

CONNECTIONS

COMMUNITY LIVING
Renfrew County South
Inspiring Possibilities

CONNECTIONS

**March 2010
Edition**

Goals & Dreams *by David Kenopic*



Thank you to the National Hockey League Players' Association (NHLPA). The Community Living Renfrew County South Sledge Hockey Team will hit the ice on five new sledges wearing five complete sets of hockey equipment worth approximately \$7,500.00. The generous donation comes from the NHLPA Goals & Dreams Fund.

Since its inception in 1999, the NHLPA Goals & Dreams fund has been successful in contributing more than

\$17 million to grass roots hockey programs around the world. The Players program has donated more than 13,000 complete sets of hockey equipment to deserving players in 18 different countries.

The sledgers of Community Living Renfrew County South are making good use of the new equipment and the coaches are pleased with the ease of adjustment to the new sleds. Doug McNulty is now able to suit up in full goalie equipment to guard the net from a barrage of pucks.

Anyone interested in finding out more about the NHLPA Goals and Dreams fund should check out their website at www.nhlpa.com

If you are interested in playing sledge hockey or trying out the sport, please contact Dave Kenopic at Community Living Renfrew County South 613-432-6763. The equipment is available for loan to schools, youth groups or anyone interested.

Locations

Arnprior

68 Daniel St. N.
ARNPRIOR ON K7S 2K5
Phone: 613-623-4955
Fax: 613-623-6176

Renfrew

326 Raglan St. S.
RENFREW ON K7V 1R5
Phone: 613-432-6763
Fax: 613-432-9465

e-mail:
commliving@clrcs.com

Website:
www.clrcs.com



Special points of interest:

- ♦ Check [page 2](#) for Important Dates to remember
- ♦ Check [page 12](#) for days closed due to holidays

2010 Important Dates to Remember

MAY IS COMMUNITY LIVING MONTH

4th ANNUAL SPAGHETTI DINNER - May 5th

HEART AND STROKE BIG BIKE EVENT - May 10th

M. SULLIVAN & SON GOLF TOURNAMENT - May 28th

ANNUAL GENERAL MEETING - June 15th

HURD'S LAKE CAMPING - June 21st - 27th

Multi-Sensory Room

by Sandy Shean



Community Living Renfrew County South would like to thank the staff from Rona Arnprior for their generous donation of \$200.00. The funds will be used to purchase equipment for the Multi-Sensory Room at Community Access Supports in Arnprior. To date, \$18,000.00 has been raised towards the project. Phase 1 of the project is due to be completed by the end of April 2010.

Out With the Old and In With the New *written by Janice Lee, Self Advocates*

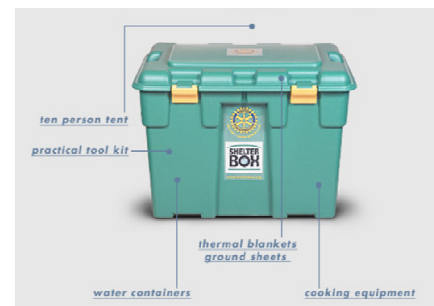
December 31, 2009 we said our good-byes to Alana Peer and Carolyn Miller as our Staff Advisors,. They have helped a lot with the Self-Advocates by doing many projects like hosting our own Conference, taking people to other Conferences, doing a Rights and Responsibilities power point presentation with Wendy Craig & I to present. We wish them well and good luck on other projects. We would like to welcome two new Staff Advisors to the committee; they are Sandra Senack and Derek Ouellette.

Shelter Boxes for Haiti *by Elizabeth MacFarlane*

We are all aware of the tragedy that recently hit Haiti. In response to that Allan Yull brought to my attention that Shelter Boxes are distributed through Rotary International to areas around the world that have experienced a tragedy of one form or another.

We then decided to take up a collection here at Community Living Renfrew County South in an effort to raise enough money to purchase a Shelter Box to send to Haiti.

I am very pleased and proud to say that staff, Board members and friends were able to raise the \$1000 necessary to make such a purchase. With the Government of Canada matching our donation we were in essence able to send 2 Shelter Boxes to Haiti. Thank you to everyone for your support in this effort.



Renfrew 2010 *by Sharon Dellaire*



Our Annual Winter Carnival on February 9th 2010 this year became our own Olympic Games! A good number of our friends from Arnprior CAS joined us for an action filled morning on the ice.

The events medal winners included:

SLEDGE SHOOTOUT

Bronze – Ruth Walton
Silver – Shawn Gibson
Gold – Ivan Simpson

SLEDGE GAME

Silver
Dan Laplante Kevin Ostroskie
Shawn Gibson Ruth Walton

SLEDGE RACES

Bronze – Christine Drouillard
Silver – Kevin Ostroskie
Gold – Shawn Gibson

Gold

David Cosman Christine Drouillard
Isabel Rusenstrom Ivan Simpson
Rebekka Zimmerling

HOCKEY SHOOTOUT

Bronze – Paul Maloney
Silver – Eric Teschke
Gold – Ruth Walton

PUTTING ON ICE

Bronze – Eric Teschke
Silver – Harris Wade
Gold – Ivan Simpson



Gold Medal Winners of Sledge Hockey

After a full morning of ice events we were grateful for a delicious lunch of chili buns, hot chocolate and Olympic ring cookies. Frank, Sharon and friends provided a rousing singsong. Many people took the opportunity to do some dancing and singing while others chose to play some sledge hockey on the outdoor rink.

Thank you very much to everyone who helped out with the Olympic Eh! O'Canada Go!

Drop-In *by Gloria Tunn*



The Valentines Day Drop In at Arnprior was a great success again this year. Around 46 people were busy making valentines for loved ones. The dance floor was packed as people moved to tunes sung by karaoke enthusiasts.

I would like to give a special “thank you” to Linda Humphries who is a dedicated volunteer at this function. People attending are beginning to expect some fantastic cookies from Linda. Also, thank you to the staff at our group homes and the L’Arche community for their support.

Winter Golf *by David Kenopic*

While the weather outside was frightful, the golf inside was delightful!

Golfers (including Brian Moore pictured here) supported by Community Living Renfrew County South took to the virtual greens at The Mulligans Den Indoor Golf Centre in Calabogie

throughout the winter months.

Many thanks to David Lester, owner of the Mulligans Den Indoor Golf Centre, for his hospitality and great golf tips.

Hopefully our winter practice will benefit our golf game when we take it outside to

the Dragonfly Golf Links this spring.

Anyone wishing to volunteer some time with our golf program (free golf, free smiles) should contact Laura Pirie, Human Resources/ Volunteer Administrator at 613-432-6763.



Process for Welcoming Visitors and Volunteers *by The Management Committee*

We welcome our visitors and volunteers that come to our building at 326 Raglan St. S., Renfrew and request that they register at the front desk. Their names are recorded in a visitor log book and then they are given a visitor pass.

We are attempting to ensure the Care, Welfare, Safety and Security of everyone by knowing who is in the building.

Please respect the process and support the Receptionists in their efforts of identifying all visitors and volunteers.



Anniversary - 10 Years!!

by Golf Organizing Committee



We are excited to say it's time to start planning for the 10th Annual M. Sullivan & Son Ltd. Golf Tournament. This year's event will once again take place at the

Madawaska Golf Club. It will be held on Friday May 28th, 2010. As this is our 10th Anniversary we have a variety of new ideas to celebrate the occasion while staying true to the spirit of the event.

Yearly this event provides summer camp

experiences to local children and youth with developmental disabilities through our Summer Opportunities Program. Annually the program supports approximately 30 individuals and their families.

We would like to once again thank M. Sullivan & Son for their continued support in partnering with us to improve the quality of life for people with developmental disabilities.

If you want to enter a team, sponsor a hole or donate a prize, please call Tina 613-623-4955 or Ann 613-432-6763.

See you on the green!

Dog Collars *by Gloria Tunn*



Carolyn Miller and I are job coaches for people who are busy

making dog collars for Precious Pets in Renfrew, to send their groomed dogs home with. We asked the people working on the collars why they like making

them. Connie Gale – "they are really cool", Anne Dregas – "I'm learning", Margie Munhall – "it gives me something to do, they are fun to make", Geraldine Prince – "something different, keeps me occupied", Sarah Senack – "it's fun, and gives me something to do", Grant Elliott – "I think that making the dog

collars is a wonderful job. I really enjoy making them. Are we going to get paid again? I like the money", Doug McNulty – "We glue dog collars. Good job", Beth Van Dusen - "cool and nice because they're fun to make", Kerry Brown – "It's a good job. We don't just sit there and do nothing".

5th Annual Family and Friends Spaghetti Dinner

Hosted by Community Living Renfrew County South

Catered by



A division of Community Living Renfrew County South

Wednesday May 5, 2010

Royal Canadian Legion Auditorium

30 Raglan Street South Renfrew

4:30 – 5:30 Music, Meet and Greet

5:30 – 7:30 Dinner is being Served



\$10.00/person - includes spaghetti, roll, salad, dessert, tea, coffee or juice

Take out and in town delivery available

ADVANCE TICKETS PREFERRED

Purchase tickets at Community Living Renfrew County South from Alana, Gloria or Nicole

326 Raglan Street South, RENFREW, ON 613-432-7529

PROCEEDS BEING DONATED TO

**Special Olympics Renfrew Softball team going to the
National Games in London ON July 11 – 17, 2010**



Sporting their provincial gold medals from the Special Olympics Summer Games in Windsor are softball team members, kneeling from left, Yvon Michel, Geraldine Prince, Earl McNulty, Kevin Reid, Janice Lee and Eldon Behm; and standing, Eric Teschke, coaches Gerry Hodgins, Carolyn Gendron, Dan Murphy and Ann Parker, Tom Welch, coach Frank Belanger, Chummy Welch, Marcel Mathieu, Mary-Ellen McNulty, coach Pat Watters and Patrick Grist. Charlie Shean is missing from the photo.

Photo courtesy of *Peter Clark, The Renfrew Mercury*

Outreach Gang Says “A Penny For Our Thoughts - Sure!” *by the Outreach Gang*

At the Outreach Spaghetti dinner everyone shared a tasty meal, time with great people and their wonderful sense of humour! But that’s not all they shared, read on.....

What do we like about Outreach?

Gets us out of the house and it’s really fun

We get to see our friends

We joke around and have a lot of laughs

We meet new people and can talk about what is important to us

We get to do outside trips to Arnprior and Ottawa

The Spaghetti Dinner!

It’s nice of Gloria and Allan to do this with us

What thoughts do we have about Gloria and Allan?

Good friends, able to joke with them, well respected

Gloria is an awesome cook and Allan is an awesome dishwasher!!

What are our favourite Outreach activities?

Pool at the Legion and the Pool Tournament

Wal-Mart for shopping, out for a coffee

Swimming in Arnprior, going to the Wing

Bowling, Canoeing, Drop In

Dinner at the Rocky Mountain House

Thanks for sharing everyone!



Supported Independent Living Staff hosted a Christmas lunch for 30 appreciative souls December 20, 2009, who also took the opportunity to share in lots of holiday and mutually enjoyable banter.

...its all downhill from here! by David Kenopic

The cold winds and minus 15 degree temperatures could not chill the enthusiasm of the 16 skiers that participated in the 5th Annual CADS/Community Living Renfrew County South Ski Day. Hosted by The Canadian Association for Disabled Skiing (CADS) along with Calabogie Peaks Resort, skiers of all abilities carved up the hills. Many thanks to Clay Dawdy, Calabogie Adaptive skiing coordinator and all of the great CADS volunteers, that allowed for a safe, fun, and exciting day of downhill skiing.

CADS Calabogie also provides the opportunity for adults and children with disabilities to ski with the support of trained volunteers and certified instructors in their regular Sunday program.

Anyone wishing more information should check out the CADS website at www.cads@ncd.ca or call Dave Kenopic at 613-432-6763.



Pauline Deslaurier on the chairlift with CADS ski instructors

Beth Van Dusen works at her form on the hill



Doug McNulty races down the mountain



We Will Remember You!

Cathy Wren

Tributes -



I have known Cathy Wren for a long time. I met her when I first came to Renfrew. Cathy and I would have coffee and eat our lunch together. She was comfortable to be around. Cathy would come to the Christmas dances at Saint Frances Xavier and she would dance with me. Cathy met my parents at the bowling banquet. Cathy was a good bowler. I had fun with Cathy. - *Eric Teschke*

Cathy Wren enjoyed music, dancing and singing with Frank, Sharon and the Renfrew Singers. Cathy Wren gave a big hug to everyone she met. I spent time with Cathy, taking her to appointments and for a pop. Cathy got to know my mom and my dad through the taxi business. When Cathy saw my mom and dad downtown she would give them a big smile. - *Joanne Vincent*

I remember Cathy Wren. I lived with Cathy. She was a good friend of mine. She liked to dance at the Bonnechere Manor. Cathy always had a nice smile for me. - *Clare Kenopic*

Irene McQuade

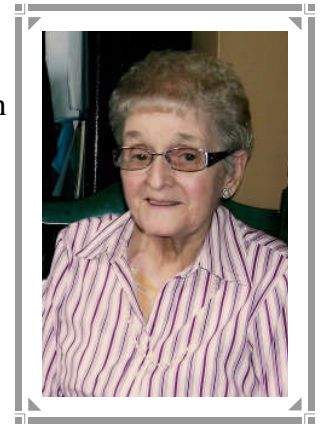
Our devoted volunteer, Irene McQuade passed away on December 16, 2009. Irene started volunteering about 11 years ago, shortly after her daughter, staff member Ruth Karras began working for Community Living Renfrew County South.

Irene volunteered in many capacities at our Community Access Supports location in Renfrew. She scored for our Friday afternoon bowling league and did volunteer reading with one of our individuals, Jennifer Cooke for many years.

I valued Irene's many years as a volunteer in Numeracy and Literacy classes on Wednesday afternoons. The individuals all love her as she had a cheerful disposition and a kind word for everyone.

Irene enjoyed participating in any of the birthday parties and breakfast outings with the individuals that she knew.

Irene had a genuine love for everyone here and I know I am not the only person from Community Living Renfrew County South who misses Irene so very much. - *Sharon Dellaire*



Marilyn Rafuse



We were all blessed in knowing Marilyn Rafuse and truly saddened by her passing. Community Living Renfrew County South has been so fortunate to be the recipient, for the past sixteen years, of the generosity of the Rafuse Family through the Laurel Rafuse Memorial Trust Fund. This Memorial Trust Fund sponsors our children and youth summer programs and without it we would not be able to provide such important supports. Marilyn touched all of us by her passion for Laurel's dream that children and youth with a developmental disability have the opportunity to be included in their communities and experience the joy of summer camps. Marilyn made a difference in the lives of many children and has shown others that they can too. Thank you Marilyn – we will miss you.- *Jennifer Creeden*

CANADA RATIFIES HISTORIC UN TREATY ON DISABILITY RIGHTS

On March 11, 2010, at the United Nations headquarters in New York, Canada ratified the UN Convention on the Rights of Persons with Disabilities. This is a historic and profound moment in our country's history. It is Canada's declaration to Canadians and the international community that disability is at last to be recognized as a matter of fundamental human rights – at home in Canada and internationally. By ratifying this first international treaty that comprehensively recognizes the rights of persons with disabilities, Canada binds our governments to its implementation.

The Convention creates a new and lasting foundation on which to build an inclusive and accessible Canada where rights can no longer be diminished on the basis of disability.

The Convention was influenced by a Canadian perspective and is a document that all Canadians should be proud of. Canadian concepts about inclusive education, living in the community and supported decision-making infuse the Convention. The Convention also recognizes the valuable role that families play in making rights a reality for their family members with disabilities. The Convention is also unique for the way it was developed. It is the first time in UN history that people affected by a treaty were actively engaged in the development of its text. It is a Convention that is informed by the lived experience of people with disabilities and their families.

The Convention is much more than a listing of entitlements. It is a road map that explains where, why and how the rights of people with disabilities have been neglected and what steps are required to realize human rights for people with disabilities in meaningful ways.

We are celebrating Canada's role in ratifying the Convention and its commitment to the rights of persons with disabilities.

For more information, please contact: Michael Bach, Executive Vice-President, 416.209.7942
mbach@cacl.ca

Boxes of Joy for Boys and Girls *written by Janice Lee, Self-Advocates*

We would like to say thank you to everyone who participated in the shoe box drive. We would also like to say thank you to the Self-Advocates and the Staff Advisors, who gave their time to do the sorting, filling and wrapping of the shoe boxes. In 2009, we collected approximately 30 boxes which means that approximately 15 boxes went to Arnprior and 15 boxes went to Renfrew. Anne Dregas and Mary Ellen McNulty presented the boxes to the Salvation Army to distribute in December 2009 for Christmas.



by Carolyn Miller

Community Living Renfrew County South has registered a team for the BIG BIKE again this year. The event is set for Monday, May 10th at 11am in Arnprior. We need 29 riders to raise a minimum of \$50 each for the Heart & Stroke Foundation. If you are looking for a fun event and an opportunity to increase community participation, then why not consider joining our team? Please contact Carolyn Miller or Sandy Shean at Arnprior CAS at 613-623-4955 to join. If you would rather sponsor a rider, you may do so on-line at www.bigbike.ca, or directly with the rider. Let's get our heart into it in Community Living month!

Announcing!!



A group of families in Lambton County created The Real People Campaign over two years ago.

This month they launched their website and are hoping to expand the campaign to families throughout Ontario. The stories contained on the website are quite compelling. They are asking that information regarding the website be shared with families supported by all agencies.

Their mission is: To gain the supports needed for individuals with intellectual disabilities and their families to plan for and enact their goals of living in the community.

A grassroots information and advocacy website for families, by families who are touched by intellectual disabilities.

www.realpeoplecampaign.com

Vancouver Paralympics 2010

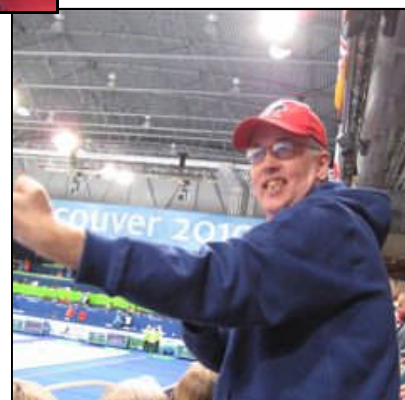
by Eric Teschke



I had a wonderful time at the Paralympics in Vancouver. I went and saw sledge hockey, we lost against Japan and Norway. I also went to curling. Canada ended up winning 8-7 over Korea and won the gold medal.

I took a signed Canadian flag with me and carried the flag to every event and waved it proudly.

The Paralympics were awesome. Vancouver is a beautiful place. While I was in Vancouver I went on the Canada Line Train to visit my sisters' friends.



I had a great time at the Paralympics in Vancouver 2010. It was good to see my family and spend time with them.

Outreach *by Allan Yull*

The Men's Outreach Program, that is a pretty loose term when it comes to these guys as there are few men's clubs in the county with such a diverse membership. And that is what makes it work. Heavy Metal fans, Stompin' Tom fans. Deer hunters and not the movie, paddlers and campers, fishers and fighters. Musicians and Johnny Cash. We play all sorts of sports, year round. We have Special Olympians in many disciplines, one whose records

still stand. Sledge hockey players and computer geeks. I'd like to thank the Spirits responsible for steering me to this place. Some of the lads like to cook. All of us like to eat. It's a win win situation.

Singing loud in the van to Bluegrass music. No matter we did not know the words. Spaghetti suppers when just about everybody is crowded together eating, laughing, talking. Choking. Nothing serious. It's just that when we are at a table, with food, we will talk loud and joke

and choke on lots of things that were said. Playing pool at the Legion. Drinking coffee and/or fountain drinks at the Wing. There are friends everywhere. Waitresses at the truck stops. Ticket sellers at the hockey games. The Ladies who stamp our hands at the Arnprior pool. All of this is our community, and we help to make things happen in it. The Men's Outreach Program, it's a way of life.



MISSION STATEMENT

“working with others to improve the quality of life for people with developmental disabilities”



The Goal of Community Living Renfrew County South is: 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. This goal envisions a community where all people are welcomed and supported without discrimination.

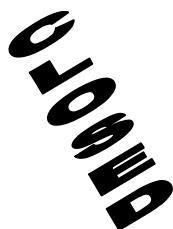


<p><u>Board of Directors</u></p> <p><i>Dan Amyotte</i> <i>Geoff Booth</i> <i>Bob Bouchard</i> <i>John Carkner</i> <i>John Cooke</i> <i>Barbara Cosman</i> <i>Jane Dowd</i> <i>Cari Forteath</i> <i>Janice Lee</i> <i>Laurie Millar</i> <i>Esther Roberts</i></p> <p><u>Committee Members</u></p> <p><i>Helen Deslaurier</i></p>	<p><u>Management Team</u></p> <p><u>Executive Director</u></p> <p><i>Jennifer Creeden</i></p> <p><u>Managers</u></p> <p><i>Jeff Gates</i> <i>Elaine Gilchrist</i> <i>Tina MacLaren</i> <i>Lucy McCordick-Boisvenue</i> <i>Cyndi Wilson</i></p> <p><u>Administrators</u></p> <p><i>Ann Blimkie</i> <i>Laura Pirie</i></p> <p><u>Administrative Assistant</u></p> <p><i>Sharleen Van Woezik</i></p>
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Congratulations to the winner of the Staff draw

Valentine’s Dinner for Two - Elaine Gilchrist

Administration Offices/Day Programs Holiday Schedule



- April 2 - Good Friday
- April 5 - Easter Monday
- May 24 - Victoria Day
- July 1 - Canada Day
- August 2 - Civic Holiday

The Connections Newsletter is published three times per year. This newsletter is available online at www.clrcs.com. If you require additional information about COMMUNITY LIVING RENFREW COUNTY SOUTH please contact us at 613-432-6763 or 613-623-4955 or send an e-mail to commliving@clrcs.com. If you have any ideas or comments please direct them to Sharleen Van Woezik at 613-432-6763.