

COMMUNITY LIVING

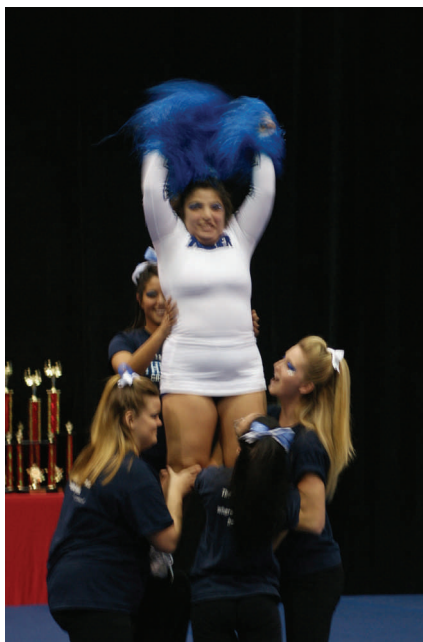
Grimsby, Lincoln and West Lincoln

Inspiring Possibilities

Our Mission

To provide services that support people with an intellectual disability so they may pursue individual goals and membership in the community.

Promoting
rights
dignity
and inclusion
for people who have an intellectual disability.



Go Thundercats Go!!!!!!

After being the assistant coach for the co-ed cheerleading team at Blessed Trinity for a little over a year, I was reminded of what team, friends, spirit and bonding could do to a person. When the head coach threw out the idea of a cheer team for students with an intellectual disability, I jumped on board. I had less people interested in the idea than I thought I would. Really, the only student interested at the time was Emily Schweinbenz. So with Emily, and three peers to help, we had the first ever cheer team for students who had an intellectual disability at Blessed Trinity Catholic Secondary School.

As a team we came up with the name Thundercats. Practice was held twice a week for 30 minutes. The peers who made this possible came during their spares and lunches, always eager to offer ideas and moves to help build a routine. An opportunity came for the girls to showcase their talents in front of the school at the annual pep rally. As nervous as everyone was, the routine was performed in front of hundreds of Emily's peers. The cheers were deafening! Having known Emily for many years, I knew she needed this. She is a girl who shines naturally. She has expressed wanting to be a cheerleader many times and was even encouraged to join the co-ed team. How wonderful to be a part of a team that she was the absolute leader of, that took what she can do and stress it and put make-up and a bow on it, to be a pioneer for this special team. It didn't take long before a couple of Emily's friends changed their minds about wanting to join in on the glory.

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Go Thundercats Go Continued.....

To this date there are four girls that have decided to be a part of this force. On November 6, 2010 the girls, their 3 peer helpers, parents, the co-ed team, and us coaches travelled to the Hershey Centre in Mississauga to perform for thousands at the annual Fall Classic Cheer Competition. They were the only team to perform in the special needs division amongst school and elite teams in the province. It went off without a hitch! When Emily was raised in the air and threw her hands up with a smile on her face that can light up any room the crowd went truly wild! The other girls also had parts of the routine dedicated to making them centre stage. The glory in their eyes, the smiles from ear to ear, the tears in the spectators' eyes, the standing ovation, the parents who just witnessed their child embarking on a whole new adventure, and the hum of applause was almost too much to take! The feeling could not be matched by anything. It was truly exhilarating!

So, the team continues to practice twice a week for thirty minutes. Our next steps are to get a couple of the boys in the class interested in joining to have a co-ed team. We will be taking a new routine filled with jumps, dances, lifts, stunts, and spirit to the ScotiaBank Convention Centre in Niagara Falls on May 13, 2011 to shine at the Nationals. Go team Thundercats go!!!

Submitted by Assistant Coach Laura Sgambato
Blessed Trinity Secondary School

Person Centre Planning

Our agency is committed to enhancing the planning process with all individuals in service. As part of our continued quality improvement practices, we are adopting a new process for individual planning called Person-Centred Planning. We are excited about the implementation of this planning model over the next 6 months to one year.

Person Centred Planning is a way of helping people to think about what they want now and in the future. It is about supporting people to plan their lives, work towards their goals and get the right support. It is a collection of tools and approaches based upon a set of shared values that can be used to plan *with* a person - not *for* them. Planning should build the person's circle of support and involve all the people who are important in that person's life.

Person Centred Planning is built on the values of inclusion and looks at what support a person needs to be included and involved in their community. Person centred approaches offer an alternative to traditional types of planning which are based upon the medical model of disability and which are set up to assess need, allocate services and make decisions *for* people.

There are a number of tools for person centred planning. They all uphold the following principles; the person is at the centre, family and friends are partners in planning, the plan focuses on gifts and capacities and looks to the future, planning builds a shared commitment to action, planning is an on-going process. Which tool we use depends upon the person and their life situation.

We acknowledge and thank one of our staff members, Shirley Ross who has invested over 10 days of her time with training in this best practices' planning model.

Submitted by Sarina Labonté

Developmental Services Ontario Hamilton-Niagara Region Service de l'Ontario pour les personnes ayant une déficience intellectuelle de la région de Hamilton-Niagara (upon designation July 1st 2011)

c/o Contact Hamilton, 140 King Street East, Suite 4, Hamilton, ON, L8N 1B2

We would like to share information with you about upcoming changes to the way people will get information about and apply for adult developmental services in the future as well as introduce our first Newsletter. This letter is specifically for those people who are currently enrolled with their local Contact agency:

Contacts Brant
Contact Niagara

Contact Haldimand and Norfolk (through REACH)
Contact Hamilton

As of July 1st, people looking for adult developmental services will connect with Developmental Services Ontario (DSO) Hamilton-Niagara Region. The newsletter explains this in greater detail, however there are some key points we wish to highlight:

Until July 1st, people will continue to access adult developmental services through their local Contact agency (it will be "business as usual" until July 1st). As of July 1st, people looking for information or wishing to apply for adult developmental services will do so through the DSO Hamilton-Niagara Region (local Contact agencies will no longer do this). Children's access will continue through the local Contact agencies (children's access is not part of the DSO).

This change is not specific to the local Contact agencies. The whole province is undergoing changes as part of the Ministry of Community and Social Services' transformation plan for adult developmental services. You will learn more about these changes in the newsletter.

We know that this is a big change and that you may have lots of questions. Our goal is to keep informed through publishing a regular newsletter and working together with the local Contact agencies to make sure that this change is as simple, straightforward and "seamless" as possible for you.

Until such time as DSO Hamilton-Niagara Region has its own website, our newsletters will be posted on the Contact Hamilton website: www.contacthamilton.ca. We encourage you to visit this website for information and links. If you do not have a computer or access to the internet and would like to receive our newsletter, please let us know by completing the form in the newsletter and we will add you to our mailing list.

Lea Pollard

Lea Pollard
Interim Executive Director

In Memory

We wish to express our heartfelt sympathy to the families of:

Nicole Gorham **April 15, 1994 – December 26, 2010**

Cassandra Post **January 11, 1996 – January 25, 2011**

Jesse Bos **August 29, 1996 – February 6, 2011**

**May the peace which comes from the memories of love shared,
comfort you now and in the days ahead.**

Cori VanDerScheer, Weekend Respite and Veronica Greenlees, Family Support

Joel 's College Experience

At this time last year, we were anticipating the long-awaited graduation of our 18 year old son, Joel, from Smithville Christian High School. This would be a huge accomplishment for him, having travelled the educational journey with PDD-NOS (Pervasive Developmental Disorder – Not Otherwise Specified – Autism), where often he felt he was living perpendicular in a parallel world. As parents, our excitement for this achievement was also coupled with wrestling with the “what next?” question. How difficult would it be to make the transition out of the safe educational bubble he had experienced? Would he be able to find some kind of fulfilling routine work? Where would be a suitable place for him to develop to his potential, develop skills, or grow in independent living? The supports existing in programs at Niagara and Mohawk College did not seem sufficient enough for him.

With a little internet research, we found a government supported specialized program called Community Integration through Cooperative Education.(CICE) It is specifically designed to provide students with learning challenges with an opportunity to enhance their academic skills through regular college classes, while developing vocational abilities through career-related, field placement experiences. Learning Specialists and Employment Liaisons provide students with in-class assistance, weekly tutoring and job coaching.

Joel was successfully accepted at Lambton College in Sarnia. It was the most comfortable fit, and gave him the option of studying his interest of construction and renovation. The program was well supported, but college was almost 3 hours away, and accommodations were not under the umbrella of the academic program. Where would he live? After much thought and prayer, we believed that residence would be the best option for him. It provided the simplest daily routine and classes, cafeteria meals, restaurants, stores and local public facilities were all within walking distance. As a hockey fan, he was also very pleased to have the Sarnia Sting arena on site – a place to spend some of his free time.

As parents, we were still concerned if Joel would have enough support to live in residence, so we sought out more avenues. We connected with Community Living Sarnia and through his SSAH funding we were able to set him up with a mentor to check in on him and assist him with laundry and errands. We were also able to make connections through church family and connected with a host family that would pick Joel up every Sunday, take him to church, help him meet other people, and share family dinners with him. What a blessing! His learning specialist could also check in on him and assist with personal hygiene accountability and room cleanliness. He was successfully matched with a room mate who was in the second year of the program. So with as many bases covered as possible, we let go and trusted God for the rest!

After half a year, we can say that this experience has been very good for Joel. He is very proud to be “going to college”. The program has been everything it claimed to be and has made it possible for him to succeed. Though making social connections has still been a hurdle, Joel has proved that he can live away from home, gaining confidence and being stretched in his independence and responsibilities. A Best Buddies program is underway, so he now has another social connection. He is beginning his field placements, and we anticipate further growth. We do not know what the future holds, but the life experience he is gaining is very valuable.

The CICE program is an excellent avenue, and we recommend it to others who may be eligible and able to attempt to live away from home. Perhaps we need to be a louder voice and try again to rally the government to expand this opportunity to the Niagara/Hamilton area. Many are missing out on a great opportunity!

Submitted by Rick & Angela Attema

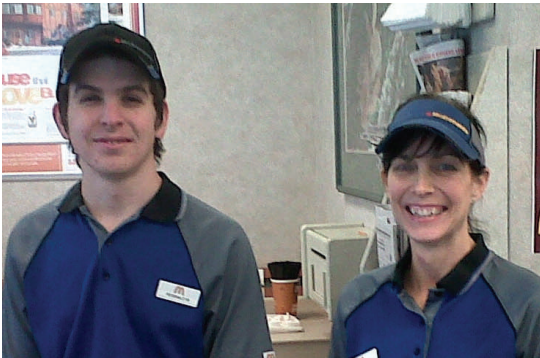




My name is Roselie. I like to live on my own because I like to do my own thing and it is fun. I've lived on my own for 17 years and I have a cat named Peaches. I have had her for 12 years. She will be 13 on May 20/11. I like living in SIL (Supported Independent Living) because I am independent. I like working at the Lake House Restaurant and making beds at the Albright Manor. I also like volunteering at Grimsby Benevolent Fund and I've done that for 16 years. I like going on trips and talking to the birds and I like when they talk back to me. I love living in my pink apartment and I take good care of it and I like doing my own grocery shopping . I have fun doing everything on my own!



Hi.....I'm Heather. I live in an apartment with support from Community Living Grimsby Lincoln and West Lincoln. I am learning how to cook, do grocery shopping, make food choices and do daily cleaning. My interests are photography, wildlife and computers. I am very computer savvy. Horses play a huge part in my life in that they help me with balance and co-ordination. Riding Daisy is my dream come true. Thanks to Leah, my support worker, who also helped me to get a volunteer job at Greenhawk Tack Shop on Fridays. I also have a regular job at the Lake House Restaurant in Vineland. I clean there on Wednesday.



Reggie is pictured with job coach Dawn.

You're Hired! Two words that now mean Reggie McCarvell will be bringing home his own pay check. In working with our Employment Services Program, Reggie began employment at McDonalds, Beamsville location, on January 27 2011. Fresh off working his first few shifts, his supervisor reports he is doing great! Reggie is responsible for making sure the front lobby is clean. The McDonalds team has been very welcoming and helpful in all areas of Reggie's training. When asked what is the best thing about his new job, Reggie simply stated "My own money!"



Hi....My name is Chelsea. I attend Beamsville District Secondary School. I am 19 years old. I live at home with my Mom, Dad, brother and our two miniature schnauzers, Baxter and Nelly. I volunteer at the Grimsby Lincoln Association for Community Living during the weekend respite programs for teens. I also volunteer at Great Lakes Christian College Preschool on Monday, Wednesday and Friday mornings. I volunteer for two reasons, firstly because I enjoy working with children and people with special needs and secondly because I want to get a job working in this profession. I also work cleaning at the Lake House restaurant on Thursday mornings. I am trying to build my resume and get job experience so I treat my volunteering as a co-op.

I participate in Special Olympics bowling, soccer and track and field. I play hockey with the CYO Heat special needs hockey team in St. Catharines. I am a huge Toronto Maple Leafs fan. I was also on the BDSS wrestling team but had to give it up to be able to do my daycare volunteering. I have one year left at high school, after that, I hope to find a job placement where I can work with young children.

Come Out and Support

Community Living Grimsby Lincoln and West Lincoln

44th Annual Walk/Bike-a-thon Saturday, May 7, 2011



There are many ways for you to support our annual event.

You can collect pledges and participate in this event.

You can make a cash donation . You can sponsor a kilometer.

You can be one of the 45 volunteers needed to run this event.

You can donate hotdogs, buns, salads or beverages to the BBQ.

So please support our Annual Walk/Bike-a-thon.

Help us to raise our target amount of \$30,000 this year.

Please contact Deb Grieve-Knight

905 563 4115 ext 204 dgrieveknight@cl-grimsbylincoln.ca

3rd Annual Midway Farms Fund Raising BBQ



At Midway Farms

2295 Fourth Avenue, Jordan, Ontario

Saturday May 19, 2011, 11 am – 2 pm

Help to raise funds for the

Children's Weekend Respite Program!!

James Bradley Anderson Golf Tournament 2011 Saturday August 6, 2011 at Emerald Pines Golf Club



Please join us in supporting this memorial golf tournament in honor of a young man who touched the lives of many. This event is hosted by the Anderson Family and is held at the Emerald Pines Golf Course in Port Colborne, Ontario. Entry fees are \$85.00 per golfer and include: tournament entry, 18 holes of golf with cart, hamburger at the turn, steak dinner, prizes and more. The cut off for entry is 80 golfers. Register early to ensure you have a spot for your team. Funds raised in this tribute to Bradley are donated to Community Living Grimsby, Lincoln and West Lincoln. To Sponsor a Hole, donate an Event Prize or for more details on how you can support this wonderful event, please contact:

Larry Anderson 905 353 9809

Jim Anderson 905 933 3130

Bert Anderson 905 295 3930

or visit www.bradsgolftournament.ca

Updates from the Executive Director

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Spring is in the air! The winter coats, hats, and boots can soon be packed away until next year. This newsletter edition celebrates a number of individuals and their amazing accomplishments. In reading these individual stories and biographies, I am overwhelmed with the sense of personal pride and community connections. These stories in essence are the actualization of our agency's vision as stated "that all people live in a state of dignity, share in all elements of living in the community and have the opportunity to participate effectively."

Thank you and congratulations to all those who have shared their accomplishments in this newsletter and to their families and friends, employers, teachers, and church community who have all been instrumental in creating a strong sense of community and encouragement.

In April, our agency will celebrate and acknowledge 29 staff members, many volunteers and students who will have achieved various milestones in their employment with our agency. Many thanks are extended to these staff members, students, and volunteers for their dedication, commitment, talents, and exceptional care and compassion demonstrated in their work.

Adult developmental services in Ontario continues its transformation. New quality assurance measures have been outlined as requirements for all service provider agencies. Our agency has been actively incorporating these new requirements into our service practices. In July of this year, a new organization called the Developmental Services Organization (DSO) will be established in nine regions across the province. This organization will be the gateway for individuals and families to access adult services for their family members. Information sessions will take place in the upcoming months to inform families, agencies and the broader community of this new organization and its functions. More information on the DSO in the Hamilton/Niagara region is contained in this newsletter.

If you have any questions or would like to provide comments of any kind, please feel free to call or email me at slabonte@cl-grimsbylincoln.ca. We welcome your feedback.

Sarina Labonté
Executive Director



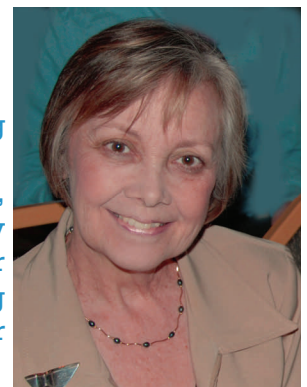
A Message From the President

We have two special events coming up in the annual life cycle of Community Living that are very important to our organization.

The first event is, of course, our annual Walkathon which takes place on Saturday, May 7th at the Hopkins Centre. We have many faithful supporters in the community who have helped us raise thousands of dollars over the years. If you have never participated, however, I'd like to encourage you and your family to consider doing so this year. If you have regularly taken part in it, I hope we can count on your continued support.

The other special event I'd like to draw your attention to is our Annual General Meeting which is taking place on Monday, June 13, 2011. You will be receiving invitations and information about the AGM in the mail and I hope you mark your calendars so you don't miss the family barbecue and entertainment we have planned. An AGM is necessary for every charity but we have tried to turn it into an opportunity for families and friends to socialize and celebrate our wonderful organization. I hope to see you there.

Judy Meldrum
President



Thanking Our Supporters

We thank the following funders for their support.



Niagara Community Foundations - Community Grant provided funding to further the development of the Jams and Preserve Project which provides meaningful employment and earnings for women who have a developmental disability.



Brock

Brock Marketing students developed new brochures to promote the services and supports offered by Community Living Grimsby Lincoln and West Lincoln.

Adult Respite Services

Community Living Grimsby Lincoln and West Lincoln provides Adult Respite Services to individuals who are currently supported by our agency. We currently offer:

Weekend Relief from Friday evening to Sunday evening.

Extended Relief for planned periods of a week or more.

Emergency Respite while the family/caregiver concentrates on a family or personal crisis.

We make every attempt to have these services available at all times. However, due to limited accommodations, some services may not be available at certain times. Please contact us as soon as you're interested and we will do our best to provide our services when you need them.

We want to help. Please contact us

Ph: 905-563-4115

Fax: 905-563-8887

info@cl-grimsbylincoln.ca

NOTICE OF ANNUAL GENERAL MEETING



**Invites staff members, individuals and their families and the general public
to attend their**

**46th Annual General Meeting on Monday June 13, 2011 @ 5:30pm
at the Beamsville Church of Christ on 4900 John Street in Beamsville.**

A barbeque will be provided along with a performance by the Momentum Choir.

Everyone is welcome to attend.

Please RSVP to Nancy Lemieux at 905 563 4115 ext. 202 or nlemieux@cl-grimsbylincoln.ca