

# CONNECTIONS

Community Living North Grenville

January 2015

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## The Attitude of Gratitude

There are many things in our lives, both large and small, that bring us happiness. Over the holidays I have given this a fair bit of thought. The psychology of gratitude is an intriguing concept that I was reading about and being on call during that time steered me to the topic of my newsletter article.

Although I often talk about this issue with my co-workers, a public declaration is long overdue. I am very grateful for the part time staff members who work at Community Living North Grenville. Their consideration for the people we support, their coworkers and the organization is evident. Their willingness and preparedness to come to work at the last minute is very much appreciated. The enthusiasm and good grace they bring with them is admirable. Many of our part time staff members demonstrate the competence necessary to work in multiple locations

with minimal supervision. They are strong communicators, often taking time to connect with their peers outside of work hours.

The fundamental culture of our work is based on flexibility, adaptability and collaboration. Our part time staff members understand this and provide a stabilizing effect in our workplace. As full time staff members, we are fortunate to have the luxury of planning for a generous amount of time off. The part time staff members who replace us when we are away, often with no notice at all, leave their own agendas behind. Plans with family and friends get tossed aside.

It is with deep and abiding respect, that I thank each and every one of you who comes to work when you are needed. Enough said.

*Submitted by: Debbi Tryon*

## 5th Annual Comedy Night

Tickets are selling quickly!!! Join us on Saturday April 25th at the North Grenville Municipal Centre for our 5th Annual Comedy Night and Auction!

This year we are pleased to have Matthew DiSero as our entertainment.

Matthew DiSero is both a comedian and magician, blending the two disciplines together to create the perfect interactive, clean and funny show for after dinner and special events. Living in Toronto, Matthew has opened shows for comedy greats such as Drew Carey and Jerry Seinfeld, and performs everywhere



from Trump's Marina Casino in Atlantic City to high end corporate events in Tokyo.

There will be a live/silent auction along with our delicious cake auction, as well as musical entertainment, hors d'oeuvres and of course....laughs!

We thank our corporate sponsors for continually supporting this event. Tickets are \$50 per person or a table of 8 for \$350. Call Tracey Bennett at 613-258-7177 for tickets or come by the office at 2830 County Road 43.

Thank you for your continued support!

*Submitted by: Tracey Bennett*

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".

## Tax Free Savings Accounts

Here are some features to be considered before you use this method of saving:

Limits are very generous—\$5,500.00 per year. If you haven't opened one thus far, now in 2015 you have \$37,000.00 of room, next year you will have \$42,500.00 and so on.

There's been some negative publicity about over contributions and how CCRA charges One per cent per month penalty. Unless you're saving more than \$5,500.00 each and every year you don't need to worry about this.

TFSA'S are useful protection for your RRSPs. If you need money it's much better to withdraw from your TFSA as there's no tax to be paid. TFSA'S are very multipurpose.

You can use them for rainy day money, a specific purpose such as going on vacation or saving for retirement. You decide.

TFSA's act like a tax shelter umbrella for various types of savings accounts. You can use a GIC, a mutual fund, Money Market, even individual shares. If you have existing Savings accounts or Canada savings Bonds you can move them to your TFSA. TFSA'S are very low maintenance. There's really nothing to do after you've decided what type of invest-

ment to use. You do not get a tax deduction. Only your RRSP will generate a refund. So there's nothing to do other than keeping an eye on your \$5,500.00 per year limit if you're funding the account to its maximum.

You will not receive a pesky T5 or T3 to be deciphered at tax time because you don't pay tax at any time, even when you withdraw money.

If you withdraw money you can put it back in the following year. Unlike an RRSP it's not linked to your income. Whether you work part time or full time or are close to retirement it really doesn't matter.

For further reading I would suggest [www.tfsa.gc.ca](http://www.tfsa.gc.ca) Or Call CCRA at 1-800-959-8281 and sign up for

[www.cra.gc.ca/myaccount](http://www.cra.gc.ca/myaccount)

With My Account you can see how much you have contributed to your TFSA.

My Account is also excellent for viewing last year's tax return and the last decade's tax returns. And, of course for tracking RRSP contributions.

Or, Call me at (613) 748-3455 Ext. 238

*Submitted by: Marian McCaffrey  
Group Retirement Services  
London Life*



## VIP—Volunteer's Inspiring Possibilities

On Friday, December 12<sup>th</sup> 2014, George and Rosemarie Richer came into Community Supports to once again share their talents with everyone.

Thanks to the Richers, we have made the following items this year; a Valentine craft, an Easter craft, a Canada Day craft, a Halloween craft and a Christmas craft.

For those of you who do not know, George and Rosemarie spend a lot of time at home getting ready for the ac-

tual craft afternoon. They have been doing this since November 2012.

Everyone responds enthusiastically to the craft day and people are often asking when the next craft day is as soon as they are finishing up the craft they are working on.

To the Richers and all our valued volunteers, you're such an important part of our organization, and I hope you know that.

*Submitted by: Nancy Fischer*



*Bianca, Wayne & Linda  
showing off their  
Christmas craft!*

## From the ED's Desk

Happy New Year! I hope everyone had a happy and healthy holiday season. This season was especially significant for me with the birth of my first grandson, "Cohen"!

In October 2014, the Board of Directors conducted the recruitment process for an Executive Director. Several candidates were interviewed and charged with identifying how they met all "17" core competencies related to this position. As a member of the Provincial HR strategy's implementation committee and a promoter and supporter of the core competencies initiative in our sector, I now have an added appreciation for its' effectiveness, as well as the difficulties in assessing one's own competencies! Nonetheless, I am happy to fulfill the Executive Director role on a permanent basis! The cards, gifts, emails and congratulatory remarks were overwhelming and truly appreciated. Full Steam Ahead! The Management Team is attending an off-site strategic planning session in early March. With the change in leadership, and as we prepare for what lies ahead, it's an appropriate time for us to regroup, strategize from an operational perspective, identify some personal and organizational goals, and define a clear direction to move forward. Items on the agenda will include team building, organizational operations and development, and planning. The Ministry continues to release their commitment of funds through various initiatives. Most recently, representatives from the Provincial

Network, OPSEU and CUPE have now reached an agreement with MCSS on allocations towards wages and benefits for our sector. A funding amount of \$36 million provincially will flow for the current fiscal year, and an additional \$36 million will flow in April for the 2015/16 fiscal year. Allocations to agencies will be determined on a full-time equivalent basis (FTE), excluding EDs/CEOs and Managers.

More and more people are receiving Passport funding as the Ministry endeavours to reduce the number of people on the provincial waitlists. Of the targeted 460 in the Southeast Region, to date, roughly 392 people have been provided with Passport, or Individualized Funding.

Many families now in receipt of this funding can purchase services and supports. This has sparked a need to resurrect [respiteservices.com](http://respiteservices.com). MCSS has committed some funds to Community Living Kingston to spearhead the implementing and updating of the site for the Southeast Region, including ours in Leeds and Grenville. "Respiteservices.com" provides an avenue to match families with workers to provide services and support.

2015 is shaping up to be a promising year with exciting new challenges and opportunities. I look forward to working with all of you in our jointed effort to make good things happen for people.

*Submitted by: Sandra McNamara*



*Sandra enjoying her new office!*



**Community Living North Grenville was pleased to donate a cheque for \$800 to the Salvation Army during the holiday season. Money was raised from a silent auction and monthly chili lunches.**

## Great Changes and Movements Start from Within

If you look at a lot of the famous historical revolutions/movements you noticed a lot of changes happened as a result of people within a country, organization and/or systems. *Re: Action 4 Inclusion* is a movement for inclusion for students who have a disability within school systems. It's focused on bringing students across the province together to talk about different issues facing students with disabilities and possible solutions to help create a more inclusive school. During the conference, there were mini workshops, speakers, networking opportunities, as well as students with disabilities and their siblings sharing their high school stories (with different barriers they faced).

This year there were roughly 26 schools represented at the *Re: Action 4 Inclusion* conference in Toronto. In November 2014, I chaperoned four students sponsored by Community Living who represented the North Grenville area. Two grade twelve ladies from St. Michaels Catholic High School and two grade twelve ladies from North Grenville District High School.

Below are excerpts of their experiences and what they took away from the conference:

**Grade 12 Student from St. Michael's:** After my weekend at *Re: Action 4 Inclusion* it really made me realize that I need to put my thoughts into action if I really want to make a difference. I believe the speakers did a very good job on their part in making everyone see this, especially Aric. Along with Aric's moral of doing everything with 110% he also challenged us all to be "3 percenters" (the people who will make a difference). He called us out on being the generation that has good ideas, but too lazy to go through with them. We don't carry out ideas with the same momentum as our original ideas. I have already started putting my plans into actions. I have talked with the principal, student council teacher and life skills teacher about there being a position on

our student council for a life skills student. Overall, the conference was an amazing experience where you got to be inspired and learn how to make a difference; I would definitely attend again.

**Grade 12 Student from St. Michael's:** To summarize the weekend by saying 'enlightening' would be an understatement. We learned that possibility is our greatest friend, because we have the world at our feet and can make so many positive changes. We learned that we must be the 3% who do decide to make a difference rather than sit back and watch. We learned that to become involved in movements, we must make the effort. We learned a lot. Everyone deserves the opportunity to be inspired.

**Grade 12 Student from North Grenville:** I had never been to a conference before, so I didn't know exactly what to expect. As soon as I walked through the doors I was greeted by a sense of community and also a lot of friendliness! I was also able to listen to some great speakers who really lit up the room with their cause, and that cause is to ensure that everyone feels included.

The conference inspired me to make changes in my school, and be able to ensure that every student feels included.

**Grade 12 student from North Grenville:** During my time at *Re: Action 4 Inclusion* I learned many skills, about people who face discrimination every day of their lives, how to include and help them. I learned things about myself and how to be a better leader for people who cannot. I am honoured that I got to be part of such an amazing conference, that I got to hear some amazing speakers and meet some even better people. This was the experience of a lifetime and I will use what I have learned throughout my life.

*Submitted by: Matt Burley*



*Group shot at the  
Re: Action 4 Inclusion  
conference in Toronto!*

## Community Supports

Many exciting changes and additions have occurred since the last newsletter. Our Youth in Transition Services have welcomed two new part time staff to our Community Supports Team. Most people will already be familiar with Kaitlyn Utman as she also works part time in our residential services. Our second new staff is Jess Carswell. Both ladies come with experience in working with youth, and excitement in exploring new avenues of support. Kaitlyn and Jess will be great staffing assets in helping to fill gaps as Tina works more hours out of the Merrickville Outreach Office and Kristina begins her maternity leave.

In the last three months we have met with four individuals and their families to talk about possible support in individual community participation. Nancy Fischer, the Community Inclusion Coordinator, continues to play an active role in informing, as well as connecting individuals and their families to Developmental Services Ontario (DSO). This is the only access point for adult developmental services, often referred to as 'the

single point of access'. It is important for all of us to understand this process. Please contact Nancy for more awareness.

We continue to look at different options to address requests for community participation supports. We have visited Victory Farms, a therapeutic riding program offering individual and small group opportunities, just outside of Bishop Mills. As well, in October, new cooking workshops have been introduced. Lisa S. is overseeing the sessions that take place at Your Independent Grocer. Flyers are posted periodically to let people know when the next set of sessions will begin. Anyone using the services of Community Living North Grenville is eligible to sign up. Beginning in January we have now added a second gym night, for after school support, on Tuesdays at South Branch, for youth fourteen to eighteen years of age. Let us know if you hear of other new meaningful activities in our community.

*Submitted by: Brenda Dillabough*



*Chris, Josh, Jess & Amy  
at the Canadian  
Museum of History.*

## Environmental Committee

It's time to terminate plastic grocery bags! There are numerous reasons why reusable shopping bags are our future and plastic grocery bags should be our past. On average a person will throw out 40 grocery bags a month, that is 480 bags a year that are sent to the landfills. It takes approximately a thousand years to decompose a plastic grocery bag. these bags are harmful to all aspects of the environment. For instance, animals can consume these plastics, and perish. Plastic bags are a deadly killer to wildlife. Manufactured plastic and paper

bags contribute to global warming, since forests have to be cut down, and then the subsequent production of bags produces greenhouse gases.

In conclusion, by using reusable grocery bags we will not only be saving money in the long run but will also decrease the amount of greenhouse gases released into the air.



*Submitted by: Connor Nicholls,  
Environmental Committee*

## People First North Grenville



I hope everyone is enjoying the winter weather and hoping that spring comes soon. Here is another People First North Grenville (PFNG) update. Our committee held a Country Dance on October 19<sup>th</sup>, 2014 at the Legion. We had a live auction, a band and in total we made \$1,500. Half went to our committee and the other half went to the Kemptville Ringers. Well done! Everyone had fun and we plan to do another dance in the spring.

The PFNG website is doing very well. It has been updated every month and now has almost 3,000 visitors. The PFNG Facebook Page is also doing well. It is at 42 Likes. Well done everyone. Keep it up. The Community Living Bowling season is doing very well as well. Most of the lanes are full now which is very good. Keep up the great work everyone.

The Personal Empowerment Group is doing a lot of seminars on different topics. The next one is in February. You can check out the PFNG website for dates and times. Hope you can attend these.

The People First of Dundas Dances in

Winchester are doing very well lately. The last two dances have been a full house. There is a dance in February for Valentine's Day. Hope everyone can make it.

Finally, our PFNG committee will be doing some brain storming on activities and fundraisers to do this year. If anyone has any ideas (BBQ, Hockey Night, etc.) feel free to contact me or attend one of our monthly meetings to tell me about it. The more fundraisers the better. Hope everyone has a great year. So, as you can see, it is going to be a very busy, but fun year. Of course you can find all of our up to date news on our PFNG website at:

[www.peoplefirstng.wordpress.com](http://www.peoplefirstng.wordpress.com)

Finally I just want to say I am looking forward to seeing everyone at our meetings, dances, fundraisers and activities. Thank you for reading my newsletter post. I will have another report in the spring. Hope to see you around. Thank you for your support and cooperation.



Submitted by: Jason Payne  
People First Secretary



Anyone wishing to include an article in the September 2015 issue, please email Rachel-Anne Bail. [rbail@communitylivingnorthgrenville.ca](mailto:rbail@communitylivingnorthgrenville.ca)

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## CLNG Community Can Collection Project Celebrating 10 Years!



It is hard to believe but we are entering into our 10<sup>th</sup> year of operation. Thanks largely in part to one of the original 'crushers' Dave King, a few new 'collectors and crushers' and their support staff.

### Background:

In 2004 collection and crushing of beverage cans was identified as a work activity for two individuals supported by Community Living North Grenville. Both men were collecting cans, crushing many of them and then selling them to an aluminum recycler in Smiths Falls as a way to earn money. Based on their interest, funds were secured from the Grenville Community Futures Development Corporation to pur-

chase equipment (the electric can crusher). The Community Can Collection Project was launched officially in March 2005.

### Community Response:

Securing partners for the Community Can Collection Project proved to be a lucrative business for these gentlemen. We currently collect cans from over 21 local partners. Partners include restaurants, offices, retail operations, churches and even a few residents. If you would like to purchase this service for your home or business please contact Tracey Bennett at 613-258-7177 Ext. 136.

Submitted by: Tracey Bennett