

July 2018



Big Motorcycle Hearts by Debbie Trahan

This is an amazing story of caring, big hearts supporting their community. The Templar Knights MC of Renfrew are a remarkable group of gentlemen. They stepped forward to build an accessible ramp at one of the homes operated by Community Living Renfrew County South. They are a motorcycle club that have members from all over the county. They are the only Canadian branch of a club that is all over the world; three Chapters in Sweden and nine in United States with the Mother House situated in Utah. When a person is interested in joining the club, first they have to go through a few tasks before becoming a member. Each new member is assigned a mentor from the current club members to guide them during their journey. One of the main tasks that is asked of all recruits is to get the club involved with the community. A recruit found out that a well-needed accessible ramp was required at a group home of Community Living Renfrew County South. *cont'd on pg.3*

LOCATIONS

326 Raglan St. S.

RENFREW ON K7V 1R5

Phone: 613-432-6763

Fax: 613-432-9465

106 McGonigal St. W.

ARNPRIOR ON K7S 1M4

Phone: 613-623-4955

Fax: 613-623-6176

email: commliving@clrcs.com

SPECIAL POINTS OF INTEREST

- **Check page 2 for important dates**
- **Read all about the amazing trips, adventures and success stories**

2018 IMPORTANT DATES TO REMEMBER

Events

BINGO - July 30th - Arnprior Legion, 6:00 p.m., start time 7:00 p.m.

RENFREW FAIR - September 5th - 9th, - Renfrew Fair Grounds

LAUREL RAFUSE MEMORIAL GOLF TOURNAMENT - September 16th - Renfrew Golf Course

VICTORIAN TEA - October 15—Renfrew Armouries - contact Gloria Tunn 613-432-7529

CHRISTMAS DANCE - December 7th, 7 p.m. - RCAF Wing, 164 Argyle St., Renfrew

Administration Offices/Day Programs Statutory Holidays/Closed

Monday, August 6th - Civic Holiday

Monday, September 3th - Labour Day

Monday, October 8th - Thanksgiving Day

Tuesday, December 25th - Christmas Day

Wednesday, December 26th - Boxing Day



Seeing Is Believing Magic Show

On Saturday, May 5th Garry Inglis and Geraldine Prince went to the Seeing Is Believing Magic Show at the Renfrew Recreational Centre. They had a lot of fun watching the Magician perform his magic tricks; he even made a lady disappear.

Thank you to the Renfrew Kinsmen/Kinette Club, VIP Productions and to The Royal Canadian Legion Branch 148, Renfrew, for collectively providing Community Living Renfrew County South with over 25 free tickets for individuals, their families and friends to experience The Magic!!!

Congratulations to the winners of the employee draws!



Easter - a basket full of goodies - Maureen Sauve



Canada Day - cooler full of backyard BBQ fun — Gloria Tunn



David Trahan presented this idea as his main task to the club and the club jumped on board. Dale Perneel (club member) of Dale Perneel Interiors took the lead on this project; he donated his time to organize all the aspects of building the ramp. Dale also co-ordinated

with other companies to assist as well; Renfrew Concrete stepped forward and donated the concrete that was required and Crozier Excavation donated the digging out of the ground so the ramp could be built. The club members (Paul McCormick, David Trahan and Earle Woods) worked on the ramp throughout the week and completed it on May 25th.

Community Living Renfrew County South would like to say thank you to the Templar Knights MC of Renfrew for their time and dedication in building the ramp. The gentlemen that will be using it are extremely grateful. Thank you to all the other organizations for their time and donations to the project. We are truly overwhelmed by this generosity and support.

I would also like to point out that the club also helps out with whatever is needed for the Renfrew Santa Claus Parade; from putting up the barriers, to helping out with floats, to anything that is needed in general.



They have organized a Ride for Kids Toy Drive on September 8th. If anyone is interested in donating a new toy you can contact the club or contact the Rocky Mountain House in Renfrew who is one of their main sponsors.



A great group from CLRCS participated in the Walk for Dementia at Groves Park Lodge. It was wonderful to support this great cause in our community!!

2018 World Tour the Harlem Globetrotters *by Amanda Curry*



On Saturday April 7th Nicole Riopelle and I left Renfrew around noon to head to Ottawa to see The Harlem Globetrotters. There was a lot of laughing cause its basket ball done with humour. The players were always finding ways to make everyone laugh. Two of the players jumped up and sat in the net. There was a player with such a head of hair like when people say they have big hair this guy had BIG hair like Afro hair; his name was Moose and he was the one with the mic.

There were some moments it was not so great. Cause we went to buy stuff to take home and it was stressful to get to cause we had to go all the way down to the main floor and that was not easy to do cause we had to keep walking around the building being told we could not go down and then we were in the wrong place. We went up and down a few times when one of the guards said you may not be on this floor without a guard so we went back to watch the first half of the game. Then we came back down to try buying stuff again. They had six guards to take me and Nicole down to the floor to buy something. I bought a Globetrotter ball.

Even with all the walking around we did we got shown where the Ottawa Senators hockey players come out on the ice. It was super cool cause it was a door that looked like a wall. Then we went to head home but made a stop at my favorite store - Chapters to pick up a book then got all the way home and noticed I bought the wrong book. But it was a great day.

Colour me *by Travis Tachynsky*

On Monday, June 11th we received a call from a staff from No Frills asking us to paint a picnic table. We drove out to their warehouse where the picnic table was waiting for us – we had to stop Steven from helping himself to the beer. Steven Fraser, Alex Duggan, Kevin Ostroskie and I picked out the colours we wanted to paint with and we got busy. It looks fantastic!!!! Where will the picnic table go? we do not know! UPDATE: The picnic table was delivered to CLRCS by No Frills staff on Friday just in time for Eat Together Day. Thank you to No Frills!



My Outstanding Afternoon!! *by Travis Tachynsky*



On April 20th I got to fulfill my goal of going to a tattoo parlour. Liz McFarlane had arranged for me to go visit the Dog House Ink Tattoo parlour in Pembroke. Chris, the owner and his crew made me feel very welcome!! I got a tour of the parlour and I got to watch Curtis get his fireman tattoo.

Chris surprised me by asking if I would like a tattoo drawn on me of a Tibetan Skull,

since he noticed all the skulls I had on my shirt and that he I thought I would like that!!! Of course, I said yes!! I had to sit still for 40 minutes while Adam drew and coloured my skull! I loved it!! I was lucky to get a tattoo without the needles and pain!!

Thanks to Chris and the gang of Dog House Ink for giving me an “outstanding” afternoon!!



McHappy Day

On Wednesday May 2nd Community Living Renfrew County South provided their support to McHappy Day in Renfrew, ON and to this most worthy cause that helps keep families close when they need it the most.

Every year, McDonald's Canada franchisees and crew across the country celebrate McHappy Day, an annual day of community giving in support of Ronald McDonald Houses and other local children's charities.

On Wednesday May 2nd for every Big Mac®, Happy Meal® or hot McCafé® beverage purchased, \$1 was donated to RMHC® and children's charities across Canada.



Big Bike for Heart and Stroke

Thank you to everyone who supported Community Living Renfrew County South by participating in the Big Bike for Heart and Stroke this year!

Together we were able to raise \$1,807.40 for the cause! Thank you to the members of Ottawa Valley Community Connections, Rona and family members who rode the bike with us!



Teresa looks forward to going to painting class and visiting her friends at the Bonnechere Manor on Wednesday afternoons

Enjoying time at Ken Keill's horse farm



Allan's Retirement *by Cyndi Wilson*

On May 9, 2018 individuals and co-workers gathered to Congratulate and bid Farewell and Good Luck to Allan Yull on his retirement from Community Living after 16 years of "working with others to improve the Quality of Life for people with developmental disabilities". Allan was a dedicated, caring and compassionate Support Worker, having developed mutually-respectful and genuine relationships with employees, individuals and their

families alike. His kindness, consideration and consistent thoughts of others first will be truly missed. Best Wishes go out to Allan on this new leg of his journey through life!



Hand Drumming *by Karen Moghaddam*

On March 28th, nine clients from Arnprior CAS began a five-week hand drumming course at Main Street School Of Music in Arnprior. These classes were given to us for free from funds given to us from MCSS Shift Towards Greater Inclusion.

Everyone has been having lots of fun and all have learned the basic skills of hand drumming. Thank you to Darius for your patience while teaching us these skills, you made a lot of people happy.



Ball Hockey *by Elizabeth McFarlane*

An Annual Street Ball Hockey game was planned by the Renfrew County District School Board, Adult Literacy Class on Tuesday, May 1st, 2018.

Community Living Renfrew County South and the students of the Adult Literacy Class participated in this ball hockey tournament in Renfrew. This year it was named the Allan Yull Cup in honour of retiring employee Allan Yull. Fun was had by all!!



Jersey Day for Humboldt Broncos *by Elizabeth McFarlane*



On April 12th individuals and employees at Community Living Renfrew County South from Renfrew Ontario wore their sports jerseys and put out their hockey sticks in a show of support for the Humboldt Broncos hockey team, their families and the Humboldt community who were affected by the devastating crash of the team bus. Our thoughts and prayers are with you.

Annual General Meeting

Community Living Renfrew County South's AGM was held on June 26, 2018. The meeting took place followed by a presentation of our New Website by Jennifer Creeden, Executive Director. Please check it out by going to: www.clrcs.com.



Family and Friends Spring Dinner

by Alana Peer

Our Family and Friends Spring Dinner was held on Wednesday, May 2nd at the Royal Canadian Legion Auditorium, Renfrew ON.

Thank you to the community and families for supporting this worthwhile cause. This year we raised \$360.00. Proceeds will be shared between Community Living Renfrew County South and the Royal Canadian Legion Branch 148., Renfrew.

Thank you to Frank Campbell and Stephen St. Michael for their musical entertainment.



Murder Mystery



On Saturday, May 5th Jesse Collins, Jeff Whitemarsh, Sarah Senack, Margie Munhall, Mary Ellen McNulty and Gloria Tunn sat at a table with Mark and Linda Humphries to watch the Murder Mystery in Cobden. This Mystery included a three-course meal put on by the Agriculture Hall so we were all well fed. The theme was "Broadway" so Jesse and Jeff went as the Blues Brothers, Mary Ellen was a Pink Lady and Sarah was a dancer from "Grease". We had a great night and are already looking forward to what next year will bring us.

Canadian Tulip Festival

On May 23rd Frank Campbell, Isabel Rusenstrom, Clare Kenopic, Jeff Whitemarsh, Mary Ellen McNulty, Margie Munhall, Garry Inglis, Sarah Senack, Janice Rozycki and Gloria Tunn went to Ottawa to the Canadian Tulip Festival.

They walked around looking at all the different coloured tulips and some of them took photos. Picnic tables in the shade offered them a place to eat their bagged lunches. They had a good day with great weather.



The Connections Newsletter is published three times per year. Please fill out the form MEMBERSHIP 2018 to purchase a membership.

If you require additional information about COMMUNITY LIVING RENFREW COUNTY SOUTH please check our website: www.clrcs.com or contact us at 613-432-6763 or 613-623-4955 or send an email to commliving@clrcs.com. If you have any ideas or comments please direct them to Sharleen Van Woezik at 613-432-6763 ext. 102.

WE WILL REMEMBER YOU! GWEN DESLAURIER



We were saddened with the loss of Gwen on March 23rd, 2018 at 63. Gwen was supported and involved with Community Living for 13 years at home and when she moved to the Bonnechere Manor. Gwen truly enjoyed our annual Christmas Lunch at the Legion in December and our Winter Carnival Day at Mat-e-way Park in February 2018. Gwen loved to participate in crafts, Bingo, pet therapy, walking inside and out, socializing with others, browsing around any store, drives in and out of town, eating out and singing along to any music event. Her beautiful smile and hearty laugh will be remembered.

Annual Spring Fling

by Gloria Tunn

Mary Ellen McNulty, Sarah Senack and Margie Munhall made cupcakes at Community Living for the Spring Fling. They also helped to set up the table at the door, put decorations on the wall, setup games, put food, drinks and treats on the tables.

Frank Campbell was the DJ and he played lots of good music to dance to.



The theme of the dance was a Carnival with hotdogs, potato chips, popcorn, cotton candy, ice tea, lemonade and water.

We thank all the volunteers for their help and the 100 people or more who were in attendance. We had a lot of compliments about the event. See you next year.

M. Sullivan & Son Ltd. Golf Tournament

by Tina MacLaren



May 25th was our 18th Annual Golf Tournament sponsored by M. Sullivan & Son Ltd. A great day was had by all despite our annual (and predictable) downpour of rain.

Thank you to Sullivans, golfers, sponsors and volunteers.

Hockey Ticket Donation From Antiques Hockey Club *by Allan Yull*

On February 22nd Tampa Bay Lightning visited the Ottawa Senators and thanks to Renfrew's Afternoon Antiques Hockey Club we at Community Living had tickets.

There were 18 of us, some of us standing, some of us sitting and all of us cheering. Great hockey game, amazing night. Good friends all around.

Thank you Antiques, we loved it!



Royal Tea Birthday Party



On May 19th Gloria Tunn picked up Margie Munhall, Mary Ellen and Sarah Senack and stopped to get groceries for the Royal Wedding Tea Party on Saturday morning. They had supper and polished the silverware. The ladies stayed overnight and didn't get to bed until around midnight and got up at 6 a.m. to get ready for the day. There were nine ladies enjoying crumpets and tea as they watched the Royal Wedding of Prince Harry and Meghan. Gloria

surprised them with fancy hats for them to wear as well as a birthday cake because Sarah was celebrating her 40th birthday. They toasted the bride and groom with a Mimosa (orange juice and champagne). A good time was held by all!



Arnprior Fire Department and Ride for Dad Car Wash

Adam Boldt loves his opportunity to volunteer with the Arnprior Fire Department.

On May 26th he helped out at the car wash raising funds for Ride for Dad for prostate cancer awareness.

Aqua Rosa Quarry Trip *by Clare Kenopic*

On June 6th, Judy McDonald, Janice Rozycki, Rebekka Zimmerling, Alana Peer, Sandra Senack and I drove to Quadeville to visit the Aqua Rosa Quarry. We hiked ¼ mile from the road to the quarry where we picked gemstones. When we were finished we drove to Wilno and had lunch at the Wilno Tavern. Back at Community Living we had to scrub our gemstones and get all of the dirt off, then Alana made us all a keychain with our favourite rock.



The Laurel Rafuse Memorial Trust provides financial support for

summer activities for children and youth with developmental disabilities.

The 25th Annual Golf Fun Day supporting the

LAUREL RAFUSE MEMORIAL TRUST

is being held on Sunday, September 16, 2018

at the Renfrew Golf Club.

Details

- ♦ \$105 per person (Renfrew Members \$80.00) includes:
Green Fees - Golf Carts—BBQ Lunch - Dinner - Prizes
- ♦ Scramble Format
- ♦ Hole In One Challenge
- ♦ Space for the first 36 teams
- ♦ Payment must accompany registration forms
- ♦ \$35.00 tax receipt for income tax purposes
- ♦ Rain or Shine Event

Contact: Ann Blimkie 613-432-6763; ablimkie@clrcs.com or
Jennifer Creeden 613-432-6763



Tuesday May 29th marked the 61st Birthday for Ron Windle. Ron spent his special day with his friends over lunch hour at Community Living.

Pictured here is Ron with his friend Darlene Shields ready to enjoy birthday cake! He shared the delicious cake with his friends.



I had a wonderful 70th birthday with my friends and neighbours...About 30 people showed up with a happy smile, congratulations and of course, gifts!!! Frank Campbell amazed us with his fantastic music. Some of us danced and sang along! With the food and drinks flowing, sun shining it was the best birthday ever. *Peter Tatlow*

Adventure to Ottawa and Area

by Rick McPhail

Dan Laplante, George Burgess and I drove to the John Deere dealership to shop, look and see what there was to sit on. George fell in love with an old tractor but it was out of his price range.



We went Ottawa June 1st-3rd. First stop to the Agriculture Museum to see the horses, visit the tractor displays and Dan participated in a food processing demonstration and he even had time to sample some of his work afterwards. We went to the hotel, parked the van and walked to the launch of the boat tours by the Rideau Locks. It was an interesting and visually stimulating walk through the big city by the malls, downtown and around all the people walking around. The guys embarked onto the boat and went to the top deck to take in the river views and the fresh air for the next few hours. The guys made it to the hotel to relax, have a snack and a drink, then out for supper before retiring after watching police detective shows on TV.

The guys woke up late and then cleaned up, got ready to walk through the market to have a leisurely breakfast. Then

onto shopping for clothes at the Rideau Centre.

George wanted to have a simple lunch so we decided to get items at the grocery store and go back to the hotel to enjoy and rest up. We went to the Beer Fest in Gatineau later in the afternoon. We listened to music, walked around and had some different tastes of a variety of beers and different foods as well. It was a nice, enthusiastic and energetic crowd. This was an event that was different for both gents. As the sun set it started to get a little cooler down by the edge of the water so we decided to head to the hotel after going deeper into Quebec territory to enjoy a drink and treat at Tim Horton's, relax and go to sleep.



On Sunday morning, breakfast was enjoyed in the east end on our way to meet up with Dan's sisters and brother. Dan had a nice visit with family and enjoyed some food, treats and drink.

George spent time at the Mall shopping for a tractor like the John Deere one but he found an old pick up truck that he fell equally in love with. We drove back to our homestead in Renfrew where we relaxed, shared stories of our Ottawa adventures and then called it a night.

Hurd's Lake

Three wonderful days in June were spent at Hurd's Lake camping for some individuals. Barbequing, swimming, campfires, live music. An overnight stay was enjoyed by a few individuals. A good time was had by all.

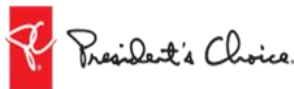


Watercolour *by Connie Gale & Clare Kenopic*

We participated in a four-week water colour class hosted by The Golden Age Center. Each week we made a new picture. On the last day June 28th this was our final art piece; we are very proud of how they turned out.



Eat Together Day!!



President's Choice was on a mission to make the world a better place by sharing a meal with others. Eating together connects us and good things happen. So, for a second year, on June 22nd, 2018 Community Living Renfrew County South and Sterling's No Frills took up the cause of President's Choice Eat Together Day by hosting a free BBQ lunch in the CLRCS back parking lot. We celebrated by sharing a meal and listening to music with an **Eat Together Parking Lot Party!**

Thank you to Sterling's for doing this with us, providing all the food and thank you to everyone that came out to join us. It was a beautiful day, we had a blast, connected with old friends and made new friends. So, good things do happen.

MEMBERSHIP 2018

Why Become a Member of Community Living Renfrew County South?

Show your support for the valuable services and programs Community Living Renfrew County South offers

A larger membership can impact funding opportunities

More members give us a more powerful voice

Have a say in our Association and vote at our Annual General Meeting

Help make a difference in the lives of people with developmental disabilities

Thank you for your support and consideration!

2018 MEMBERSHIPS/DONATIONS

Please return to:

COMMUNITY LIVING RENFREW COUNTY SOUTH
P.O. BOX 683, 326 Raglan St. S. RENFREW ON K7V 4E7

Please make cheque payable to: Community Living Renfrew County South or CLRCS

Name: _____ Address: _____
Telephone #: _____

☐ I wish to purchase a new 2018 Annual Membership \$5.00

☐ I wish to renew my 2018 Annual Membership \$5.00

Annual Membership: open to any person who supports the purpose and objectives of the Association and who pays an annual membership fee, except persons employed by the Association. Full voting privileges.

☐ I wish to purchase a Life Membership \$100.00

Life Membership: open to any person who supports the purpose and objectives of the Association and who pays a life membership shall be valid from the date of purchase and for all future membership years. Full voting privileges.

☐ I wish to purchase a 2018 Associate Membership \$5.00

Associate Membership: open to any person or organization that supports the purpose and objectives of the Association and pays an associate membership fee. NO voting privileges.

☐ I wish to make a Donation

Membership \$ _____ + Donation \$ _____ = Total \$ _____

NEWSLETTER:

If you are receiving your newsletter by mail but prefer to receive your newsletter notification by e-mail, please insert your e-mail address here: _____

Thank you for supporting Community Living Renfrew County South.

Receipts for income tax purposes will be issued for donations and memberships.

Charitable Registration # 10696 2889 RR0001

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.

2018-2019 Board of Directors

- ♦ Don Di Salle - President
- ♦ Cari Foreath - Vice President
- ♦ Greg Belmore - Treasurer
- ♦ John Cooke - Personnel
- ♦ Geoff Booth - Properties
- ♦ John Carkner
- ♦ Syd Gravel
- ♦ Janice Lee
- ♦ Esther Roberts

Committee Member

- ♦ Helen Deslaurier

Management Team

- ♦ Jennifer Creeden - Executive Director
- ♦ Kalyn Barr - Manager, Supported Group Living Renfrew
- ♦ Jeff Gates - Manager, Supported Group Living Arnprior
- ♦ Tina MacLaren - Manager, CAS Arnprior and Renfrew
- ♦ Lucy McCordick - Boisvenue - Manager, Family Support and Respite
- ♦ Debbie Trahan - Manager, Quality Improvement/Compliance
- ♦ Cyndi Wilson - Manager, Supported Independent Living and Outreach
- ♦ Ann Blimkie - Financial Administrator
- ♦ Laura Pirie - Human Resources Administrator
- ♦ Sharleen Van Woezik - Administrative Assistant
- ♦ Darleen Lewis - Accounting Clerk