COMMUNITY LIVING Hamilton

The Advocate

Message from the Executive Director

Tony Faria and Dan Chartier (both from ARC Industries) enjoy the weather at the 1st Annual Fun Run at T.B. McQueston Park.

The warm weather has finally arrived, bringing with it new endeavors for Community Living Hamilton. In May we held our First Annual Fun Run, a community-based event held on the Hamilton mountain. We also launched The ReMakerie, a shop within Drop N Shop, featuring upcycled items crafted by CLH programs. Look inside this issue for more details on both. Also this issue we say 'Congratulations' to two people who have moved on to retirement and also to employees and volunteers who have achieved significant milestones in their careers with the organization. I would also like to say a special thank you to The Advisors who took on the task of revising CLH's Mission statement. Check out the back cover to see the result. I'm proud of their work and proud to be a part of Community Living Hamilton.

-Sherry Parsley, Executive Director

Alpini Club Raises Money for CLH

The Alpini Club of Hamilton held their annual fundraiser for CLH on April 4. The dinner raised $3625.00 for our organization. A huge thank you goes out to the Alipini Club and their volunteers for all their hard work and dedication to Community Living Hamilton.

The Alpini Club was jam packed with CLH supporters.

Lucio Barcaroli (second left) and Janet Monahan (far right) thank the Club.

Dinner included roast chicken and potatoes, pasta, salad and pastry desserts.

Spring Time Haiku from Central

A haiku is traditional Japanese poem which is an unrhymed three-line poem. Though there are different ways to write haiku, typically in English it is written with the first and last lines with five syllables each, and the middle line with seven syllables. Most often, haiku poems are about seasons or nature, however you can write your own haiku about anything you like.
On a Spring day before Easter, the Central program tried their hand at writing their own Haiku. Here are two poems they created:

How Beautiful Is The Spring

The Birds Chirping and Fly

From Tree to Tree

Exciting Easter

Children Search for Chocolate Eggs

Among Spring Flowers

Composers: A Series by Josh Kirkwood

Josh, an employee at ARC Industries, is interested in classical composers and his goal is to share his knowledge with you! Enjoy!

Name: Wolfgang Amadeus Mozart

Born: January 27, 1756 in Salzburg, Austria

Died: December 5, 1791 in Vienna, Austria - died of rheumatic fever.

Music Genre: Classical

Performed as: Pianist (soloist), Organist, Violinist, Violist

During the Composer's Lifetime: The United States became an independent country and the French Revolution began.

CLH Presents at the OASIS Conference

Fran discusses a case study with attendees at her session.

Our very own Fran Doodeman, Senior Manager, Client Services hosted an interactive session at the OASIS Annual Conference this past May. OASIS (Ontario Agencies Supporting Individuals with Special Needs) is comprised of almost 200 organizations who support clients with disabilities.

Fran's session, titled 'Increasing Health Care Challenges - Exploring and Defining an Organization's Capacity to Meet the Health Care Needs of Clients', was attended by a wide range of social service sector professionals, everyone from front line support staff and Executive Directors. The session prompted discussion related to the support challenges for specialized medical care faced by the developmental services sector and resulted in brain storming strategies to proactively advocate for the clients we support.

Mary Siverns Retires After 40+ Years

Mary Siverns retired after over 40 years of dedicated service to Community Living Hamilton. We celebrated her retirement with a party on Friday April 4, 2014.

Mary served as a kitchen person at Glenview Occupational Centre (1976 -1984) after her training at ARC Industries. She then moved to the Life Skill Training Centre (1984 -1997) finishing her time with Community Living at the East 34th program, as a kitchen assistant (1997-2014). Mary was responsible to set up coffee breaks, lunches and wash dishes, as well as cleaning. She was a supportive peer and friend to the clients at the centre. Mary participated in the Drum Corps (2008 -2013) as a flag bearer, as well as playing instruments, where she has made many lasting relationships.

Mary was always cheerful and smiling. She will be sorely missed by all at Community Living Hamilton. Best Wishes Mary !

Walter Dobroff Retires from CLH

When Walter Dobroff retired from Community Living Hamilton on August 12, 2013, he had come full circle with us. Over 18 years ago Walter started his career at CLH as a receptionist at ARC East. From there he moved on to the former Leland Program where he served as custodian, made survey stakes and Union Gas regulators. Walter finished his career by returning to ARC, this time on York Blvd., counting and packaging bags and bottles for various contracts in the workshop.

Walter continues to volunteer with CLH, which he has been doing for over 27 years. He regularly helps out at our Annual General Meetings, the Christmas Craft Show and Sale and you may have seen him this past May at our Annual Employee and Volunteer Recognition Evening, handing out programs and welcoming guests to the Waterfont Centre.

Walter currently spends his days as the custodian and maintenance man at his Lodging Home. He's responsible for vacuuming, mopping, laundry and general maintenance duties around the home.

We wish Walter well and thank him for over 18 years of service throughout our programs!

If you have story ideas or photos you would like to share or have included in an upcoming issue, please contact: **Danielle Meville,** Editor & Administrator, Special Projects
dmeville@clham.com or 905-528-0281 ext.238
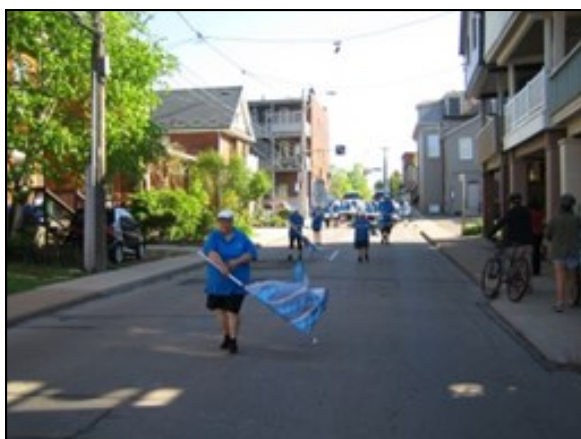
Drum Corps Has a Busy 2014 So Far!

We won GOLD at the Drumline Ontario
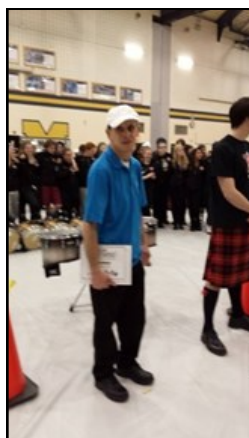
We performed at the CLH 1st Annual Fun Run in May!

We performed in the very last Boy Scout/ Girl Guide Parade in Hamilton!

The ReMakerie Breathes New

On May 12, 2014, The ReMakerie was launched at the Drop N' Shop in partnership with several Community Living Hamilton day programs. The day program at Hester Street has made significant contributions to the ReMakerie with some beautifully repurposed items.

The many benefits of this venture include:
- Skill development for our clients
- Establishing a creative outlet for our clients
- Fundraising for our programs
- Diverting waste from landfills, and;
- For the customers who have purchased these beautiful upcycled items, a unique piece to display in their homes.

Clients at Hester Street prepare, paint and put finishing touches on items for sale.

Some projects included:

⇒ Old, ugly wooden chairs were transformed into beautifully painted herb garden containers

⇒ Discarded tea cups became whimsical and pretty bird feeders

⇒ Dated end tables that have seen better days became multipurpose dog beds

Life Into Thrift Store Items

The ReMakerie Launch attracted all forms of media from print to television. CHCH News, Cable 14, Hamilton Mountain News and Snap'd were all on hand to partake in the launch, meet some of the creative clients and helped to create many new customers for the Drop N' Shop.

David (left) puts the finishing touches on a children's owl table.
Clients (below) paint clay pots that will eventually become parts of animal treat jars.

Why not come out and see for yourself the beauty and wonder of The ReMakerie.
Located inside Drop N' Shop, 37 Kilbride Rd. at the Mountain Transfer Station.
-Roberta Trunfio-Kandilas
Drop N' Shop

Perdita Felicien (below) from CH News was on hand to broadcast live on the News at Noon.
Colleen and Susan (below right) get ready to go on camera for a CH News segment.

Celebrating CLH Employees & Volunteers

On April 23, Community Living Hamilton celebrated Employees and Volunteers who achieved milestone years of service. The evening was held at the Waterfront Centre and was enjoyed by all. Congratulations and thank you to everyone for their dedication to CLH.

Bea Criminisi, 5 yr. volunteer

Donna & John Kudlowich, 10 yr. volunteers

Rita Bowdring, 5 yr. Employee

Leah Long, 10 yr. Employee

Linda Page, 10 Yr. Employee

Elaine Clarke-Bliedung, 20 yr. Employee

Kathi Soules, 20 yr.

Tanya Sizer, 20 yr. Employee

Nikki Coulson & Clare Sandig,
25 yr. Employees

Celebrating CLH Employees & Volunteers

Patti Harvey,
30 yr. Employee

Terry King, 35 yr. Employee
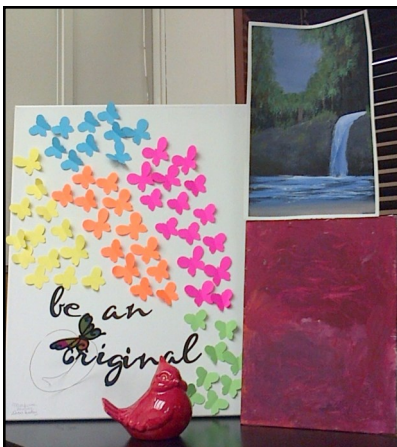

Shelley Kajaste, 40 yr. Employee

Pat Senft, Retiree

Employees and volunteers enjoy the evening at the Waterfront Centre.

Learn and Grow 2014/15 Calendar

COMMUNITY LIVING Hamilton

Check out the insert included in this month's mail out for 2014/15 Learn and Grow session information. Spaces are available for current and upcoming sessions.

Some artwork created at the Crafting with Friends session (left).

Fitness boot camp in partnership with Hamilton Sports Multiplex (right).

CLH Holds Our First Annual Fun Run

Community Living Hamilton hosted our First Annual Fun Run on Sunday May 25 at T.B McQueston Park on the Hamilton mountain. Thank you to everyone who came out to show support, get a bit of exercise and raise funds for our respite programs. With your support we raised over $2500 in pledges!

We would like to thank the following individuals for their fundraising efforts:
Brian Vacon - $505
Debbie Sullivan - $435
Dan Chartier - $305
Donna Niedojadlo - $270

We would also like to thank the following sponsors:
Vicars Vice
Boston Pizza (Main St. W)
Tony Waters Agencies
GT French
Food Basics (Mohawk Rd)
Food Basics (Rymal Rd)
No Frills (Mohawk Rd)
Sweet Paradise
Townco
Bargains Group
Danielle Meville
Gloria Warren

And a special thank you to the **Drums Corps** for their performance and encouragement for our runners and walkers as they approached the finish line!
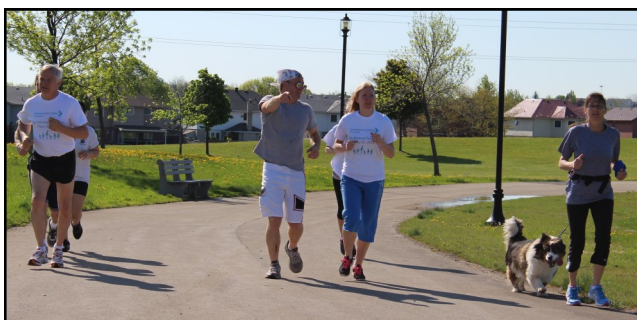
See you in May 2015!

See page 11 for more Fun Run photos!

Fun Run Attracts Clients, Family & Friends

Quality of Life Research Unit
Department of Occupational Science and
Occupational Therapy
Faculty of Medicine
University of Toronto

FROM THE MARGINS:
VOICES OF YOUTHS
WITH DISABILITIES ON FRIENDSHIP, INCLUSION, AND QUALITY OF LIFE.

<u>A Project about Friendship and Other Important People in Your Life</u>

Are you between 13 and 24 years old?
Do you have an intellectual or developmental disability?
Do you live in Toronto or Hamilton?
Are willing to be video-taped/do you like making videos?

If yes, then you could get involved in a research project. People who communicate in any way are invited to take part!

What is the project about?

We want to know what teens and young adults with intellectual/developmental disabilities think about some important parts of their lives. We want to know more about:

- *Their friends and other important people in their life*
- *What things they do in their home, neighbourhood, school or city*
- *How good or not good life is for them*

We want to know more about these things so that the people who plan and provide services for people with intellectual/developmental disabilities can do their jobs better.

Who is doing this project?

The research project is being done by a group of people from 2 Universities and 3 community organizations. Three young adults with intellectual/developmental disabilities are also taking part. The Principal Investigator is Dr. Rebecca Renwick from the University of Toronto.

What will I be asked to do?

FROM THE MARGINS:
VOICES OF YOUTHS
WITH DISABILITIES ON FRIENDSHIP, INCLUSION, AND QUALITY OF LIFE.

You will be asked to take part in three meetings. The meetings will take about an hour and a half. The meetings will be videotaped. There will be two people there who will help prepare you and support you during these meetings. There will be:

1) an <u>interviewer</u>: a person who will talk with you
2) a <u>videographer</u>: a person who will videotape the meetings

During these meetings, you will be asked to:

Meeting #1: The interviewer will meet with you in your home to give you more information about the study and to get to know you a bit better.

Meeting #2: You will meet with the interviewer again. The interviewer will talk with you about the people in your life that are important to you. You will also talk about what activities you like to do. If you want you can show the interviewer the places you go to do activities.

Meeting #3: You will choose a friend or someone who is important to you. The videographer will help you make a video about what you like to do together with your friend.

For helping with this project you will get *$20.00* after each one of three meetings.

How do I get involved?

If you would like to know more about this project or learn how to get involved, please contact our Project Coordinator @ 416-978-1257 or email voices.ofyouth@utoronto.ca.

If you are under 16 years old, please ask your parent/guardian to contact the Project Coordinator for you.

Community Living Hamilton Word Search

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X H N E L N C P D O D O T E N E K E G Q
M W T B K Y O E A L R E W O O H L L S V
D C V R Z O L K E T M Q T A S A P A Z L
R E A G O A D I A P H S N A R M U D F U
O O L Y N W F E L G N U V T E I G T A M
F W L C T W S E H E L C N S P L X S A X
E R E D A I M N E C A E S T L T H E V W
L Y Y L R E N U U R C E Y O I O V W R J
P X P R A A Q U T H I D R O P N S H O P
P C A D O H G I M R K E N S I N G T O N
A U R V F S E O T M P X D C T Z G T X E
O X K T G R E S N Q O G K H L X C I O V
L I V I N G U D T F O C V A W X K I N N
W D M I B D C K A E L P A R K D A L E G
S Q A S N Q P K E L R Y P L V R N H U N
Y M K I A Y E L T N E K Y T A O D Y F I
R C C K T H Q O F Q Y D H O G P R L R M
V R N I A T N U O M V S Q N W D T Z U E
A S E Q K N E W K R G V X H M I C B Q E
N O I S U L C N I U D Q W Q P X M P O L
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APPLEFORD	DROPNSHOP	LIVING
ARCINDUSTRIES	HAMILTON	MOUNTAIN
CARTIER	HESTER	PARKDALE
CENTRAL	HUNTINGTON	QUEENSTON
CHARLTON	INCLUSION	ROSEDALE
CHEDOKE	KENSINGTON	TEMPLEMEAD
COMMUNITY	KENTLEY	UNSWORTH
DELANCEY	LAWFIELD	VALLEYPARK
DRAGONFLY	LEEMING	WESTDALE

Fun Run Sends Clients to Dragonfly

Dragonfly Lodge, in Rockwood, Ontario.

The Community Living Hamilton First Annual Fun Run raised enough money to help send three clients to Dragonfly Lodge, our fully accessible cottage, this summer. Holly Howden, Kyle McMullin and Donald Atterton will be enjoying the time away. Thanks again to everyone who supported our Fun Run.

Drop N Shop in Partnership with GHGT

GHGT is a registered non-profit organization with offices located at the Eva Rothwell Community Centre: formerly the Robert Land School. This location borders both the Hamilton Industrial heartland and the surrounding Code Red communities. GHGT's mandate is to transform the Code Red area into Code Green by providing hands-on work experience while creating community-building solutions. Everyone in the community will benefit from GHGT's model which improves prospects for participants, one person at a time.

Drop N Shop is proud to announce the establishment of a mutually beneficial partnership with GHGT. Through this joint venture GHGT has moved its retail operation, which includes electronics and re-furbished computer packages, to Drop N Shop at 37 Kilbride Rd, Hamilton.

This partnership is part of an ongoing series of projects that will help GHGT generate proceeds and provide impoverished Hamiltonians with educational and training opportunities that will better position them to gain meaningful employment.

Refurbished computers, DVD players other home electronics and appliances are on sale at the Drop N Shop.

COMMUNITY LIVING
Hamilton

Advisors Revise CLH Mission Statement

<u>The ADVISORS: WHO WE ARE</u>
The Client Advisory Group of Community Living Hamilton represents all programs and services. We advise and make recommendations to staff, senior management and the Board of Directors to make Community Living Hamilton the best it can be.

<u>ANNOUNCEMENT:</u>
The review and revision of Community Living Hamilton's Vision and Mission statement was the first project assigned to the Advisors when they met on June 26th of 2013. After several meetings and discussions, followed by an informative Power Point presentation to the Board of Directors on January 21, 2014, we have a new Mission Statement.

Mission Statement

Community Living Hamilton's goal is to educate the community so that it recognizes that some people need more support than others, but all have a way to contribute. All can participate at their own level or in their own way.

Community Living Hamilton promises to work with individuals with intellectual disabilities and their families throughout their lifetime so that they can:

• Be free to:
- go to work
- go to church
- vote
- volunteer
- donate
- make their own decisions
- have friends and people who care for them, and
- succeed in life!

This is achieved through:
- helping people build skills
- providing a range of services
- having partnerships in the community
- speaking up for and with people with intellectual disabilities

Approved by the Board of Directors as submitted by The Advisors, May 20, 2014