



President's Message

People in Motion's Message to Members

The Board of Directors of People in Motion would like to offer an apology and explanation to members who have been inconvenienced or may have lost opportunities to participate in programs over the past few weeks.

Our organization has experienced a serious financial situation. The current financial situation requires that the Board of Directors implement *cost savings measures* to ensure that the organization will survive. Some staff was laid off at the beginning of January, but some programs have continued to operate through volunteer support. Program staff will return to work as funds are available.

The Board of Directors has been working to achieve an accurate understanding of the situation. A decision has been made to reduce number of staff positions to ensure that we achieve and maintain a sustainable organization.

These objectives will be the ongoing work of the Agency:

- **Maintain** quality social

recreational programs

- **Ensure** quality services for members with appropriate staff ratios in programs
- **Encourage** participation in camping and outdoor recreation
- **Offer** affordable/cost recovery bus trips
- **Maintain** current sources of revenues
- **Offer** workshops/ educational/information sessions for members/ general public
- **Partner** with Disability community (individuals and agencies) to increase awareness of benefits / opportunities/ access issues
- **Explore** and **initiate** partnerships/service arrangements that will ensure cost effective administrative structure

I would like to encourage members to share their ideas for programs and services with **Aaron and Joyce**.

We really appreciate all the volunteer hours that have been generously given to maintain

some programs during these challenging weeks.

Sincerely yours,

Judy Treherne, President

NEW

FOR MEMBERS ONLY

Coffee House

Fridays - 1-2:30 pm

Fee: 25¢

Use back entrance
HandyDART available

Starts: March 19/10

Call if you are interested
250-376-7878

Inside this issue:

<i>President's message</i>	<i>p.1</i>
<i>Coffee House ad</i>	<i>p.1</i>
<i>Vancouver 2010 Paralympics</i>	<i>p.2</i>
<i>Illness in our Family</i>	<i>p.2</i>
<i>MediChair Ad</i>	<i>p.2</i>
<i>Income Tax Ad</i>	<i>p.2</i>
<i>PINM Office hours</i>	<i>p.2</i>



Vancouver 2010 Paralympic Winter Games



Congratulations to the Canadian Winter Olympians winners and participants, but starting on March 12, 2010 lookout for the Paralympians. Over 600 athletes from 44 countries will gather at BC Place for the opening ceremonies. Canada will have 55 athletes competing in Para-Alpine skiing, Para-Nordic skiing, Sledge hockey and Wheelchair curling. The excitement will not be reserved for spectators in Vancouver and Whistler, there will be national coverage of the games for the first time in Canada.

Para-Alpine Skiing:

The five events in *Para-Alpine skiing* is *Downhill, Super-G, Super combined* and *Slalom*.



Canada is currently the top Para-Alpine skiing nation in the world, and veterans Lauren Woolstencroft and Chris Williamson are looking forward to giving us medal-winning performances.

Para-Nordic Skiing:

Para-Nordic skiing includes *biathlon* and *cross-country*. It is similar to the regular biathlon and cross-country there are few differences - sitting instead of lying down in the biathlon and there is

visual impaired classes for the Biathlon and Cross Country. Canada should bring home medals.

Sledge Hockey:

The fast-paced and physical sport of sledge hockey, with the same rules as ice hockey, is sure to be a fan favourite. *This is a first* - women sledge hockey athletes will be allowed to participate with men. The International Paralympic Committee is allowing it for the 2010 Paralympic Games. Canada is the reigning Paralympic champion in sledge hockey, and will be defending its title against seven other teams, including a fiercely competitive Team USA.

Wheelchair Curling:

Vancouver will be only the second Paralympic Games to include wheelchair curling. Teams compete in a match of eight



ends, alternating to "throw" (slide) 19.1kg stones towards a target of concentric rings. The goal is to get as many rocks as close to the centre of the rings as possible without the assistance of sweeping. Canada is currently the reigning Paralympic and World Champions.

Abilities / winter/spring 2010, p.40

Illness in our Family

Andrew Embury, who has been a member with the Youth Club and now the Adult Social Club, is now in the hospital's ICU floor with a serious medical condition. Also **Trevor Embury**, Andrew's younger brother, has been diagnosed with Cancer.

Our thoughts and prayers go out to Robert & MaryJane as well as their sons speedy recovery.

Canada Customs
Agence des douanes
et des services de douanes

COMMUNITY
VOLUNTEER
INCOME TAX
PROGRAM

PROGRAMME
COMMUNAUTAIRE
DES BÉNÉVOLES EN
MATIÈRE D'IMPÔT



- * Did you have a low family income in 2009?
- * Do you have a straightforward income tax return but you are unable to pay for assistance?
- * Do you have all your information slips?
 - * Volunteers, trained by the **Canada Customs and Revenue Agency**,
- * can help you complete your income tax return.

This will be a **drop off - pick up only**

WHEN: Two days a week, **starting** on:

Thursday, March 4th - 10 am - 1 pm
Friday, March 5th - 10 am - 1 pm

Continuing on these days and times for the months of **March** and **April**.

Last day for pickup is April 30th.

WHERE: People In Motion,
182B Tranquille Road

Back Door Entrance

This service is free

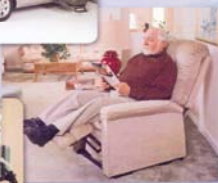
Please bring all your tax papers and tax forms with you. You will need to fill out an information sheet. People In Motion Volunteers will be available to help you fill out the information sheet.

Everyday Solutions

sales • service • rentals



If daily tasks are becoming a challenge, ask us to show you some of the many ways we can help increase your independence and make life simpler again.



kamloops.medichair.ca



MEDIchair

the home medical equipment specialists

210 - 450 Lansdowne Street, Kamloops
Call (250) 571-1456 or 1-866-571-1456

OFFICE HOURS

Mon - Fri: 9:30 am to 4:30 pm
closed on all
Statutory holidays.