



Changing Tides

August
2018

Independent Living Nova Scotia's Newsletter

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

Summer is in full swing & so is our Adolescent / Young Adult Autism Summer Camp

Our **Adolescent / Young Adult Autism Summer Camp** continues to provide great opportunities to our participants. So far, they are enjoying organized activities such as: daily swims, weekly bowling, walks at various parks, museum visits and more! We are also continually grateful for the donations from several supporters. Additionally, last year we were able to extend the program, on a limited basis, into the fall and we hope to make this happen again if funds permit. If you have any questions about the program, please contact Nancy Walker at nancy.walker@dal.ca.



Registered Disability Savings Plan Survey

Are you a Nova Scotian with a disability?

If you answered yes, you need to take our Registered Disability Savings Plan Survey!

You could win an Apple iPad 6 if you complete the survey by
Tuesday September 18, 2018!

We are collecting information regarding Nova Scotians with disabilities and their involvement with the Disability Tax Credit (DTC) and Registered Disability Savings Plan (RDSP).

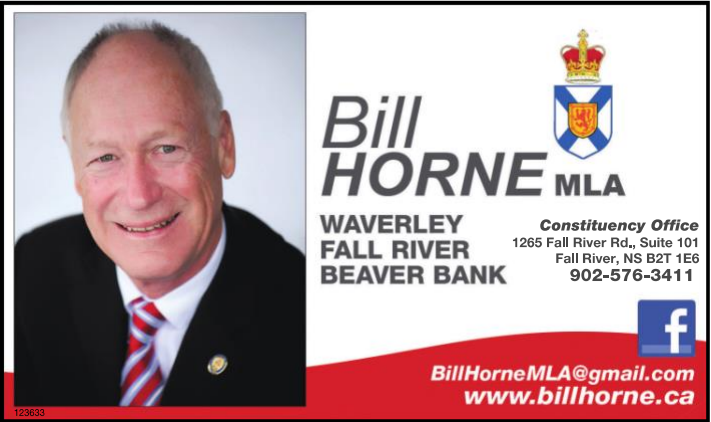
Survey link: <https://www.surveymonkey.com/r/KH5C3M5>



MLA, Truro-Bible Hill-Milbrook-Salmon River

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ILNS Profiles



Matt Spurway joined the ILNS Board of Directors in early 2016. He lives in Dartmouth with his wife, author Amy Spurway, and their three daughters, all of whom are on the Autism Spectrum. Matt is a strong advocate for disability rights, community engagement and public safety. Additionally, Matt sits on the Board of the Public Good Society of Dartmouth and the Crosswalk Safety Association of Nova Scotia. In his professional life, Matt is the Community Coordinator for Between the Bridges, a collaborative community development initiative in Dartmouth North.



Randy Reede joined the ILNS team in September 2012 in an administrative role and has since become invaluable as the Information Outreach Coordinator. Randy's corporate experience with the Royal Bank of Canada as well as his non-profit sector experience with the Canadian Paraplegic Association of Nova Scotia have provided him with the essential skills to build stakeholder relations. Furthermore, for the past five years, Randy has been a real leader in developing ILNS' presence at the Blue Nose Marathon; in 2014 he created Team Inclusive. Since his injury, Randy has been passionate about issues that affect persons with disabilities. He believes everyone needs to let their voice be heard. Working with ILNS has given him an avenue for this platform.



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Tim Houston
MLA, Pictou East

If we can help, we will!

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2042 Queen Street, Westville (902) - 695 - 3582

Art of Disability Festival 50/50 Raffle



We are selling 50/50 tickets for the Art of Disability Festival!

Cost: 1 ticket for \$2.00 or 3 tickets for \$5.00

If you can't attend the festival and still want to participate in this raffle or you would like to purchase your tickets in advance, please send an e-transfer to Carrie at cernst@ilns.ca

2018 Clearwater Mobility Cup

From August 27 – 31, Sail Able Nova Scotia in conjunction with the Royal Nova Scotia Yacht Squadron, will host the **2018 Clearwater Mobility Cup**. This event features the best sailors across Canada and the United States. Competitors will race in the Martin 16 class boat, which is accessible to all disabilities. There are approximately 40 sailors competing in the event, which will provide a legacy for Sail Able Nova Scotia.

If you want to volunteer at the event please visit: www.mobilitycup.com.



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Mobi Chair

The **Mobi Chair** is a floatation device that allows people who have a physical disability go on the beach. It wheels on sand and floats in water. Each Mobi Chair costs \$1,899.00 USD.

Jennifer Powley, pictured below, recently used a Mobi Chair: “I found the experience very freeing. I was no longer confined to land and I could float on the water. The lake was warm, although my roommate who is originally from Jamaica, disagreed.”



Changing Tides: ILNS' Newsletter

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 **20 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.



ILNS is an Accredited member of:

