

# Changing Tides

December  
2018

Independent Living Nova Scotia's Newsletter

[www.ilns.ca](http://www.ilns.ca)

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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

## Join us for a FREE Information Session to learn about: Registered Disability Savings Plans

Join us on Tuesday, **December 11** from **6:30 to 7:30 p.m.** at our office  
located at **L151 - 7071 Bayers Road, Halifax, NS.**

There is limited space available so please **register** by contacting Kaitlyn by  
email at [kaitlyn@ilns.ca](mailto:kaitlyn@ilns.ca) or by phone at **(902) 453-0004**. Also, if you require  
any accommodations please let us know when you register.

This information session will cover the following topics:

**What is a Registered Disability Savings Plan (RDSP).**

The **value** of opening a Registered Disability Savings Plan.

**How to open a Registered Disability Savings Plan.**

How you can receive **additional money** for your RDSP from the Government  
of Canada through the Canada Disability Savings Grant and Canada  
Disability Savings Bond.

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Connect with your MP representative by sending a nice email  
mentioning you saw them in our Changing Tides Newsletter.



## Get Involved with Para Sport Nova Scotia

Para Sport Nova Scotia provides adaptive and inclusive sports to Nova Scotians with disabilities all year round. If you are interested in joining a winter sport, please see some of the options offered below:

- **Alpine Skiing:** want to learn how to ski through adaptive equipment then you need to become a member with Canadian Adaptive Snow Sports (CADS). They offer lessons at Martock, Wentworth and Ben Eoin ski hills.
- **Cross-Country Skiing:** individuals looking to incorporate cross-country skiing will have the chance during 2019 both at Keppoch Mountain in Antigonish and at a new club at Brunello Golf Course.
- **Sledge Hockey:** there are several different options if you want to get involved with sledge hockey; first you can learn to sledge, you can learn to play Para Ice Hockey or you can get involved with Competitive Para Ice Hockey. Finally, you can also get involved with various recreational skates and borrow adaptive equipment for your hockey needs.
- **Wheelchair Curling:** this program is offered at Lakeshore Curling Club at the Sackville Sports Stadium and the Pictou Curling Club for both beginners and returning curlers.

For further information about the types of sports Para Sport Nova Scotia offers visit their website today at [www.parasportns.com](http://www.parasportns.com) or contact Paul Tingley at (902) 425-5450 ext. 375





## 20<sup>th</sup> Annual Christmas Gala and Dance Silent Auction

In anticipation for our 20<sup>th</sup> Christmas Gala, we are giving you a sneak peak of our silent auction along with the chance to start the bidding before the Christmas Gala. There are several items to bid on, some of which include:

- Two adult passes to sail on Murphy's Tall Ship Silva Sail valued at \$80: Experience the unforgettable delight of cruising on Halifax Harbour in classic style and comfort on the Tall Ship Silva, a 130' schooner. Departing from the heart of downtown Halifax, set sail into the beautiful harbour where you will have a mariner's view of Halifax's biggest attractions, including the Macdonald Bridge, Fort George, McNab's Island, Point Pleasant Park and Historic Properties. You will discover Halifax's rich history and some of the stories and tales behind these iconic landmarks.
- A Merry Maid cleaning package valued at \$300: 2-hour cleaning service with a bag of cleaning supplies including a container of wipes, coffee mug, hand cleaner, pen, compact mirror, sponge, cleaning for a cure towel, dust cloth, and cleaning clothes.
- A Lunenburg Staycation package valued at \$642, which includes: a one-night stay at Rum Runner, Lincoln Street Food gift cards, a collection of books from Lexicon Books, passes to the fisheries Museum of the Atlantic, a family certificate to Trot in Time Buggy Ride and golf passes for Bluenose Golf Course.

And lots more!

If you are interested on checking out all of the items in our auction, please click on the following link: <https://bit.ly/2Uou9dE>







## ILNS Board Profile: Murray Vandewater



Murray Vandewater is the current Treasurer of the Independent Living Nova Scotia Board of Directors for a second time. He served for six years before leaving the board for a brief hiatus until rejoining once again in 2017.

Murray's sister Cheryl, who has intellectual disabilities, has given him the opportunity to be involved with the disability community his entire life. Furthermore, he has also held numerous positions on mental health organizations over the years and also serves as Co-Chair of

TeamWork Cooperative's Board of Directors.

A retired business owner, Murray provides business acumen to various enterprises. His extensive experience in not-for-profit agencies brings his experience in Board governance to share as well.

He is a lifetime resident of Halifax and graduated from Dalhousie University with a Bachelor of Science degree and a Master's in Business Administration degree.

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## Annual International Day for Persons with Disabilities

Every year on December 3, the United Nations recognizes the International Day of Persons with Disabilities. This day is meant to emphasize what persons with disabilities can offer their communities while also educating others about the value this community can offer. Furthermore, this year's theme was: Inclusion matters: Access and empowerment for people of all abilities."

This past Monday (December 3), ILNS participated in the Defense Advisory Group for People with Disabilities Halifax International Day for Persons with Disabilities event, where various organizations provided information to attendees on services associated with helping persons with disabilities succeed in life. There were also guest speakers from Ready, Willing and Able and the Accessibility Directorate.

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Connect with your Halifax councillor representative by sending a nice email mentioning you saw them in our Changing Tides Newsletter.



**COUNCILLOR LINDELL SMITH**  
District 8 – Halifax Peninsula North

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lindell.smith@halifax.ca

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**LISA ROBERTS**  
MLA - Halifax Needham




**We're here to help!**

**6080 Young St - Suite 1000  
(902) 455-7300**

 [lisarobertsmla@gmail.com](mailto:lisarobertsmla@gmail.com)

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## Halifax Circus presents: Adaptive Aerial Workshops

Want to be involved in an amazing and free workshop opportunity for those in (and who work with) the disabled/adaptive community? Look no further than the Halifax Circus! They are hosting a series of workshops for aerial teachers who are working with or want to be working with the disabled/adaptive community.

Erin Ball, a highly recognized authority in the field, and the owner/operator of Kingston Circus Arts ([kingstonsircusarts.com](http://kingstonsircusarts.com)) is joining us from Ontario for these specialized workshops

At the conclusion of the workshop, we're inviting participants from the disabled/adaptive community to participate in a workshop with Erin and the aerial instructors.

**Date and Time:** Sunday, December 9  
from **6:00 – 8:00 p.m.**

**Venue:** Halifax Circus, 1479 Barrington Street  
(wheelchair accessible, with accessible bathroom)

**Cost:** Free

**Registration is limited**, so contact Halifax Circus with expressions of interest at [info@halifaxcircus.com](mailto:info@halifaxcircus.com) or at 902-830-3123.



# Thank you to all of our Partners and Sponsors!

Thank you to all volunteers, partners, supporters, and sponsors of Independent Living Nova Scotia. It is because of your support that ILNS has provided programs and services for persons with disabilities for more than **25 years!**

## ILNS Memberships

Becoming an ILNS member costs five dollars a year and for this fee, you will receive:

- A subscription to our Changing Tides Newsletter
- An invitation and discount to events
- A vote at our Annual General Meeting
- The option to serve on our Board of Directors

## A 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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