

What is Independent Living?

At ILNS, we support persons with disabilities to make informed choices about how they want to live their lives. We provide this support through programs and services that promote Independent Living.

Independent Living (IL) is a vision, a philosophy and a movement of persons with disabilities. Born on California university campuses in the 1970s, the movement spread to Canada in the 1980s, and has since reached around the globe and changed the way people view and respond to disability. Independent Living is founded on the right of people with disabilities to:

- Live with dignity in their chosen community;
- Participate in all aspects of their life; and
- Control and make decisions about their own lives.

The IL vision and philosophy have been articulated through the Independent Living movement, a network of individuals and community-based resource centres across the country, supported by a national organization, Independent Living Canada.

Retrieved from www.ilcanada.ca



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Annual Report 2013

Board Members 2012-13

- Brian Hennen 2006-
- Steve Estey 2007-
- Murray Vandewater 2007-
- Jimmy Arnott 2008-
- Sarah Dube 2009-
- Robert Ganong 2011-
- Louise Gillis 2011-
- Patricia (Pat) Gates 2011-
- Jeremy MacDonald 2011-
- Lois Miller 2012-
- Barbara Vantassel 2012

Staff 2012-2013

- Sherry Costa, Executive Director, 2011-
- Randy Reede, Admin/Outreach Coordinator, 2012-
- Roswell James, part-time Bookkeeper, 2011-
- David Wareing, ACEE Program Manager, 2005
- Marian Bulley, Career Facilitator, 2011-
- Gordie Publicover, ACEE Job Developer, 2011-
- Lindsey MacDonald, assigned to ACEE by Halifax Regional School Board, 2005-
- Lori Edgar, assigned to ACEE by Affirmative Ventures, 2005-
- Tiffany Sparks, Summer Intern, Festival Coordinator, 2013
- Marianne Colbourne, Out & About Coordinator, Event Coordinator, 2013-



Contents

New staff.....	p.2
ILNS Social Activities.....	p.3
Special Meeting notes.....	p.4&5
Co-Chair Report.....	p.6&7
Executive Director's Report.....	p.8
Nominating Committee Report.....	p.9
Out & About report.....	p.9
PAANS posters.....	p.10&11
ACEE Report.....	p.12&13
Information & Referrals.....	p.14
Bluenose Marathon Fundraiser.....	p.14
ILNS in the community.....	p.15
Self-Management Program.....	p.16
IL Report.....	p.16
Fund Development Activities.....	p.17

New faces at ILNS 2013



Admin/Outreach
Coordinator

Before starting at ILNS in September 2012 I had worked for the Royal Bank and the Canadian Paraplegic Association, NS. Even though two of those work experiences were different, customer service was essential in both positions. This is large component of my work as Admin/Outreach Coordinator at ILNS. Other than work I volunteer for the Heart and Stroke Foundation, am a previous board member and employee of M.A.D.D., Halifax chapter, and in my spare time I like to play billiards, bike, kayak and go to the gym religiously.

I came to Halifax in 2003 to complete my degree in Commerce at Saint Mary's University. I graduated in 2006 with a major in Human Resource Management and Industrial Relations and a minor in French. In September 2012, I enrolled in a Bachelor of Education in the Secondary program at Mount Saint University. It is as a student in the Education program that I've taken a more active interest in social justice and I am grateful to ILNS for the opportunity to be more involved. I'm looking forward to meeting and working with community members this summer and beyond. In my spare time I enjoy many activities such as: playing Ultimate Frisbee, camping, biking, cooking, reading, music and gardening.



Tiffany Sparks
Festival Coordinator



Marianne Colbourne
Event Coordinator/
Out & About Coordinator

Originally from Newfoundland I have been living in Nova Scotia for thirteen years and absolutely love Halifax. I am currently attending Dalhousie University's School of Social Work and have a passion for helping others. Growing up in a home where my mother was a Social Worker and my father a teacher, social justice and community involvement was instilled in me from a young age.

I believe that through my volunteer work and now through working at ILNS I am not involved in 'charity' work rather I am doing my part as a community and world citizen.

Alone I can't, together we can.

"Alone we can do so little; together we can do so much"
— **Helen Keller**

Fund Development Activities, 2012-13

In 2011, ILNS introduced a planned giving campaign to seek partners to help improve its innovative and unique services, and help expand its programs province-wide.

In-house Campaign

Those closest to the organization were approached over this past year, and again a positive response was received from ILNS members and their families, consumers, board members and staff.

Foundations

In 2012/13, ILNS received funding from, the RBC Foundation, the F.K. Morrow Foundation, the Dartmouth Community Health Board, and the Southeastern Community Health Board.

ILNS 2012-2013 Supporters

We want to acknowledge those who have made a strong commitment to ILNS in the past year:

Need-A-Lift Transportation Services

Need-A-Lift continues to support our annual Dance-a-thon.

Callow Bus Services

Callow has offered transportation to and from the annual Tools for Life conference.

NSCC- Akerley Campus

For the past six years, the Nova Scotia Community College – Akerley Campus has supported the ACEE program with a donation of teaching and office space.

Sackville Copier

This is the first year Sackville Copier has supported ILNS.

RBC Foundation

The RBC Foundation provided funding for presentations on Registered Disability Savings Plans (RDSPs).

Individual Donors

A number of individuals and organizations have directed donations to ILNS during the past year. We are grateful to:

Deborah Abbott

David and Shari Banks

Paul and Lorraine Campbell

Chronicle Herald

Harold Cook

Sherry & Perry Costa

Neil Downey

Bob Fougere and Sara Wilson

Halifax Rainmen

Brian Hennen

Roswell James

KSM Freedom Solutions

Megan Leslie, MP

Wendy Lill and Richard Starr

Phyllis MacKay

Lois Miller

Stephen Noel

NSLEO

Carmel Moriarty

Leonard Preyra, MLA

Shop the Shore Publications

David & Betty Sutherland

Murray Vandewater

David Wareing

Self-Management Program

Sherry Costa

ILNS continued to deliver two self-management programs in 2012-2013: the continuing pilot program, Self-Managed Attendant Services, and the Student Self-Management program. The term "self-managers" is used to describe persons with disabilities who manage their own attendants. ILNS provides program administration and ongoing support to these individuals. Five of the pioneer self-managers continue in the pilot program, launched 18 years ago. This mini-program transferred from the jurisdiction of the Department of Health to the Capital District Health Authority in 2010.

Fourteen post-secondary students have participated in the Student Self-Management program. The students hire, train, manage, and pay the educational attendants who assist them while they participate in their studies at college and university. ILNS provided training for incoming students.

IL Canada Report

Jimmy Arnott

The board of IL Canada continues to work as a business board from a policy governance board. They've received official word that their Core Operational Grant has been approved for the next two years, 2013/14 and 2014/15. This is at the 35% cut this year and 65% cut next fiscal year. They are also still waiting to hear on several proposals that were submitted for funding.

They are currently in the process of finalizing contracts which will see the extension of the RDSP Project in the Ontario and Atlantic Regions, as well as the addition of a project for Quebec. There may be an opportunity to have another contract for BC in the near future.

On a final note, there have been a number of staff changes. After considerable thought, Cecilia Carroll tendered her resignation in early April and agreed to stay on for a short time while the board finds a replacement. Julie Belliveau's contract ended March 31/13 and was not renewed. Bill Smith will be leaving the Kitchener Centre after more than 25 years with the centre. Lynn Freistadt also left the North Saskatchewan centre and they have hired Patricia Simone as their new ED.



Special Meeting Minutes March 12th, 2013

To ensure our 2012 AGM meeting met ILNS's Bylaw requirements

Call to Order

The following member and guests were present: Jim Arnott; Murray Vandewater; Steve Estey; Lois Miller; Pat Gates; Robert Ganong; Sherry Costa; Perry Costa; David Wareing; Gordie Publicover; Randy Reede; Gillian Grant; Brian Hennen;

Regrets: Sarah Dubé; Jeremy MacDonald; Louise Gillis; Marian Bulley

Approval of Recording as note taker

ON MOTION (Murray Vandewater), duly seconded by (Robert Ganong) to approve the recording as note taker. Motion carried.

Approval of Agenda

ON MOTION (Lois Miller), acceptance of agenda as presented. All in favor.

Approval of 2012 AGM Minutes

ON MOTION (Murray Vandewater), duly seconded by (Pat Gates) to approve the minutes.

Auditor's & Financial Reports

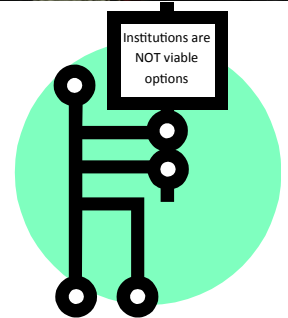
ON MOTION (Murray Vandewater), duly seconded by (David Wareing), reports approved as circulated subject to changing an error in the date on the lease.

Appointment of Auditor

ON MOTION (Murray Vandewater), duly seconded by (Robert Ganong), Mitchell Miller was appointed auditor for the 2012-2013 fiscal year.

Nominating Committee Report

ON MOTION (Murray Vandewater), duly seconded by (Robert Ganong), Louise Gillis, Patricia Gates, Jeremy MacDonald and Lois Miller were nominated to the board of directors of ILNSA.



Information and Referrals

Randy Reede, Admin/Outreach Coordinator

Since October 1, 2012 through March 31, 2013 the number of information and referrals were approximately 300. Many of the referrals came in from other organizations and government relating to their upcoming events and general disability related information. I would then send this information out to our members. Organizations like The Club, Canadian Mental Health Association, Schizophrenia Society of Nova Scotia, ReachAbility to name a few. Some of the referrals from organization came through via TeamWork Cooperative.

The type of incoming information inquiries varied. Some inquiries dealt with request for medical equipment, education, RDSP, Disability Tax Credit to name a few. Many request were on our programs and events including ACEE, Out and About, RDSP Workshops and Self Managers Program.

All information and referrals are recorded on an excel spreadsheet.

Bluenose Marathon Fundraiser

This year I completed the BlueNose Marathon 5km. This was my second year completing the BlueNose. I wanted to achieve two goals. First better my last year's 1:45 time by at least 15 minutes and raise \$1,000 for independent Living NS. This year's BlueNose 5km my time was actually 1:10 and I raised over \$2500. I'd like to thank those who made a donation. I also would like to thank Sherry for her help and support.



...continued from p. 4

Fund Development Committee

ON MOTION (Brian Hennen), duly seconded by David Wareing, approval to increase ILNS annual membership fee to \$5.00 from \$2.00.

Reports in 2011-2012 Annual Report

ON MOTION (Lois Miller), duly seconded by Gordie Publicover, approval of reports contained in the 2011-2012 Annual Report.

Discussion on Life Skills Program

There was a lively discussion by all present reflecting on the ACEE's capacity for expanding enrolment, modifying its program, and considering whether the initial premises for ACEE's development were too focused on vocational preparation as opposed to making a better life quality for participants. The detailed notes of the discussion are available on request.

Adjournment There being no further business the meeting was adjourned



Executive Director Sherry Costa and Master of Ceremonies Charles Hsuen

2012 AGM



ILNS members

ILNS Co-chairs' Report, June, 2013

Jimmy Arnott and Brian Hennen

It is our privilege to report as co-chairs of the ILNS Board, that we have an exceptional group of widely talented and wise individuals working hard to run the organization. This past year has been both busy and difficult for Independent Living Nova Scotia.

Our core self management programs continue. Presently there are five senior members benefitting from the self management attendant program. This program's financial management will continue under ILNS' administration but with no new applicants, since the Ministry of Health and Wellness has developed and operates its own self management program. The student self management program supports 13 students and is fully managed by ILNS.

Also part of our core is our Access to Community Employment and Education (ACEE) program. ACEE continues this autumn with a class registration of 26 learners. They will experience a one year full time post-high school opportunity to learn about practical skills of living (See ACEE report on page 12). ACEE students also contribute to ILNS programs such as the summer busking program; and, an innovation this year saw four ACEE students train as 'simulated patients' assisting Dalhousie health professional students in improving their communication and interviewing skills. We were surprised to learn that the Nova Scotia Community College Akerley campus site would not be available as the home for the program this coming year. Competing demands for program space such as skill development for Nova Scotia Ships and military contracts have won out. Our executive director was able to convince NSCC to support the move of ACEE to a new site and to transfer existing classroom and office information technology to APSEA (Atlantic Provinces Special Education Authority) on South St. in Halifax; with whom she negotiated appropriate space. This will be closer for Halifax residents participating, but the ACEE learners will miss the opportunity to mix with community college students. We thank the NSCC administration for providing space and materials for ACEE in its early years. We also thank APSEA for responding to our acute need for space so generously.

Annual Social programs for ILNS members include the Christmas Gala, Dance-a-thon, summer Busker's Festival for persons with disability, and the Annual General Meeting and Social. The "Out and About" activity program based out of the center continues on a weekly basis. Many of our events are sponsor-supported and we are indebted to those companies, businesses and individual donors that contribute financially and in kind to our events.

In August there was a reunion of ACEE program graduates and their families. We congratulate this year's recipient of the Lois Miller Tulip Award, Don Glover who has been a long time friend of ILNS and was a founding advisory board member for the ACEE program.

In October, we held our annual board retreat and with the facilitation of Veronica McNeil to review ILNS' value statements: i) there is an Independent Living organization serving Nova Scotians; ii) ILNS contributes to public awareness of the strengths and rights of persons with disabilities; iii) ILNS contributes to full community participation and citizenship for persons with disabilities; iv) ILNS is well-recognized for providing leadership and programs in support of persons with disabilities. We aligned our current activities with these values and brainstormed for future activities.

6

ACEE continued...

This has been a full and exciting year for the ACEE participants. We have provided lots of opportunities for participants to explore their community through outings, workshops, Guest speakers and volunteer opportunities. The list is long so here are just some highlights:

Outings: Trip to Canada Games Centre, Trip to Job Junction, Walking club established



Volunteering: Hatfield Farms, Akerley Cafeteria, YMCA Child Minding, SPCA, Akerley Food Bank, Akerley OHS Committee, Northwood



Test Drives: NSCC Culinary, NSCC Auto Body, Learning Kitchen, Digital Arts and Technology School, Nova Scotia School for Early Childhood Education

Employment: Eastern Turf, Atlantic Living, Smitty's Restaurant



Guest Speakers: Mayor John Savage, MP. Robert Chisolm, Dr. Henry Bishop, Rotary Club

The program also continued to build strong community partnerships. This year 4 ACEE participants were asked to act as patients for the Dalhousie Medical School and they were paid (thanks Brian). We had two fourth year nursing students who volunteered at ACEE for their practicum. The students were able to benefit from the guidance of ACEE staff and become more familiar with Youth Living with a Disability. The students were enthusiastic, professional and will be a credit to their profession.

The workshops covered many important literacy, numeracy and life-skills topics. Some of the topics covered were: Occupational Health and Safety, Sectors in the Work Place, Rounding Numbers, Alphabetical Order, Financial Literacy, Resumes and Cover Letters

The ACEE year, is a full year for the youth in the program. I am certainly impressed with the youth and how they are able to manage the demands of a program like ours. It is a big transition from high school to ACEE. We look forward to the new ACEE group coming in September and providing them with a stimulating year in a new location.

David Wareing
ACEE, Program Manager

13

ACEE Transitioning to a New Location This Year

David Wareing, ACEE Program Manager

This year ACEE will be moving to a new location. After 6 years of being located at the Nova Scotia Community College's Akerley campus, ACEE has been asked to move. The campus is experiencing extra demand for trade programs with the Irving Shipbuilding contract and is also undergoing renovations. The college felt they could no longer provide the program with a small classroom and office. The program has been asked to move by August 16th. The good news is we have found a new home for the time being. Our Executive Director was able to secure ACEE a spot at the Atlantic Provinces Special Education Authority (APSEA) for the 2013-2014 ACEE year. We are grateful to APSEA for providing us with a space to run our program. Our Executive Director has also spoken with St. Mary's Universities Atlantic School. The Atlantic School is looking forward to working with the ACEE program and have said they will make sure ACEE participants will have access to the St. Mary's library. While moving a program is always a challenge, we look forward to creating new partnerships and opportunities for the participants in our program.



The year started out with a full complement of participants and we should see 18 graduates from the program this year. We have completed the intake for this year and will be full again, with a waiting list for the 2013-2014 program year.

Co-Chair report continued...

With major changes to the federal government's priorities for not-for-profit funding supports, our national parent organization, Independent Living Canada, based in Ottawa, has been under self-review and its future organizational funding is uncertain. Other not-for-profit national organizations (of which there are over a dozen somewhat like our own) are similarly struggling. ILNS is prepared as an ILC member to consider new partnership arrangements in applying for funding under new federal funding structures. In particular, we are having exploratory discussions with the Council of Canadians with Disabilities with which we happen to share a board member.

Also, with regard to our local office, our landlord "Bloomfield" is now under provincial jurisdiction and can anticipate some major reorganization. The future of the Bloomfield block in Halifax has been under consideration for over a decade with a wide range of potential uses discussed. As one of the few remaining core tenants, ILNSA hopes to have some influence on how this central real estate is used to the benefit of the community. Meanwhile, our executive director is working hard to balance our need for an effective and accessible central operating office site with the expediciencies of changing management and leadership directives.

Congratulations to our executive director, Sherry Costa, for her leadership as chair of the Partnership for Access Awareness Nova Scotia, PAANS. This brings together the NS League for Equal Opportunities, CNIB, Easter Seals and the Canadian Paraplegic Association of Nova Scotia and government through the NS Disabled Persons Commission in support of Access Awareness Week to raise awareness of disability issues.

Finally, as many Nova Scotian service organizations continue to operate in a political world, our members with disabilities whom we serve continue to require support. We are taking part in public policy advocacy by being part of the Strategic Partnership for Disability and the Community Homes Action Group, which involve meetings with political and bureaucratic leaders, writing papers and letters to the editor, public demonstrations (such as on Dec. 5 outside of the legislature promoting improved choices in homes for persons with disability) and collaborating both regionally and nationally with other advocating organizations. This is an important part of what we do.

Please continue to advocate for yourselves, your family members and your friends who are dealing with disability issues. Let us know what you're doing and how we can help. We will continue to work on your behalf which we consider our primary mandate.

Jimmy Arnott and Brian Hennen

Co-chairs

Board of Independent Living Nova Scotia Association



Executive Director's Report

Executive Director, Sherry Costa

As promised, 2012-2013 was a year of change but, also as promised, ILNS' commitment and dedication to our consumers remained constant. Although ILNS received word of major changes to our funding streamed through IL Canada, many IL centres from across the country came together in an effort to submit joint proposals to deliver Pan-Canadian projects in our individual regions. We will learn of the status of these proposals over the next few months.

Another major change as of the writing of this report is the loss of classroom space at Nova Scotia Community College for the ACEE program. As many of you may know, ACEE has been at NSCC's Akerley campus for the past six years. Through the generous support of the college, the ACEE program had a dedicated classroom and staff office to call home but with program changes and the addition of training opportunities for the Ships Start Here, the classroom and office were needed. Potential alternate locations were identified and after a number of meetings and conversations it was decided that the ACEE program will be delivered at the Atlantic Provinces Special Education Authority, APSEA, in September 2013.

APSEA was established in 1975 by joint agreement among the Ministers of Education of New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland. It is an interprovincial cooperative agency whose vision is to be a support for families and the public school system in the education of children and youth with sensory loss. Their professional commitment focuses on providing, through best practice and in the most natural environments possible, comprehensive educational opportunities, which lead to the highest potential for independence, self-sufficiency and productive, fulfilling lives.

While the program will be leaving NSCC, the relationships and partnerships ACEE has developed over these past six years remain strong and we look forward to new opportunities with the college in the future.

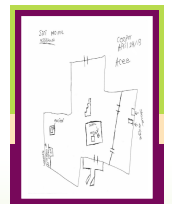
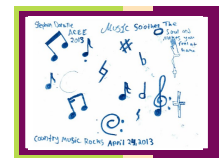
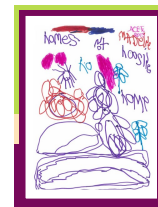
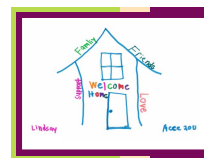
It's important to note that ILNS was one of the first charitable organizations across the country to sign on to Imagine Canada's Standards Program. Designed to strengthen public confidence in the charitable and non-profit sector, the Standards Program is among the first of its kind at a national level and offers accreditation to charities and non-profits that can demonstrate excellence in board governance; financial accountability & transparency; fundraising; staff management; and, volunteer involvement.

ILNS also welcomes Vice-regal Patron: His Honour, Brigadier-General the Honourable J. J. Grant, CMM, ONS, CD (Ret'd), Lieutenant Governor of Nova Scotia, who has become our first Patron.

In my last report I wrote, "Change is never easy but without change there can be no growth. But through all the changes there has been and always will be one constant; it is our consumers who provide the direction we sail. It is our consumers who chart our course." This will not change.

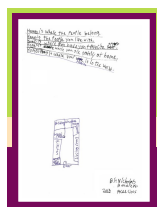
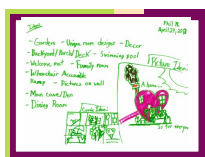
**SUPPORTING PEOPLE WITH DISABILITIES TO MAKE INFORMED CHOICES
ABOUT HOW THEY WANT TO LIVE THEIR LIVES.**

HOMES, NOT HOUSING



PAAANS
Partnership for Access Awareness

ACCESS AWARENESS WEEK June 2-June 8 2013



For many having access to housing is not enough. Truly accessible communities provide *HOMES*, not housing where people are valued, abilities are recognized and diversity is celebrated. The PAANS 2013 poster contest put a call out for images that depicted homes, here are some of the beautiful results.

10

ILNS Nominating Committee Report

The following is a report of the work that has been undertaken by the Committee this year:

Firstly, the Committee recommends that Barbara Vantassel be appointed to the Board on an interim basis pending official approval at the ILNS AGM, as per ILNS by-laws.

Secondly, the Board has several members who are eligible for re-election to another two year term, including Murray Vandewater, (elected in 2007, entering final term) Steve Estey, (Elected in 2007, entering final term) Sarah Dube, (Elected 2009, will be entering third term) Louise Gillis, Jeremy MacDonald, Robert Ganong, and Pat Gates (all elected in 2011 and entering second term). In addition, Brian Hennen was elected to the Board in 2006, and his term will continue into 2014.

Thus far, Murray, Jeremy, Robert, Pat, and Louise and Sarah have all indicated an interest in re-election to another term in June.

Steve Estey has also indicated a desire to remain on the Board, but requested additional time to consider it more fully at our last meeting on May 14th.

In regard to the recruitment of potential new members, the committee has made inquiries with several potential nominees, but they have respectfully declined.

Respectfully submitted on behalf of the Nomination Committee.

OUT & ABOUT Report

My name is Marianne Colbourne and I have had the privilege of being the Out & About coordinator for 2013. Every Friday afternoon we meet and participate in numerous social activities. The group is an open group who is very welcoming to new members. We meet not only to participate in social events both at the Bloomfield center and in the community, we also meet for the fellowship. Out & About is a group of friends sharing their fears, hopes and a lot of laughs. Some of our favorite activities included bowling, Frisbee on the commons and making cake pops. Thanks to all the participants for making this years group a blast!

