Program Coordinator for ILNS's Transition Hotelworx Program. In her new role, Ali coordinates the numerous aspects of the program and facilitates personal and career development curriculum to empower participants, while helping them build a solid employability skills foundation. Ali brings forth 12+ years as a dynamic and engaging adult facilitator. Her extensive experience delivering employability programs to persons with cross disabilities is an invaluable asset to the delivery of this program. She is passionate about the work she does and is committed to working hard to challenge workplace thinking around disabilities. She is especially committed to ensuring that the Hotelworx Program is a success and is happy to be a part of the team. She is impressed with the level of commitment and enthusiasm shown by program participants and believes they will be successful in breaking down barriers and meeting their personal employability goals.

# Hotelworx Pictures



## Board Spotlight

### Ian Wilenius

Ian is a recent graduate of the Dalhousie School of Public Administration and the Schulich School of Law. Ian's areas of focus include oral and written advocacy, organizational design, and policy analysis. On the ILNS Board, Ian brings expertise in advocacy, an eye for detail, and a passion for social justice.

Originally from Ottawa, Ian moved to Halifax in 2014 to attend Dalhousie University, and has been involved in the Independent Living movement since January 2016. He has acted as Nova Scotia's Provincial Representative on the board of Independent Living Canada since June 2016, and has been Chair of the ILNS Board since January 2017.

### Nancy Walker

Nancy Walker is new to the ILNS Board, but not new to the non-profit sector and the disability community. She has three children and her middle son, Ben, has Autism Spectrum Disorder. Nancy has been a keen advocate for her son in particular, and those in the autism community more broadly. She has sat on numerous boards, both in the community and professionally and understands the commitment of being a board member. Most notably, she started the Ben James Autism Summer Camp which is now run by Autism Nova Scotia, and currently runs the Adolescent/Young Adult Autism Summer Program which is run under the umbrella of ILNS. In her professional life, Nancy is a Physiotherapist who teaches as an Instructor at the School of Physiotherapy at Dalhousie University.

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## Disability Tax Credit

### What is the disability tax credit?

The disability tax credit (DTC) is a non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay. An individual may claim the disability amount once they are eligible for the DTC. This amount includes a supplement for persons under 18 years of age at the end of the year. The purpose of the DTC is to provide for greater tax equity by allowing some relief for disability costs, since these are unavoidable additional expenses that other taxpayers don't have to face.

Being eligible for the DTC can open the door to other federal, provincial, or territorial programs such as the Registered Disability Savings Plan, the Working Income Tax Benefit, and the Child Disability Benefit.

### Who is eligible for the DTC?

You are eligible for the DTC only if we approve Form T2201, Disability Tax Credit Certificate. A medical practitioner has to fill out and certify that you have a severe and prolonged impairment and must describe its effects.

If a person was eligible for the DTC for previous years but did not claim the disability amount when they sent their tax return, they can request adjustments for up to 10 years under the CRA's Taxpayer Relief Provision.

## Bluenose Marathon

The Scotiabank Bluenose Marathon will be held on the weekend of May 18-20, 2018.

Independent Living Nova Scotia understands the importance of removing the financial barriers that prevent individuals from participating in this event.

Please contact Randy at [ilnsadmin@ilns.ca](mailto:ilnsadmin@ilns.ca) or 902-453-0004 if you are interested in participating and being part of the ILNS Team.



### Grace on a Bike (Sarah Dubé Memorial)



On Saturday, June 17, 2017, Grace McNee began bicycling across Canada in memory of former ILNS Board Member, Sarah Dubé, who passed away on November 28, 2016. Grace began her journey in Vancouver, British Columbia and ended it in St. John's, Newfoundland in October 2017. Grace raised a total of \$16645.00 and all monies raised were in support of the programs and services of ILNS. Grace was recognized by the House of Assembly on Oct 18, 2017 for her fund raising efforts with a Motion moved by The Honourable Kelly Regan, MLA.

**The reason Grace decided to do this Bicycle Tour** - *I graduated from the University of King's College in 2014, a few years after Sarah graduated. I am an enthusiastic bicycle tourist, having done a 2 week tour in Cuba in 2012, a month in France in 2014, worked as a bicycle tour guide in 2015, and 2 months touring in Western Europe in the fall of 2016. I was introduced to Sarah last year after her return from her great cross-country adventure with her mom Lillianne Dubé, and we hit it off immediately. We were academic kindred spirits, and mutually appreciated the way each of us saw the world. Sarah became my nearest and dearest friend and helped open my eyes to a different way of looking at the world, being more mindful of the importance of accessibility in circumstances I might not have noticed before. Sarah supported me in my European bicycle adventure, and we looked forward to our reunion on my return. In wake of Sarah's passing, I have decided to embark on this cross-Canada adventure of my own, in loving memory of my dear friend and the most inspirational woman I have ever had the pleasure of knowing.*

We thank Grace in this endeavor in keeping the memory of Sarah alive. Grace and Lillianne Dubé are co-winners of the Lois Miller Tulip Award.

# Thank you to all of our Partners and Sponsors!

Thank you to all the Volunteers, Partners, and Supporters of Independent Living Nova Scotia

To all the individuals and businesses who contribute to ILNS:

It is because of your support that ILNS has provided programs and services for persons with disabilities for more than **20 years!**

## ILNS Memberships

Becoming a member of ILNS costs \$5.00 a year for consumers. For this fee, you'll receive:

- A subscription to our newsletter, Changing Tides;
- Invitation and discount to events;
- A vote at the Annual General Meeting; and
- Able to serve on the board

## Note to Current Members

- Please keep us notified of any changes to your address, phone, email etc.; or
- If you would like to be unsubscribed to the newsletter

The logo for Bell Aliant, featuring the word "Bell" in a blue sans-serif font and "Aliant" in a larger, bold blue sans-serif font.The logo for Atlantica Hotel Halifax, featuring four gold stars above the word "ATLANTICA" in a red serif font, with "HOTEL HALIFAX" in a smaller grey sans-serif font below it.