

Community Living North Grenville *Connections*



As summer winds down I look forward with anticipation to a new season....autumn. I have learned to appreciate the beauty and uniqueness of each season as well as the seasons life brings. On behalf of the Community Living family I express our appreciation to Fran Brauneisen for her leadership as our President for the past seven years. Fran's warm smile, ongoing concern for people, both as individuals and as part of the community, along with her ability to listen has been especially helpful this past year. She assisted us as we reviewed and updated our strategic five year plan and encouraged us in the process to achieve our three year accreditation through CARF.

Fran will be a hard act to follow, however I am grateful that her knowledge of our past and grasp of today's challenges will continue to serve us in her new position of Past President as

well as still sitting as our SEAC rep for the Catholic School Board. From my perspective, we have a balanced, active and strong board with each member adding to the board's effectiveness.

A new bowling season has started. Thank you to all of our volunteers who run this and other successful programs that assist in building relationships, skills and community. Our caring Community Living staff often go beyond their normal responsibilities adding more "community"... Thank you! Looking ahead October will be busy with our annual Book Fair (14th & 15th) and a new event, Ladies Night (27th). Plan now to participate.

I look forward to the opportunity of personally meeting and getting to know more of our Community Living family.

Submitted by: Steve Kohls, President CLNG

This Issue ...

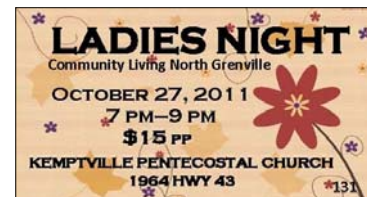
- * From the E.D.'s Desk
- * Moving Forward
- * AGM Update
- * Heard in Passing

See inside for more

Ladies Night

Community Living North Grenville would like to invite you to "Ladies Night". This fundraising event is going to be held on Thursday October 27th 2011 from 7-9pm at the Kemptville Pentecostal Church, 1964 Highway 43. The evening will consist of music, vendors, desserts and a very special guest speaker, Joanne Goodwin. Joanne is a dynamic speaker who is constantly travelling and sharing

what she has learned through her many trials and heartaches. She speaks with passion, humour and encouragement. Tickets are \$15 per person and can be purchased at the office or by calling Tracey Bennett at 613-258-7177.



It is Community Living's vision that *"all persons live in a state of dignity, share in all elements of living in the community, and have the opportunity to participate effectively"*.

From the ED's Desk

Oh Canada!



The summer was once again a busy time at Community Living North Grenville. I hope everyone enjoyed their summer and had some restful vacation time.

Our Provincial Networks have been busy preparing for the Provincial Election Strategy. As you know, there is a Provincial Election on Thursday October 6, 2011. It is becoming more important than ever to inform local candidates of our issues.

Key issues as identified through the provincial networks include;

Funding and Sector Stability: will help recruit and retain competent workers in our sector. There has been growing labour unrest in our sector because of wage freezes and inadequate funding. A multi year commitment will stabilize the sector through funding that addresses current system capacity, will meet future demands and will bring developmental services worker wages to a level that is comparable with other human service sectors.

Adults Living in Poverty: many people with disabilities living in Ontario are living in an ever-increasing state of poverty. People with disabilities are entitled to a reasonable and safe standard of living that many people can no longer afford. Most people on ODSP receive a monthly stipend of approximately \$1000 per month to spend on rent, food, clothing and transportation. If they have a competitive job, approximately 50% of their income is clawed back by the government. The current system does not allow them to ever get ahead in their savings or just make ends meet.

Waiting Lists for Service:

there are approximately 19,000 Ontarians waiting for service. A random sampling in February 2010 showed that in 10 different Ontario communities, there were over 1,400 individuals waiting for service whose primary caregivers were over the age of 70. Ontario's untenable situation of a waiting list causes additional strain on an already stressed system, especially when a parent dies and the child needs crisis placement. The cost of serving the waiting list in Leeds & Grenville counties is \$7,500,000 alone.

What can we do? Review the background of local MPP's at www.ontla.on.ca. The Leeds Grenville M.P.P is Steve Clark. Visit the websites of those running. Raise our concerns with them and ask what their party is prepared to do about dealing with our issues.

The Province has established a commission for the review of the Social Assistance in Ontario. Their vision: "A 21st century income security system that enables all Ontarians to live with dignity, participate in their communities and contribute to a prospering community". There are a number of ways you can participate by visiting their website at www.socailassistancereview.ca. You can also view the recommendations of the ODSP Action Coalition at www.osdpaction.ca. If you do not have computer access contact our office and we can provide you with a hard copy of their report. Community Living North Grenville will participate in a Provincial forum in this regard through Community Living Ontario.

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From the ED's Desk Continued...

Community Living North Grenville is also a participating Association in the Provincial Core Competencies project. We are represented locally by management as well as union employees. We expect this to be a very positive and worthwhile project. If you would like more information on the project contact Sandra McNamara at our office 613-258-7177. Our Annual General meeting

was held on June 15th, 2011 and was well attended. Congratulations to all of the award winners! On June 26th we hosted our second Annual Family Fun/Staff Appreciation Day. The weather was great! The BBQ'd pork and turkey prepared by Jeff Arcand was exceptional. Hopefully this event will grow each year. Your input is welcomed.
Submitted by: Ted Shuh

Heard in Passing

The beginning of September always brings with it the sense of a New Year for me. You can smell fall in the air and I almost feel deprived if I don't have to purchase new school supplies. September usually prompts many changes in our workplace and we are, or will be, surrounded by eager young students. How do we as staff members and mentors make sure that we communicate the importance of the work we do? All eyes are on us to model respectful interactions consistently. We keep hearing how important communication is. We need to be able to think on our feet, respond appropriately to situations and above all really listen to people. It is normal for us to want to trade stories of various things that we do every day. It is typical human behaviour to want to "blow off steam" with our coworkers and friends. We possess every communication mechanism under the sun. We are glued to our Smart Phones, Blackberry's, Facebook and Twitter accounts. Frequently I will be out and about in a community and have witnessed something that makes me feel very uncomfortable. Have you

ever observed anyone paid to support someone else talking to others about that person's behaviour, medical condition or even their family? Have you ever caught yourself discussing an issue in the presence of others who have no reason to be involved in the conversation? Have you ever commented via social media about someone you support? Despite very good intentions I have caught myself tossing around all sorts of private information without remembering to close my office door.

I wish I could tell you that I confronted every person who is breaching the trust of families but I can be pathologically unassertive, particularly when the matter seems to be none of my business. We can be very vigilant and courageous within the CLNG workplace culture. So as a gentle reminder from someone who needs one herself periodically, when you are speaking in a public forum, protect personal information at all costs. And if you catch me off guard (and you probably will) please point me in the right direction. I promise to do the same.

Submitted by: Debbi Tryon



From the beginning of 2011 the management team have been hosting monthly chili lunches for \$5. Some of the proceeds went to filling 6 backpacks full of school supplies which were donated to the Salvation Army and will be distributed to local children who need them. This is us giving back....pay it forward.

2011 Annual General Meeting

Our Annual General Meeting was held on June 15 at the North Grenville Municipal Centre. We had over 70 guests who were treated to a wonderful light supper and helped us celebrate our accomplishments over the past year.

The award recipients were as follows:

Wellness & Accessibility Award

Recipient ~ Brenda Dillabough

Inspiring Possibilities Award

Recipient ~ John Graves

Team Building Award

Recipient ~ Jackie Ritskes

Youth Volunteer Award

Recipient ~ Kate Kellemen

Community Inclusion Award

Recipient ~ Kemptville Youth Centre

Going Green Award

Recipient ~ Matt Burley

Employer Recognition Award

Recipient ~ Dermid and Donna Lee O'Farrell

People's Choice Award

Recipient ~ Penny Chattaway

President's Award

Recipient ~ Jackie Ritskes & Nancy Fischer

Lifetime Members Award

Recipient ~ Dermid & Donna Lee O'Farrell

For a complete list of award criteria please contact Tanya at 613-258-7177

The service award recipients for 2011 were:

5 Year's Service

Judi Paterson
Goldie Leizert
Bill Duncan
Nicole Worden
Laurie Matthie
Tammy McIntosh
Melissa Bergeron
Debbie Sabourin



10 Year's Service

Brooke McEvoy
Sandra McNamara



25 Year's Service

Maureen Burley
Kathy Botham



Happy 65th Birthday Maureen!



Lately, we have had an influx of donations of assistive devices like walkers, commodes and canes. If staff are in need of such devices for family members please contact one of the residential supervisors.



The Colour of Sunset

I was reviewing our Strategic Planning Retreat Report from October of last year. It was a great day, networking, sharing ideas and setting goals. My best memory of the day was the video we watched "Celebrate What's Right with the World" by DeWitt Jones. The very next day, I took the time to stop and take pictures on my way to work. I know I take a lot of pictures so this is not out of the ordinary for me. Per-

haps this is why Jones' video had such an impact on me. How do you see things? When you look, what is it you see? What do you focus in on? One of our shift changes is at 7am. Have you seen the sunrise lately? What a great way to start the day. The same can be said about shift change at 7pm. My favourite colour is sunset; a mixture of red, yellow,

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The Colour of Sunset....

pink and orange. Its different every time. It's the colour of sunset. Just this past summer, I received a "Media Award" from Community Living Ontario for the story I wrote about inclusive education. I am very proud of this award and it sits on my mantle in my living room. It represents the story I wrote in its tall statuesque piece of beautiful glass with my name engraved in it. So when I heard that my friend and co-worker Carole Pollock was going to accept it on my behalf I was thrilled. Then when Carole told me it fell to the ground and smashed into tiny shards of glass when she accepted it, I know my hand covered my mouth quickly—only because I knew I was going to laugh, and we both did—a lot.

How do you see things? I see God has a sense of humour. I see a good friend who accepted my award for me. I see people liked my story. I see the laughter from people who hear my encounter my first award had. I see the colour of sunset. One more thing that only I can see—my Dad has lots of awards just like this one. And technically, this is my second one. I'll never be able to catch up to him but it's a start. Always look up! See the colour of sunset.

Submitted by: Kathy Botham



2011 Board Members

The following is the new slate of Board of Directors for the 2011-2012 year and their committees.

President—Steve Kohls

Vice President—Debbie Sabourin

Secretary/Treasurer—Diane Dewing

Past President—Fran Brauneisen

Finance & Personnel—Paul Jansen

Public Relations—Jane Collings

Leisure & Recreation—Bill Patterson & Mary Alice Hossie

Fundraising—Gord Sowten

Special Education—Fran Brauneisen & Diane Dewing

Self Advocates—Jason Payne



Front from left: Fran Brauneisen, Debbie Sabourin, Mary Alice Hossie, Jason Payne.

Back from left: Ted Shuh, Bill Patterson, Steve Kohls, Gord Sowten, Paul Jansen and Jane Collings

Visit our website for events, information, supports and services:
www.communitylivingnorthgrenville.ca

8TH ANNUAL BOOK FAIR

October 14
3-7pm

October 15
9am-3pm

Ferguson Forest Centre
275 County RD 44

We are also hosting a BBQ this year with burgers, hot dogs and drinks!

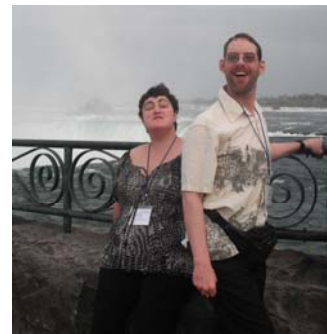


CLO Conference

Hi, my name is Colleen Kelso. In June I went to Niagara Falls with Carole Pollock and Douglas Southcott. We had fun.

We learned about starting a "Dream Team". I suggest everyone here starts a dream team; I am considering a dream team. We also learned about Community Living Fort Erie. They have no day supports program. People make their own plans for the day like going out for coffee or going to play pool.

I met a girl named Patty, she uses a speech board. I also met two other girls, their names were Misty and Cara, they love being in SIL.



Congratulations to Amy Sinclair and Kim Kirkby who earned their Community Living "Friends of the Forest Badge" for their brave rescue of this baby skunk out of the window well at our Kimberly Avenue home. Braving toxic fumes, a ramp baited with tuna was used to lure the critter from the window well. Job well done!

Moving Forward

This summer I participated in two "Self Directed Support Plans". This was a new experience for me because both young men came to their planning meetings with the support plan already filled out. These guys had each worked out "their plan" of support needed to achieve their personal goals. The best part was that they did it at home, by themselves and before the meeting! Nobody knows yourself better than you do. I congratulate each young man for having the confidence to show me the true meaning of a "Self Directed Support Plan".

This in turn has provided the motivation to take a good look at the current services and structure that exists in our Adult Day Supports. It

is time to review our strategies, to advance our mission and to move forward with a common goal. Our main objective will be to develop a plan that will enable us to remain committed to an inclusive community. Together we can do this. I encourage individuals receiving day services, their family, management, support staff, board members and concerned citizens to contact me if you wish to be part of a working group that will develop a strategy that will take us successfully through the next five years. Please contact me by phone 613-258-7177 ext 113 or by email

bdillabough@communitylivingnorthgrenville.ca

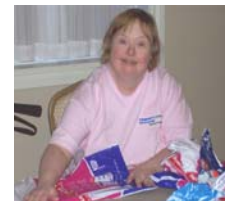
This will be a fall project that I look forward to working with you on.

Submitted by: Brenda Dillabough

Mats for Haiti

Janette VanGinkel works tirelessly along with members of her faith community, sorting, folding, cutting, looping and rolling plastic milk bags which then get crocheted into sleep-

ing mats for children in Haiti. Janette has not missed a work session since January!



Health & Wellness

Healthy Body/Healthy Mind—we have all heard this statement and many of us are just now realizing how true it is. There are many ways to achieve good health, alternative therapies are becoming recognized as another way to achieve the goal of having a healthy body and mind.

Bowen Therapy—the Bowen Technique uses a series of simple, gentle moves across the muscle and connective tissue. It is similar to tuning a stringed instrument that sends harmonic vibrations that balance the body. Because it works in harmony with the body, the Bowen Technique is incredibly effective for any muscular, skeletal or nerve imbalance. It has also been successful in treating chronic pain due to injury. The technique is so gentle it can be used on anyone from infants to the elderly. It

produces a deep relaxation and can release blocked emotional energy, which can accelerate the healing process.

The basic Bowen “Move” is precise and light. It targets specific muscles and tendons. Using fingers and the thumb, the area is manipulated, the muscle is then challenged and moved in the opposite direction. The patient then will be left for 2 minutes, this allows the released energy to travel through the body fully before the next “Move” is performed. This technique is effective for balancing the Autonomic Nervous System.

www.bowendirectory.com
www.bewellnow.ca/bowentherapy

Submitted by: Jackie Ritskes



Art Workshop

We have a small art workshop that meets twice per month on Monday mornings. The instructor is Tracey MacDougall (with lots of help from Catherine Coleman). It began in December of 2010 and was an immediate hit! Our regular attendees are: Bob, Bianca, Mary Ellen, Maureen, Linda and Patrick. We have also had Michael, Gloria, Alex, Chris, and Cheryl participate. Some of the topics and mediums we have covered are mixed media, water colour, life drawing, landscapes and clay pottery. In the upcoming months we

plan to work on wreath and card making.

If you are interested in attending one of these art workshops we meet every second Monday from 10–11 am at the Resource Center lunch room. Bring \$5 to assist with supplies and old clothes or a smock. Watch for a flyer announcing our next class or contact Tracey MacDougall at 613-258-0019 with any questions.

Submitted by: Tracey MacDougall



Congratulations to our Relay for Life team for raising \$2500 for Cancer Research on June 10th in Lombardy.



Bianca



Mary Ellen

London Life

Did you think when you were growing up that one day you would be a juggler? That you would have to pay mortgages, car loans, lines of credit, utility bills, save money for your retirement, your children's education and allocate money to eat as well? If you divide your financial plan into just two main areas, then debt reduction and saving for retirement should be your two main concerns. Low interest rates and volatile stock markets have reduced rates of return in recent years but on the other hand mortgages and car loans are much cheaper than a decade ago. So paying down debt is actually easier than it used to be. Inflation has been very low also. Cheap imports and a strong Canadian dollar have made many household goods cheaper.

So, really it's more like a see-saw situation than a juggling act. Though some people may be experiencing both. When rates are low debt is easier to repay but then retirement savings' returns are less than they

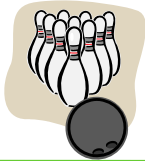
used to be, because rates are low. Investing in your RRSP can push you closer to the higher end of the see-saw. The tax deduction makes the contribution cheaper. For example, if Donald Trump is making \$50,000 a year and he contributes 10 % of his salary per year, then his monthly payments are \$417 a month, right? In actual fact, it costs him \$313 per month when you factor in the tax benefit. Yes, he will have to pay taxes in retirement but at a much lower rate.

The house with the low interest rate mortgage (10 year rates right now are 5.5%) can be sold or down sized for tax free money in retirement. So you might be higher up the see-saw than you think if you can spot the opportunities of low rates, low inflation and the tax deductions from CCRA.

*Submitted by: Marian McCaffrey
Group Retirement Services*

*To contact Marian please call her at
613-748-3455 ext 238*

**KATHY BOTHAM
BOWL A THON FOR
EASTER SEALS
OCTOBER 16TH
AT 10 AM
KEMPTVILLE BOWLING
WE ARE STILL LOOK-
ING FOR TEAMS
OR FOR
DONATIONS!
CONTACT KATHY AT
613-258-7177**



Anyone wishing to include an article in the January 2012 issue of "Community Living Connections" may forward their submissions to Tanya Gray.
tgray@communitylivingnorthgr
enville.ca

COMMUNITY LIVING
North Grenville
Inspiring Possibilities

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Royal Tea Anyone?

In celebration of the Royal Wedding of Prince William and Kate Middleton on April 29th, ladies from the Resource Center had their own festivities to mark the occasion. With elaborate head pieces, jewelry and impeccable dress the ladies were treated to delicious scones, cake, cookies and of course....tea, made by Rose and Lisa.

The ladies felt like they were part of this commemorative occasion and for that hour of tea time they were truly our "Royalty".

