



Changing Tides

Independent Living Nova Scotia's Newsletter

www.ilns.ca

July
2018

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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

Calling All Artists with Disabilities!

The goal of the **Art of Disability Festival** is to highlight artistic talents of persons who have a disability. Like previous years, this festival will have performances such as dancers, singers, poets, musicians, actors, actresses, etc. It will also include vendors such as painters, authors, card makers, bakers and much more!

The Art of Disability Festival is looking for artists who would be interested in showing and/or selling their work. Artwork can be in the form dance, music, painting, drawing, drama, writing, card making, jewelry making, and just about anything else!

If you are interested in participating or need more information, please email Sara Graham at sarah@ilns.ca or call (902) 453-00004.



Sara is joining the ILNS team for the summer as the Festival Coordinator for The Art of Disability Festival. She is going into her third year at Dalhousie University to continue her Bachelor of Science degree with a major in Psychology. She is passionate about promoting inclusion and supporting people with disabilities. During the school year, Sara works with youth to promote their theatre skills and develop as artists while also volunteering with the Canadian Improv Games. She is excited to bring attention to the many local artists that participate in the Art of Disability Festival and is looking forward to the summer with ILNS.

You are Invited to ILNS' Employer Engagement Series!

To prepare for these sessions, please fill out our Employer Needs Assessment Survey: <https://www.surveymonkey.com/r/ZZHBYDN>.

Each engagement session will take place from 11:30 a.m. to 3 p.m. at the following locations:

The Westin Nova Scotian in the Lunenburg Room

July 11: Dispelling myths about disability and highlighting the potential of persons with disabilities.

The Westin Nova Scotian in the Harbour Suite A Room

August 22: How to recruit and hire persons with disabilities and steps to make the hiring process accessible.

The Wooden Monkey, Alderney Landing

September 6: Tools and resources for planning with an accessibility lens in a business environment.

The Cambridge Suites Halifax in the Brunswick Room

September 18: The steps needed to create an inclusive environment for employees and customers with disabilities.

October 5: Disability and human rights legislation (this module will adapt to remain current to evolving standards and regulations.)

These sessions are free with lunch included. Employers, employees and advocates are all encouraged to attend, but space is limited. Please pre-register by contacting Kaitlyn at kaitlyn@ilns.ca or (902) 453-0004. If you require any accommodations, please let us know.



HEAR YE, HEAR YE! Will Brewer becomes Halifax's Official Town Crier



Photo by Halifax Star Metro

ILNS would like to congratulate Will on his exciting news. Will is the first officially appointed town crier in Canada with Down Syndrome. Will ILNS member Will Brewer has been appointed the official town crier of the Olde Town of Halifax as of July 1, 2018. Will has been working towards this goal for 2 years and if you want to see him in action, his first official duty will be at the upcoming July 21st parade.

Reported in the Star Metro Halifax, Will says: "The reason why it's important to me is now I can actually do something that I love. Not just more of an activist but also being like the first with Down syndrome in Canada to fulfill that duty. I always see the ability, not just in everyone or my friends in my community but also people with Down syndrome, in particular, because of course they have their own voice but it's great to have their voice to be, well, yelled through tote town crier, as well."

Independent Living Suites



Two suites opened on June 28, 2018 at the Nova Scotia Rehabilitation Centre in Halifax will give patients transitioning out of hospital, or facing challenged in their own home, the chance to practice living independently.

CBC news reports "One of the independent-living simulation suites is equipped with technology — voice-activated doors, cabinets and a hospital bed — that can make that transition even easier".

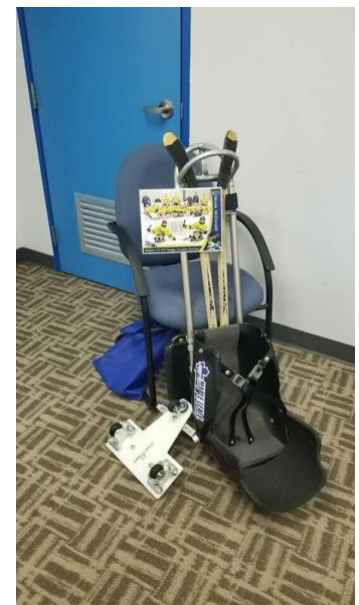
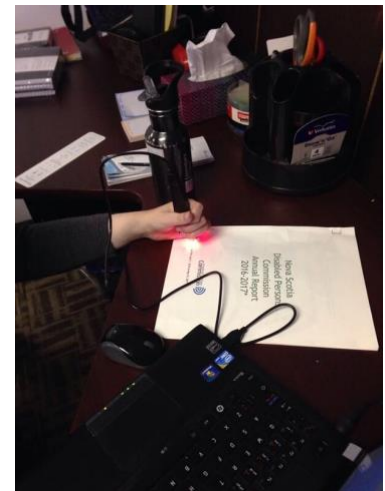
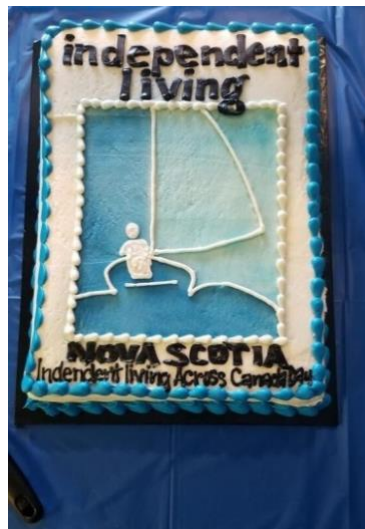
Patients are admitted and assessed in the first week of their stay. Once the assessments are complete, each team member works with the patient to set goals for their admission stay and the return home.

Independent Living Canada Day

ILNS celebrated Independent Living Canada Day by having one of their employees, Nicole McDonald, demonstrating her assistive technology. She showed people how the Echo Smartpen and the Iris Pen scanner works. The Echo Smartpen records written notes and audio which can be replayed later either from the pen or downloaded to the Livescribe Echo desktop application. The scanner types notes into almost any application on a computer as you scan text. She also brought in her hockey sledge and showed videos to demonstrate how people with physical disabilities skate and play hockey.

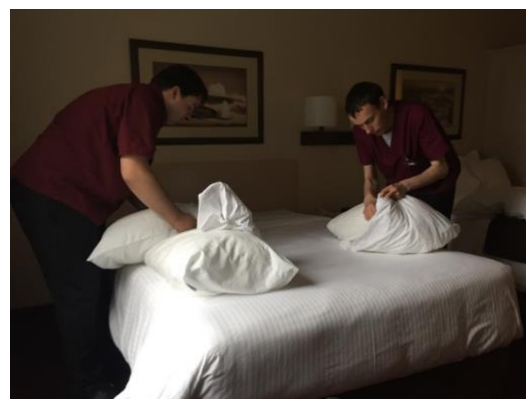
The day included cake and refreshments. The beautiful artwork on the cake was done by hand at the Bayer's Lake Superstore.

Thanks to everyone for coming!





The Hotelworx 12 week Technical and Personal Development training is now complete and final group and peer assessments were a huge success. Students are now entering their fourth week of placement and while some challenges are to be expected, with anyone at any job, our students are thriving. Hotelworx staff have been busy job coaching and checking in on each student and the first of three employer feedback reports go out this week. Students have been back in class for a scheduled Personal Development Workshop, one of 5 throughout the placement and the stories and support foster positive feedback for all involved. A few students have already been accepted for employment after the placement and hope to continue the trend to support students and employers for a more inclusive workspace for all.





Grace Gillam: Excelling at Life and at Work

ILNS' Hotelworx Transition Program provides HRM youth with disabilities, like Grace, a chance to learn relevant hospitality and tourism skills while also providing them with valuable work experience through a 12-week work placement.

By Kaitlyn Phillips

Grace Gillam is a recent Sir John A. MacDonald high school graduate, an enthusiastic housekeeping attendant at the Future Inn and the first Hotelworx participant to receive a full-time job offer after she completes her placement.

"The Future Inn is a good place to work at and I realized I could have a permanent position there, like an actual career," Grace says. "[This job] is something that is permanent, not temporary."

Grace specifically enjoys the work environment and the energy involved with her position.

"I really like the people I work with, because they make my job fun," Grace mentioned. "[My work] keeps me on my toes too."

Grace also gained self-assurance when she received a job offer from the hotel.

"When I started working at the Future Inn, I had more confidence, because the people who hired me gave me the chance to work," Grace says. "[In the past] I always told interviewers I had Asperger's and they would tell me they would call back and they never did, so I assumed it was because of my disability that they didn't hire me."

Additionally, there are a few tools Grace learned from her Hotelworx instructors that are a benefit to her job.

"The Occupational Health and Safety information has helped me a lot, so I know that I have a right to refuse unsafe work," Grace says. "Also, the WHMIS courses I took helped me a lot, because I use chemicals during my shifts to clean windows and other surfaces."

Finally, Grace recommends that youth who have disabilities and are actively searching for work should get involved with sector-based training like the Hotelworx Program.

"[Youth with disabilities] should take a program like the Hotelworx one, because it gives them the opportunity to get work experience," Grace says. "Also, it took me two years to find a job, so they should be patient."



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

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