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# ***COMMUNIQUÉ***

A publication of the  
**Premier's Council on the  
Status of Disabled Persons**



**Summer Edition 2011**

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*Ce bulletin est disponible en français!*

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## Chairperson's Message



On behalf of the Premier's Council on the Status of Disabled Persons, I would like to extend a sincere thank-you to Réal Bélanger for his contributions to the work of the Council over the course of the past four years. Réal has recently resigned from the Council after a number of years of service and I would like to thank him for his ongoing support and hard work. Réal has served as a Public-at-Large representative for the St. Hilaire Region since 2007. He remains a committed advocate for Veterans, as well as for all persons with disabilities in the province.

The contribution of this valued Council member is greatly appreciated and we wish him much success within his future endeavours.

The Premier's Council has continued to be very busy during the summer months. This year, during Disability Awareness Week, the Council hosted a two-day Disability Stakeholders Summit in Fredericton on May 30<sup>th</sup> and 31<sup>st</sup>. Workshops were planned on both days which focused on various issues identified by the community of persons with disabilities. Our hope and goal was that by bringing together stakeholders and government representatives, priorities and strategies would be identified to help address the challenges faced by persons with disabilities within New Brunswick. I am very happy to report that the Summit was a success - thanks to the hundreds of participants and many volunteers who assisted the Council members and staff. The Council is currently working on a survey to be released to the public in the coming weeks to gain even more feedback from stakeholders, in preparation of the new Disability Action Plan Report to be released in the new year.

In closing, I would like to thank the Council members and staff for their hard work. We look forward to our continued involvement with government, community stakeholders, service providers and the public-at-large as we move toward our objective of breaking down barriers for citizens with disabilities.

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## Executive Director's Message

Firstly, I would like to welcome our new Assistant Executive Director, Laurie Muise, to the PCSDP team!

Secondly, the New Brunswick Disability Awareness Week (DAW) 2011 campaign was a big success with the theme of "Yes We Can!". We thank our sponsors, the DAW Executive Committee and the many supporters. Walk & Roll events were held in over 100 locations, the annual Legislative Breakfast and Disability Stakeholders' Summit were a full house; various



contests and special events involved large numbers of participants and the provincial award winners were well received. The 2011 Provincial Awards were presented to Patricia Curtis of Miramichi, Maxime Auclair of Petit Rocher, and the Stan Cassidy Centre for Rehabilitation based in Fredericton. Thank you to all that participated in the DAW events and contests! Further details are on our website at:

<http://www.gnb.ca/0048/DAW2011/IndexDAW2011-e.asp>

The Disability Stakeholders’ Summit took place in Fredericton at the end of May. The Summit was a two-day event in response to the 3<sup>rd</sup> Status Update release of the *Disability Action Plan Strategy - The Path to Self-Sufficiency and Inclusion for Persons with Disabilities*. The Premier’s Council brought community stakeholders from all over the province together wherein persons with disabilities, community agencies, service providers and families were asked to identify outstanding issues and bring forward new challenges or opportunities for government to tackle. The Council will continue to update the community and government on the next steps of the consultation.

The Council has been involved in many other issues and continues to work closely with government departments, municipalities and non-profit organizations in its ongoing work to move New Brunswick closer to becoming an inclusive province with every citizen having equal opportunities and responsibilities. More information on the services offered by the Premier’s Council are available at [www.gnb.ca/council](http://www.gnb.ca/council), by calling toll-free at 1-800-442-4412, or sending an e-mail to [pcsd@gnb.ca](mailto:pcsd@gnb.ca).

I wish everyone a lovely summer and look forward to continuing our excellent partnership with the many stakeholders’ around the province.

“Everyone needs a hand to hold. Why not lend yours?” – Author unknown

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## Premier's Council has a new Assistant Executive Director

Laurie Muise has been hired as the new Assistant Executive Director for the Premier’s Council on the Status of Disabled Persons. A life-long resident of Oromocto, Laurie holds a degree in Recreation and Sport Studies, with a major in Business Administration, from the University of New Brunswick. He also graduated from the Recreation Management Diploma Program at Holland College, and received certification as a Community Development Officer.



Laurie has many years of experience in advocating the importance of community inclusion for people with disabilities. Prior work experience includes working with the Inclusive Recreation Committee of Recreation NB, coordinating various programs with the NB Association for Community Living, and providing support to the employee's at the Oromocto Training and Employment Center. More recently, Laurie has worked for the Canadian Paralympic Committee as the Provincial Coordinator for the Changing Minds, Changing Lives Program. Laurie is excited to continue working with people with disabilities and various stakeholders so that together, we can achieve positive outcomes and reduce the many barriers for people with disabilities throughout New Brunswick.

Welcome Laurie!

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### **Réal Bélanger - Council member from 2007-2011**



The Premier's Council on the Status of Disabled Persons (PCSDP) would like to thank Mr. Bélanger for his commitment and dedication as a Council member since 2007. Mr. Bélanger served as a Public-at-Large representative for the St. Hilaire region, and was a tremendous advocate for people with disabilities across all of New Brunswick. The Council and Staff of the PCSDP want to express our sincere gratitude, and wish you all the best in your retirement!

(From left to right: Christyne Allain, Executive Director, Réal Bélanger & Michelle Horncastle, Chairperson)

"It is our choices that show what we truly are, far more than our abilities." –  
J.K. Rowling

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### **Regulation will enhance barrier-free building rules**

The provincial government is enhancing building regulations to make public buildings more accessible to persons with physical disabilities.

"We have committed to modernizing and enhancing provincial building standards to improve accessibility for all New Brunswickers, regardless of their physical abilities," said Premier David Alward. "These changes represent genuine progress in ensuring equal access for everyone."

A proposed regulation under the *Community Planning Act* is intended to create higher minimum standards of accessibility for certain new commercial buildings. The draft standards will be posted online for 30 days for public comment before taking effect. The new regulation will not be mandatory but municipalities and rural communities are being empowered to adopt it. The regulations are an enhancement to Section 3.8 of the *National Building Code of Canada 2005*, which is currently in force in the province.

The new standards will remain in place until the province adopts its own *New Brunswick Building Code Act*, which includes mandatory new accessibility standards, in late 2012.

The new act will adopt *National Building Code of Canada Act 2010* and make enhanced barrier-free regulations mandatory for all new buildings and major renovations on certain commercial buildings; and for multi-unit apartment buildings and condominiums province-wide.

In the meantime, the proposed regulation under the *Community Planning Act* will allow for more consistency in parking lots for people with disabilities; provide for greater access to teletypewriter telephones in public areas; and generally make buildings more accessible.

Other examples include installing bathroom taps that are easily operated by those with dexterity issues, or providing one barrier-free room in a tourist establishment with more than 10 rooms and one barrier-free unit in apartment buildings or condominium complexes for every 20 units.

"The Department of Public Safety has been pleased to work closely with the Premier's Council on the Status of Disabled Persons and Ability NB in creating these proposed guidelines," said Public Safety Minister and Solicitor General Robert Trevors. "We look forward to adopting the *New Brunswick Building Code Act* in 2012, when we can make sure barrier-free buildings are the norm throughout the province."

The proposed regulations can be found at:

<http://www2.gnb.ca/content/dam/gnb/Departments/eco-bce/pdf/pr/2011/07/10-106Bil.pdf>

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## Fair Drug Prices

The Government of NB is consulting with the public and other stakeholders on how they can make drugs more affordable and accessible for New Brunswick families. In the coming weeks, they will also be meeting with pharmacists and pharmacy owners, drug manufacturers, wholesalers, and private insurers to get their input on how to get better drug prices for the people of New Brunswick while supporting pharmacy services.



In 2010-2011 New Brunswick spent over \$180 million on its drug program – more than double what was spent in 2000. In fact, they pay more for generic drugs than many provinces in Canada and most countries in the world – for the same drugs!

<http://www.gnb.ca/0212/drugs/pdf/Fair-Drug-Prices-for-New-Brunswick-e.pdf>

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## **Prevent Heat-Related Illness**

The provincial deputy chief medical officer of health, Dr. Denis Allard, is advising New Brunswickers to take precautions to avoid heat-related illness.

When Environment Canada forecasts a humidex of 35 degrees C to 40 degrees C, or if there is a succession of several hot days, people are at an increased risk of heat illness.



Those most at risk include older adults, children four-years-old and under, people who are overweight, and those with chronic medical conditions, especially heart disease and high blood pressure.

People on certain medications that impair the body's ability to regulate heat or perspiration, especially those with mental-health conditions, are also at risk. People who live alone, have difficulty in caring for themselves, or who are immobile and unable to relocate to a cooler environment, are also at high risk for heat illness.

Even young and healthy individuals can be affected by heat if they engage in strenuous physical activities.

"Muscle cramps, fatigue, headache, and nausea are all symptoms of heat-related illness," Allard said. "Anyone experiencing symptoms of heat-related illness should be moved to a cool environment, drink cool, non-alcoholic beverages, and rest. This simple act can save a life. If symptoms worsen or are severe, seek immediate medical attention. What may start as a mild form of heat-related illness might progress to heat stroke, which could be life-threatening."

To prevent heat illness, New Brunswickers should take these precautions:

- drink plenty of fluids, especially water, before feeling thirsty;
- plan outdoor activities for cooler parts of the day. Remember mosquitoes will also be active at those times. Protect yourself with insect repellent;
- avoid exposure to the sun. If you must be outside, use a sunscreen with at least an SPF of 15 or higher, wear light-coloured clothing and a wide-brimmed hat;
- limit physical activity and pace yourself carefully;
- never leave someone or a pet inside a parked car or in direct sunlight;

- spend a few hours in a cool place (mall, library, shaded park or at a pool) or use air-conditioning;
- electric fans alone may not provide enough cooling to prevent heat illness when the temperature and humidity are high - a cool bath or shower is a more effective way to cool off;
- keep windows closed as much as possible if the temperature outside is higher than it is inside; and
- keep sun out with curtains or blinds.

Further information about heat illness and dangers to your health is online.

LINK: Department of Health (heat-related illnesses): [www.gnb.ca/health](http://www.gnb.ca/health)

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## **Small Projects Enabling Accessibility**

The Office for Disability Issues is pleased to announce that a call for proposals for Small Projects enabling accessibility is now open. Please note that the call will be open from July 22, 2011 until September 23, 2011.

Only proposals postmarked on or before the closing date of September 23, 2011 will be considered in this process.

The application form and guidelines can be found on the website. All applicants are encouraged to read the guidelines before completing the application. For further information regarding the call, please visit:

[http://www.hrsdc.gc.ca/eng/disability\\_issues/eaf/cfp/index.shtml](http://www.hrsdc.gc.ca/eng/disability_issues/eaf/cfp/index.shtml)

Should you have any questions about the Small Projects enabling accessibility please contact: [eafcall-appelfa@hrsdc-rhdcc.gc.ca](mailto:eafcall-appelfa@hrsdc-rhdcc.gc.ca) or toll-free number at: 1-866-268-2502 or TTY: 1 800 926-9105.

Enabling Accessibility Fund  
Program Support Team

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## **Provincial Recreation Access Fund Program**

*Could you or someone you know, use some support to get active in your community? If so, check this out!*

Recreation New Brunswick, in partnership with the Department of Wellness, Culture and Sport, is excited to announce a new project called the ***Provincial Recreation Access Fund Program***.

The goal is to increase active living opportunities for people with disabilities in New Brunswick and to help reduce those financial barriers that limit people from achieving a healthy lifestyle. How? People with disabilities can apply for funding from *The Provincial Recreation Access Fund Program* to help cover activity related expenses. They can cover expenses for just about anything, as long as the activity is "ACTIVE", and not just a "one-time thing". All you need to do is fill out an application form and submit it to Recreation New Brunswick.

For more information about this program, or to obtain an application form, contact Recreation New Brunswick, or visit [www.recreationnb.ca](http://www.recreationnb.ca).

**Recreation New Brunswick:**

55 Whiting Road, Unit 34 Fredericton, NB E3B 5Y5

Phone: (506) 457-1939

Fax: (506) 450-6066

Email: [programs@recreationnb.ca](mailto:programs@recreationnb.ca)

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## Moving to Inclusion (MTI) Online

### Who is this resource designed for?

Moving to Inclusion (MTI) Online is an excellent training and professional development tool for those who are working in or training for a career in the recreation, fitness, education, sport and active living fields. Whether you deliver recreation programs, lead physical education classes, provide children's programming, coach athletes or administer programs in these areas, MTI Online will provide the knowledge to facilitate inclusive opportunities for those with different levels of ability.

As a staff training tool, MTI Online can be used to provide your organization with information and practical approaches to apply in a program setting. Teachers will be equipped with tools, strategies, and creative adaptation ideas to use in a physical education setting. For universities, colleges and other training institutions this interactive resource will complement the materials used in physical education, kinesiology, health, teacher preparation and a variety of other courses. Professionals and volunteers working in the disability field will also benefit from learning about providing inclusive active living opportunities for their clients.

Take a quick peek at the features of their new online resource: <http://www.ala.ca/mti-iem/welcome.htm>



# Alternate Format Materials for Persons with Print Disabilities

## CNIB Library Partners Program: Reading. Reimagined!

The CNIB Library collection is available to any person who has trouble reading print because of a visual, physical or learning disability. Register today for access to more than 80,000 books, newspapers, magazines and movies in alternative formats.

The CNIB Library offers many ways to read:

- Audio, e-text, braille & other formats
- Accessible books, newspapers & magazines
- Material for all ages and interests
- Summer Reading Club for children
- Accessible online services – read or do research on the web
- Material in English or French



For more information: [www.cnib.ca/librarypartners](http://www.cnib.ca/librarypartners)

Register today: [www.cnib.ca/selfregistration](http://www.cnib.ca/selfregistration)

## Free access to audio books and online resources!

The CNIB Library Partners Program is available thanks to funding from the provincial governments of Alberta, New Brunswick, Ontario and Prince Edward Island.

This new program provides free access to the CNIB Library's collection of over 80,000 titles for people with disabilities who don't read print. Register online for home delivery of books in alternative formats plus access to over 35,000 online resources through the CNIB Digital Library.

Visit [www.cnib.ca/selfregistration](http://www.cnib.ca/selfregistration) today! All you need is a public library card.

## Want more information?

Visit: [www.cnib.ca/library](http://www.cnib.ca/library)

Watch a video demo online at: [www.cnib.ca/cdlldemo](http://www.cnib.ca/cdlldemo)

Listen to an audio introduction at:

[http://www.cnib.ca/en/services/library/Documents/Introduction\\_to\\_CNIB\\_Library\\_Services.mp3](http://www.cnib.ca/en/services/library/Documents/Introduction_to_CNIB_Library_Services.mp3)

# Changing Minds, Changing Lives

## ***ONLY 3% OF CANADIANS WITH A DISABILITY ARE INVOLVED IN ORGANIZED SPORT***

SOURCE: 2001 STATISTICS CANADA PARTICIPATION AND ACTIVITY LIMITATION SURVEY

Changing Minds, Changing Lives (CMCL) is at the centre of the Canadian Paralympic Committee's strategy to reverse this trend and ensure every Canadian with a physical disability is given the opportunity to benefit from the empowerment and confidence that comes from participating in sport. Since it was launched in 2005, the CPC has delivered CMCL seminars to over 3000 healthcare professionals across Canada.

CMCL is an educational program taught by healthcare professionals for healthcare professionals, as well as other key influencers in the lives of persons with a disability. Workshops attendees receive a certificate of participation from the Canadian Paralympic Committee.

The interactive one and a half hour seminar demonstrates how sport enhances rehabilitation and integration of persons with a physical disability into the community, and their ability to fulfil their personal potential in all areas of life. Each seminar includes a presentation from a Paralympic athletes' whose personal experience brings to life the important role of sport in the lives of persons with a physical disability. There is also the opportunity to try the adaptive equipment used in para-sport, as well as find out about resources to help persons with a physical disability learn more about sport and where to get involved.

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## **Canadian Paralympic Committee**



**FIRST CONTACT FUND** - The Canadian Paralympic Committee (CPC) will be allocating funds for the 2011-12 *First Contact Fund* in the coming months. A successful parasport system begins with increased awareness and recruitment of participants at the grassroots parasport level; a sport cannot have a Podium full of athletes without a playground full of participants. In order to facilitate increased participation of Canadians with a disability at the 'playground' level, the Canadian Paralympic Committee (CPC) is piloting a First Contact Fund (FCF). This granting process is intended to support the creation of a new program, or go towards the expansion of an existing successful initiative providing a positive introductory parasport experience. Funds may be used towards enhancing program options, such as facility rental space, coaching, volunteer training and more

## Supplementary Bus Contract Extended

Loyal Taxi Ltd. has received a contract extension to provide supplementary Dial-A-Bus service to the City of Fredericton.

The taxi company provides services to the city at \$8.50 per trip, with second or third points of pickup charged an extra \$5.50.



The city's Dial-A-Bus service is a publicly funded transit service for the physically disabled and for other clients meeting its criteria.

Due to public demand, the municipality sometimes has to rely on a taxi firm with a van equipped to meet the needs of people with mobility problems to supplement its regular service.

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### Club Promotes Inclusion

SAINT JOHN - PRUDE Inc. is inviting local youths to join its Youth Diversity Club this summer. The club's interactive activities are meant to promote inclusiveness in the community. All activities run from 10 a.m. to noon at the North End Community Centre.

Call 634-7629 to learn more.

Published Wednesday July 13th, 2011 from the Telegraph Journal

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### Sailing Season for Disabled Underway

**Able Sail group continues program until Aug. 26**



On July 13, 1985, six skippers took to the sea with 14 people with disabilities on sail and power boats.

Ever since, Able Sail has been allowing those with disabilities the opportunity to sail the Shediac Bay each summer.

And this summer is no different.

They have recently started their 2011 summer sailing program, which will run until Aug. 26. The popular and rewarding program typically provides 150 to 200 outings, helping about 250 individuals from the Greater Moncton and Shediac areas to enjoy an outing on the water. With no previous experience being necessary, staff is inviting anyone out to enjoy sailing, no matter the disability.

Able Sail has two specially equipped boats, the 20 foot long Freedom 20 called the Gordon McRae, which was named in memory of one of Able Sail's first passengers, and a 16 foot long Martin 16 called the Michael Dunn.

The Gordon McRae has two counterweighted seats to suit the comfort and safety of its passengers. It's used for recreational sailing and can accommodate up to six adults. Passengers get to enjoy an hour and a half cruise of the Shediac Bay.

The Michael Dunn suits a single person with room for an instructor to enjoy a one on one lesson.

Staff says there is a hydraulic lift if the passenger uses a wheelchair.

Sailing appointments are available between the hours of 10:00 AM and 8:00 PM every day of the week.

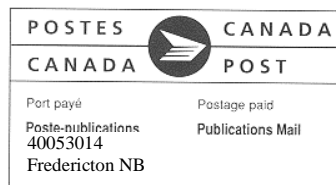
\* For more information, visit [www.ablesail.ca](http://www.ablesail.ca) or call 533-9750.

Published Monday July 18th, 2011 by Times & Transcript

“People who cannot find time for recreation are obliged sooner or later to find time for illness.” – John Wannamaker



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**Layout/Design: Kristin Colwell**



**We welcome submissions for our newsletter on any topic relative to persons with disabilities. This newsletter can be available in alternate formats. Please circulate the Communiqué within your office and with friends.**



## **NOTICE**

The September 2010 edition of the *Directory of Services Offered to Persons with Disabilities in New Brunswick* is available. If you wish to receive a copy, please fill out the following and return to our office by fax or mail.

Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_ Language: English \_\_\_\_\_ French \_\_\_\_\_

**Return to:** Premier's Council on the Status of Disabled Persons  
 440 King Street, Suite 648, Fredericton, N.B. E3B 5H8  
 Fax: (506) 444-3001 E-mail: pcsdp@gnb.ca

*\*Updates are available upon request throughout the year\**