

## Strategic Planning Underway at CLH

We are pleased to announce that Community Living Hamilton has started work on a new strategic plan. This plan will serve as an important leadership and management tool to guide our work over the next three or more years. A well-developed plan and implementation process will ensure that we are assisting individuals and families in the best manner possible. The planning process will span a number of important functions, including:

- Identifying important issues or challenges to be addressed
- Building on our internal strengths
- Confirming our priorities for the coming years, and
- Developing an action plan with clear accountabilities and actions to guide future activities



The services of two experienced, independent consultants to assist this comprehensive planning process. Gary Sandor, President of HSCVision and Rick Beauchamp, Principal at RFB Associates, will be using their skills and knowledge about developmental services to facilitate this process. They will work with a small Liaison Committee of board members and senior staff.

In addition to consulting staff, funders and partner agencies, we are seeking input and advice from family members and individuals served by Community Living Hamilton. Please take the time to provide your valued input via survey. Paper copies of the survey have been included with mailed copies of The Advocate, or electronic copies can be found on our website [www.communitylivinghamilton.com](http://www.communitylivinghamilton.com). The consultants will be presenting their key findings and recommendations to the Board of Directors and senior management team, and will prepare a final strategic planning report.

We welcome and encourage your participation in this very important planning exercise!

Sincerely,  
Sherry Parsley, Executive Director

Randy Allen, Board Chair

## In Memoriam - 2014 Donations

Community Living Hamilton is grateful to have received donations in memory of:

Maria Bozzo  
John Carrick  
Benito D'Ambrosio  
Michele DeFeo  
Saverio DeLuca  
Itoko Deshima  
Ian Kinnear  
William Fuller  
Kate Galvin  
Reg Gravelle

Michael Henowick  
James Honda  
William Hopkins  
Salvatore Ippolito  
Jim Mace  
James Martin  
Raymond McClellmont  
Noel Parsley  
Michael Payne  
Anna Pierce

Doug Shakeshaft  
Glenn Skerrett  
David Skingley  
Rosa Spoleti  
Jim Stirling  
Maria Amelia Toriello  
Eileen Vanderharst  
Margaret Wearing  
Paul Wilson  
Marion Wood

## United Way Program Raffle Winners



ARC Industries, the Hester Street day program and the children's services resource teachers held raffles to help raise funds for the United Way. Above are some of the winners and their amazing prizes.

### United Way Raffle Winners

**Ladies Watch**

**Mens Watch**

**Christmas Wreath**

**Snowman Chair**

**Red 'Grinch' Chair**

**Letters to Santa Mailbox**

Domenica Bucci (above centre)

Hiroki Matsuoka (above left)

Alison Binns

Lila Stanfield

Mary Lanosky

Zane Wardell (above right)

**Congratulations to everyone!**

## Tree Trimming at Fieldcote Museum

Fieldcote museum in Ancaster was aglow in the holiday spirit as the Valley Park day program visited to decorate a tree on behalf of the organization in early December. The program handcrafted all the decorations and took care to hang each one in just the right place on the tree. The tree was on display for the public to enjoy throughout the holiday season.





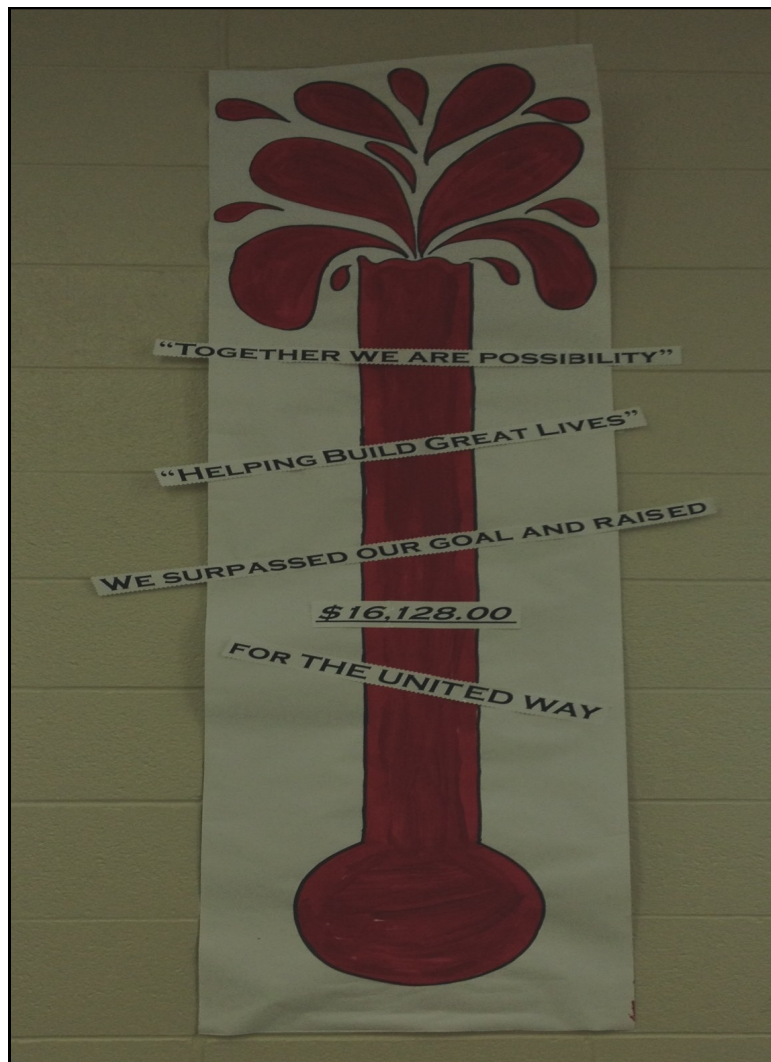
## 2014 United Way Campaign Success!

Thank you to each and everyone at Community Living Hamilton and our supporters who dedicated time, effort and money to help raise funds for our 2014 United Way Campaign. Our goal this year was \$9500.00.

I am bursting with pride to announce that our total amount raised is: **\$16,128.00!!!!!!**

We had a very busy campaign this year (as you will see in the following pages). We bowled, we ate spaghetti, we had a BBQ, we danced and we proved that together, we are possibility.

Danielle Meville, Campaign Co-Chair



Special Thanks to ARC Industries for creating our personalized donation thermometer that proudly hangs in the cafeteria at 191 York Boulevard.

# United Way Day and Campaign Kick Off

October 1st was United Way Day across the cities of Hamilton and Burlington and kicked off CLH's annual campaign. 191 York Blvd. was awash in red as everyone wore their 'Helping Build Great Lives' t-shirts. We celebrated the kick off with a barbecue, balloons, a visit from Bruiser from the Hamilton Bulldogs as well as dignitaries from the United Way. The celebrations paved the way for an incredibly successful campaign.



Gilbert Charbonneau, Steve Mesaglio and Josh Thompson were in charge of the grill while everyone else awaited the arrival of Bruiser and staff from the United Way.





# United Way Bowl-A-Thon Raises \$\$\$\$



Karen helps Harry bowl his first frame.

The Sherwood Centre on Fennell Avenue played host to the First Annual Bowl-A-Thon in support of the United Way on November 18th. A morning and an evening session were held so that everyone had a chance to participate. The event was a huge success and raised over \$1000.00 for the United Way.



The East 34th day program and the Chedoke day program shared lanes and good times.



The Valley Park day program sported red in support of the United Way.

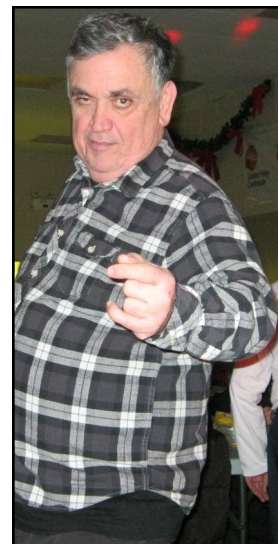


Kerron from the Lawfield day program gets ready to bowl.



The Inch Park day program also had a great time.

## Christmas Dance & Karaoke Night



The annual Christmas Dance and Karaoke night was held on Friday December 19th at 191 York Blvd. Guests were in the festive spirit and danced the night away to the musical stylings of DJ Carol Myke.



Guests danced with 'Santa' and took to the microphone to sing their favorite songs.





## Christmas Craft & Bake Sale Was a Hit

The CLH annual craft sale was held on Saturday November 29th at 191 York Blvd. Artisans were on hand to sell jewelry, greeting cards, baked goods and other hand-crafted items. Visitors enjoyed a homemade pasta lunch and bought tickets for a penny sale.



Lynda Baracetti and Karen Gilby share some laughs at the Valley Park day program baked goods table.



There were plenty of yummy treats available for purchase.



Handmade cards and gift tags for sale.

## Respiteservices.com - Online Database

Respiteservices.com is an online database available to families to search for workers to support their family member with a disability.

Respite care provides a range of support and service options designed to assist families and caregivers in caring for a family member with a disability. Respite creates greater opportunities for all family members to live actively and participate in community activities and allows parents/guardians time for themselves.

### Family Classifieds

Families who have a family member with a disability can register online and post their worker needs. Families will then be connected to potential workers who respond to the classifieds.



**Family Registration:**  
**905-525-4747 Ext. 223**

### Support Worker Database

Support workers can register at [respiteservices.com](http://respiteservices.com) to create a profile detailing their education, experience and availability. Families can view the worker database and choose a profile that best suits their needs.



## East 34th at Gage Park Mum Show



The East 34th Street day program took some time to stop and smell the chrysanthemums as they visited the Hamilton Fall Garden and Mum Show on November 7th. The group enjoyed this year's theme - Viva Pan Am Hamilton.



## Learn & Grow Fitness Group on CHCH



CHCH personality Lori DeAngelis gives the group tips for being on camera before going live.



In September, CH Morning Live was on hand at Hamilton Sports Multiplex in the east end of the city for a segment on checking out all they have to offer. The Learn & Grow Fitness group was in attendance during the live television segment and was featured with host Lori DeAngelis. The group meets weekly to workout and make the most of the facilities available, including soccer, gym and workout equipment and weights.





## Day Programs Host Mad Science at CLH

The Hester Street day program hosted the Leeming Street day program and Dana the Mad Scientist for a morning of science experiments and fun. The show was completely paid for by money generated from the ReMakerie and was a great success.



## Halloween Tricks & Treats in Westdale



The Westdale day program celebrated Halloween with costumes and a party on Friday October 31.



If you have story ideas or photos you would like to share, please contact:

**Danielle Meville**, Editor & Administrator, Special Projects:  
[dmeville@clham.com](mailto:dmeville@clham.com) or 905-528-0281 ext.238

**COMMUNITY LIVING**  
Hamilton

## Autism Spectrum Disorder (ASD) - Medication Treatment Study

A pilot study of Riluzole vs. Placebo  
In the Treatment of Children & Adolescents with ASD  
(Hamilton, ON site)

### What is Riluzole and how could it help children with ASD?

- Riluzole is a drug that may help some people with ASD tune out brain background noise so they can receive clear signals. In this way, **Riluzole may improve compulsive, aggressive and repetitive behaviours**
- **Unlike current drug treatments, Riluzole may also improve social skills** and help kids with ASD talk to other children, make friends and enjoy activities with other people

### Who can participate?

- Individuals diagnosed with ASD
- Participants must be 6-17 years of age

### What is involved?

- Approximately 9 visits to Chedoke Hospital (Hamilton, ON) over 4 months
- Each visit takes about 2 hours
- Questionnaires about symptoms and side effects will be completed at each visit
- Blood samples are required at 5 of the visits in order to monitor side effects

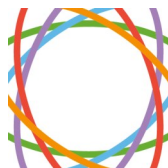
### Additional Information:

- Medication will be provided at no cost during the study
- Expenses related to participation (such as parking) will be paid for
- Participants will be randomly chosen to receive either Riluzole or the placebo

If you are interested in participating, please contact:

Dr. Teresa Bennett's Research Office  
905-521-2100 ext.74906  
ipatrici@mcmaster.ca

This study is sponsored by the Ontario Brain Institute (OBI) and is being conducted by the Province of Ontario Neurodevelopmental Disorders (POND) Network as part of a series of studies that involve brain scans, genetic analyses, physiological measurements of anxiety, detailed tests of thinking skills as well as this investigational drug study. For more information, please visit: [www.offordcentre.com](http://www.offordcentre.com) & [www.pond-network.ca](http://www.pond-network.ca)



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