

MARCH 15 2017

Yellowknife Association for

COMMUNITY LIVING

Since 1962



Parents share ideas on April 6

by YKACL staff

Parenting is hard work but when parents share wisdom with one another the job sometimes gets a bit easier.

Parents of Yellowknife is a new discussion group organized by the YKACL Family and Children's Services program that aims to bring parents and their best ideas together.

The group meets on the first Thursday of each month from 6:30 p.m. until 8 p.m. at the YKACL Community Living Centre (4919 53rd St.).

Parents discuss a new topic each month and have an op-

portunity to develop personalized strategies to share with their family.

"YKACL offers a safe space for parents to share and learn different ways to incorporate new skills into their home as well as learn about themselves and meet other parents," explained Sandy Szemiot, YKACL Parenting Program Facilitator.

The topic up for discussion on April 6 will be *Positive Discipline for You and Your Child*.

Parents will explore examples of different approaches and participate in a few group activities.



WHAT KINDS OF APPROACHES to discipline work in your home? Share your successes and struggles on April 6.

Everyone will be invited to share scenarios and discuss what some effective responses may be.

es may be.

Refreshments will be served and childcare is provided.



YKACL CLIENTS and staff extend a big thanks to United Way NWT for granting the Association a \$7,000 donation to support increased community inclusion activities for individuals who fall within our mandate. YKACL Business Services Team members Bertha (left) and Julie (right) accepted the cheque on behalf of the Association from Jacq Brass, United Way NWT campaign co-ordinator (centre) on March 13.

YKACL photo

COMING EVENTS



Family Play Space welcomes toddlers

Children up to age five and their parents are enjoying the toys, games, puzzles and puppets available at the Family Play Space in the YKACL Community Living Centre.

Parents and children up to age five are encouraged to drop by the centre (4919 53rd St.) from 4 p.m. until 5:30 p.m. every Wednesday afternoon.

The facility includes an exciting activity wall for toddlers to explore with their senses.

The program was launched earlier this month and has been very well attended.

Register your team for the Gumboot Rally

It's time to sign up your team for the 25th annual Gumboot Rally (to be held April 29).

Registration runs this weekend at the Independent Grocer on Old Airport Road:

5:30 p.m.-8 p.m. Fri., March 17
9 a.m.-5 p.m. Sat., March 18
11 a.m.-5 p.m. Sun., March 19

Or register online by visiting our website at: www.ykacl.ca

What is the Disability Tax Credit?

adapted from the CRA website

Tax credits and deductions are available for individuals with disabilities, their supporting family members and their caregivers.

The disability tax credit (DTC) is a non-refundable tax credit that helps people with disabilities or their supporting caregivers reduce the amount of income tax they may have to pay. An individual may claim the disability amount once they are eligible for the DTC.

This amount includes a supplement for young people who are under age 18 at the end of the year.

Purpose of the Disability Tax Credit

The purpose of the DTC is to provide relief for disability costs because these are unavoidable additional expenses other taxpayers don't have to face.

Being eligible for the DTC can open the door to other federal, provincial, or territorial programs, such as the registered disability savings plan, the working income tax benefit, and the child disability benefit.

There are different ways for which a person can be eligible for the DTC.

The person must meet one of the following criteria:

- is blind
- is markedly restricted in at least one of the basic activities of daily living
- is significantly restricted in two or more of the basic activities of daily living (can include a vision impairment)
- needs life-sustaining therapy.

In addition, the person's impairment must meet all of the following:

- is prolonged, which means the impairment has lasted, or is expected to last, for a continuous period of at least 12 months
- is present at least 90% of the time

If a person was eligible for the DTC for previous years but did not claim the disability amount when the tax return was filed, you can request adjustments for up to 10 years under the CRA's Taxpayer Relief Provision.

To claim the disability amount for those prior years, you can ask for a reassessment.

For more information, visit:

www.cra-arc.gc.ca/disability/

YKACL STAFF PROFILE

by YKACL staff

Ghyslaine Letourneau is a Skills Training Facilitator at YKACL. He joined the Association in July 2016 shortly after coming to Canada from Angers in mid-western France.

Ghyslaine's role is to provide guidance to members of the Business Services Team as they complete various job contracts in the community on deadline each week.

"I like to see clients doing a job by themselves and being independent in their work," Ghyslaine said. "It's a job accomplished."

Ghyslaine's French/English

bilingualism is an asset to the Association, as is his passion for the outdoors, which he shares with clients.

Between the Business Services Team's daily work shifts, Ghyslaine enjoys sharing new experiences with clients, such as photographing coveys of ptarmigan, visiting local landmarks and feeding the horses and goats at North Country Stables.

This past fall, Ghyslaine and his colleagues brought the Team for a portrait in front of the historic Robertson head frame days before its demolition.

This winter, Ghyslaine over-



GHYSLAINE LETOURNEAU

saw the Team's ice candle project and lit the first wick alongside client Terry.

As Ghyslaine provides support to the Team members, he appreciates the lessons they share with him each day.

"They teach me a lot of things and they give a lot of happiness," he said.