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INSPIRATIONS EXPRESS

A Snapshot of Our Special Needs Community
Un coup d'oeil sur notre communauté aux besoins particuliers

www.inspirationsnews.com

MAB-Mackay's dragon boat team paddles to glory



An online edition designed to bring you the most current special needs news in between editions.

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Meet the MAB-Mackay's Caravela Dragon Boat Team. It is the first dragon boat team in Quebec to include blind and partially-sighted rowers. Read the story on Page 7 of this edition of Inspirations. (Photo credit, A. Oppenheim)

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Proceeds from the YM-YWHA Montreal Jewish Community Centres' annual **Y Cycle for Special Needs** are used to help enrich the lives of individuals with special needs. The event raises awareness of this often misunderstood population and contributes much needed funds that support new and ongoing recreational programs at the YM-YWHA for those with intellectual, developmental or physical disabilities.
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Luca "Not So" Lazlegz succeeds at Le Défi "Je Peux"

By Wendy Singer

We arrived at the Old Port in Montreal on a sunny Saturday in July to an excited crowd of Luca "Lazlegz" Patuelli supporters. The event was Le Défi "Je Peux" – The "I Can" Challenge, organized by Patuelli, ILL-Abilities and Projet R.A.D.

Known world-wide for Hip Hop dancing with his crutches, Patuelli, has Arthrogryposis, a congenital disorder that affects the skeletal and muscular structure and abilities of the lower limbs. When he was growing up, professionals told him that he would never walk. But he defied the odds, learning to walk with the use of crutches, and dreamt of being able to walk unassisted.

Four years ago while at the Arthrogryposis Multiplex Congenita Support Conference in Florida, Patuelli challenged himself to walk one kilometre without aides. The walk was a success, motivating him to push farther. After an appearance on 'Tout Le Monde En Parle' in January, 2014, the seed was planted for the Le Défi "Je Peux" – a 2.5 kilometre unassisted walk. But this time he would not walk alone. "Essentially, anyone walking with us would have a personal goal, cause, or reason, and encourage each other to live their passion," said Patuelli.

This walk, which took place on the eve of Patuelli's 30th birthday, was anything but easy.

He occasionally fell gently onto his knees and hands to rest and prepare for his next

batch of steps. "There were moments when I wanted to take longer breaks or felt I couldn't go on," said Patuelli. "The other participants motivated me to keep going. It was so amazing to see what Nina, Philippe, Miche, Margot, and many others were able to do that day."

Philippe Kieu, a dancer with Projet R.A.D.'s JC Stylez Project, walked the 2.5 kilometers with the assistance of a walker. Although his back was sore, he was

delighted with his achievement. When asked what he thought of Lazlegz, he said, "Luca is a good example. He's an inspiration."

One month after crossing the finish line at the Clock Tower, Patuelli is still soaking up every bit of the experience, and is excited to continue pushing to the next level with his dance and other activities. Most moved by the people that walked with him, he adds, "What's awesome is to see their confidence in applying their accomplishment to their daily living today."

This man proves time and again that he does not just talk the talk. He walks the walk, bringing truth to his mantra "No Excuses, No Limits".

"Fear and insecurities are probably the first thing that will stop you. If you can find a way to overcome them then the possibilities can be limitless. You have to be open to adapting yourself and doing things your

own way," concludes Patuelli.

To watch Patuelli and his students in action, visit https://www.youtube.com/watch?v=4VO_h1HFIR8.

For information about Le Défi "Je Peux" – The "I Can" Challenge visit <https://www.facebook.com/events/522767561162558/>



Luca and wife Melissa celebrate the accomplishment of walking 2.5 kilometres.



Luca takes the time to congratulate Philippe Kieu on his accomplishment.

INSPIRATIONS EXPRESS



Editor
Mike Cohen

Managing Editor and Coordinator of Operations
Wendy Singer

Layout & Design
Yibing Shen

info@inspirationsnews.com
mcohen@inspirationsnews.com

6000 Fielding Ave. Suite 109 Montreal, Quebec, H3X 1T4

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A look at beautiful Beverly Hills: Home of Rodeo Drive, fine dining and wonderful shopping

By Ilana Spector

BEVERLY HILLS, CALIFORNIA: Synonymous with luxury, from world famous Rodeo Drive to five star restaurants and hotels, Beverly Hills (www.lovebeverlyhills.com) is one must stop on any visit to California. During our recent visit we were fortunate to secure reservations at the Sofitel Los Angeles at Beverly Hills.

Besides its reputation as a shopping and restaurant paradise, Beverly Hills has a rich and diverse art and cultural history. Sight-seeing tours are popular for discovering architectural highlights, famous landmarks and celebrity haunts. From Anne Fontaine to David Yurman, more than 100 retailers are located on swank Rodeo Drive. This is one of the world's great streets for designer label and haute couture boutiques and shops.

We found accommodations at the Sofitel Los Angeles at Beverly Hills (<http://www.sofitel-los-angeles.com/en>) at 8555 Beverly Blvd. This spot blends Hollywood glamour, European elegance and French style to create a sophisticated experience. There is nothing quite like awakening to sweeping Hollywood Hill views and sun lit French doors. You can savor distinctive and delicious French and local cuisine at Estérel Restaurant and discover masterfully crafted cocktails, with nightly live entertainment at Riviera 31 Lounge Bar. Guests also have the opportunity to indulge their senses at Le Spa.

There are 295 rooms here on 10 floors, including 26 suites and two Presidential Suites. In terms of special needs, there are a number of different accommodations. Rooms in each category have roll in showers. There are bars near the toilets and in the showers in all accessible rooms. The sinks in accessible rooms are raised so that a wheelchair can fit underneath. They also have multiple peep holes in the doors so people of different heights can see outside. The majority of these rooms have door bells that are outfitted with strobes for the hearing impaired. At the pool area there is a lift that gets the guest down to the pool level. There is also a hoist that is used to lift special needs guests in and out of the pool "Outside of this we also assist a large amount of people who are either ill or recovering from surgery," says front office manager Matthew Atkins. "In these cases they need help getting to and from the driveway. Our bellmen are always standing by with a wheelchair available to

help make the process of getting in and out of the hotel as quick and easy as possible. The Concierge Desk also works with Pico Medical in order to rent any equipment that the guest might need during their stay."

WHERE TO DINE: Mastro's Steakhouse (www.mastrosrestaurants.com) at 246 North Canon Drive in Beverly Hills, which is part of a very successful chain, got high marks from me. Recognized as one of the top 10 steakhouses in the U.S., it is also known for its sumptuous seafood selections and one of the best desserts I have ever tasted in my life – the famous and irresistible warm butter cake.

There was a wide choice of appetizers and salads to choose from. We targeted our attention towards the signature Iced Seafood Tower to start. You basically build your own tower. In our case we opted for the Dungeness crab cocktail and some large shrimp and. It was a delicious combination, with three side sauces available to complement the taste. The next decision was to go with meat or seafood? We settled on sharing a 12 ounce bone-in filet, which was out of this world, cut like butter and was so tasty we did not even need any steak sauce. In addition, we split a two and half pound lobster, which our two waiters brought to the table and cut up so neatly we only needed our own knives and forks to enjoy every morsel – no messy utensils required to break it apart. Among their wide selection of sides, we chose the garlic mashed potatoes and they were superb. The rack of lamb and veal chops looked appetizing as well, perhaps for consideration next time. There is an elevator to take those people in wheelchairs to the second floor dining level.

DOWNTOWN LOS ANGELES: In the city of Los Angeles (www.discoverlosangeles.com), the downtown area is known for a fabulous convention centre, the magnificent Staples Center, the LA. Live Entertainment complex and a number of other attractions.

This is actually a pretty good place to base yourself, specifically because of an excellent Metro (subway) system which I was very impressed with. The Metro is fully wheelchair accessible, with elevators that transport you to the necessary level.

The Sheraton Los Angeles Downtown Hotel (www.sheratonlosangelesdowntown.com) turned out to be a great place to stay. Located in the heart of the downtown financial district, this large facility boasts 495 guest rooms, two restaurants, a lobby lounge, a full-service business center and a fitness center. Located on preferred floors, Sheraton Club guest rooms offer upgraded amenities, and complimentary fitness center access. Guest rooms are completely smoke-free. They feature 37 inch flat screen TVs. Bathrooms are accessible with grab bars, the option of roll in showers and baths and TDD (Telecommunications Device for the Deaf).

Officials at the hotel are excited about a huge makeover which is about to occur in their area, dubbed The Bloc. The hotel is being renovated and upgraded from the bottom up to the tune of \$40 million renovation of the property as part of a \$160 million development of The Bloc itself. Over the course of seven months, the guestrooms of this prominent hotel will receive an Art Deco transformation that draws inspiration from the city's significant historical architectural details.

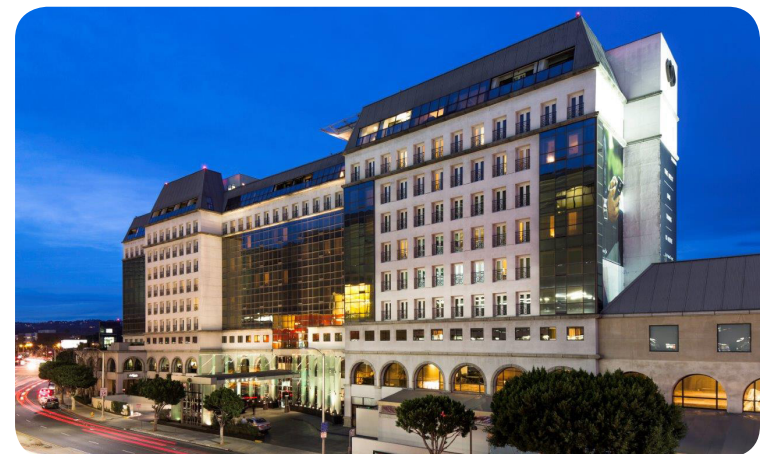
The Los Angeles Tourist Accessibility Guide can be accessed at latourist.com. It provides a listing of various, from museums, sports attractions, arts exhibits and educational institutions.

VANCOUVER'S GRANVILLE ISLAND: I love Vancouver, so when I knew we had to be in Los Angeles for a few days I made sure to arrange for a flight which enabled us to stay overnight in British Columbia's largest city and more specifically in Granville Island (www.granvilleisland.com) - a living, breathing urban oasis filled with fine waterfront restaurants, theatres, galleries, studios, unique shops, cafes and the most spectacular fresh food market you've ever seen. We sought out and found a place to stay right on site. The Granville Island Hotel (www.granvilleislandhotel.com) may just be Vancouver's best keep secret. This hidden gem offers guests a one-of-a kind experience. The newly renovated hotel offers a sense of sophisticated elegance with all the comforts of home.

No two rooms are alike at this hotel. The standard rooms have deluxe mattresses, duvets and triple sheeting, ensuring a pleasant sleep. You have a choice between either two double beds or one king. Rooms come with water views, park views, and some have private balconies. Bedding selections and views are available by requests only. For guests who are wheelchair bound, they have three rooms with wider doorways, extra space to move around, additional grab bars in the bathroom, available shower chairs and raised toilet seats. The main entrance and the entire hotel for that matter is easy to navigate and the elevator is of good size.



A shot of Rodeo Drive.Sofitel Hotel.



The beautiful Sofitel Hotel.



Notebook EXPRESS

By Wendy Singer

A fun night was had by all at the **YM-YWHA** for 'Y Summer in the City', in support of the Y Country Camp's (YCC) Special Needs Family Camp. On Tuesday, June 19, 2014, the auditorium was transformed into a veritable camp in the city, with red and white-checked tablecloths covering picnic tables, a real-camp barbeque catered by Eventure, "bug juice", canoes, a tuck shop, and an indoor bonfire! The event co-chairs **Cory Levi, Steven Merling, and Robert Itzkovitz**, allowed all guests who once were campers to reminisce about their special days spent at camp.

Honoured guest **Phil Levi**, former chair of the Y Country Camp, spoke about the importance of the YCC Special Needs Family Camp, which is the first of its kind in Canada. In August, YCC welcomed families with children with special needs, providing them the opportunity to enjoy some respite in the country while their children were cared for by experienced counselors.

Special Needs Coordinator **Matthew Selvin**, brought warmth and experience to the YCC Special Needs Family Camp initiative. Read



YCC Camp Director Sid Milech, co-chairs of Y Summer in the City Cory Levi, Steven Merling, Robert Itzkovitz, at Y Summer in the City event.

about the Family Camp experience in our upcoming Fall 2014 / Winter 2015 edition.

The **Miriam Foundation** raised over \$70,000 at their fourth annual art auction at the Loft Hotel. To fit with this year's Pop Art theme, paintings by prestigious artists such as **Yehuda Chaki, Geraldo Pace, Richard Roblin, John Little, and Peter Krausz** were auctioned off by CJAD's **Andrew Carter**. Montreal artist **Eric Waugh** performed live art while guests enjoyed a cocktail dinatoire catered by Java U.

"Once again, the Montreal community has shown its unconditional support through their generosity and empathy in supporting people with ASD (autism spectrum disorder) and ID (intellectual disabilities) and their families," said **Diane Proulx-Guerrera**, Chairperson of the Miriam Foundation following the event.

Co-chaired by **Carol Tryansky, Judy Wolfe, Jeannette Hoffman-Zaffir**, and **Franki Yanofsky**, funds raised allow the Miriam Foundation to pursue its mission in



The Miriam Foundation's art auction committee, with Warren Greenstone (Chief Executive Officer, Miriam Foundation), Diane Guerrera (Chairperson of the Board, Miriam Foundation), Judy Wolfe, Mara Greenstone, Renee Baltuch, Carol Tryansky, Deborah Malin, Franki Yanofsky, Jeannette Hoffman-Zaffir, Marlene Levenson, Nancy Ste-Croix, Allyson Kassie Goldberg, Rachel Kramer, Rhona Kramer. (Photo credit: Ryan Blau, PBL Photography)

helping people with an ASD or ID to live a fulfilling life, as well as to generate greater awareness of the cause.

On May 4, 2014, 250 guests gathered at the Luciani Infiniti dealership in Montreal to experience La Dolce Vita. Co-chaired by **Marsha Becker** and **Rhoda Vineberg**, the event, MC'd by **Frank Cavallaro** from CBC, featured a cocktail dinatoire catered by Beatrice, an upscale silent auction, and a performance by the remarkable Glee Club, a Gold Centre leisure program for adults with an ASD or developmental disability.

The event raised over \$78,000 for the **Miriam Foundation** and **Unicorn Children's Foundation**, which will enable the launch of an e-learning platform in the fall of 2014. As more and more children are being diagnosed with ASDs and developmental disorders, the need for well-trained support workers has increased. This platform will enable easy access to knowledge for the Support Worker Training Series. Support workers help children



From Left to right: Elysa Ben Sabat (Director of Events, Miriam Foundation), Trudy Cusmariu (Committee member), Rhona Kramer (Committee member), Rona Davis (Committee member), Carina Katz (Committee member), Rhoda Vineberg (co-chair), Marsha Becker (co-chair), Aurélien Guillory (Committee member), Diane Guerrera (honorary co-chair and chairperson of the Miriam Foundation Board), Susan Stivaletti (Committee member) Valeria Rosenbloom (honorary co-chair and founder of the Unicorn Children's Foundation) (Photo credit: Tristan Brand)

directly integrate in daycare and school settings.

On June 22, 2014, over 100 riders, including some that were Yaldei staff members, cycled the 50 kilometre trail at Parc Jean Drapeau in support of **Yaldei's 2nd Annual Let's Ride For Kids Bike-a-thon**.

For those that preferred fun and games to cycling, there was plenty to do at the Family Fun Day, from inflatables for the kids, volleyball, a magician and a juggler, and a unicycle hockey tournament! To top it off, attendees enjoyed a barbeque catered by Chez Benny.

Menachem Leifer, Yaldei's Executive Director, was among the cyclists who completed the 50 km. On his fundraising page Leifer wrote that he decided to once again get out of his comfort zone "to ride



Bikers taking part in the Yaldei Ride for Kids Bike-a-Thon. (Photo credit, OMEGA Photography)

that extra mile for a child that can't!"

Congratulations to top fundraisers **Zev Laine, Dr. Cleve Ziegler, Christopher Craig** and **Faye Stern** who contributed to the over \$145,000 that was raised. Funds will support Yaldei's intensive early intervention program.

Great news for those with kids on school waiting lists! École Yaldei, a subsidiary of the Donald Berman YALDEI Developmental Center, is now accepting enrollment for children between the ages of four to 13 with moderate to severe disabilities. If you would like more information or to register your child, call 514-279-3666.

Each year, the Banque Scotia 21k de Montréal et 5k, an international caliber half-marathon and associated 5 km race, is held at the site of the Canadian Half Marathon Championships. This event encourages fundraising for local charities as part of the Scotiabank Charity Challenge, and has raised \$30.8 million over the past 11 years—and \$6.9 million in 2013 alone. How it works? Organizations are invited to send representatives who solicit pledges. Funds raised goes to the charity of the runner's choice.

The 2014 run was a tremendous success for our friends at **Giant Steps School and Resource Centre (GS)**. Together, their grassroots team comprised of staff and parents, brought in a whopping \$85,000. This amount includes a \$5,000 bonus to congratulate team member and GS director **Elaine Lalonde** for being the top individual fundraiser, and an extra \$10,000 because the GS team raised the most funds of any other team. Keep on running GS!



Nick Katalifos, Chairman, Giant Steps (GS) School and Resource Centre, Elaine Lalonde, Director of the GS Foundation, Nick Primiano, Past Director, GS School, and Joseph Spagnuolo at the Scotia Bank Charity Challenge.



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Clientèle: 4-21 ans

- déficience intellectuelle
- troubles envahissants du développement
- troubles relevant de la psychopathologie

L'enseignement y est dispensé en français et en anglais

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MAB-Mackay's Caravela Dragon Boat Team paddles together to glory

■ By Wendy Singer

Continued from Page 1

The first dragon boat team in Quebec to include blind and partially-sighted (BPS) rowers was born in May of this year at the Montreal Association for the Blind (MAB)-Mackay Rehabilitation Centre, when staff members from various clinical disciplines, as well as blind and visually-impaired clients, formed the Caravela Dragon Boat Team.

The keys to a successful dragon boat team are paddling technique, strength and timing. And that is exactly what Team Caravela worked on week after week at the 22Dragons Dragon Boat Club on the Lachine Canal. Their goal was to prepare for the Montreal Challenge Dragon Boat Competition on July 26th and 27th at the Olympic Basin, Parc Jean Drapeau.

Over several months, the team's focus on good timing and paddling technique began to pay off. They became stronger and faster, and began to function as a unit. "Paddling in a dragon boat represents teamwork as all



La Caravela Dragon Boat Team. (Photo credit, A. Oppenheim)

members must work together to paddle in sync. There is great team spirit on Caravela. Everyone supports their teammates in order to achieve the team's goals," said Vision Rehabilitation Specialist at MAB-

Mackay, and Team Caravela captain and drummer Annie Gouveia. "The paddlers also appreciated this experience because it allows them to get in shape, create new friendships, and work towards a goal."

Competition day arrived on July 27th, 2014. Team Caravela was ready to row in a two-kilometer race in the Community D division.

And now for the results...drum role please! Team Caravela finished an amazing 6th out of 13 teams. Congratulations to the entire team and to Caravela coach Brian Li, who has been paddling for several years at the Premier level.

"Clinicians at MAB-Mackay have always believed strongly that sports and physical activity play an important part in the rehabilitation process," states Christine Boyle, the Centre's executive director. "Such activities build self-confidence and promote overall wellbeing among clients of all ages and across all physical impairment categories; we take great pride in seeing some of our blind and visually-impaired clients participate in a world-class competition in a spirit of sportsmanship and camaraderie."

"Team Caravela paddlers are already looking forward to next year's season, and possibly bringing the team to the Canadian nationals in Welland next year to compete against other teams in the BPS division," added Gouveia, who had been paddling for several years at the under 23 level.

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Lester B. Pearson School Board continues to support Inspirations on its excellent work in support of students with special needs.



Music transcends expectations for students and seniors at Philip E. Layton School

By Suzie Lazar

On Monday, May 26, 2014 the Loyola High School jazz band, lead by music teacher/conductor, Mr. Pasquini, performed for students and seniors of the Philip E. Layton School.

Philip E. Layton School is a school for children and adolescents between four to 17 years of age with physical impairments, such as a motor, speech & language impairment and visual impairment.



*Philip E. Layton student plays the guitar with Loyola High School jazz band student.
(Photo credit, Suzie Lazar)*

The Loyola jazz band consisted of approximately 20 students who played piano, base guitar, trumpet and drums. They entertained the audience with classics such as the *Chattanooga Choo-Choo*, *Satisfaction* by the Rolling Stones and the theme from the James Bond movies.

It was obvious the children and seniors enjoyed the music as they danced and/or moved to the rhythm of the beat.

Mr. Pasquini gave the audience the opportunity to listen to each individual instrument and explained the instrument's function. The highlight of the concert was when the students were invited to touch and play the instruments. This interactive approach to experiencing was invaluable to them. Their smiles were priceless and the sounds made by the instruments as a result of their own fingertips elicited giggles and laughs.

As part of their outreach and community work, the Loyola High School jazz band has performed for Philip E. Layton School for the past three years. Initially, the intention of this annual concert was to bring a new and unique experience to the visually impaired. But, the positive feelings felt by the jazz band members have been an unexpected benefit. Through the one-on-one interactions, by seeing the smiles and feeling the warmth of these young students, the band members appreciated the positive impact of their efforts.

As quoted by Mr. Pasquini: "With all the training and practice the members of the jazz band have put towards their performances, there was nothing to prepare them for this



*Music transcends expectations for students at Philip E. Layton School.
(Photo credit, Suzie Lazar)*

experience. They were given very little information as to how to proceed in the workshop part of the event. They were told to simply use their imagination to come up with a way to help these visually impaired children experience these instruments minus one of the senses we take for granted. As the musicians experienced the warmth

and exuberance displayed by their audience, they became comfortable. The smiles, which were originally on the faces of the children, were now seen on the faces of the musicians. I have never been prouder to have been their teacher."



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The I Can Dream Theatre Group Unplugs

By Mary Gouskos



The I Can Dream Theatre Group performing their Unplugged show. (Photo credit, Melanie Matthews)

After many years of successful shows at Summit School, Tricia Bartley, Ada Masciarelli, and Michele Matthews decided to start their own theatre group. The 'I Can Dream Theatre Group' was created in 2011 and has enjoyed much success since its creation. It consists of 22 cast members between the ages of 16 and 42. The group serves to highlight the talents and abilities of individuals with special needs through the performing arts. Members of the cast live with autism, Down

Syndrome, developmental disorders and learning disabilities.

On Saturday, April 26, 2014, the 'I Can Dream Theatre Group' hosted their 'Unplugged Show' at the Holiday Inn Midtown. This musical, concentrating on classic songs from the 50's such as *Don't be Cruel*, *A Teenager In Love*, *In the Still of the Night*, and *Moon River*, was a huge success.

The room was filled to capacity and the

reaction from the audience was outstanding. The energy in the room was off the charts. Some audience members couldn't sit still and got up to boogie. The audience even demanded an encore!

Kelsey-Love Armstrong, a new cast member with incredible talent wrote and performed her own heart-warming song. The show was fun to experience and truly inspiring.

The I Can Dream Theatre Group's next production, 'Hannibal The Musical': a

musical comedy, will take place on Friday and Saturday, November 14th and 15th at the Oscar Peterson Concert Hall, Concordia University. Tickets are \$25 and are already on sale and selling quickly!

For information contact icandreamtheatre@gmail.com or 514-754-4518. Visit them on Facebook: I Can Dream Theatre Group – Montreal or Twitter at [icandreamMTL](https://twitter.com/icandreamMTL).



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Info: icandreamtheatregroup.com / icandreamtheatre@gmail.com



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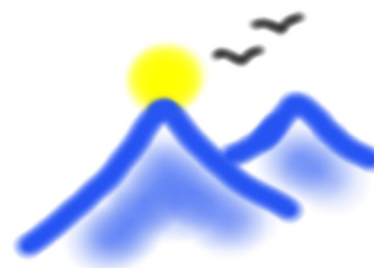
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please visit our web site www.prosetautism.ca*



Proset Autism is an adaptive tennis program mandated to relieve conditions associated Autism Spectrum Disorder, Down Syndromes, Global Development Delay, ADHD, and other development delays by providing adaptive, therapeutic and recreational programs for children and adolescents living with these conditions.

We are now taking registrations for our 10 week fall programs which are given in various locations in the Montreal region, such as Cote St-Luc, Montreal West, Kirkland, Vaudreuil, Pincourt and other areas depending up on numbers.

We look forward to seeing you soon.



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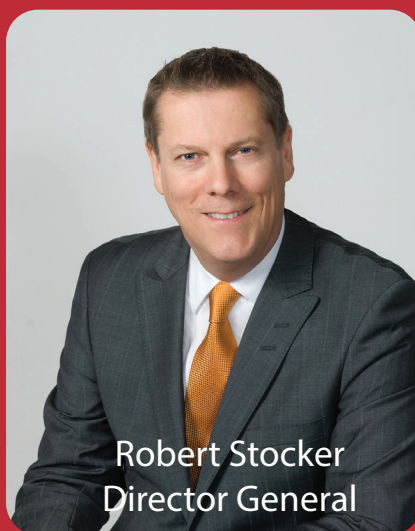
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Summit School has been educating children with developmental disabilities for over 50 years. Summit School provides an education to students who range in age from 4-21 years old. Programs are individualized, based on the needs of each student. For more information regarding Summit School, please visit our website: Summit-school.com

The English Montreal School Board is proud to have been the initiator of Inspirations, a snapshot of our special needs community.



Angela Mancini
Chairman



Robert Stocker
Director General

Congratulations to our Student Services Department and the Communications and Marketing Division for showing the vision to introduce such an extraordinary publication to our educational landscape.



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The ALS Ice Bucket Challenge spreads across the EMSB

■ By Wendy Singer

The school year got off to an icy cold start for EMSB Chairman Angela Mancini and Vice-Chairman Sylvia Lo Bianco. They stopped by Roslyn Elementary School on the first day of school to welcome incoming Principal Nick Katalifos (Special Advisor to Inspirations) and meet Diane Tkalek and Claudine Cook from The ALS (Amyotrophic Lateral Sclerosis) Society of Quebec.

Tkalek has been an active volunteer in the ALS Society since 2007, after she witnessed her husband suffer from the devastating effects and challenges of this incurable disease.

Roslyn students listened attentively to Tkalek as she explained what ALS is and brought into context the greater meaning behind the viral ice bucket challenge. She was pleased to see that many Roslyn students had taken the challenge over the summer!

Both Tkalek and Cook are overwhelmed by



Claudine Cook, Executive Director of the ALS Society of Quebec, and Diane Tkalek, Nurse Clinician and Consultant, and Board member of the ALS Society of Quebec, at Roslyn Elementary School.

what this phenomenon has done for ALS and are hopeful that the money raised will change the face of the illness. "Over the last seven years, I have seen many concrete improvements in the services offered by this Society. The scientific research is moving forward exponentially, and people with ALS are living longer with a greater quality of life. The science and care are all moving in a very promising direction," shares Tkalek.

To donate to the ALS Society of Quebec visit sla-quebec.ca.

Angela Mancini, Chairman, EMSB, takes the ice bucket challenge at Roslyn Elementary School.



Sylvia Lo Bianco, Vice-Chairman, EMSB, takes the ice bucket challenge at Roslyn Elementary School.



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Montreal walks together for Autism Speaks Canada

The 4th annual Montreal Walk Now for Autism Speaks Canada autism and fundraising event, held on May 28, 2014, was a huge success. Held at McGill University's Tomlinson Fieldhouse at Percival Molson Stadium, this year's event brought over 1,200 walkers together, double the amount of last year! Montreal raised nearly \$200,000 including sponsorships, thanks to Local Presenting Sponsor Mega Bloks, and Gold Level Sponsors **National Bank Levine Goodman**.

Kudos to Montreal Walk Manager **Krista**

Leitham for her organizational prowess and creatively in bringing together so many services to participate in the event, including AriArt, Westmount Music Therapy and Lakeshore Super Sonics Soccer. Congratulations to the carpentry and culinary classes at L.I.N.K.S. and John Grant High School, EMSB, who, under the direction of Principal James Fequet, constructed blocks that are used as a portable photo station, and for baking symbolic puzzle piece cookies. All of these community organizations were integral pieces in the success of this

event. Congratulations to Team EMSB for being a top fundraising organization!

.....
Montreal Walk Manager Coordinator of Educational Outreach Linda Mahler with special guests at Montreal's Walk Now for Autism Speaks Canada. (Photo credit, Philip Ross White)



Principal of John Grant and L.I.N.K.S. High Schools James Fequet and their team of builders. (Photo credit, Kevin J Raftery, PCJ SPORT PHOTOGRAPHY).



Team Gerald McShane walks for Montreal Walk Now for Autism Speaks 2014. (Photo courtesy of Nancy Richer)

The Family Resource Center celebrates in D.D.O.

The Family Resource Center was proud to be a part of this year's Dollard Des Ormeaux Family Affair on Sunday July 27th. They joined a handful of exhibitors that were present to share their services with the West Island community. Families enjoyed all sorts of entertainment, from inflatable games to reptile interaction, carnival games, balloon sculpting and a delicious barbeque. On hand to enjoy the celebration was MP for Pierrefonds - Dollard **Lysanne Blanchette-Lamothe**.

The Family Resource Center, directed by **Carrie Goldberg**, offers a variety of services to enhance the lives of youth who have social, academic, and behavioural difficulties through Social Skills and Study

Skills programs. They also support families with counseling, referral services and support groups, and professionals as well.

Congratulations to the Family Resource Center for receiving a \$20,000 grant from The Queen of Angels Foundation. This money will support families that cannot afford services.

For more information visit familyresourcecentre.qc.ca, email info@familyresourcecentre.qc.ca or call 514-685-5912.



Erika, Oliver, Veronica, Elaina, Carrie Goldberg and Lysanne Blanchette-Lamothe, MP for Pierrefonds - Dollard.



Adapted Travel by Mike Cohen



NICE, FRANCE: Between our recent visits to Paris and London, my family and I came to the conclusion that we wanted to find a place that provided us with the opportunity to sit at a lovely beach by day and enjoy a lively and fun atmosphere in the evening. Nice (<http://en.nicetourisme.com>), located on the French Riviera, was the logical choice.

Old or Vieux Nice is downright dripping with atmosphere. Its narrow streets are a one-stop shop for take-home finds, such as Provençal wares, household items, wine, gourmet gifts, hip clothing and more. There are numerous restaurants in the area, as well as several fun bars and nightclubs. Be sure to stop off for a delicious ice cream in this neighborhood. We went there twice and really soaked up the atmosphere.

WHERE TO STAY: We spent considerable time researching where to stay and the Radisson Blu (<http://www.radissonblu.com/hotel-nice/location>) won out for its beautiful seaside location. There are 331 rooms and suites and amenities such as free high-speed, wireless internet access and complimentary entrance to the on-site health and fitness club. You can dine at the Bleu Citron or La Terrasse, both well known for delicious international and regional cuisine, or relax on the rooftop terrace with a refreshing cocktail. This Nice hotel, located at 223 Promenade des Anglais, also offers premier services, such as a rooftop pool, sauna and sophisticated meeting facilities. It is only four kilometres from the airport and five kilometres from the train station. We truly appreciated the free seasonal double decker bus shuttle service to Old



Town, which operates in July and August. The hotel is fully wheelchair accessible and has a number of accessible rooms. Our rate included a generous breakfast buffet at the “Bleu Citron” Restaurant. In order to store some perishables we asked the hotel to empty the mini bar for us, which they did at no charge. The hotel has its own exclusive private beach, open from April to October. For a fee we secured sun lounges for the days we were there. Wheelchair access can be arranged to this beach as well.

DINING OUT: Where to dine in Nice? There are a lot of choices and we spent a significant amount of time researching the best options. Our search first stopped at Le Grand Balcon (www.legrandbalcon.net) located at 10 rue St. François de Paule near the opera house. The food is all fresh and homemade. Our meal was absolutely spectacular and I would recommend you place it first on your list of dining choices. It is located on the main drag in Vieux Nice and fully wheelchair accessible.

The menu is neatly set up like a stage presentation. Act I features appetizers and our server recommended the selection platter: the chef’s combination of four starters. This included: home-made foie gras; marinated Norway salmon with lime, fennel and dill; raw artichoke salad and shaved parmesan cheese and warm truffles sandwiches. We also shared a fabulous king prawn risotto. For our main course, or Act II, we chose three dishes to share: a grilled beef fillet with super home-made mashed potatoes; scallops in “tuber aestivum” truffles, with added black truffles puree; and sea bass fricassee with sautéed purple artichoke. Act III was dessert. We shared a chocolate delight with home-made caramel and passion fruits and a black truffle and salted butter caramel éclair. Once again, beautifully prepared. This was definitely the best restaurant we experienced in France, topping anything we tried in Paris.

We were excited to learn that there was a Hard Rock Café (<http://www.hardrock.com/cafes/nice>) in Nice. In fact it only opened up last November. The atmosphere was great from the moment we walked in. Located at 5 Promenades des Anglais, the

multi-level Hard Rock Café Nice is nestled near Vieux Nice, along the Mediterranean Sea on the Promenade des Anglais, and is a must-see for both visitors and locals. For the physically handicapped there are elevators which reach both the rock shop and the second level.

ACCESSIBLE NICE: Nice publishes a special guide on accessibility, which is online at <http://en.nicetourisme.com/accessible-nice>. This assists the physically challenged organize their stay and provides useful addresses for administrative and health services, information on wheelchair access for special transport and parking facilities. To help you make the most of your stay, you will also find addresses for accommodation, restaurants as well as cultural and leisure activities.

SNCF, the French railway system, caters to the hearing and sight disabled as well as physically disabled and wheelchair-bound passengers by providing designated spaces and facilities in the carriages. In some locations, adapted transport service to the station can be provided. A door-to-door bag transport service is available for a fee, and can be booked when the ticket is purchased. The baggage will be delivered within 24 hours.

MONACO: When we decided to spend a few days in Nice, friends told us to take the train one night and experience dazzling Monte Carlo in Monaco.

The principality of Monaco (<http://www.visitmonaco.com>) has a colorful and fascinating history filled with barbarians, kings and even a movie star. It is a story of castles, epic battles and untold riches. Monaco is a constitutional monarchy ruled by Prince Albert II. It has a population of just over 32,000. The Automobile Club of Monaco organizes a Grand Prix race each year.

SPECIAL NEEDS: The Principality of Monaco caters fairly well to physically disabled and wheelchair-bound people. There is even a handicapped accessible beach catering to wheelchair users and those with visual handicaps. It offers specially equipped wheelchairs for enjoying the surf and is open every day from June to September.

DINING OUT: The highlight of our evening in Monte Carlo was a remarkable dinner at the Salle Empire (<http://www.montecarlosbm.com/restaurants-in-monaco/gourmet/salle-empire>) at the gorgeous Hôtel de Paris



(hoteldeparismontecarlo.com). We took the train from Nice to Monte Carlo and enjoyed a pleasant 10 minute walk through town to this most breathtaking facility where we were seated on a gorgeous terrace overlooking the entrance to the grand casino. This was “people watching” at its best. A musical trio serenaded us with soft songs and a group of servers provided us with sensational service, starting things off with champagne, soft lemon rolls and their signature potato chips.

We experienced an extraordinary nine course meal which lasted nearly two and a half hours. Every item on the menu was explained in great detail and if something did not meet our dietary requirements a substitute was easily arranged. First was an interesting and nutritious drink, a concentrated healthy extract of bio vegetables. This was followed by raw and cooked vegetables from the hotel’s own garden, with tangy juice. We then enjoyed some amazing eggplant ravioli with fresh goat’s cheese and thyme lemon. Next was a cookpot of Brittany lobster, with coral juice. The main course was a roasted rack of lamb from prealps rubbed with summer savory and summer vegetable. It was beautifully prepared.

There were no less than three separate desserts. At the Salle Empire, there is access for guests with special needs via a lift.

Mike Cohen is the editor of Inspirations. You can reach him at mcohen@inspirationsnews.com. Follow him on Twitter @mikecohencsl.



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