



PLAN
...for the future

PLANfacts

VOLUME 16 NUMBER 3

SUMMER 2006

Budget Announcement!

Jack Styan, Executive Director, PLAN

Did you read all 315 pages of the Federal Budget tabled on May 2nd? If you didn't, you're among the overwhelming majority. But you would have also missed a short paragraph nestled on page 105.

In that paragraph, the federal government acknowledged one of families' greatest concerns – that of securing the future. Minister Flaherty made the following commitment in the budget:

“An important consideration for parents and grandparents of a child with severe disabilities is how best to ensure the financial security of their child, when they are no longer able to provide support. The Minister of Finance will appoint a small group of experts to examine ways

to help parents save for the long-term financial security of a child with severe disabilities, and provide their recommendations to the Minister within six months.”

We have worked hard in Ottawa over the past several years to get the government to implement a Disability Savings Plan. This budget is evidence that the government has heard families' concerns.

There is still a lot of work to do to ensure that a Disability Savings Plan is implemented. We have expressed our interest in being a part of the small group appointed by the Minister.

We remain convinced that the case for creating a Disability Savings Plan is compelling:

- Benefiting 400,000 persons with disabilities
- Family contributions of \$230 million annually
- Annual government costs of less than \$50 million.

If you or your spouse has an annual income of \$50,000, then every dollar you set aside for your relative with a disability would cost you only 69 cents. This will provide real recognition for financial contributions that families make throughout the lives of our relatives with disabilities.

For more information, to sign up for our public policy ezine, or to find out how you can support our efforts to advance the Disability Savings Plan, visit our website: www.plan.ca.

Mark your calendars!

Our very popular **PLAN Family Barbecue** Sat., Aug. 12, 2006 11:00am to 3:00 p.m. (rain or shine) at Queen's Park, Picnic Site #1, New Westminster and don't forget...

PLAN AGM & Potluck, Tues., Sept. 26, 2006 at 6:00pm Burnaby Association for Community Inclusion.

“What will happen to our child with a disability when we die?” is a question that hangs over many a family — and should concern us as a society. The fear is that they will be institutionalized or, worse yet, left to fend for themselves in a world that still discriminates against and marginalizes those who are different.”

— Andre Picard, *Globe and Mail*



We know our lives have meaning when we are in the presence of others who care about us.

The Company of Others: Stories of Belonging

A creative collaboration by Sandra Shields and David Campion, that captures the spirit and significance of personal networks.

Order Yours Today!

To purchase this book, call **604.439.9566** or order online at www.plan.ca

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Dear Friends

It's with very mixed emotions that I leave my position with PLAN. Although I feel so richly rewarded by my connections to everyone associated with PLAN, I also feel it's time to pay attention to other areas of my life and have decided to join the world of private consultants. For the next while, I'll be working with Community Living BC .

I'm quite excited to enter a new phase of my life and have every confidence PLAN will do so as well. The many passionate and dedicated folks at PLAN will make sure the organization continues to thrive and grow.

I recently saw many friends at the annual Lifetime Members luncheon and was delighted to receive everyone's best wishes and a lovely bouquet of flowers. I particularly smiled when I received them because the orange zinnias made me think of Ed, who is famous for his love of everything orange! And so it goes with life at PLAN – everything connects to the folks at the heart of our work.

At the meeting, I was asked to share some reflections and told the story of being asked to be a member of Keith's network sixteen years ago. The facilitator was very persistent and after three tries, I just intended to go to one meeting! My belief was that I didn't know Keith well enough and didn't have time to be his friend. Over time, on no particular schedule, Keith and I introduced each other to new experiences and thoroughly enjoyed our limited time together.

The network struggled in the early years and some wondered if this network idea really could work. For me, the realization that the value of our relationship wasn't measured in the amount of time we spent together came when Keith turned to me for support after the death of a friend. He simply recognized someone who loved him and whom he loved as well. I know he will reciprocate when I too, am in need of comfort.

My message to families was simple - prepare the soil, plant the seeds and understand that nature will take its own course.

Warmest Regards,
Jacinta Eni



From the Chair



Susan Whittaker

The World Urban Forum is taking place in Vancouver as I write. I attended two receptions where I had the opportunity to speak with people from other countries. The first evening was for a group of women from Sri Lanka where there was so much damage from the 2004 tsunami. Women from India, Europe and First Nations women from Canada were also at this session. We gathered to learn from one another – how to help the individual, the family and the community.

The second evening was a gathering of people from various countries – engineers, city planners, architects, and academics. Once again, we came together to learn from each other and to take home new ideas to implement in their own cities, municipalities and countries.

The discussions and the language were so similar to those in the disability field – sustainability, grassroots movements, inclusion, and accessibility. In both groups, the people that know what is needed are the people whose lives are impacted on a daily basis. The parallels became evident when people spoke of their experiences, their roles – creating better communities, finding funding, reducing the difficulty of getting the funding from where it is to the people that need it; creating sustainability, inclusion.

Just as these people gather from around the world to learn from one another, we, in the disability field meet to learn from others. This is nothing new – it has been

happening for decades and if you have been involved long enough you see the changes and the improvements. It's always intriguing to see the ideas that emerge from people coming together with a common interest.

I'd like to mention two events. January saw the first of two meetings with the boards of Vela, Family Support Institute and PLAN. These are only three of any number of family led organizations in B.C., but these three are exploring ways of working together on a number of issues. Many families have had a connection with each of these organizations over the years and have experienced a natural transition from one to another as the years have gone by. There are a number of people that have sat on the boards of at least two of these organizations, if not all three. Our last meeting, early in June, has lead to a plan with concrete actions.

There have also been two meetings at PLAN around Member Engagement, with a range of creative ideas being put forward. We are already working on one of these suggestions; a photo contest. The committee will take the idea and develop it. If you have suggestions for nurturing the engagement of PLAN members, I would appreciate it if you would get in touch with me as we welcome your input.

Meeting with these people from around the world reminded me that there are grassroots organizations everywhere, grappling with difficult situations and questions. Each of us is looking for solutions to issues affecting our families and our communities – this is how change is created, how movements are started.

Susan Whittaker is the Chair of the Board of Directors of PLAN. She can be reached at: susan_whittaker@telus.net

Goodbye to Jacinta

From all of us at PLAN, we wish Jacinta much happiness in her new venture. We shall miss the warmth, enthusiasm, joy, knowledge and integrity that she shared with us over the years.

“Don't cry because it's over. Smile because it happened.”

Theodor Seuss Geisel, attributed

Saving the World



Ted Kuntz

I'm sitting in the boarding area at Toronto's Pearson airport after a full week of travel. During the last seven days I have spoken with individuals and families, students and elders, disability groups

and corporate managers in more than half a dozen Canadian cities. In each presentation the message was the same. Peaceful living begins with me. The capacity to experience peace, joy, and happiness is determined by the stories I tell myself.

I acquired this valuable insight during my journey of making peace with my son's disabilities. Joshua was "disabled" at five months of age by the toxic effects of a childhood vaccine. My journey in making peace with this change in my son, and the kind of future he might experience, is the core message in both my presentation, and my recently released book, *Peace Begins With Me*.

What continues to surprise, and delight me, is the receptivity and gratitude that is expressed when ever, and where ever I share this wisdom. I've come to understand that the challenges faced by every parent and family member who has a relative that is labeled "disabled", or marginalized in some way, are the same challenges all people face to some degree or another. The wisdom we have acquired to accept circumstances that are beyond our control when life is different

than we might have hoped, the strength to remain firm in the face of adversity, and the commitment to maintain an open heart and continued joy, in spite of our challenges, is indeed valuable information for the human condition.

All people struggle with adversity. All individuals are challenged by life showing up in ways different than anticipated or desired. All humans experience fear of the future, and hurt when they feel they don't belong. All citizens desire to make a meaningful contribution to their communities.

The fact is, in our journey with our relatives, we have acquired valuable information and skills. Al Etmanski often promises to write a book with the title, "How Disability Saved the World!" When I witness the receptivity and gratitude of an audience after completing a presentation where I share my experiences with Joshua, I often reflect on Al's words. It seems that people everywhere, regardless of their social status, their financial status, or their address, seem genuinely impacted by the knowledge of how to make peace with adversity.

I've come to realize that we in the disability community are gifted with a rich experience. An experience, that has the potential to transform individuals, families, and communities into kinder, more peaceful, more welcoming places. As a parent, sibling, or relative of a person with a disability, you have acquired valuable information on your journey. I encourage you to acknowledge your wisdom. Embrace your role in leading our families and communities into a kinder, more welcoming place. Speak your truth loudly and passionately. Share your truth. Together, we just may save the world.

PLAN Tips

Do You Have a Will?

In a recent survey of parents from several regions across Canada, we found that only 20% had a will in place. Only 5% had made provisions in their will to create a trust for their relative with a disability.

After 18 years of encouraging families to make sure that they plan for the future we found this statistic astounding.

What happens if you die without a will? (in BC)

If you die without a will, the Estate Administration Act directs how your estate will be dealt with:

- The first \$65,000 of your property goes to your spouse, plus the household furnishings, and the right to live in the family home until death
- One third of the remainder of your estate goes to your spouse and the remaining two thirds is divided equally among your children
- Your next of kin will have to go to court to get authority to deal with your estate
- The Public Trustee will likely become the committee of the estate for an adult with a disability

From *Safe and Secure* by Al Etmanski. Available at www.plan.ca.

In short, a will is a worthwhile investment if you want a say in how your affairs are dealt with after your death.

Will & Estate Planning Seminars

PLAN is pleased to present our next series of seminars. Co-presented by a lawyer with extensive experience in Wills and trusts as well as by a parent and long-time member of PLAN, this seminar has been designed to answer your questions you may have before completing your Will.

Cost is \$60. Free with renewal of Associate status. To register call **604.439.9566**

PLEASE NOTE: Please call the office for July seminars 604.439.9566. There are no Will and Estate workshops in August. Sessions will resume in September, see page 8 for dates.

Peace Begins With Me

In *Peace Begins With Me*, Ted Kuntz shares the story of his journey of making peace with his son's disabilities. It is a journey through darkness to a life that is now filled with peace, joy and happiness. Ted's deeply personal story is an inspiration to all parents and relatives who have a family member with a disability and who want to move past pain and hurt, and return to peace and joy. You will be inspired and changed by this book.

A must read! Ted is the past chair of PLAN's board.

Peace Begins With Me won an honourable mention at the 2006 Independent Publishers Book Awards in Washington, D.C.

Buy this book online: www.plan.ca/resources.

Visit Ted's website: www.peacebeginswithme.ca



Contribution

We continue in this issue to bring you inspiring stories of contribution and community, recognizing accomplishments and sharing hopes and dreams. Stories that serve to remind us that "the only disability is having no relationships."*

*quote by Judith Snow

Realization of a Dream...

Lyle Lexier's Visit to Drumheller, Alberta - world heritage site of dinosaurs

Poonam Sharma

Two guys, a truck, and a spur of the moment road trip starting in Vancouver and heading towards the heart of the badlands of Alberta. And we're not describing a Hollywood movie. The main characters of this story are Lyle and Chuck. Read on to see how the story unfolded.

Lyle is a guy with many interests, and one of his serious interests is dinosaurs. He also travels quite a bit. One of Lyle's lifelong dreams, which found mention at all his network meetings, was to visit Drumheller, Alberta a world heritage site of paleontology.

An opportunity to visit Drumheller presented itself in the form of Chuck, who was driving to Calgary to visit a friend, and asked Lyle if he would like to come along. Lyle needed no encouragement! The trip was planned quickly. Lyle already knew a lot about the place and areas of interest. Within a few days, Lyle had pre booked a 3 night stay at a bed and breakfast inn in Drumheller, and was packed and ready to go.

The two buddies embarked upon their road trip." They stopped at various places en route, and even took time to watch the NHL playoffs! When they reached Calgary, Chuck's friend drove them to Drumheller.

As they drove into the dinosaur capital of the

world, Lyle's enthusiasm knew no bounds, and he kept saying, "I'm in such a good mood!!!" The town is full of dinosaur statues and figurines, which for Lyle translated into many photo opportunities! Chuck and his friend made a stop at the famed Royal Tyrell Dinosaur Museum with Lyle, and also helped him settle in at the inn before driving back to Calgary to go camping.

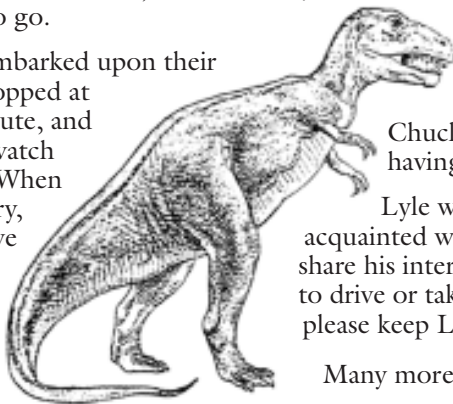
On his own now, Lyle had two full days to explore. One day was spent entirely at the museum viewing films, displays of fossils, interactive exhibits, and recreations of times gone by. The next day, Lyle went on a dinosaur trail tour around Red Deer Valley. Unfortunately the tour does not cover the excavation sites, but Lyle hopes to see them on a future trip!

A special mention must be made of the friendly proprietor of the bed and breakfast inn, who ferried Lyle around and also put him on the bus to Calgary very early in the morning. Chuck and Lyle then drove back to Vancouver. It was a very special trip for them both, as Lyle's long cherished dream became a reality, and

Chuck is very appreciative of having been a part of it.

Lyle would love to become acquainted with a paleontologist to share his interests. If anyone is planning to drive or take the bus to Calgary, please keep Lyle in mind!

Many more dreams to come...



Congratulations!

**Eric Johnson,
Canadian Citizen**

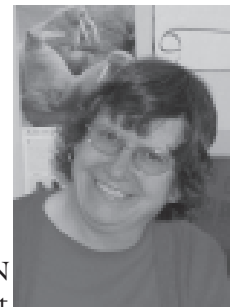


Pictured with Judge William Day, Eric Johnson became a Canadian Citizen in a private swearing in ceremony on June 1st, 2006. He took the test in a record 9 minutes...usual time is at least 20 and got 95% as a result. His sister Laura, nephew Emmitt, mother Marge, facilitator Lea Paulson and a staff friend from MPA Dean Windsar, also attended his ceremony.

Congratulations!

**Barb Goode,
Volunteer Extraordinaire**

Barb is the winner of 2006 W.J. Vanduesen Community Service Award. We are very grateful to have her spending time at the PLAN office helping out - she brings a ray of sunshine even on a cloudy day.



Roomate Wanted

A young man, with a Circle of Support, is looking to share a two bedroom, two bathroom view apartment on Lonsdale in North Vancouver. Call Nancy Ford at 604.439.9566 for further details.

Contribution

Jake—A Dream Come True

Poonam Sharma

The first thing you notice about this adorable 14 month old Golden Doodle lying contentedly at Annette's feet is its size. This cute little pup is a good half metre tall! He is gentle, affectionate, and playful and loves squeaky toys. "I like it when his brows go up," gushes Annette, "just like Jim Carrey!" Given the familiarity with which he settles down on the floor near her, one could easily assume him to be a long cherished pet. But Jake is not a pet; he is an assistance dog and has just recently come into Annette's life.

Two years ago, following a suggestion from a friend who had a guide dog herself, Annette began exploring her options. An assistance dog would help her with her balance and stability, and provide her with increased independence in her day to day life. Undaunted by rejected applications to local companies providing assistance dogs, Annette continued her search over the internet, googling companies and sending off emails. Her persistence paid off one and a half years ago, when Trainrite, a company in California, accepted her application and put her on a waitlist. They began searching for a dog that would match her needs. From time to time, Annette would call or email the office to check on the progress. Finally in March 2006, she received a call from the company, saying they had found a dog for her. As Annette says, "I was so happy that I couldn't stop smiling!"

While Jake was being trained in California, Annette and her mother Jo set about to raise funds toward the \$12,000

donation they were required to make for him to Trainrite. The first donation received was from the Jack Collin's bursary. There were many individual donations and donations from their church. Slotted cans with generic pictures of a golden doodle were placed at places frequented by Jo and Annette. A family friend even organized a fundraising dinner at \$75 per plate. "People are amazing," Jo recounts, "I'm bowled over by the generosity" They have now collected half of the amount that is needed.



In May, Annette and Jo flew to sunny California to meet Jake for the first time. Before they could bring him home, Annette underwent a grueling one week training with Jake, which included classroom sessions and field trips to restaurants, shopping malls, and a day trip to Disneyland. "I was bagged," says Annette, "I was out of it." She had to walk quite a lot during training. Jo remarked, "You tend to tire easier when you are nervous and anxious." She had to get into the habit of feeding and grooming the dog and taking him out for walks. The trainer flew back to Vancouver with them and trained Annette and Jake for another week. She will be back at periodic intervals to ensure that discipline is being maintained.

Jake has changed Annette's life significantly. He walks beside her, assists her with her stabilization and balance, braces her falls, and gives her the confidence to go out on her own. "If I were to say anything to Jake," says Annette "it would be *Thank you for helping me.*"

A Women's Circle



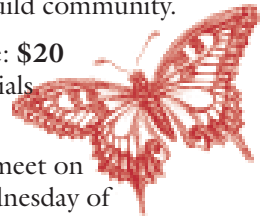
Join a women's group starting in September at the PLAN office - Suite 260-3665 Kingsway, Vancouver.

We will be:

- Playing with our imagination
- Exploring our dreams & goals and
- Creating community

Using arts and crafts, movement and our imagination we will play, create, have fun and build community.

Registration fee: **\$20**
(to cover materials and supplies)



The circle will meet on the second Wednesday of each month beginning Wed., Sept. 13 through to Nov. 8, 2006.

Facilitated by Nancy Ford, dreamer, artist and dancer.

To register please call the PLAN office at **604.439.9566** or send an email to: inquiries@plan.ca

Planning Resources Survey

PLAN is trying to determine the best way to reach families with resources for securing the future. The survey is online.

Please visit www.plan.ca to take the survey. (It takes less than 3 minutes.)

"The entire sum of existence is the magic of being needed by just one other person."

-Vi Putnam

“N” Stands For Network

Networks form the foundation of PLAN

The PLAN networks that most of us think about are friends and family members that encircle persons with disabilities. Social networks are essential to living a good life. The security they provide gives families peace of mind for the future.

Another PLAN network is almost as important: the network of families that make up PLAN.

Why is this network of families important? Because PLAN is lead by families. The strength of family leadership is dependent on the unity of families. Just like social networks, which have more capacity to care when the members are connected to one another, our family leadership is stronger when families are connected to each other.

In addition, when families are connected, we become resources for each other. We each have a connection to a person with a disability. Our experiences enable us to be a resource for someone else. We can't benefit, however, unless we are connected to each other.

So how do we connect families? All of our events are designed to encourage people to meet and get to know each other. We want our picnic, the Celebration of Hearts, and the Lifetime Members Luncheon to be gatherings where people connect.

But we have been worried that this is a muscle that needs some attention. To strengthen it, we decided to seek answers from families. The result is an action plan for the next year, which includes:

- A Photo Contest – look for more information in this newsletter
- Creating a mosaic – seeking opportunities to connect people in specific arenas (e.g. brothers and sisters, moms with sexuality concerns for daughters, coffee parties and panel discussions)
- Question and answer – a place in the newsletter where people can pose questions and ask other readers for advice
- Movie Nights – events where people can watch and discuss movies
- Public Speaking – an opportunity for people at the centre, families and network members to have fun and learn to deal with the most dreaded of situations
- Proxies – finding a way to include a network member when family members are not available.

Thanks to the following members for developing this plan:

Susan Whittaker, Laurie Geschke, Beryl Sawyer, Patrice Pratt, Gail Wilkinson and Marge Johnson

Ask the PLAN Network

We want families to be resources to each other, so we are starting a new column: Ask the PLAN Network. We will feature one question from readers per issue and invite other readers to send in their advice to be printed in the following issue.

Submit your advice and/or your questions by mail: **PLAN, #260-3665 Kingsway, Vancouver, BC V5R 5W2** or by email: **inquiries@plan.ca**. Please mark all submissions **Attn: Ask the PLAN Network**.

Our first question:

Our son occasionally shows some mixed feelings about our daughter who has a disability but he is unwilling or unable to talk about it. Does anyone have any suggestions or experiences that may help us?

Look for responses in the Fall issue of *PLANfacts*. *Submissions may be edited for length or content.* - Ed.

PLAN Lifetime Members Committee

*Marge Johnson, Chair,
Lifetime Members Advisory Committee*

Forty three people attended the May 27th luncheon. After socializing and a nice lunch, we got down to the business of the day. Discussions involved what future workshops would be of interest to members, such as housing and network building. As well, we identified ways in which our membership can become more involved with PLAN, ie., how persons at the centre could get together more often and ways in which siblings could meet and establish supports for each other.

One of our goals is to provide more opportunities for membership involvement. We are a growing organization with a rewarding presence and an exciting future. We need your help in keeping the momentum going and welcome new members on our committees. Please contact the PLAN office if you wish to become more involved **604.439.9566**.

At our June committee meeting, we welcomed Sean Daly as a new committee member. Sean has volunteered to summarize the information from the Lifetime Member's luncheon. Thanks Sean.

Join us as a volunteer and help us to continue to be a vibrant, family organization.

PHOTO CONTEST!



Exciting news – PLAN is holding a photo contest. Take and save those special summer photos - details to follow in the next edition of *PLANfacts*
START SNAPPING - YOU COULD WIN!!

Dreams come true; without that possibility, nature would not incite us to have them.

-John Updike

Institute News

Welcome Aboard, Brian!



We are delighted to welcome Brian Smith as the newest member of the PLAN Institute team. Brian will be working as the national organizer of the

Belonging Initiative, a collaboration of local, regional, provincial and national groups that have been meeting to seek solutions to end the isolation and loneliness experienced by many Canadians with disabilities. He will be organizing regional roundtables, a Learning Network and further research and analysis related to addressing this important social objective. Brian brings relevant experience and a deep understanding of the

importance of this work. He is a former facilitator for PLAN and was youth coordinator for Philia for two years.

Brian will also be contributing some of his talents to strengthen PLAN's economic well-being. In particular, he will be focusing on the relationship between PLAN and Vancity Credit Union. As you've probably heard, for all of the funds that PLAN members have in the credit union PLAN receives a percentage back that goes toward its long term sustain-ability of PLAN. We're in year three of that special relationship and it is now time to consider how more PLAN supporters and partner organizations can benefit.

Special congratulations to Brian and his wife Melissa on the arrival of their first child, Aldo, born on May 25, 2006.

What's New at PLAN Institute?

Weaving the Ties That Bind

Nancy Ford, Program Director

Families at PLAN know facilitated social support networks are an effective way to address the isolation and loneliness of their loved ones. We also know the work of facilitating networks cannot be left to chance.

Building on our 18 years of experience in facilitating hundreds of social support networks for people living in isolation, PLAN Institute for Caring Citizenship has created "Weaving the Ties that Bind," an online course for facilitators. Using our proven approach, this course provides participants with the knowledge and skills necessary to become a social network facilitator. Designed to be both practical and inspirational "Weaving the Ties that Bind" consists of three easy to follow modules

- Understanding social support network facilitation
- Preparing to develop a social support network
- Addressing challenges and building confidence as a facilitator

The online course includes, instructional video clips, web links to essential resources, chat rooms and informal discussion boards, along with online support from a course moderator.

Materials include *The Company of Others*, the CD-ROM *Peace of Mind* and the DVD *Ties that Bind*. Each course offering is self-paced and scheduled for one month with the course taking approximately 20 hours to complete.

Designed not only for individuals working directly with people who are socially isolated but also for community organizers, social workers, and health workers.

Participants are saying:

"I really enjoyed this course. It was clear and concise. The video clips brought things to life. The film, CD ROM and book were great tools. It was well laid out and the self-checks really brought things home"

"Overall I was very impressed with the course, very engaging, got me thinking, easy to learn online. Loved the resources and the film and shared it with my family."

To learn more about the course please visit our website at www.planinstitute.ca

Two New Board Members

We are delighted to welcome Rob Bromley and Erin Ireland, two new board members to PLAN Institute

The Ties That Bind National Tour

In the fall of 2006, *The Ties That Bind* National Tour visits communities from British Columbia to Newfoundland to give families the tools they need to secure the well being of children with disabilities beyond the lifetime of their parents.

The public is invited to a special screening of the National Film Board documentary, *The Ties That Bind*, about one Ottawa family and their struggle to create a secure future for their son. Along with the film, families can attend a hands-on workshop to hear stories and learn about practical, effective steps that every parent can take today. A schedule of dates and locations is available on the Ties That Bind website at www.tiesthatbind.ca.

The tour is co-hosted by The PLAN Institute for Caring Citizenship in conjunction with local organizations in each community.

National partners include The National Film Board of Canada, Force Four Entertainment Inc., the Government of Canada, The Canadian Down Syndrome Society, and the Victorian Order of Nurses & Canadian Caregiver Coalition.

In *The Ties That Bind*, award-winning filmmaker John Ritchie takes a first-hand look at the Jordans: Chris has multiple disabilities, his mother and father face serious illness, and the whole family must plan for the worst. This intimate film follows the Jordan family for almost three years and reveals, with raw emotion and surprising humor, one young man's transition towards a more independent life.

The DVD for *The Ties That Bind* National Tour was produced by The National Film Board of Canada in co-production with Force Four Entertainment Inc. and in collaboration with PLAN Institute for Caring Citizenship. The film was produced in association with CBC and the DVD and the National Tour is funded in part by the Government of Canada's Social Development Partnership Program.

For more information and schedule of dates and locations visit the website: www.tiesthatbind.ca

PLAN 2006 Fall Seminars

September

The Joy of Stress- How to Create Peace Within Thursday, Sept 28 1- 4 pm

Ted Kuntz, M.Ed.
Past President of PLAN.

Ted is a psychotherapist in private practice in Vancouver.

The Joy of Stress workshop will explore:

- the difference between stress and distress
- ten strategies to increase your peace, joy and happiness
- six ways of thinking that feed your negativity

For everyone going through the stresses of today's fast paced world, this presentation is a must.

Cost: \$35 each for non members, \$30 each for associates

Thurs., Sept.14, 10:30am-noon, Introduction to PLAN

One of the best ways to obtain information about PLAN and the services we offer is to attend this free 90 minute orientation. The orientation is conducted by family members and provides a good introduction to who we are and what we do. Registration is required for these meetings.

Tuesday, Sept 25 7-9:30 pm Wills and Estates:

for associates only - \$30/couple

An up-to-date Will is one of the most important tools for ensuring that your wishes for your relative with a disability are honoured after you are gone. We have developed this seminar to answer families' questions about discretionary trusts, planning your Will, choosing an executor and guardians, and related issues. By the end of this seminar, you will be better prepared to have a lawyer draft your Will. This seminar will be co-presented by a lawyer with extensive experience in estate planning, as well as by a parent and long-time member of PLAN.

October

Facing the Future Together: From One Generation to the Next A workshop for parents and siblings

Saturday, October 28 9:30-3:30 pm
(lunch included)

A one-day workshop designed to assist brothers, sisters, mothers and fathers to create a clear plan for the future.

This workshop is designed specifically for brothers, sisters, mothers, fathers and other family members who are interested in securing the future of their relative with a disability. It provides practical information and assists all members of the family to:

- address concerns about the future
- hear how other families are creating peace of mind
- consider how to share responsibilities
- identify key resources
- balance wishes and obligations
- identify short and long term actions

Cost: \$70 per individual/family of 2
\$60 for associates

Thursday, October 12, 10:30am-noon Introduction to PLAN

Tuesday, October 24, 10-Noon Wills and Estates

for associates only - \$30 per couple

November

Thinking in the Future Tense Saturday, Nov 25, 9:30-3:00

Planning for the future is the path to ensuring a good life in the present. Preparing your will, setting up a trust, developing a network of support, creating a home, helping your disabled relative have the decision-making support they need are all components of the plan. Although it can be difficult, and at times, scary, there is assistance to taking this journey. Come to this workshop and hear from some of the known experts from British Columbia on this topic: Details in the Fall edition of *PLANfacts*

Cost: \$60 per family of 2 \$50 for associates.

Tuesday, November 21, 7-9:30pm Wills and Estates

For more information on these workshops or to register, please call the PLAN office at **604.439.9566** or send an email to: inquiries@plan.ca.

More information is available on our website: www.plan.ca

"Learn from yesterday, live for today, hope for tomorrow."

-Anon.



SECOND EDITION
by Al Etmanski

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