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your ideas!

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Vita Members Times

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Let's Talk About Jobs and ODSP...

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In our last issue we talked about independence and what it means to us. Part of being independent is having money to support our needs, and a bit extra to spend on things we like!



Everyone wants to be a valued member of their community. To some of us that means working and getting paid for it. That sounds easy, but it isn't for everybody. People with disabilities are not always given the same chances as people who don't have a disability and that makes it harder for us to find work.

Sometimes people with disabilities don't have the support they need to find a job, or don't know where to start looking.

A lot of us think that if we find a job, we will lose the money we receive every month from the Ontario Disability Support Program (ODSP). We learned that isn't true, unless we make a lot of money at work.

In this issue we want to let members know how ODSP can help you find work and how working might change the amount of money you get from ODSP.



Working and ODSP

If you have a disability, ODSP has something called 'employment supports' that can help you find a job. They also have connections with places in the community who can help you get job training, help you get to and from work, special computer training, and other supports you might need in order to work. For more information, you can speak to your ODSP case worker or visit your local ODSP office. You can also get information on their website. If you need help, ask family, friends or staff for support!



...Can I work and still get ODSP?



This answer can get confusing, but you can earn up to \$200 a month without having your support reduced. If you earn more than \$200 each month, ODSP will take away some of your support, **but you will still end up with more money if you work.**

It is important to talk to your ODSP caseworker or support staff to find out more about how working will effect your ODSP income. Don't give up on the idea of working because you think you will lose all of your money!



Adam's Update – Employment

For many members employment is a personal goal. When we ask why employment matters we hear three things: money, using personal talents and making a contribution. While we work with members and with our community to make employment possible, it is my hope that everyone realizes that it doesn't take a job to use one's talents or to make a difference. In the last couple of weeks we had two events at Vita. We had the Rally for Vita and we had the 30th anniversary celebration for Tycos.

As I walked around both events I saw many members getting involved, showing off their talents and making a huge contribution to the lives of others and the life of Vita. I want to recognize those people who have the "get up and go" to make life better for others and who use all the talents they have to make a difference.

While working towards employment it's possible to do more than just wait, one can actively participate. These activities help develop the personal skills and confidence for job interviews and eventual employment.

Adam

Right's Group Update

- We had our annual car wash and raised \$200 for our group. Thank You to everyone who supported us!
- Our group supported the annual Disability Pride March.
- We are having a booth at the upcoming Developmental Services Info Fair, to share what we do with others.
- Our group is having elections in November—stay tuned for the results!
- Watch for details on our annual Christmas Party Raffle.



Johnathan's Story

My name is Johnathan Gies and I am the new part-time Advocacy and Outreach worker with Vita. I have been a vita member since 2016. I am a member of the rights group and helped plan Vita's part in the Disability Pride March.

In my new position, I can be a useful resource to our members and the community. I am here to help get members ideas heard and to support them to make their ideas possible.

I can help members find answers to questions they have and be there for moral support as they advocate for themselves.

One of the projects I am hoping to work on is a members Facebook page. I want to do this so we can share ideas, post upcoming events and make friendships.

I look forward to meeting new people and making a difference. If you have questions or ideas, please email me at: jgies@vitacls.org



Johnathan



Cool Happenings

Did you know that VITA now offers **FREE** services in its new **From Trauma to Trust Clinic**, located downstairs at head of-fice? Free therapy and counselling services are offered to people with disabilities who have experienced trauma in their lives.

You can choose from a variety of private or group services, that use music, art, drama and talk therapy, to work through personal trauma.

For more information please ask your support staff or contact April at: awhynott@vitacsls.org or 416-749-6234.



Lets Talk—A New Group at Tycos Day Program



"Let's Talk" is a volunteer group of members who attend Tycos Day Program. We meet once a week to talk about daily routines, activities and programming that we would like to have at Tycos. It is a safe space where we can talk freely about what we like or don't like; any concerns we might have, and anything that anyone wants to discuss.

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We assist staff with ideas for programming. We are helping all members of Tycos by bringing their voices forward. We are helping the agency as a whole to see programs in the view of the members in a Person-Centered way.

Our group members hope that we can go to other Vita Programs to have the same group and help them to get it started. A big dream would be to have a larger Vita "Let's Talk" Group.



We Want To WORK

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J A V H J H H P O N I H C Z P
C N O Q P T I N M I G A K Z P
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1. MONEY
2. JOB
3 BANK

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9. ENVELOPES