

# PLAN Edmonton

Volume 5, Issue 2

Fall 2010

## TD and Scotia Bank on board - RDSP



The Registered Disability Savings Plan, or RDSP, is currently the most powerful tool available – for families with disabilities – securing financial stability for the future. It is a unique savings plan that offers a wide range of investment options from funds and savings deposits to GIC (Non-Redeemable, Canadian Market-Linked, Global Market-Linked) and can be received along side any provincial disability benefits.

The RDSP is comprised of two different forms of government assistance: the Canada Disability Savings Grant (CDSG) and the Canada Disability Savings Bond (CDSB).

The CDSG is a federal government grant that provides matching contributions of 100%, 200% or 300% up to \$3,500 annually, based on a family’s net income.

The CDSB was created to assist families who may not have the resources to make a contribution. It is paid on an annual basis into the RDSPs of low-income families (maximum payment is \$1,000, up to \$20,000 lifetime) by the federal government. No contributions are required to be eligible for the CDSB, however a tax-return must be filed to be eligible.

Since its inception in December of 2008, the RDSP has helped thousands of Canadian families across the country. By offering a tax-deferred environment for contributions to grow and matching federal contributions annually (up to 300%), the Registered Disability Savings Plan is giving new financial security to the families in need.

For more information visit [www.rdsp.com](http://www.rdsp.com) OR call Meloney at PLAN Edmonton 780-488-2422

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### Mark Your Calendar Fall 2010

#### PLAN Edmonton Fall Social

Join us on Saturday,  
September 18th  
from 1-3pm  
at 18304-105 Avenue,  
Edmonton

#### Self Advocacy Federation Rally

Friday, October 1st  
from 2-4 at  
Sir Winston  
Churchill Square

#### Wills and Estates Planning

▪ October 6th at 2-4pm

#### Registered Disability Savings Plan Workshop dates:

▪ October 27st at 7-9pm  
▪ December 8th  
at 7-9pm

#### Healthy Relationships

▪ November 4th  
from 7-9pm

### ASSOCIATE MEMBERSHIP—

SUPPORT A STRONG INDEPENDENT VOICE

Consider being an associate of PLAN Edmonton— help us remain free from government funding, preserve our ability to advocate for families, and help us end isolation and loneliness. Receive 25% discount on books: “A Good Life” and/or “Safe & Secure- Alberta Edition”, as well as 25% discount on registration fees for workshops.

# Christian's Story



*"The bi-polar doesn't define me, but from time-to-time exaggerates me. I am the person I am."*  
Margaret Trudeau

*Steven, Christian, Margaret and Karen  
The Bayus family was kind enough to  
M/C our 2nd Annual Fundraising Gala.*



We welcome aboard Brad Bailey, our newest Facilitator who has been working with the Scott family. Two additional facilitators have been trained, Sylvia and Andrew, although they are still awaiting a match with a family. We also thank Lyn Langstaff for taking on a second network. Lyn has been diligently developing Joanne's network during a transitional time of moving residences. Facilitators have kept network members and families connected through various summertime activities.

Christian has been a Lifetime Member of PLAN Edmonton for almost 2 years, and his network of family and friends has quickly expanded to 41 members, and is still growing.

Christian is an energetic young man who loves sports, and helping others whenever he has a chance. He lives in St. Albert with his parents in his newly renovated basement suite, and loves having friends over to hangout, play games, and watch TV. This summer Christian got a dog named Marley and is learning to take him for walks and have Marley follow his commands.

Having finished High School in June, Christian is starting the next chapter in his life. Working as a businessman for Remax two times a week is a job Christian loves. Helping out in the office with paperwork or wherever needed keeps him very busy. Christian is also looking for another job to keep him busy a few more days in the week. Thursday evenings Christian volunteers at the Sturgeon Hospital Gift Shop and he is part of Squires, a service group, which takes part in many community projects. In his spare time Christian loves to go to any sports game, (the Oilers are his favorite), bowl, watch movies or go to plays, listen to music on his ipod and keep in touch with his friends on Facebook. With so many members in his Network, Christian puts out a monthly newsletter to keep everyone up-to-date with what he has done and what he would like to do in the future. *Janet*

## NETWORK NEWS

This month, PLAN Edmonton staff will be trained in the latest version of TYZE. We are hoping that most of our network members will take advantage of this opportunity and then be able to better communicate with one another.

"At TYZE we often think about where our approach stands in the vast digital sea that is the Internet. As a social networking tool, we belong to a revolution of business and personal utilities including forerunners like MYSpace and Facebook, but we stand apart in our approach to privacy, connectedness and

what it means to be an 'online citizen'.

We never stray from the social philosophy embedded in our work—that private networks provide a personal community of support that positively impacts the health, well being, and the connectedness of everyone. We are dedicated to networks that are private, secure, and resilient."

This article by Shari Graydon illustrates how TYZE traverses the infinite and uncertain sea that is social media to the benefit of real people and real relationships. *Betty*

Individuals, families, and networks have different cultures and as they evolve, they settle into an identity that suits the group. Some cultures are celebratory and party-like, others more formal and business-like. Some start with only family members and others exclude family at the outset. Facilitators must respond to these network differences by listening, observing and responding to the culture which is emerging with time. As facilitators bring people together, it is the network that will set the agenda and move it forward.' Nancy Rother



**TELUS**  
the future is friendly®  
**Thank You**

*The Board of Directors and families associated with PLAN Edmonton would like to express our deepest appreciation to all our funders.*

*Thank you to the Edmonton Community Foundation, and TELUS for their belief in and support of our efforts to ensure safe and secure futures for individuals with disabilities.*



## NOTES FROM THE PRESIDENT

I hope everyone survived the weird summer that we have just had and that you all had an opportunity to experience some warm summertime weather somewhere if you weren't here during our week or so of what I would call summer – several days in a row of sunshine with-out rain.

Way back in April – it seems so long ago now, we had our 2<sup>nd</sup> very successful fundraising Gala. Margaret Trudeau was a wonderful speaker. All who heard her speak were impressed with her candidness and entertaining stories. Our Auctioneer, Al Blahun worked his magic to auction off our live auction donations and many of those in attendance had fun bidding on the Silent Auction items. Our M/Cs Steve

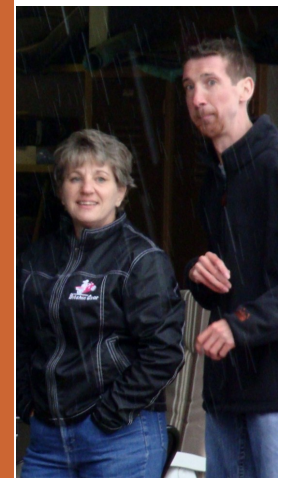
and Karen did a great job of keeping us on track and informed on what was happening next. We are very encouraged by the fact that we were able to raise almost \$27000 at this year's gala.

It is hard to believe it was over 4 months ago that we had our AGM. For those of you who attended you will remember that it was a wonderful meeting. Meloney and George, once again, opened their home and welcomed staff, Board members, Lifetime members guests and prospective PLAN members to enjoy food, friendship and fellowship. We are particularly pleased that George had the foresight to install heating in his garage because without it many of us would not have lasted in the snow and cold (at the end of May!!!) despite having a fantastic

selection of appetizers, salads and desserts from which to choose. Meloney's brother and his wife not only provided the burgers and smokies but cooked them to perfection.

Since the AGM, the Executive has met twice but the Board has had the summer off. Everything has begun in earnest now that September has rolled around and we will be busy with our first Casino experience in October. We will need a few volunteers to assist with it. If interested, please contact the office at 780-488-2422 or [info@planedmonton.ca](mailto:info@planedmonton.ca)

Until next time... *Ruth*



## The Art of Letting Go

One of our essential roles with our kids is to gradually let go and permit them to accept more responsibility for their own lives. If we don't let go, our kids will lack the internal strength and skills to function independently

when they leave home for college or work. The goal is to let go gradually so that our children will either experience success or will succeed after learning from their mistakes. If we want our children to de-

velop a sense of responsibility, make good choices, become self-disciplined and listen to our point of view, we have to let go and allow our children to accept more ownership for their lives.  
*Alan W. Carson*

# Executive Director's Report

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

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*"The only disability is having no relationships"*  
Judith Snow

As the season begins to change, marking the progression of time, I take this opportunity to reflect back on some of the highlights of our passing seasons. Looking back, our busy spring months started with the updating of our strategic plan. The meeting took place in April 2010 being postponed due to the consortium meeting in February which PLAN Edmonton hosted. The meeting was facilitated by Scott Kennedy and well attended by Board of Directors and staff. The top four areas that were discussed included: Networks, Relationships, Funding and Sustainability. An action plan was formulated around these four key points to guide our action over the next two years.

In April and May, we saw our coffers' grow through our efforts of the DreamMakers Gala and warmly received the funds from the grant application to the City of Edmonton and the Community Spirit Program. At the Annual General Meeting in June, we said good-bye to Phil Barchard, our Treasurer for two years, and welcomed new Board Members, Shawn Ewasiuk and Alexandra Unruh. Doug Elford has taken over the duties of the Treasurer's position and Irene Feika volunteered to be the Vice-President. Ruth Shipton will remain president for one more year and Jane Haslett agreed to remain secretary for an additional year.

Following the very busy months of April, May and June for PLAN Edmonton we found ourselves in a new office in the west end of Edmonton. The move into our new offices was made extremely smooth by the donation of time and expertise from AMJ Campbell Moving and Storage. Getting settled in our new office was interrupted by a breakin, losing our computers, before the security system was installed. As unfortunate as this event was for us, we now have updated computers in the office and have tidied our data system. Over the summer months we were also able to update our website with the helpful assistance of Andrew Crowe. Check it out at [www.planedmonton.ca](http://www.planedmonton.ca)

Over the summer the Registered Disability Savings Plan (RDSP) project, For the Future, funded by the federal government and administered by PLAN Institute enabled PLAN Edmonton to do two information sessions in communities outside of Edmonton. The first, held in Hinton and the second one in Westlock, were both well attended. We met wonderful people in both locations committed to the financial and social well-being of individuals with disabilities. I was also invited to talk about the RDSP on the Alberta at Noon program on CBC radio. I adjusted the nerves at the door with the help of a very qualified producer so I could get the information out in a coherent manner. We received many emails and phone calls concerning the RDSP after this program. For individuals who have not heard, The Registered Disability Savings Plan is a unique savings program that allows an individual's savings to grow in a tax-deferred environment and provides matching federal contributions of up to 300% annually. Watch for our upcoming information sessions regarding the RDSP this fall.

Over the summer months, we had the opportunity to talk about PLAN Edmonton with the Rotary Club of Sherwood Park Centennial thanks to Brenda Thibault who assists with the RDSP sessions. I have also had the privilege of meeting new families in the office over the summer who were interesting in learning more about PLAN Edmonton.

Looking forward, we have a busy fall ahead of us with many information sessions, board meetings and fun time socials scheduled. The details of these sessions can be found on our website calendar.

On a personal note, my daughter moved into her own home on August 1. A stressful time for our family but the out coming has been fantastic so far.....moving toward a good life for her. She now has a supportive network that includes her family & friends, a supportive roommate and competent staff. *Meloney*

## Part-time Facilitator Required in St. Albert!

**The position is approx. 5 hours per month**

Do you have a natural talent for connecting people and believe that relationships are essential for a good life?

We are looking for someone who has a strong belief in community inclusion and a commitment to developing a network of support. You must be willing to commit to a one-year contract.

Please indicate your interest by contacting:

*Betty Hahn-Sidor at 780-488-2422*

OR [betty@planedmonton.ca](mailto:betty@planedmonton.ca)

**and join us at PLAN Edmonton!**

