

Commence 2017 Conference

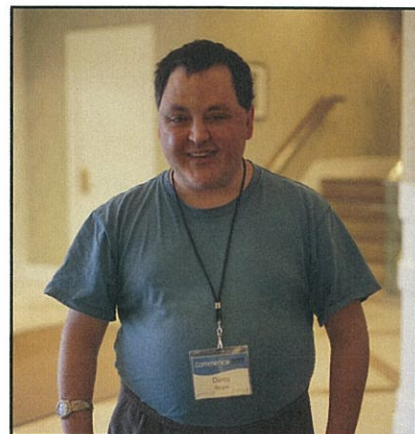
In February I had the pleasure of attending the Commence 2017 Conference with Maria Dyck and D'Arcy Regan of The Advisors. The topic of the conference was "Living the Good Life". Maria, D'Arcy and I had the pleasure of talking to key speakers, Michael Kendrick and Bruce Anderson about what life ought to be and could be as well as how to discover and share our gifts.

One of the highlights on the first day of the conference was hearing Sam Forbes, the Dancing Barista from Toronto who appeared on The Ellen Show, speak about grabbing opportunities and making new connections even though you are scared. Maria, D'Arcy and I spoke to Sam during lunch about his appearance on Ellen, his trip to Japan and his advocacy and public speaking. He was kind enough to take a photo with us as well.

On the second day, we explored how to discover our gifts and Community Living Ontario interviewed the three of us about those gifts, how they can get us in trouble and why they are important to share. Then we had the opportunity to have our portraits taken by Omar Shahadah, photographer and participant in the Student Links program.

We shared some adventures, some good food, learned about ourselves and how we are important to others!

Lisa Cameron
Manager - Operations



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Tennis at Inch Park!

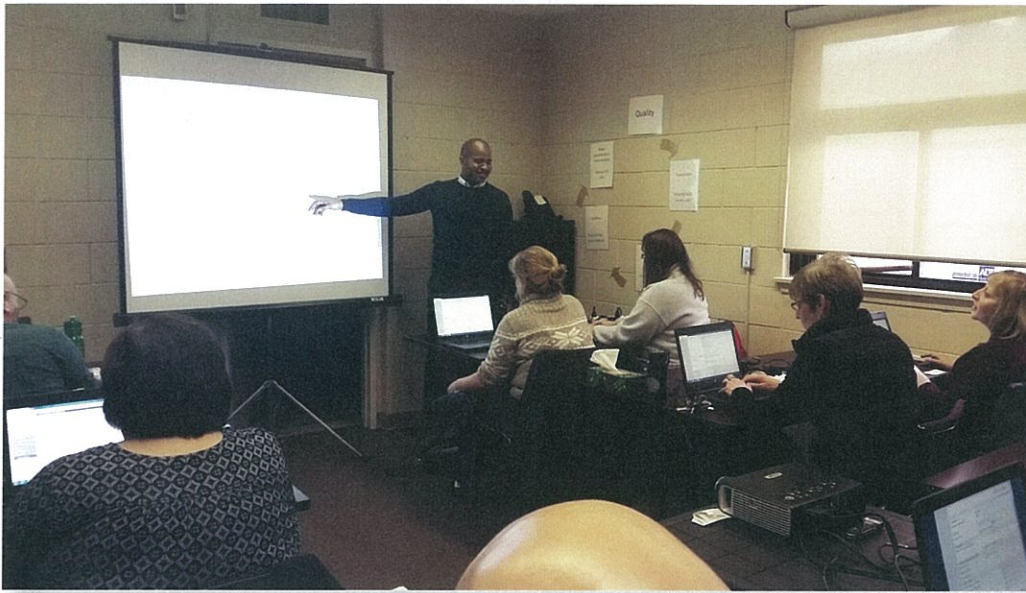
In the fall of 2016, while brain-storming exciting new activities, we found a hidden resource right under our noses--two, barely used tennis courts at Inch Park! Individuals in the Inch Park day program were asked if they would like to play tennis and responses were enthusiastic. We arranged weekly tennis lessons and to our delight, we observed that everyone's a winner! Individuals found varying ways to participate. Some took turns serving tennis balls to staff and retrieving out-of-play balls while others joyfully cheered on their teammates.

The hour-long recreational activity included many health and wellness benefits. Tennis improves muscle tone, strength and flexibility. Blood pressure and resting heart rates are lowered and metabolic functions are strengthened. Moreover, for some it was their first time on a tennis court. These were occasions to laugh together and engage with others in the community.

Dropping temperatures don't mean we can't still have fun. Indoor tennis courts are comfortable for everyone, any day of the year!

Gloria Petitti
Manager – Client Services





ShareVision – Our new Client Database System

ShareVision is a new Client database we are using to gather and store client information electronically. We held 14 Training sessions from January 11 to March 29. Staff from group living, day programs and employment access participated. Laptops and iPads have been deployed to programs, giving staff the equipment needed to access the electronic database system.

Already we see improvements!

Some benefits:

- We can collect, organize and store client information securely online rather than on paper
- Provides better access to information
- Better reporting
- Allows for better collection of client information
- Better decision making for clients!

Thank you to all the people who have helped make training happen both in front of the class (Keston Roberts, Lisa Cameron, Paul Nicholson, Marie Allan, and special guest Carmen Harvey) and behind the scenes (Lynn Grayley, Jenny Gaydos, Dave Morgan, and Dan Rankin).

Most of all - a very big thank you to all of the great students! It has been a pleasure to see staff so engaged and enthusiastic in embracing their new tools for great client documentation!

Jennifer Krawczyk
Director - Operations



Valentine's day thoughts @ York

Tuesday February 14, 2017 was Valentine's day at York. Staff and clients wore RED, also there was a Valentine's Day karaoke in the afternoon. During the day the spirit of Valentine's Day was there. Everyone had a great time. I asked some friends "What does Valentine's Day mean to you?" and these were their responses:

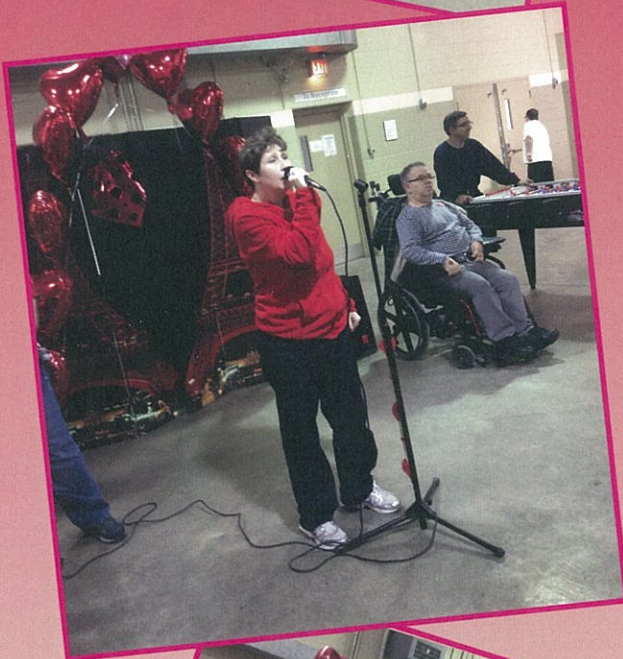
1. Flowers and Chocolates
2. Show their love for each other
3. Valentine's Day romantic dinner
4. Cards and Gifts

I'm lucky to have a girlfriend in Port St. Lucie, Florida. Her name is Sharon. We met when we graduated in October 1992. I truly miss her and celebrating Valentine's Day together when she and her mom lived here in Canada.

I hope that everyone had a wonderful Valentine's Day!

Scott C.
York Program Client





Best Buddies

The McMaster Best Buddies Chapter and all of its members have had a great couple of months. In February we had a wonderful event to welcome students and buddies back from the Christmas break. The group event had a Valentine's Day theme which was thoroughly enjoyed by everyone. The favourite event of the day was clearly the Bingo game which everyone had a chance to play. When contestants would achieve a "BINGO", they would excitedly announce that they were successful and came running on down to claim their prize!

Other fun events included the "heart toss" game which required skill and precision, "pin the heart on Cupid", and some arts and crafts activities. Attendees were able to make Valentine's Day cards for their "special someone", friendship bracelets, and everyone was excited for cupcake decorating after lunch. Finally, student-buddy pairs had the chance to take pictures at the signature photo booth. These pictures may show up again some time in a future craft, so stay tuned!

Adam Vanderleest

Best Buddies - Communications



Fitness FOR EVERYONE



Phone: 905.966.5739
Web: AbilityFitness.ca
Email: getfit@abilityfitness.ca



Ability Fitness

Passport Funding Approved

WHY WE'RE DIFFERENT

We Provide specialized adaptive fitness programming in an individual or small group setting for people of all abilities.

WHAT WE DO

Our service is to educate and provide a welcoming, safe, and fun environment to improve overall personal wellness.

THE DETAILS

Small group: \$60 per month, 1 Class a week

Individual: \$50 per class at home

SMALL CLASSES approx. 7 to 1 Ratio Social interaction encouraged

Resistance Training Cardio Exercises Stress Relief

Special Needs Resourcing

During the fall of 2016, Community Living Hamilton worked hard to prepare for the launch of our Special Needs Resourcing (SNR) Program. Throughout September and October, 2016, we recruited, hired, and oriented a team of nearly 40 Resource Teachers and Support Facilitators who officially joined our team on January 1, 2017.

In November, 2016 we held four open houses throughout the community for child care providers and families. We shared information about Community Living Hamilton and our SNR services. Our SNR leadership team answered many questions from the community to help them prepare for the change.

After months of preparation, we were thrilled for our successful launch on January 3, 2017!

We are working to build strong relationships with more than 200 licensed child care providers in the City of Hamilton, including before and after school care programs that were previously not eligible for service. Every child care provider has an assigned Resource Teacher, and we have implemented an assessment tool to determine if enhanced classroom supports are needed in the form of an assigned Support Facilitator. Our Resource Teachers and Support Facilitators are directly supporting the child care community in Hamilton to help them create welcoming and inclusive environments for children with special needs.

We look forward to continued collaboration with our child care partners and meeting many more families of children with special needs!

Sandra Parker
Senior Manager - Special Needs Resourcing



World Autism Awareness Day

FREE FAMILY CARNIVAL

APRIL 1, 2017



Teen/Adult
Room

Raffles

Food Trucks

Community Information Booths

Crafts & Games

Face Painting

Home Depot Workshop

Special Guest

Location: Hamilton Wentworth District School Board
20 Education Court, Hamilton, ON (near Lime Ridge Mall)

Time: 11:00 am until 3:00 pm

Zumba Class with Lindsay Sierdsma at 11:30 am

Hip Hop Class with Meghan Dunnet at 12:30 pm

Pre-registration is available at: <https://waadfamilycarnival2017.eventbrite.ca>

Registration also available on site

Questions? Email Christina Robbins at Christina@autismontorio.com



Autism MONTARIO
see the potential



Woodview
mental health & autism services



HWDSB



McMaster
Children's
Hospital
AUTISM SPECTRUM DISORDER PROGRAM



McMaster
University



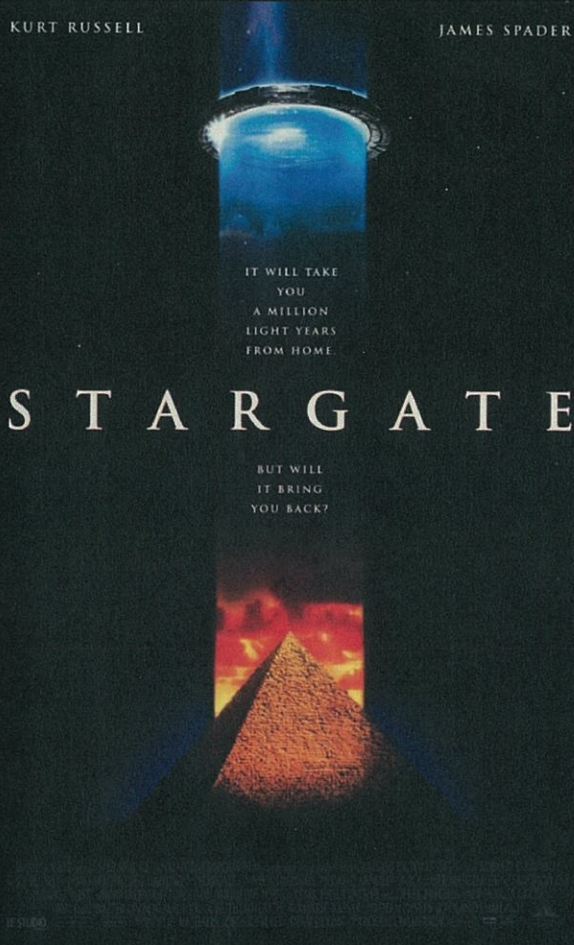
Hamilton-Wentworth
Catholic District School Board
Believing. Achieving. Serving.



Giving Hope Today

Movie Review

Stargate



Stargate was directed by Roland Emmerich and released on October 28, 1994. It is a rollicking science fiction film. The movie opens with the title "Egypt 1928." Scientists uncover a strange archaeological find. Skip forward to the present day when Doctor Daniel Jackson is summoned by Colonel Jack O'Neill to a secret military base. Jackson is an expert in the language of ancient Egypt and happens to believe that the pyramids were built by aliens from outer space. In the process of deciphering coded messages Jackson is allowed access to the Stargate, a huge circular structure that, if dialed in properly is able to access vast reaches of the galaxy through wormholes.

Jackson, O'Neill and a small group of soldiers pass through the Stargate, arriving at a distant planet ruled by the merciless Sun God, Ra who rules the local population through terror by using vibrating energy bursts to torment his victims. Jackson teams up with a native in an effort to understand this new planet. While Jackson is attempting to understand this new land, O'Neill, acting on orders from his superiors, is preparing to blow up the planet to prevent Ra's wrath from reaching Earth.

If you like Sci-Fi movies, like I do, you'll really enjoy this film. I found the acting top notch and the sound and visual effects awesome. I'm sure after you've finished watching Stargate you'll want to watch the three t.v. series- Stargate sg1, Stargate atlantis, and Stargate Universe – that are spinoffs from the original show.

I give this movie five and one-half stars.

Happy viewing!

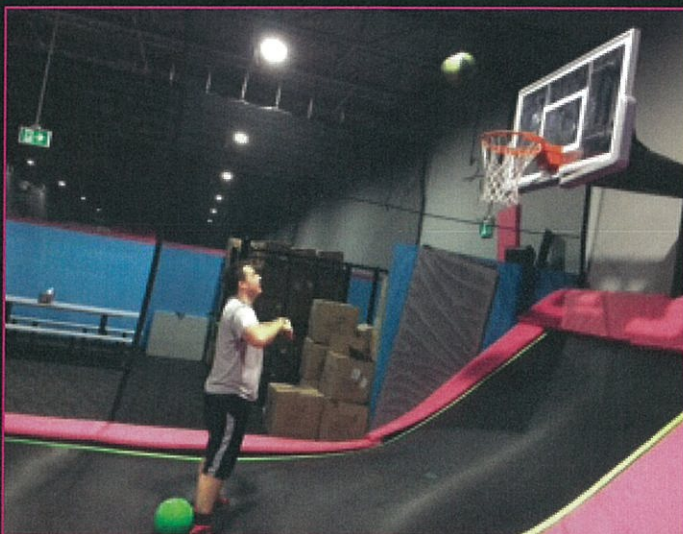
Carl Wilker
Movie Reviewer



Flying Squirrel

On February 24 The Flying Squirrel welcomed us to their trampoline park with VIP treatment! We had a private trampoline where we dunked hoops, we got to air bag jump and even had our own comfy couches and tables. Scott, Shay and Janis bounced for over an hour while a light show played to the rhythm of the music. It was an amazing experience. The clients were having so much fun, they didn't want to leave!

Lorraine Owen
Rosedale Day Program Instructor





PDP Goal Achieved

Bruce Innes from the Hester Program is a life long fan of hockey. When he was younger he played many positions on Hamilton's Special Olympics Ice Hockey Team. During the off season he was frequently the first on the field during weekly scrimmages with Hamilton's own Special Olympics Floor Hockey Team. Now Bruce can be found each week cheering the Hamilton Firefighter's Ice Hockey Team games played at Mountain Arena and sharing the stats of NHL games. As part of his PDP goal he wrote a letter requesting a hockey puck from a Canadian NHL team. This week his goal came true as he received a package from the Ottawa Senators that included signed hockey pucks, shirts, hats, pins and other gear. Bruce proudly shared the gear with Zane, Gary, John and a few others who are also great fans of the Sens.

Gloria Petitti
Manager - Client Services

Pancake Tuesday

Each year many of our day programs look forward to "pancake Tuesday". Some locations join local groups who provide a communal meal. Others use it as an opportunity to look up new recipes, shop for ingredients and cook their own pancakes while learning about the history and meaning of "pancake Tuesday".



Gloria Petitti
Manager - Client Services



Thanks to Passport funding, I had the opportunity to see Maroon 5 live in concert. I will always remember this experience.

Kayla
CLH Client



Hi Everyone!

One of my favourite things about putting the Advocate together is seeing what our clients and staff from different programs are up to. I hope you also enjoy seeing this through pictures and by reading all our stories and updates. Thank you to everyone who contributed to this issue of the Advocate. I can't wait to see what Spring and Summer activities our programs get to take part in.

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