

June
2022



 | community living society

imagine it - live it



Planning for Summer fun and beyond...

The days are getting longer, and the weather is finally warming up... summer is right around the corner! And while the energy of fun and getting outdoors should be relaxing, sometimes it can feel even more stressful to make plans and pack in entertainment while we have good weather. This newsletter has ideas for accessible, affordable summer activities and vacations and, a few tips on how to make your summer planning easier.

Explore Your Local Area with a Staycation

The last 2 years have been a time for some people where they have felt disconnected from their community. A staycation is a great way to explore your local area with curiosity and wonder.

Put on your tourist hat and visit your local [Visitor Information Centre](#), either in person or online, for ideas of things to do in your area. On the website, you can search by area or type of activity. There is also a section on [accessibility](#) that highlights activities, accommodations, and transportation that are accessible.

[Click here to check out the HelloBC website.](#)

Contact your local Business Improvement Association or Chamber of Commerce and find out what new businesses have opened and go explore. This is a great way to meet people in your community and shop local!

While you're out and about exploring be sure to check out the [CLS PotteryWorks](#) studio in New Westminster and the [CLS Studio Seventy Three](#) glass studio in Surrey.



Get Outdoors

The benefits of spending time in nature are more than the physical activity. Studies have shown that getting outdoors can reduce stress and anxiety, lower your blood pressure, boost your mood and improve your sleep. And best of all, it's usually free!

Here are some [accessible trails in BC as listed on the Destination BC site](#):

(check your local information to confirm what is open before going as information may change).

Inland Lake Trail, Powell River, 13 km, mostly flat with low grades and mixed surfaces and boardwalk. They have wheelchair accessible pit toilets.

The Galloping Goose, part of the Trans Canada Trail, Victoria, 33 km, multiple access points and mixed levels of hiking.

Grasslands Loop Trail, Kamloops, redesigned to make it barrier free. The widened trail is packed gravel.

The Shoreline Bog Trail, Tofino, 800m loop of flat boardwalk through old-growth rainforest. There is an all-terrain wheelchair available to borrow from the Kwisisit Visitor Centre for beach access.

Ancient Forest / Chun T'oh Whudujut Provincial Park, near Prince George, about 3 km, boardwalk trail through the old growth cedar rainforest and to see a waterfall.

Seymour Valley Railway, North Vancouver, 10 km, paved path through the Lower Seymour Conservation Reserve to the fish hatchery.

For photos, links and more details, check out the full article ["Get Back to Nature: 10 Accessible Hiking Trails in BC"](#)



Make Summer Planning Simpler

Here are some accessible trails in BC as listed on the DestinationBC site (check your local information to confirm what is open before going as information may have changed):

Pre-pack a go bag: Put together a small bag or backpack with typical supplies that you need when you go out. Here are some ideas: sunscreen, a hat, sunglasses, a change of clothes, hand wipes, a cool down cloth, snacks. You can keep this by your front door or in your vehicle to make it easier to get out the door - just grab your water bottle and go!

Make a Wishlist of ideas with your family and then prioritize: Trying to cram fun summer activities into a few sunny weeks can be overwhelming. Make a list of ideas and then circle your top 3 favourites. Pick a date and mark them in your calendar.

Block regular weekly, biweekly or monthly activities into your schedule: Make your planning easier by having a few regular activities. For example, a trip to the library every 2 weeks, a weekly walk in your favourite park, a monthly bigger outing to places like Science World, the Vancouver Art Gallery, or Malahat Skywalk in Nanaimo. The routine of having regular go-to places will help to create a rhythm to the summer months.

Use a visual calendar: Print a paper calendar or use a whiteboard so that everyone in your home knows what activities are coming up. It's a fun way to talk about the plans for the summer together.

Want a ranch style vacation check out the Abilitas Foundation and the Cold Water Ranch Lodge

Abilitas Foundation is a small charity established in 2008 with a big dream of creating accessible opportunities for people living with disabilities, their families and caregivers. The foundation opened the Cold Water Ranch Lodge in 2013 to provide people with disabilities a place to vacation for up to four days between March and December every year. **Guests pay only a modest fee to cover the booking, cleaning and maintenance of the facility.**

To help keep the lodge running at modest rates for people with disability, the Cold Water Ranch Lodge can be rented for corporate and board retreats. All rental proceeds as well as the donations the foundation receives fund the ongoing operation and expansion of the lodge. In other words, by having your company retreat at the Cold-Water Ranch Lodge and by giving generously to the foundation, you help us offer world-class accessible accommodation that is affordable to nearly all families that have a loved one with a disability.

[Click here for more information.](#)

[Click here to book the lodge.](#)

West Coast Families explores Recreation and Travel Passes for People with Disabilities

Includes things like:

- [BC Ferries Disability Card](#)
- [The Access2 Card](#) and more!



**Come join us
for a fabulous day
of:**
Food, Games, Music,
Clown/Balloon Art, Prizes,
50/50 Draw,
Photo Booth



**Saturday August 27th
12:00 - 3:00**

**Scandinavian Community Centre
6540 Thomas Street, Burnaby**

Social Services Camping Fee Exemption

This program provides individuals living with a disability and facing significant financial challenges with the opportunity to connect with nature and outdoor recreation in BC Parks; an experience that they may not otherwise be able to afford.

To support some of the province's most vulnerable citizens, BC Parks offers a limited amount of free front country camping to:

- **Adults receiving Persons with Disabilities (PWD) benefits from the BC Ministry of Social Development and Poverty Reduction or from Indigenous Services Canada.**

Qualified recipients are entitled to one single campsite, or one half of a double site, per night for their (one) [Camping Party](#) for free. Both halves of a double site are free if there is a qualified recipient in each of the two camping parties.

Anyone visiting BC Parks is permitted a [maximum total of 14 nights per park per calendar year](#). The Social Services Camping Fee Exemption is not available for the [Long Stay Program](#).

How to claim the front country camping fee exemption:

Adults receiving [PWD Disability Assistance](#) from the BC Ministry of Social Development and Poverty Reduction (MSDPR):

1. Obtain a current calendar year Release of Personal Information form, fully completed, from the MSDPR. This form can be obtained by contacting your local MSDPR or Service BC office. The *Confirmation of Assistance* form is not accepted and clients receiving Health Supplements only do not qualify. Recipients of CPP disability are eligible if they are also designated under the PWD program and receive 'top-up' assistance from the MSDPR.
2. At the campground, show the park operator the original approved form and a 2nd piece of identification (e.g., a BC Driver's Licence, BC Services Card, BCID).

For more information check out the BC Parks Website at: <https://bcparks.ca/fees/disability.html>