

# Connections

Community Living North Grenville

January 2017

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## From the ED Desk

Another New Year is upon us! 2017 will be a significant year as we celebrate our 50<sup>th</sup> Anniversary!

Founded in 1967, CLNG has been planning and providing services and support to people for 50 years now; a significant accomplishment! With that, celebrations will occur in several ways throughout the year. Our usual annual events, (eg., Pancake Breakfast, AGM), will take on a celebratory flavour. The signature celebration will be an extension of our annual comedy night. The **"50<sup>th</sup> Anniversary Gala, featuring Bowser and Blue"**, a dinner and theatre show,

will be held Saturday, May 27<sup>th</sup>, at the North Grenville Municipal Centre. We will wrap up our 50<sup>th</sup> year with an internal celebration, during our annual Employee Appreciation in September.

In addition to updated company logos and stationery to commemorate the year, a 2017 Calendar has been published. Kudos to Brenda Dillabough for the lead in the creation of this calendar, an historical timeline of our many accomplishments and the CL movement over the years. If you don't have yours yet, please call the office to receive one.

...Continued on Page #2

## People First North Grenville Fundraising for a Trip to Niagara Falls

People First North Grenville (PFNG) have been participating in video conferences with other self-advocates throughout Ontario. The program is ...Linked Up...<sup>†</sup> and provides webinars throughout the year on a variety of topics, enabling people to share ideas.

During an open forum in October, PFNG's song "Together We Make a Community" was played and the response was overwhelming! As a result we were invited to sing the song during the festivities at the International Day of People with Disabilities on June 3 in Niagara Falls. The invite came from the Executive Director of the Niagara Adult Learning Center.

The next step for PFNG is to fundraise to ensure that we have enough money for all the people involved in the song to attend. There has been much brainstorming

at PFNG meetings and the efforts are as follows:

- ◆ Tina Ouellette has painted a picture of waterfalls that the PFNG will sell raffle tickets on during the month of February.
- ◆ PFNG will be preparing a Spaghetti Dinner in the spring at Community Supports. We will deliver!
- ◆ A bottle drive was discussed for the month of April. The logistics of this are still being figured out.
- ◆ Maureen B is making delicious donuts to sell, and is generously donating \$5 of every sale to PFNG, her goal is to raise \$500!

Information for these fundraisers will be given closer to the dates. Thank you for supporting People First North Grenville!

Submitted by Carole Pollock



2016 Kemptville  
Santa Claus Parade

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".

## ... Continued from the ED Desk



**Sandra McNamara**  
Executive Director

### 2016 Christmas Tea



Tammy & Shirley, Mike & Betty, Heather & Tom, Mary Ellen & Bruce, Bob Merkley, Linda & Sandra

The last few months of 2016 had been incredibly busy for us at CLNG beginning with our MCSS Compliance in September, and our Accreditation survey in early October, receiving our 3<sup>rd</sup> 3-year Accreditation. Residentially, we said goodbye to a few people, and, in turn, welcomed new faces; and we provided an opportunity for two people to live more independently, all of which involved several moves within our residential housing; additionally, we had a vacant position within the management team which increased workloads. With all of this, I would like to take a minute to acknowledge our incredible employees who have successfully worked through these added responsibilities and changes. And also to recognize the significant loss we have suffered over the past while. The relationships built with people we support is similar to that of our own family members. Several people have moved on, through passing, and long-term care, leaving a huge void within us.

The Family Engagement Network is hosting a workshop for families with Darcy Elks in early March. We are pleased that Darcy will also present her workshop on Social Role Valorization (SRV) for many CLNG

employees, "The Power of Roles" will be offered on March 2<sup>nd</sup> and 3<sup>rd</sup>. *"The focus of Darcy's work is to encourage development of vision, attitudes, structures, and actions which promote social value and inclusion for people who have disabilities."*

This workshop will provide our staff with a practical introduction to the concept of Social Role Valorization (SRV), which was developed by Dr. Wolfensberger. This theory is based on positive assumptions, principles, and practices, which have proven to be important as a framework for supporting persons, and will help participants understand the power of social roles, and to their importance in assisting people to have access to a full, meaningful and inclusive life.

CLNG recognizes the importance and continued need for training and life-long learning and this workshop is another step in equipping our staff with the professional development tools needed for meaningful support.

As we look forward to 2017, we hope that many of you can share in the 50<sup>th</sup> anniversary celebrations. Watch for further information as it becomes available. It promises to be a great year!

### Congratulations to Anny & Adelle!

These talented ladies worked so hard this summer at Eco-Honey Bee Spa & Gardens—they grew, harvested, dried and blended their own creations of peppermint tea. Anny and Adelle donated 100% of the money back to Community Living!! They sold out of all their tea during Ladies night.



## Welcoming Heather Ungar

I wanted to take this opportunity to introduce everyone to our new Quality Assurance and Planning Coordinator. Heather is originally from Kingston and has lived in Kemptville for the past 12 years and loves living in this area. Heather and husband Jeff have two children, an 8 year old son and a 6 year old daughter. They have a very active family that likes to go camping in the summer, playing hockey and skiing in the winter.

Heather comes to Community Living North Grenville from an Ottawa organization called Y's Owl Maclure Cooperative Centre. She worked there for almost 13 years. Heather's position changed several times over the years and she wore many hats during her employment in Ottawa. Her last position was their Youth Foundations Program Supervisor and Planning Facilitator.

Heather is very excited about coming to work for Community Living North Grenville because she loves the

idea of working with and for people in her own community. She is thrilled to work alongside others who share her passion for making sure that everyone we support lives the life that they choose.

Heather continues to meet with individuals, and their families, supported through Community Living North Grenville, as well as attending location meetings to begin developing positive working relations, all in an effort to ensure "All persons live in a state of dignity, share in all elements of living in the community, and have the opportunity to participate effectively".

One of Heather's primary goals is to be responsible for supporting and/or leading the process of individualized planning within our association. Included in this task is developing effective and appropriate Self Directed Support Planning for all individuals served by CLNG.

Please join me in welcoming Heather Ungar to our CLNG Team!

*Submitted by: Brenda Dillabough*



We would like to thank everyone who attended our 6th Annual Ladies Night. What a FANTASTIC evening we had! There was something for everyone with all of our purses, and scarves as well as lots of great vendors selling wonderful items. The evening included wine and a light dinner while being serenaded by the 1000 Islanders Chorus. Meg Soper (Motivational Humourist) was our guest speaker and the finale to our evening. She had everyone in stitches with her outlooks on the everyday!



## Know Your Rights and Responsibilities

This January, Crystal Ufford visited us to offer people served an annual review of what it means for people to have rights and responsibilities. This presentation may be one of the Personal Empowerment Groups most important messages. As the Ontario Human Rights code states: "Persons with disabilities face many kinds of barriers every day. These can be physical, attitudinal or systemic. It is best to identify and remove barriers voluntarily instead of waiting to answer individual accommodation requests or complaints." This is the intention be-



hind offering this presentation every year. Informing people of their rights and responsibilities in a way that is easy to understand helps people we support and their caregivers to be mindful of the realities people experience daily and assists us all in making them a reality. Understanding rights and responsibilities also includes learning about what living with dignity and respect means, as well as how safety can be affected when we come to important decisions about our civil liberties and duties....Continued on Page 5

## From the Desk of Debbi

In the spirit of teamwork, I would like to share the following story with my team members. I hope you find it as thought provoking as I did.

***“Teamwork is a choice that every member of the team makes, including the leader.”***

I found the following story that beautifully illustrates the power of our choices at the end of a book I just finished by Michael Hyatt and Daniel Harkavy titled, “Living Forward”.

High in the Himalayan mountains lived a wise old man. Periodically, he ventured down into the local village to entertain the villagers with his special knowledge and talents. One of his skills was to “psychically” tell the villagers the contents in their pockets, boxes, or minds.

A few young boys from the village decided to play a joke on the wise old man and discredit his special abilities.

One boy came up with the idea to capture a bird and hide it in his hands. He knew of course, the wise old man would know the object in his hands was a bird. The boy devised a plan.

Knowing the wise old man would correctly state the object in his hands was a bird, the boy would ask the old man if the bird was dead or alive. If the

wise man said the bird was alive, the boy would crush the bird in his hands, so that when he opened his hands the bird would be dead; if the wise man said the bird was dead, the boy would open his hands and let the bird fly free. So no matter what the old man said, the boy would prove the old man a fraud.

The following week, the wise old man came down from the mountain into the village. The boy quickly caught a bird and cupping it out of sight in his hands, walked up to the wise old man and asked, “Old man, old man, what is it that I have in my hands?”

The wise old man said, “You have a bird.” and he was right.

The boy then asked, “Old man, old man tell me, is the bird alive or is it dead?”

The wise old man looked at the boy and said, “The bird is as you choose it”.

And so it is in everything we do. The power, your direction and your destiny are literally in your hands and the hands of those you lead and/or serve with. Which path are you going to take? It’s up to you, it’s always up to you.

Please feel free to share this story and message with those you work with, friends, family and anyone else.

*\*The above version of the story was found on the Internet. The Author is unknown.*

### Christmas Crafts with The Richer’s



## North Grenville Family Network

The North Grenville Family Network is pleased to report that they held their first successful information evening for families with a small contingent of family members attending. November 30<sup>th</sup>, Brendon Pooran was on hand to discuss Wills, Trusts and Estate planning. For those in attendance, it was reported to be a very informative and pleasant evening. The Network will continue with these bi-monthly evening sessions. The next, on the topic of “social housing”, is being held February 2<sup>nd</sup>, at the Grenville Mutual Community Room from 6:00 to 9:00pm. As well, a one-day workshop is being planned. “The Power of Roles”, with Darcy Elks, will be held Saturday, March 4<sup>th</sup>. Further information is available. Please contact Lynne Bourguignon at [nqfamilynetwork@outlook.com](mailto:nqfamilynetwork@outlook.com) or Heather Ungar at the CLNG office- 613-258-7177 with any questions.

### Salvation Army Donation

Over the past few years, the Management Team at Community Living has been putting on chili lunches once a month and donating the proceeds from the year, along with the money raised from the silent auction going to the Salvation Army food bank to help ensure that the people of our community are well fed throughout the Christmas season. This year we were able to raise and donate \$700.



## People First of North Grenville

Happy New Year Everyone! I hope everyone had a great and fun holiday season and are ready to tackle the New Year. Here is another update from People First North Grenville.

Firstly we hosted a Halloween dance in Kemptville in October at Leslie Hall. It was a full house, lots of people, great music and awesome costumes. There were lots of tricks and treats. Our committee made a small profit from this dance. Everyone had a great night. We hope to plan another dance soon.



Secondly, both the People First North Grenville website and Facebook pages are doing very well. I have had lots of feedback and comments about both. Thank you. I update both every month so go on it and check out the updates and enjoy.

Thirdly, the People First of Dundas have had a few dances since the last newsletter. The Halloween Dance from October and the Christmas Dinner & Dance from November were both a success and a full house. They are hoping

to have a dance in February and March. I hope to see you there and enjoy.

Finally, our monthly meetings have been good and the attendance have been growing which is great.

We are going to be planning many different fun fundraisers and activities throughout 2017. Some of the ideas we have are as follows: BBQ's, Dances in Winchester, Hockey Game Night at Community Supports, more dances in Kemptville, conferences and many other fun activities. We are hoping to make a survey this

year and pass it out to everyone to see what kind of activities and fundraisers to plan in the future. So keep an eye out for it.

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 and events on our People First North Grenville website at: <http://peoplefirstng.wordpress.com> or you can add us on Facebook at **People First North Grenville**.

*Submitted by: Jason Payne*

## ...Continued Rights and Responsibilities

When we support individuals daily, we can sometimes lose sight of the fact that people have choices as to where they live, when and what they eat, their privacy, and that they can tell us "No!" among other things. A great resource that we like to share is the "Know Your Rights: A guide for Self Advocates" booklet and video. It can be easily found online through Community Living British Columbia or through a search engine.

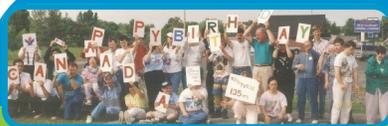
"What we did yesterday may have been good enough yesterday, but that doesn't mean it is good enough tomorrow. At the end of the day, it's not about us. It's about the people we support. How we choose to provide that support can make a world of difference."

*\* Volume 5 - Issue 11 November 1, 2016. Service, Support and Success: International Journal for Direct Support Professionals.*

*Submitted by Tina Ouellette*



People First North Grenville hosted a Halloween Dance in October to raise money for their committee. All Dressed Up for the dance are: Crystal Ufford, Betty Carson, Kevin Armstrong, Dustin Warren and Dan Liezert



2017 marks 50 Years of Service for Community Living North Grenville. Let's celebrate with lots of great memories, stories and pictures!



Anyone wishing to include an article in the September 2017 issue, please email Kate Mahon. [kmahon@communitylivingnorthgrenville.ca](mailto:kmahon@communitylivingnorthgrenville.ca)

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## Rock and Roll Music

*" Music can change the world because it can change people." ~ Bono, U2~*

Kevin from Rock My House has started a group 'Introduction to Music'. This group started on January 20<sup>th</sup> and judging by the participation and the smile on everyone's faces that attended it was a huge success. This group is a pay as you go group. I would like to introduce Kevin to all of you:

Kevin is a professional drummer with over twenty years of experience recording, playing and touring in bands. In the early nineties Kevin was nominated drummer of the year for the 1991 Ottawa Music Awards. By the mid nineties Kevin was in a band that hit the Billboard charts and were supported by videos aired on Musique Plus and Much Music. Kevin is a graduate from Recording Arts Canada where he received a diploma in Audio Engineering and Sound Recording. Please take a look at Rock My House web page and check out all of the great artists that teach at this studio.

I attend a 'Rockin Tots' group with my granddaughter that Kevin leads and Emma enjoys every minute of the

group. For any of you grandma's and grandpa's out there, Rockin Tots runs every Wednesday and Saturday morning.

Brian, Gloria, Josh and Jeremy were the first 4 people to participate and all would like to continue with the group. The four of them rocked to music of their choice and during the initial session they were introduced to Kevin playing the guitar while Josh and Gloria rocked on the hand drums, Jeremy played the tambourine and Brian took off with

the rhythm sticks. The drums were also a hit with 3 out of 4 participating. Everyone is looking forward to this week when some new instruments will be introduced!

If anyone at CLNG is interested in joining one of Kevin's sessions please contact Rose Riddell at:

[riddell@communitylivingnorthgrenville.ca](mailto:riddell@communitylivingnorthgrenville.ca)

<http://rockmyhousemc.com>

*Music expresses that which cannot be said and on which it is impossible to be silent.  
~Victor Hugo (1802 - 1885) ~*

*Submitted by Rose Riddell*

## 50th Anniversary Celebration

In Celebration of our 50<sup>th</sup> Anniversary, you will see a display start to unfold in the board room. We hope this will inspire everyone to submit their own memory either through a picture, a word, or a story you want to share. After all, we have taken this journey together!

Sarah Green and Lisa Sigl are teaming up to do the presentation and display. Please send your submissions to Brenda Dillabough – drop them off or email.

**LET'S GET CELEBRATING!**

*Submitted By: Brenda Dillabough*