

Find a Be Kind Bell on RAK Day and spread kindness

Kindness is all around and waiting to be found. As part of Oakville's Random Act of Kindness Day on Friday (Nov. 7), 100 Be Kind Bells have been hidden throughout Oakville. The hand-made ceramic chimes were created by the YMCA Peace Week committee and decorated by children in the YMCA after-school, Youth Leaders and Together as Girls programs.

If you are lucky enough to find one of the bells, you can either keep it, or pass it on to someone as a reminder of spreading kindness.

"The Be Kind Bell was inspired by a Ben's Bell I found in Tucson," said Brenda Ridgway, manager of marketing and communications for the YMCA. "These bells are hidden in the community for anyone to find and there are many inspiring stories of people finding them just when they needed or received kindness from others. I brought the bell back to Oakville to spread kindness in our community."

If you find a Be Kind Bell, share where you found it and your act of kindness on the YMCA of Oakville's Facebook page or tweet using #BeKindBell and #RAKOakville. On Friday, the YMCA will also be out in the community along with many other businesses and organizations spreading kindness with two Kindness Crews as well as hosting Be Kind events at the Peter Gilgan Family YMCA and at many childcare locations and before- and after-school programs.

Kindness is the theme for this year's YMCA Peace Week (Nov. 15-22), which focuses on how being kind can eliminate bullying.



Together As Girls participant Claire Penhale, 10, shows a Be Kind Bell as participants paint bells to be distributed throughout Oakville for Random Acts of Kindness (RAK) Day Friday (Nov. 7).

| photo by Brenda Ridgway - special to the Beaver

Kirk Smalley, anti-bully advocate of Stand for the Silent, will be the keynote speaker for the YMCA Community Breakfast for Peace on Nov. 19. Kirk will be sharing how the tragic suicide of his son Ty helped create a global movement that encourages youth to "stand up for the silent" and put an end to bullying.

He will also be speaking to students at Pine Grove Elementary School and Garth Webb, White Oaks and St. Thomas Aquinas secondary schools and a special speaking engagement for parents will take place on Nov. 18 at Oakville's Town Hall.

Other YMCA Peace Week events include a

Candlelight Walk for Peace on Nov. 17 and free Yoga for Peace classes on Nov. 18 and 20.

Youths at the YMCA have also put together Act for Peace, a photo and video challenge for the month of November.

They are encouraging people to post their acts of kindness to Instagram under '30seconds4peace' throughout the month. An act of kindness is an act of peace — in just 30 seconds you can do something to spread kindness ripples to others.

For more information on the Be Kind Bells or YMCA Peace Week activities, visit www.ymcaoakville.org.



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legal matters

PERSONAL INJURY

Q

I suffer from major depression and cannot work. My psychiatrist filled out forms for me and my insurer denied my application for disability benefits. Is this common?

A



Francesca Rollo

Lawyers in your corner:

Francesca Rollo is a Partner at Ross & McBride LLP, practicing in the Personal Injury Group. Her area of practice is plaintiff personal injury that is, she works exclusively for injured people and their families. Francesca knows how important it is to put her clients' minds at ease. Over the years she helped hundreds of people move forward with their lives after their injury. Many of her clients are children.

- Her areas of specialty are:
- Motor vehicle accident claims
 - Traumatic Brain Injuries
 - Long Term Disability disputes
 - Accident benefit disputes
 - Pedestrian Accidents
 - Accidents Involving Death



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Unfortunately I see many of these cases. Depression under most disability policies is considered an illness or injury and if your depression prevents you from working then you should be paid benefits.

The subjective nature of symptoms associated with depression often leads to disputes and many valid applications for disability benefits, like yours, are wrongfully denied. Insurance companies often claim that "there is no objective evidence to support disability". But although depression cannot be seen on an MRI or x-ray, it is very real and can be very crippling.

Do not let this denial stop you from continuing to pursue your claim. You should file an appeal in writing. Your appeal should include supporting medical documentation in the form of a report from your psychiatrist or other treating doctor familiar with your condition. The report should include a description of your disabling symptoms, a diagnosis of your illness and the affect upon your functioning and ability to work. If your appeal is not successful, it will likely be necessary to start a legal action to protect your rights.

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