

May 2024

Connections



1964—2024

Thank you Community Living Ontario for recognizing our 60th Anniversary of supporting adults with developmental and intellectual disabilities!

Where it All Began...

- 1964—A group of concerned parents and interested citizens established an Association to help children with developmental disabilities
- 1965— Bonnechere Valley School opened at Bonnechere Manor operated by the Association
- 1969— Renfrew County Board of Education assumed responsibility for Bonnechere Valley School
- 1977— Adult Group Residence opened at 874 Raglan Street
- 1984— Supported Independent Living Program implemented
- 1987— Life Skills Program implemented. Association incorporated under the name Community Living Renfrew & District. First Executive Director hired; Peter Thompson
- 1989— 25th Anniversary Celebration
- 1993— First Annual Laurel Rafuse Memorial Golf Tournament
- 1996— Assumed responsibility for Day Supports in Arnprior. Name changed to Community Living Renfrew County South
- 2000— Respite apartment established in Arnprior
- 2001— First Annual M. Sullivan & Son Golf Tournament in support of children's summer programs
- 2001—New Executive Director, Sue Beaudry
- 2004— CLRCS celebrated 40 years of Supports & Services. Self-Advocates Committee was established
- 2004—1st Walk, Wheel or Run was held, the name later changed to The Unity Run
- 2006—Group home gifted to CLRCS in Renfrew. First Group home opened in Arnprior
- 2007—Condominiums in Arnprior purchased. Jennifer Creeden is the new Executive Director
- 2008—Second Group Home opened in Arnprior
- 2009—Community Living Associations across Ontario marked the closing of the institutions at the end of March 2009. The new Multi-Sensory Room opened in Arnprior. New home opened in July in Arnprior
- 2011—The Arnprior Community Access Supports moved to 106 McGonigal St. The residents of Opeongo moved to Coumbes Lane
- 2014—CLRCS celebrated 50 years of Supports & Services
- 2018—The last Annual Laurel Rafuse Golf Tournament was held, it ran for 25 years
- 2020—We survived COVID-19!!
- 2021—New Executive Director, Jennifer Lavallee
- 2023—The ladies moved into a new accessible slab on grade duplex after living in their previous home for 31 year
- 2024—CLRCS celebrating 60 years of Supports & Services
- 2024—Sledge Hockey celebrated their 20th Anniversary with the Ice Pickers

2024 IMPORTANT DATES TO REMEMBER

Administration Offices – Statutory Holidays/Closed

Friday, May 10, 2024—Diamonds Are Forever Gala

Monday, May 20, 2024—Victoria Day (Office closed)

Friday, June 7, 2024—M. Sullivan & Son Golf Tournament

Tuesday, June 25, 2024—Annual General Meeting

Monday, July 1, 2024—Canada Day (Office closed)

Monday, August 5, 2024—Civic Holiday (Office closed)

Monday, September 2, 2024—Labour Day (Office closed)

Sunday, October 6, 2024—Unity Run in Renfrew

Monday, October 14, 2024—Thanksgiving Day (Office closed)



This past year, we lost Anne Dregas. She loved all animals, especially her dogs and cats. She loved to travel, bowl and read Ann Rice novels. She was a wonderful person who we had the privilege of supporting.

We will miss you!

May your beautiful smile live on forever.





Community Christmas Dance

It was a wonderful turnout for our Community Christmas Dance with many donations for the Renfrew & District Food Bank! We once again had pizza from Renfrew Pizzeria as well as tasty cupcakes from Renfrew Metro. We were thrilled to have 5th Street play for us again with special guest, Frank Campbell! Thank you to all the Community sponsors for their kind donations of door prizes. We appreciate you!





Donation from In a Bind Bookstore

Kinsey Maxwell, owner of In a Bind Bookstore shared a percentage of her profits for the month of December to Community Living.

A big Thank You to Kinsey for your kind donation!

Renfrew's Santa Claus Parade

This past year, we had our first ever warming station during the Santa Claus Parade and it was a huge success! Many of our homes and staff made several tasty desserts that were shared with the community, along with hot chocolate and hot apple cider. It was wonderful being able to provide a warm spot for before and after the parade. We look forward to hosting a Warming Station again this year!





Connie, Isabel, Jennifer, Anita and Misty enjoy making crafts with others!



Lisa, Kerry and Beth volunteering and making new friends weekly - Meals on Wheels to seniors and others. We love it!

ANNUAL GENERAL MEETING

FEATURING SPECIAL GUEST: MICHAEL JACQUES!



**Past President for the Board
of Directors with Community
Living Ontario.**

*Michael is a public speaker and activist, who in 2018 wrote and self-published **Can't Read, Can't Write, Here's My Book** using speech-to-text technology. In 2020, he released a children's book that he co-authored with Heather Gale titled, **I Belong: Can I Play?***

At a young age, Michael was diagnosed with autism and an intellectual disability. Never one to shy away from obstacles, Michael looks for opportunities to inspire and educate people on diversity and inclusion.

His story demonstrates the empowerment that comes from being comfortable in your own skin, knowing your strengths, valuing relationships, and giving back to your community. Michael gives back by donating partial proceeds of his book sales to Special Olympics Canada and Community Living, two organizations doing great work in these areas.

TUESDAY, JUNE 25 2024 | 6PM
TRINITY ST. ANDREWS UNITED CHURCH
291 PLAUNT ST S, RENFREW ON

RSVP to jtabar@clrcs.com by June 10th



Melissa, Bill, and Eric taking in the Jr. A Wolves game over the Easter weekend. Eric got a selfie with Growler! Go Wolves Go!



Tom at the driving range getting ready for the golf season!



Stephanie loves spending Monday mornings volunteering at the EarlyOn Resource Center.

COMMUNITY LIVING
Renfrew County South
Inspiring Possibilities

CELEBRATING
60
YEARS OF POSSIBILITIES

RAFFLE

YOU COULD WIN ONE OF THESE PRIZES!!

 **\$2800 Travel Voucher**
With Arrprior's Centrum Travel (Carlson Wagonlit Travel), they can make your dream vacation a reality!

 **4-Senators Suite Tickets with parking**
With Burrheadó Inc.
Value: \$500
4 Senator Suite tickets to a Bronze Game with parking pass for the 2024/2025 Season.

 **Koena Spa Romantic Stay Package**
Value: \$322
Access to the baths -- 2 dressing gown rental
2 drinks (beer, wine, cocktail or mocktail)
\$150 credit applicable to a room at the Château Cartier Hôtel & Resort

Tickets are available at our 2 office locations:
326 Raglan St. S and 106 McGonigal St. Arrprior
Licence # 475185
Proceeds are going towards our 60th Anniversary Celebrations
Draw to take place on
Friday, December 6, 2024 @ 9 pm (RCAF Wing)

**Tickets are \$10 each or
3 for \$25**
Cash or etransfer
commliving@clrcs.com
(include your email/phone number)

The Connections Newsletter is published twice per year. Please fill out the 2024 MEMBERSHIP form to purchase a membership. This can be found on our website: clrcs.com or at either office locations.

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'd like to receive a copy of our Newsletter via email, please contact Jen Tabar at jtabar@clrcs.com or 613-432-6763 ext. 102.



What a beautiful day it was to be at TNT Belgin's in Bristol Quebec!

Did you know Belgian horses can weigh over 2000 pounds! Known for their gentle nature, the Belgian has long been revered for it's abilities as a working horse.

Thank you to Cheryl and Vince for the sleigh ride and campfire lunch.



Travis and Jesse
playing pool in
Portage du Fort!

And, maybe they
played a few
tunes on the
jukebox 🎵



SAVE THE DATE!

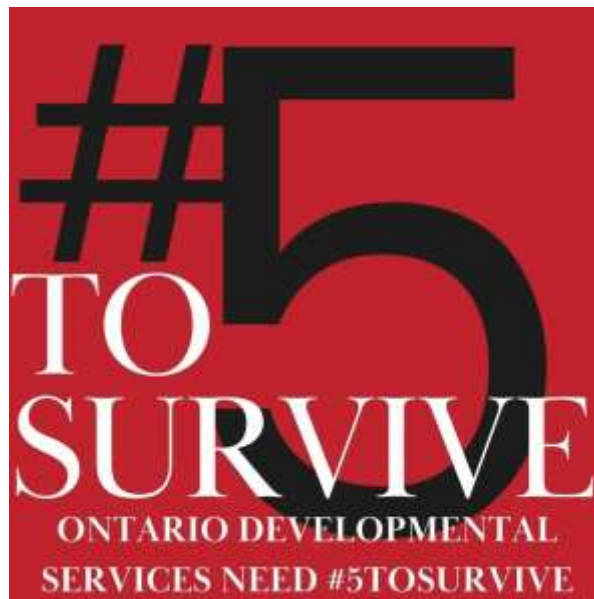
So many exciting things are happening in 2024!! We are so excited to be celebrating our 60th Anniversary this year.

We will be having our Gala on Friday, May 10, 2024 featuring The Riley New Band!

Join us for our AGM on June 25, 2024 at Trinity St. Andrews United Church.

We are bringing back the Unity Run and it will be held at the Renfrew Armouries on Sunday, October 6, 2024.

Stay tuned to our Facebook page and our updated website soon to be launched for more information!



#5toSurvive Campaign

Did you know the Developmental Services sector has not seen an increase to their base budgets since 2009 and only received a 3.4% increase in 30 years? Community Living Ontario began a movement to urge all local MPPs, Minister Parsa (MCCSS) and Premier Ford to increase the DS sector funding by 5% including Passport & Special Services at Home. This would help stabilize local support organizations, and vital community-based services that would otherwise be lost.

Renfrew County had the 2nd highest amount of signed petitions in Ontario to MPP Yakabuski, Minister Parsa and Premier Doug Ford. We thank everyone who participated. Our campaign is not over and we will continue to advocate for this much needed funding!



Luck of the Irish



2024 Inclusion Symposium:

by Miranda Hawkins

On March 19-20 in Toronto, I had the opportunity to attend the Inclusion Symposium.

The conference consisted of several keynote speakers, panel discussions and some smaller group work.

The topics and discussions were about the benefits of an inclusive community, the vital role natural connections play and recognize everyone's strengths and abilities. For People (with Developmental Disabilities) to not merely exist in the community, but to flourish as contributing members, and allowing people to live the lives they choose!

We learned about the importance of Equity Diversity and Inclusion (EDI) in the Developmental sector and the complex issues of racial trauma, stigma and shame that people who are black, self-identified black, and African Caribbean (and have a developmental disability) face daily.

Being away at a conference and being surrounded with other like-minded people allowed for some good conversations, idea sharing and networking to occur. I had the chance to chat with a variety of people from all over Ontario. These chats, guest speakers, and group work were enlightening and gave me a chance to reflect on what I am currently doing, and how I can improve not only in my daily job, but in life!





Icepicker's Sledge Hockey Celebrates 20 years!

The Icepickers are a huge part of Community Living's effort to promote inclusion over the past 20 years. The first four sledges were handcrafted using pipes bent with the help of a volunteers Ford F-150 and skate blades purchased from the Salvation Army.

Allan Yull was a major part of the Icepicker's advocacy for a number of accessibility features added to the myFM Centre's recently added second ice pad, such as clear boards along the benches and accessible dressing rooms.

Among the participants in the celebration included Chadd Stoppa! He's an up and coming sledge hockey (Para Hockey) player from Barry's Bay. Chadd is a bronze medalist in Para Hockey from the 2023 Ontario Winter Games. Chadd has been fortunate to attend a NextGen, Para Hockey development camp for Team Canada. We will likely see him representing Team Canada in the future!



M. Sullivan & Son Golf Tournament - 2024

For the past twenty-three years the Sullivan family, their employees, business associates, along with Community Living supporters have gathered together to support a common goal; raising funds for children and youth, so they can have a summer camp experience.

Each year the money that is raised supports local youth to participate in day camps that they otherwise could not attend. Many lifetime memories and friendships have been made thanks to the generosity of all the supporters of the M. Sullivan & Son Golf Tournament. Register a team, sponsor a hole, donate a prize or money to support our efforts.

Thank you to Sullivan's for your continued support.

We look forward to June 7th, when we will once again meet on the greens!



Cathy had a wonderful time at Disney on Ice! She really enjoyed it and was so happy and enjoyed all the singing and skating.



Self-Advocates Committee

We are thrilled to re-establish our Self-Advocates Committee!

What is self-advocacy? It's speaking for yourself, knowing your rights, making real choices, learning new skills, working with your community, and making positive changes! If you are interested in making a difference and being part of this team, we are still looking for members. Please contact Tina MacLaren at 613-432-6763 ext: 111 or 613-623-4955.



JOIN US ON MAY 10TH
AS WE CELEBRATE OUR 60TH ANNIVERSARY
“DIAMONDS ARE FOREVER GALA”



Diamonds Are Forever Gala

Your mission is to celebrate
**Community Living
Renfrew County South's**

0060th Anniversary

Featuring The Riley New Band

Master of Ceremonies:
Jamie Cybulski from 96.1 My Fm

Friday, May 10th, 2024
6pm Cocktail hour 7pm Dance
Hors D'oeuvres & Cash Bar

Renfrew Armouries 115 Veterans Memorial Blvd, Renfrew, ON

\$25 per ticket
Purchase in advance at
326 Raglan Street South, Renfrew or
106 McGonigal Street, Arnprior

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.

2023-2024 Board of Directors

- ◆ Don Di Salle - President
- ◆ Greg Belmore - Treasurer
 - ◆ John Carkner
 - ◆ Syd Gravel
 - ◆ Mitch Desilets
- ◆ Robert MacLaren
- ◆ Maureen Campbell
- ◆ Leslie Ann Hook
- ◆ Sharon Eades

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
email: commliving@clrcs.com
www.clrcs.com

Support Line—Day Hours:

613-432-7529

Support Line—After Hours:

613-433-2523

Management Team

- ◆ Jennifer Lavallee—Executive Director
- ◆ Tina MacLaren—Manager of Supports and Services
- ◆ Mandy Hay—Manager of Supports and Services
- ◆ Tonya Johnston—Manager of Supports and Services
- ◆ Lori Buchan—Manager of Supports and Services
- ◆ Nick Lueders—Interim Manager of Supports and Services
 - ◆ Ann Blimkie—Financial Manager
 - ◆ Laura Pirie—Human Resources Manager
 - ◆ Jennifer Tabar—Administrative Assistant
 - ◆ Darleen Lewis—Accounting Clerk