



United Way NWT donates \$7,500 to Youth Groups

by YKACL staff



THANK YOU TO UNITED WAY NWT for the organization's generous donation of \$7,500 toward the YKACL Youth Groups this spring! The funds will go a long way to make a wide variety of activities possible throughout the year!

YKACL's two youth groups meet twice monthly and always encourage new participants to get involved!

The Young Adults Group welcomes young people aged 19 to 29 and the Yay Fusion! Teen Group welcomes teens aged 13 to 18, with or without a disability.



This month, the Youth Groups will meet up at the Multiplex at 6pm on Wednesday, April 17, for an Easter Skate and craft time followed by an outdoor walk. Both groups will join up again for a BBQ at Yellowknife River on Friday, April 26. Meet at the Abe Miller Building at 6pm for that event.



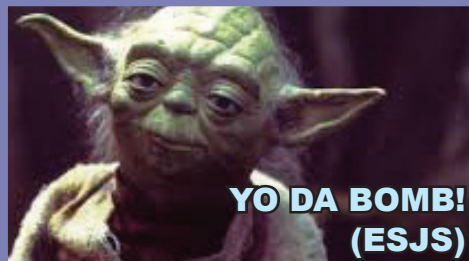
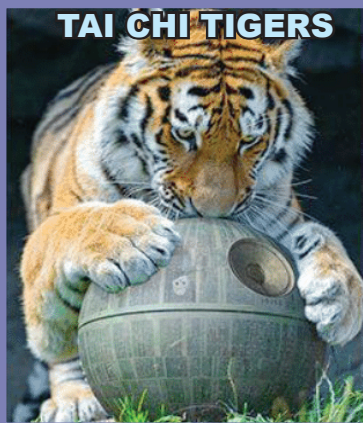
World Autism Awareness!

APRIL IS WORLD AUTISM MONTH! April 2 marked the 12th annual World Autism Awareness Day.

Autism spectrum disorder (ASD) refers to a broad range of conditions characterized by challenges with social skills, repetitive behaviors, speech and nonverbal communication.

YKACL clients and staff displayed blue in the Abe Miller Building earlier this month in recognition of the people living with autism in our community.

**Visit YKACL.CA
to donate to any
of these team
campaigns:**



**FUNDRAISE
OR FUNDRAISE NOT.
THERE IS NO TRY.**



**MAY THE FOURTH
BE WITH YOU.
YKACL.CA**

*It's not too late
to form your own
five-member squad!*



**GUMBOOT RALLY TEAM
FUNDRAISING EVENTS:**

The Ewoks: Contact superYKteam@gmail.com to arrange for The Ewoks to pick up your refundable recyclables today through April. 27.

TAI CHI TIGERS: The Tai Chi Tigers will accept donations in person from 4pm – 7pm on Monday, April 15, at Trevor's Independent Grocer on Old Airport Road.

YO DA BOMB!: ESJS staff and friends will collect donations at Trevor's Independent Grocer on Old Airport Road from 4pm – 7pm on Tuesday, April 16, and Tuesday, April 23.

YKACL: We accept donations for your favourite team by cash, cheque, debit or credit card during business hours in the Abe Miller Building at 4912 53rd St.

**THANK YOU TO
OUR SPONSORS:**



Students study FASD

by YKACL staff

STUDENTS AT William Macdonald Middle School learned about FASD (Fetal Alcohol Spectrum Disorder) prevention earlier this month.

YKACL staff members Michael Ramirez and Julia Gill spoke about FASD with the Grade 6 and 7 classes throughout the day on April 8.

Michael encouraged the students to touch and feel models of the brain to show the regions that can be affected by FASD.

"The students loved when we passed around life-sized models of babies," Julia said. "Not so much when the dolls started to cry, though."

A model showing the organs of the torso showed the students how FASD can affect

internal health.

The students learned about the definition of FASD, its causes and effects and most important of all, prevention.

Michael and Julia explained that:

- There is no safe time, type or amount of alcohol that can be consumed during pregnancy.
- An individual with FASD can grow, improve and can be successful in life with proper support.

The guest speakers left the classes with a science experiment to complete, designed to demonstrate the harmful effect alcohol can have on a fetus using an egg to represent the fetus.

Check out next month's newsletter for an update on the student's experiment...

LEARN, SHARE AND SOCIALIZE!

Learn what you need to know about the I.E.P. to help ensure your child with learning challenges can fully benefit from the program!
Special guest: Liz Baile from the Yellowknife Catholic School Board

Let's talk about the

INDIVIDUALIZED EDUCATION PLAN

How can you make the system work for your child?
Tips on how to collaborate with teachers!
Share your own experiences!
Ask questions!
Hear answers!

ALL PARENTS WELCOME!
7pm Wednesday, April 17
4912 53rd St. – Abe Miller Bldg.
On-site childcare available (but please RSVP)
920-2644 • inclusion4@ykacl.ca
Refreshments provided!

YKACL
Yellowknife Association for Community Living



New students welcome!

THIS SEMESTER, clients in the adult literacy classroom at the Literacy Outreach Centre have tackled diverse topics such as budgeting, what causes the weather and how to manage stress, while improving their reading, writing, math and computer skills.

Here, Julie White reads an article about Irish immigration to North America under the guidance of instructor Thomas Gagnon-van Leeuwen.

Adults with or without disabilities who wish to improve their literacy level are always welcome to visit us and see if the class is a good fit. Morning classes are offered from 9 a.m. to noon, Mondays to Thursdays, from September to June.

Contact loc@ykacl.ca for more information.

***The Medical Expense Tax Credit
may save you money this tax year!***

from Transition Magazine

THERE ARE MANY BENEFITS, tax credits and deductions that may be available to people with disabilities and their families to potentially help save your family money at tax time – and that's no joke!

Some of these benefits are non-refundable (they reduce the amount of tax you pay) and others are refundable (you receive money back). We will share some of these benefits (with amounts for the 2017 tax year) in the YKACL Newsletter, as compiled by our friends at Disability Alliance BC (disabilityalliancebc.org)

\$

Medical Expense Tax Credit

(Line 330 for self, spouse/common law partner and children under 18; line 331 for other dependents)

Medical devices, medications, treatments and some services required to help a person function may be considered a valid medical expense.

The CRA website contains a list and a search tool for many of the expenses that can be claimed. If you have a medical expense that is not on the list, contact the CRA because it may still be covered. In some cases, a medical professional must have prescribed the item or medicine or the person for whom this expense arose must have a valid DTC.

Some key medical expenses that you may be able

to claim are:

- Attendant care costs for full-time care provided by an attendant who is 18 or older and not your spouse or common-law partner, or your dependent.
- Cost of full-time care in nursing homes or schools/institutions providing care and training.
- Cost of salaries and wages for the care provided to seniors in retirement homes or seniors' homes.
- Cost of salaries and wages for part-time attendant care or care and supervision in your home, group home and other facilities.

This tax credit is non-refundable—it reduces the amount of tax you pay. If you have no taxable income, you will not benefit from this tax credit.

- Line 330 | You can claim the total of the eligible expenses minus whichever is less: \$2,268 or 3% of your net income.
- Line 331 | You can claim the total of the eligible expenses minus whichever is less: \$2,268 or 3% of your dependent's net income.

Depending on the type of care the person with a disability needs (for example, full-time care, care in a nursing home, a full-time attendant at home or at another location), you can claim both the DTC and medical care, or only one of them.

“If you have a medical expense that is not on the list, contact the CRA because it may still be covered.”

