



Community Living Renfrew County South would like to thank Sterling's No Frills and MYFM for choosing us as their community partner for the month of March. We appreciate being given the opportunity to share our information with the community and promote our Mission Statement of "working with others to improve the quality of life for people with developmental disabilities".



Wednesday, February 27th was **Pink Shirt Day** to show support for anti-bullying! We encouraged everyone to practice kindness and wear pink to symbolize that they do not tolerate bullying.



March 2019

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

e-mail: commliving@clrcs.com

Website: www.clrcs.com

Newsletters are on our website!!

Like us on Facebook
clrcs facebook



SPECIAL POINTS OF INTEREST

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

2019 IMPORTANT DATES TO REMEMBER

Events

FAMILY & FRIENDS SPRING DINNER - May 1st (pg.15)

BINGO - May 6th - Arnprior Canadian Legion (pg.7)

ANNUAL SPRING FLING - May 16th (pg. 16)

M. SULLIVAN & SON GOLF TOURNAMENT - May 31st (pg.15)

BIG BIKE - June 26th (pg.9)

Administration Offices/Day Programs Statutory Holidays/Closed

Good Friday - April 19th

Easter Monday April 22nd

Victoria Day - May 20th

Canada Day - July 1st

Self-Advocates Committee Food Bank Donation *by Sharon Little*



On December 18th, Eric Teschke and Geraldine Prince helped deliver the food donations to the Renfrew Food Bank that were collected at the Community Living Renfrew County South office. Doug Brooks was happy to receive the generous donation.

Thank you to all individuals, employees and Board members of CLRCS for their support.

New Horizons Seniors Grant for Health & Well Being

L'Arche Arnprior, in partnership with CLRCS is offering socially inclusive opportunities promoting healthy living choices. Activities will be focused on creating links and participating in activities offered by other groups in the community. Paint classes, Yoga and Drumming sessions are a few of the activities we can look forward to.

We would like to thank L'Arche Arnprior for pursuing the grant through Employment & Social Development Canada and for including us in this project.

Generous Donation! *by Crystal Cobus*



We had a special Christmas gift this year thanks to R & R Electric's generous donation of 25 movie passes to the O'Brien Theatre in Renfrew Ontario. Harris Wade and Dan Laplante accepted them on behalf of CLRCs from the owner of the theatre, Murray Adolf.

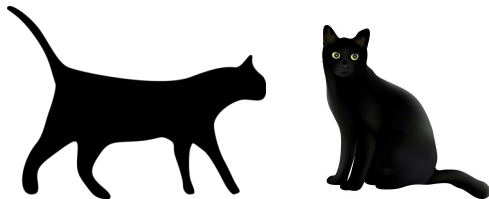
Thank you Ray and Ron Cobus for providing us with an opportunity to enjoy a free movie, popcorn and a drink. Your kind and thoughtful gesture is greatly appreciated.

Something Fishy

Finally on February 27th we went out on the Ottawa River for our first ice fishing!!! Enjoyed by Jennifer Roche, Harris Wade and Alex Duggan!! Alex was lucky enough to land this nice pike at 2 p.m.!! *Thanks to Ron Ferguson for the use of his fish shack.*

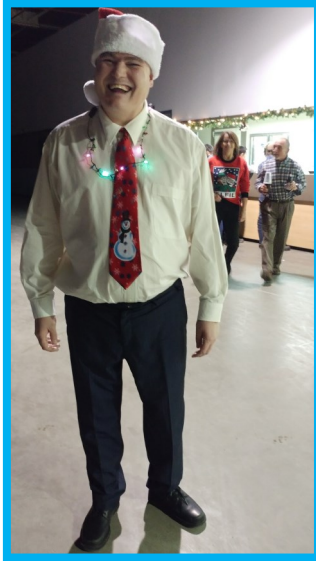


Norris & Maguire *by Shannon Waddell*



Joel Raycroft, Ruth Walton and Peter Reinlander delivered gifts to the Arnprior Humane Society. Our group visits the two cats we sponsor Norris and Maguire, bi-weekly.

Community Living Renfrew County South “Community Christmas Dance”



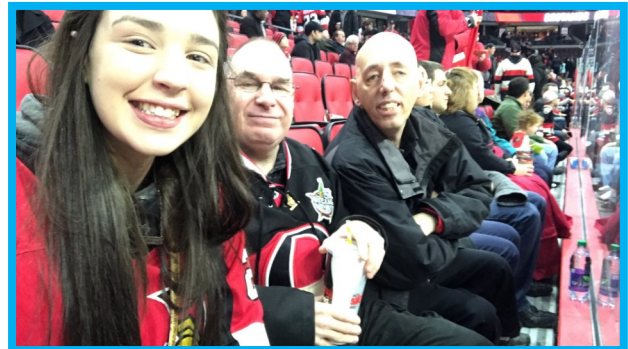
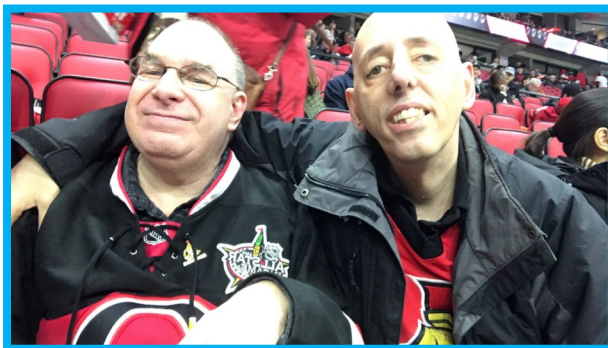
On December 7th, CLRCS held their dance at the RCAF Wing in Renfrew. The crowd of over 200 were entertained by Fifth Street Band with a special guest, Frank Campell, an employee of CLRCS, who played the electric guitar and provided backup vocals.



Everyone had a great time and we have already booked the hall and the band for December 6th, 2019! See you there!

Go Sens Go! *by Shelby Hartwick*

There is no better way to spend a Sunday afternoon than in front row seats watching the Ottawa Senators hockey team play the Carolina Hurricanes and win!! The day was filled with smiles, tons of cheering and eating of some delicious snacks. Jeff McClinton and Grant Elliott had an absolute blast as did I.



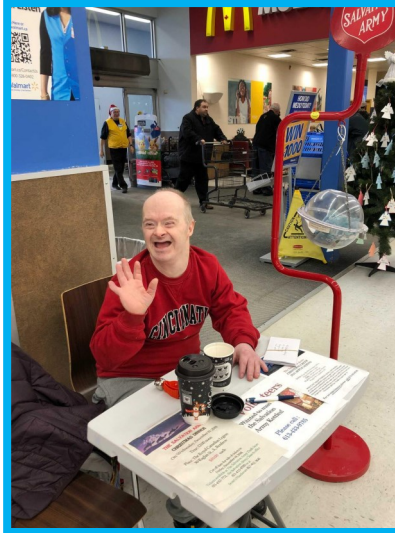
Congratulations to the winner of the employee draw!



Valentine's Day - Melissa Hughes

Giving Back by Liz McFarlane

Community Access Supports (CAS) Renfrew volunteered at the Salvation Army Christmas Kettle at Walmart during the month of December. These individuals enjoyed giving back to the community.



Sheza Shogun aka Gunner *by Ted Williams*

On November 5th, our regular swimming was cancelled so David Jacques, Mike Farr, Steve Shane and I went to visit the legendary Sheza Shogun aka Gunner. Pictured here are David and Mike enjoying giving gunner an afternoon of ear scratching.



M. Sullivan & Son Golf Tournament – May 31st 2019 *by Tina McLaren*

Mark your calendars – not only will we be hosting the 19th Annual M. Sullivan & Son Golf Tournament but expect rain (in following the tradition).

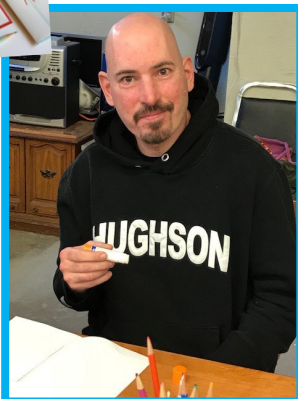
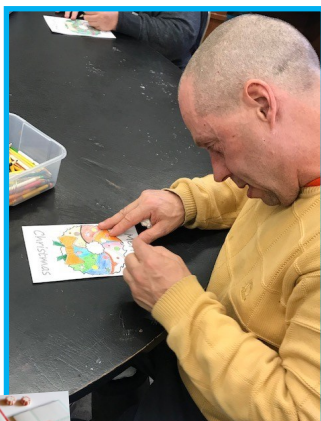


M. Sullivan & Son Limited, the Sullivan family, employees and associates will tee off in support of a common goal – raising funds to send children to camp.

Register a team, sponsor a hole, donate to continue this tradition.

Maybe, this will be the year that the sun will shine – don't miss out!

Special Greetings to Canadian Soldiers *by Crystal Cobus*



Here we are creating Christmas cards and sending our thanks and best wishes to the Canadian soldiers overseas.

Christmas Luncheon

The annual Christmas luncheon was held on December 5th at the Renfrew Legion.

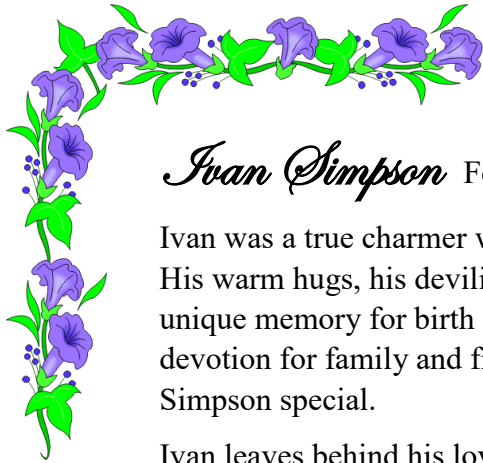


Several birthdays were celebrated: Debbie Broome

Annette Landreau

CLRCS is having a night at the Arnprior Canadian Legion Branch 174, 49 Daniel St. N. on Monday, May 6th. Come out, bring your family and friends. You'll have a wonderful time with lots of laughs and you may even be able to shout BINGO. The doors and the canteen open at 5 p.m., the Bingo caller starts calling at 7 p.m. You can purchase french-fries, hamburgers, hotdogs, poutine, sandwiches, pop, chips, chocolate bars and water at the canteen. See you there!





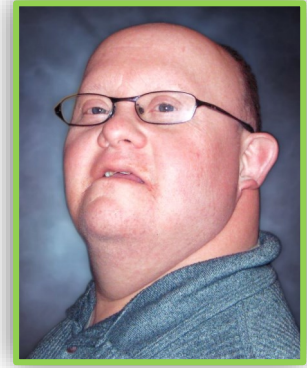
We Will Remember You!

Ivan Simpson February 17, 1962 - December 26, 2018

Ivan was a true charmer who was always helping someone. His warm hugs, his devilish grin, the twinkle in his eye, his unique memory for birth dates and above all, his love and devotion for family and friends, were what made Ivan Simpson special.

Ivan leaves behind his loving family, his Rona companions and his many friends from Community Living Renfrew County South - Rest In Peace.

(Article by Tina MacLaren)



Sylvia Cottie February 24, 1938 – February 14, 2019



Sylvia was a very important part of her community and her Community Living family. She will be remembered fondly by many people. She loved her family deeply and it showed in everything she did. She was kind, forgiving, compassionate, dedicated, generous and was always a lady. She had many close friends that will miss her dearly.

She was a big part in the Special Olympic sports teams and loved to travel and compete against other teams. She bragged about her large collection of medals that hung around her apartment. When she was no longer able to participate in the sports she went on to be head cheerleader for her team mates. She was also an important part of Blue Iris catering and showed off her talents. Sylvia would sign up for most activities at CLRCS and was a pleasure to support.

Sylvia was a devout member of Trinity-St. Andrew's United Church and attended every Sunday up until she fell ill. She enjoyed all activities at her church and was included in all aspects.

I was blessed to have been able to help support Sylvia in a Supported Independent Living capacity and we became very close friends. I will miss her dearly and cherish the memories that we made. Sylvia was a true sweetheart!

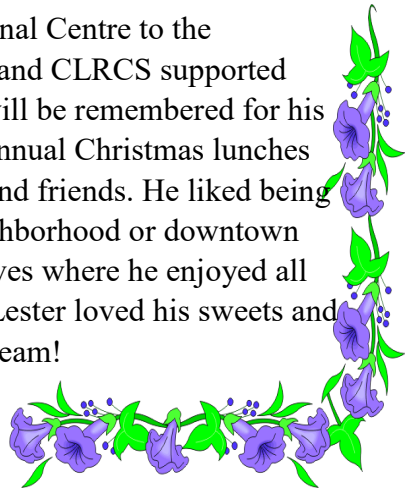
(Article by Ruth Karras)

Lester William Felhaber August 16, 1937 - March 10, 2019



Lester moved from Rideau Regional Centre to the Bonnechere Manor in May 2008 and CLRCS supported him for almost 11 years. Lester will be remembered for his love of music. He attended our annual Christmas lunches and enjoyed the music of Frank and friends. He liked being outside in the fresh air in his neighborhood or downtown Renfrew, as well as going for drives where he enjoyed all the different sights and sounds. Lester loved his sweets and his favourite was chocolate ice cream! Lester, you will be missed.

(Article by Lucy McCordick-Boisvenue)



Heart&Stroke



CLRCS is once again participating in the Big Bike for Heart & Stroke which will take place on Wednesday, June 26th and we need your help! All the money raised

through Big Bike helps support the Heart and Stroke Foundation. Donations are used to help fund critical research that's preventing heart disease and stroke, saving lives, and supporting survivors and their families.

You can check our website and facebook page for updated information as it becomes available, as well as by contacting Sandy Shean at 613-623-4955 or Linda Laventure at 613-432-7529 for more information.

On March 6th the Lads and Lassies dusted off their green and celebrated St. Patrick's Day at the Douglas Tavern. Thank you to Guy Jamieson, Kent Smith and Frank Campbell who provided the music once again and to our hostess Evelyn McHale at the Tavern.



Annual Winter Carnival Day *by Frank Campbell*



On February 12th we held our Annual Winter Carnival Day at Ma-te-way Activity Centre. Individuals enjoyed skating, sledging and various games.

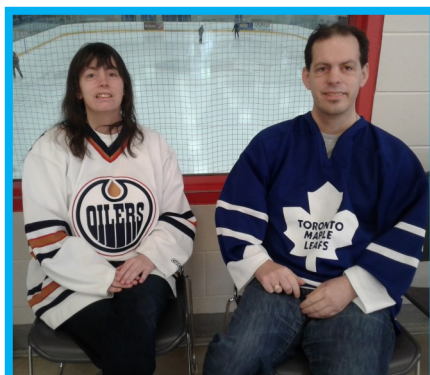
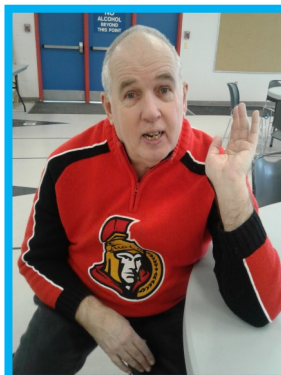
We were also there for a Celebration of Life for a Great Man, Ivan Simpson. He loved the Senator's hockey team so this year's theme was the Ottawa Senators and many people wore their favourite hockey team jerseys.

A video stream of Ivan's life was viewed by all. About eighty friends, family and Rona co-workers of Ivan's attended and enjoyed a Karras Way pizza lunch. Following lunch, myself and others provided music to a dancing crowd. A fun time was had by all.

Farewell Ivan! *(see page 8 for article about Ivan Simpson)*



Annual Winter Carnival Day (cont'd)



Community Living Executive Directors meet with MPP John Yakabuski



Executive Directors Chris Grayson, Community Living Upper Ottawa Valley, Jennifer Creeden, Community Living Renfrew County South, and Monica Prymack, Madawaska Valley Association for Community Living, met with MPP John Yakabuski on February 15, 2019.

As developmental services are provided through transfer payment agreements with the government, the Executive Directors collectively

discussed the factors contributing to the growth of transfer payments, how cutting red tape and finding efficiencies would benefit the government and would help ensure a stable developmental services sector.

The Executive Directors highlighted our combined agency budgets of \$17,478,450.00 with a combined staffing pool of over 300 and a history of service delivery of over 60 years in Renfrew County. We stressed that we are a valued economic partner in the success of Renfrew County and that we need MPP Yakabuski's government and his influence to help government leaders see us as big business. We pointed out that our collective stability is good for the County and asked for his help in the future regarding participation in County economic conversations.

We highlighted areas that were of importance to our sector including preserving funding to frontline services – stressing that our agencies have been starved of resources for a decade now; maintaining the passports funding guarantee and letting our agencies and our sector be a part of the process for cutting the red tape in the developmental services sector. The group let MPP Yakabuski know that we understand that the government has difficult decisions ahead and that we want to be partners in this process and part of the conversation to help government understand the choices that decision-makers face.

We were reassured that MPP Yakabuski was open to listening, gave us over an hour of his time, acknowledged our plight and made specific notes with his executive staff for follow up with the Minister of Children, Community and Social Services, whom he had plans with for an upcoming meeting.

Years of Service Recognition for 2019

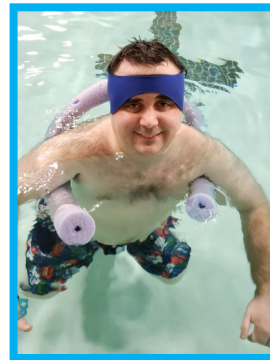
A number of Community Living Renfrew County South employees have recently reached length of service milestones with the organization. Congratulations to all employees. Your dedication to Community Living Renfrew County South and to individuals served is appreciated by everyone.

5 Yrs.	Susan McLaren - Jun/14 Angie Schwerdtfeger - Dec/14	Aili Kallio - Jun/14	Sonja Craig - Aug/14
10 Yrs.	Monica Burgess - Mar/09 Margaret Stewart - Dec/09	Crystal Cobus - Jun/09 Debbie Martin - Dec/09	Tonya Johnston - Jul/09
15 Yrs.	Miranda Hawkins - Jun/04	Audrey VanderVelde - Oct/04	
20 Yrs.	Shannon Waddell - Sept/99	Ted Williams - Nov/99	Don Storie - Dec/99

Alligator in the Pool

by Crystal Cobus

Jesse Stroud, despite the cold frigid days, is very excited to be back to swimming in the Arnprior pool. He is always smiling when in the pool. Jesse said his favorite part of the pool is swimming to the deep end with his noodle.



Minute to Win It *by Crystal Cobus*



A "Minute to Win it Competition" has transpired at CLRCS. The results were amazing. Most challenges were taxing for sure but we had so much fun and so many laughs. Many won medals and others won surprises for their efforts. The medals were awarded not to the winners but to those who came out and participated and really put in their best effort. Those medals were awarded to Clare Kenopic, Connie Gale, Anne Dregas and Dan Laplante. Medals were also awarded to Harris Wade, Kevin Ostroskie and Alex Duggan for their help and assistance during games. We have hosted two competitions now and they have been a great success. We are looking forward to our next competition.

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 Forteach - Vice President
- ♦ Greg Belmore - Treasurer
- ♦ John Cooke - Personnel
- ♦ Geoff Booth - Properties
- ♦ John Carkner
- ♦ Syd Gravel
- ♦ Janice Lee
- ♦ Esther Roberts
- ♦ Paul Vaillancourt

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



Family & Friends Spring Dinner

Hosted by
Community Living Renfrew County South
Wednesday, May 1st, 2019

Royal Canadian Legion Hall
30 Raglan St. S., RENFREW ON

Includes Lasagna (meat or vegetarian),
salad, bun, beverage & dessert

Doors open 4:30 p.m.

Dinner served 5:30 - 6:30 p.m.

Music by Frank Campbell & Friends

Advanced Tickets - Adults \$12 each
available until April 26th, 2019 at
Community Living Renfrew County South
326 Raglan St. S., RENFREW ON

Tickets at the door - Adults \$15 each

Children by Donation (under the age of 12)

Take out available

Community Living
Renfrew County South

Annual Spring Fling

When: Thursday, May 16th, 2019

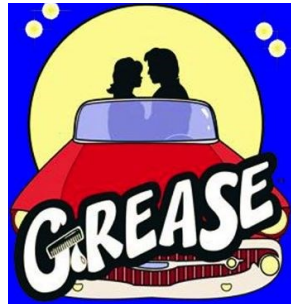
Time: 7:00 p.m. - 10:30 p.m.

Where: Royal Canadian Legion Hall

Cost: Non-perishable food for
Renfrew Food Bank

Musical Entertainment : Mixed Nuts

Theme:



2019 MEMBERSHIPS/DONATIONS

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!

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 2019 Annual Membership \$5.00

☐ I wish to renew my 2019 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 2019 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 notification by e-mail, please insert your e-mail address: _____

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