

November 2024

Connections

The Return of our Annual Unity Run!



We are thrilled to announce the return of our Annual Unity Run!

This year we had runners and walkers participate in all three events: 10k, 5k, and 1k. The routes took our participants through the beautiful streets of Renfrew, enjoying the fall colours. All proceeds from the Unity Run will go to our Opportunities Fund, where people we support can utilize funds to help them enhance their lives and achieve their outcomes. This may include costs associated with housing, mobility, health, social activities, or even a trip to name a few. We are thrilled to announce we raised \$1846.54! Thank you to all our sponsors who helped make this event a success. We hope to see you all next year.



60th Anniversary Gala!

Diamonds are Forever

On May 6, 2024, we celebrated our 60th Anniversary with our Diamonds Are Forever Gala!
Chris Beasley, CEO of Community Living Ontario presented us with a 60th Anniversary plaque.
We were honoured to have Jamie Cybulski MC our event from myFM 96.1.

We danced all night thanks to The Riley New Band!

Delicious cupcakes were made by Janet McLaughlin and we also enjoyed an enormous charcuterie table by Sandees Country Kitchen including a late night snack of poutine!



2024-2025 IMPORTANT DATES TO REMEMBER

Administration Offices — Statutory Holidays/Closed

Friday, December 6, 2024 Christmas Dance at the Renfrew Wing

Wednesday, December 25, 2024—Closed for Christmas

Thursday, December 26, 2024—Closed for Boxing Day

Wednesday, January 1, 2025—Closed for New Year's Day

Monday, February 17, 2025—Closed for Family Day

Friday, April 18, 2025—Closed for Good Friday

Monday, April 21, 2025—Closed for Easter Monday

M. Sullivan & Son Golf Tournament - 2024

On Friday, June 7th, we hosted the 24th annual M. Sullivan & Sons – Community Living Golf Tournament.

Despite the torrential rain; golfers, sponsors, volunteers and local businesses raised almost \$50,000 for our summer youth program!

A sincere thank you to our sponsor M. Sullivan & Sons Ltd and to everyone who braved the weather!

Stay tuned for our 25th next year!!



CONGRATULATIONS HARRIS!!



Success Story on: Harris Wade - Red Fish Swimming Club

For the last 25 years, Harris has been a member of the Arnprior Special Olympics swim club. He participates with Kevin O. and Janice R. from Renfrew and several other athletes from Arnprior and area. This spring he attended the Special Olympic Spring Games in Waterloo ON with 4 other athletes from the Arnprior club. The team was very successful, with every member winning medals.

We look forward to hearing about your success stories. Please send them to jtabar@clrcs.com for our Spring Newsletter!



Chris and Garry enjoying a visit!

Fun fact: Chris and Garry are both on the Self-Advocates Committee! They meet every month to discuss diversity, the rights of people and inclusion.

May is Community Living Month!

As part of our 60th Anniversary celebrations, we held many events throughout the month of May. The Town of Renfrew congratulated CLRCs on 60 years of working with others to improve the quality of life for people with developmental disabilities. The Town raised our flag for the month of May.



We wore blue and green to represent our Community Living colours.

There was a birdhouse painting event for the Community and it was a great success! The birdhouses were made by Jeff Whitemarsh.

On May 29th, we took part of #ITookABreak24 campaign. Every year, thousands of Canadians come together to show their unwavering support for inclusion and belonging through the #ITookABreak24 social media campaign.

And to top the month off, we held a Community BBQ which had a wonderful turnout.

Annual General Meeting

This year, our AGM was held at Trinity-St. Andrews Church on June 25th where we said goodbye to three of our long-standing Board Members. President Don Di Salle, John Carkner and Syd Gravel have volunteered their time and expertise for many, many years and we will be forever grateful for their dedicated contributions to Community Living.

We welcomed our two new Board Members, Paula Simon and Gary Couture to our Board of Directors.



We had representation from Community Living Ontario, MCCSS, Community Living Upper Ottawa Valley and from Service Canada.

We were honoured to have special guest, Michael Jacques and his father Marcel attend our AGM. Michael is an inspirational speaker, and activist who wrote a self-published book called “Can’t Read, Can’t Write, Here’s My Book” using speech-to-text technology in 2018. 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, he was diagnosed with autism and an intellectual disability. 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. He 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.



GET YOUR TICKETS!

COMMUNITY LIVING
Renfrew County South
Inspiring Possibilities

CELEBRATING
60
YEARS OF POSSIBILITIES

RAFFLE!



\$2800 TRAVEL VOUCHER

WITH ARNPRIOR'S CENTRUM TRAVEL
(CARLSON WAGONLIT TRAVEL)



**4 SENATOR SUITE TICKETS
+ PARKING**

VALUE \$500 - SILVER GAME ON
THURS. JANUARY 16/25 VS
WASHINGTON CAPITALS
WITH BURRHEAD6 INC.



**KOENA ROMANTIC SPA
PACKAGE**

VALUE \$322 - INLCUDES \$150 CREDIT
APPLICABLE TO A ROOM AT THE CHATEAU
CARTIER HOTEL

**TICKETS ARE
\$10 EACH OR 3 FOR \$25**

CASH OR ETRANSFER - COMMLIVING@CLRCS.COM

TICKETS ARE AVAILABLE AT 326 RAGLAN ST. S, DAHL'S CONVENIENCE STORE AND IN A BIND
DRAW TO TAKE PLACE ON DECEMBER 6, 2024 @ 9 PM (RENFREW WING).

LICENCE # 475185

Park Omega Adventures!



Tim, Sarah and Trevor all had a great time on their trip to Parc Omega! Everyone enjoyed feeding the animals through the windows. They all enjoyed a picnic lunch where the deer wandered throughout the tables in hopes of a carrot or two 🥕



Joanne had a marvelous time at Parc Omega feeding the deer and elk, although one tried to look under her arm for another snack!
She was so excited to see the bear that she shouted and woke him up from a nap, which resulted in the photo of a lifetime. She can't wait to go again next year 🐻

Music in the Park



It was a very beautiful, hot summer day when we hosted our Music in The Park featuring Emily Hass! It was a fun afternoon filled with great music!



The ladies got lots of use out of their new garden boxes! They planted peppers, tomatoes, lettuce and so much more! What will they grow in their garden next year?

The Connections Newsletter is published twice per year. Please fill out the 2025 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.

2024 Staff Recognition



On August 29, 2024, we celebrated our Staff Year's of Service Recognition at the Swinging Bridge, O'Brien Park in Renfrew. In attendance were staff, friends and family.

Congratulations to all our staff for their dedicated service to Community Living!

<u>5 years</u> — Louis Karras	September 2019
<u>10 years</u> — Susan McLaren	June 2014
Aili Kallio	June 2014
Sonja Craig	August 2014
<u>15 years</u> — Tonya Johnston	July 2009
Margaret Stewart	December 2009
Debbie Martin	December 2009
<u>25 years</u> —Shannon Waddell	September 1999
Ted Williams	November 1999



CONGRATULATIONS!

Lori Buchan, Manager of Supports and Services was successfully recertified as a reliable interviewer through The Council on Quality Leadership. This is a significant milestone for our Organization as we embark on a transformative journey implementing Personal Outcome Measures for all individuals we support.



Tonya Johnston, Manager of Supports and Services was accepted to the Operational Leaders Training being offered by the Provincial Network.

This training will provide her with new skills and resources to help with the betterment of our Organization.

Only thirty applicants were successful in obtaining entrance to the program which makes this accomplishment very impressive!



It was a peaceful morning at South West Alpacas walking Sadie and Jess through their beautiful property. They learned about alpacas, spent time with the rest of the herd, 7 in total, and cuddled with the silkie chickens.

Thank you to Ray for welcoming us to his farm. 🐔 🐓

CLRCS Strategic Plan for 2024-2027

Person Centre Person Directed

Community Living Renfrew County South

Person Centred **Strategic Plan for 2024-27** *Person Directed*



Be there for people and families as they wait for services



Build a strong foundation based on being person centred and person directed



Make the current services better Still



Do even more to support and acknowledge staff



Enhance CLRCS' facilities and administration



Create an exceptional Board of Directors



Add to partnerships

The theme of the 2024-27 strategic plan is "Person Centred Person Directed". The plan is based on input from people supported by CLRCS, their families, CLRCS' employees, Its Board of Directors and community partners. Made up of seven priorities, it belongs to them.



Call For Stories

In September 2024, Community Living Ontario, along with our partners, launched the #WaitingToBelong campaign.

- Waiting To Belong is a new education and advocacy campaign to ultimately encourage the Ontario government to eliminate the Developmental Services waitlist by effectively funding the sector.
- Currently there are over **50,000 people on this waitlist**, waiting for essential supports.

To bring forward the lived experiences driving this advocacy campaign, we are calling on people with intellectual disabilities and their families to share their stories.

- **If you or your loved ones are currently waiting for support services in Ontario, we would love to hear from you.**
- Please share below on how "WaitingToBelong" impacts your life and the life of your family and community.
- For instance, are you frustrated? Worried? Facing challenges in moving forward with employment, participation in community, or to achieve your goals?

With over 50,000 people on the Developmental Services waitlist, we need to work together to spread awareness. Together we can make a difference!

Here is the link to the story submission platform. These stories will be integral to our success in the coming months in getting our voices and concerns heard with our local MPPs and at Queen's Park. <https://forms.gle/6voaQZPz7KuFiwQW8>



By: The Men's Shed mensshedamb@gmail.com

Josie Laventure enjoys her new Accessible Desk created by the Arnprior & McNab/Braeside Men's Shed.

Josie was able to get down and play on the floor with her activities before. However, due medical reasons she needed something so she could stay in her wheelchair and enjoy her playtime. That's when Linda Laventure, Josie's Caregiver approached the Men's Shed for help and the work began to construct a special Accessible Desk for Josie.

Josie's new desk offers her sufficient legroom underneath the desk to accommodate her wheelchair, adjustable height of the desk to her specific needs, and ensuring comfortable and ergonomic set-up. Josie loves her new desk and being able to spread out her activities.

Josie centre with Linda and members of the Men's Shed Hal Floysvik (right) and Roland Parent (left) enjoys Josie's gratitude.



WHO IS JEFF WHITEMARSH?

Jeff is a 60 years young man who lives in his own apartment in Renfrew.

He is a brother, an uncle, a neighbor, a friend and an entrepreneur.

Jeff ran his own successful business in town, a window washing service, The Window Doctor for many years. The business started in the 80's back when Tommy's Donuts was across the street from Community Living.

He receives support from Community Living, where he is also a member of the Quality Initiative Committee.

Jeff is also a member of a Self-Advocate Committee that promotes inclusion and the rights of people with disabilities.

He makes bird houses and sells them to the public.

Jeff recently went to the Community Living Conference in Toronto, where he met many new people with similar interests.

Recently he had a (semi) retirement party with over 50 family and friends coming from all over to wish him well.

Jeff is a member of our community.



“This September, CLRCS hosted our first ever Family & Community Forum – Fall Edition. We had approximately 25 people attend that included family/caregivers of people we currently support and others who are not supported by our organization. We provided our audience with an overview of the Developmental Services sector in Ontario and the Ministry of Children Community & Social Services (MCCSS) reform, Journey to Belonging: Choice & Inclusion. We also presented a brief presentation on Personal Outcome Measures and our 2024-2027 Strategic Plan. CLRCS is looking forward to continuing the forum twice a year. Stay tuned for the next edition to be scheduled in the Spring 2025. If you were not able to attend our Fall Edition but would like copies of our handouts, would like to be included in our distribution list for information sharing, and/or have suggestions for topics of future forums, please contact us at info@clrcs.com.”

**CHRISTMAS
DANCE**

FRIDAY, DECEMBER 6, 2024
7 - 11 PM

RENFREW WING - 164 ARGYLE ST, S. RENFREW

FEATURING THE BAND
SILAS!

\$5 ENTRY + FOOD BANK DONATION

EVERYONE IS WELCOME!

HOSTED BY:
COMMUNITY LIVING RENFREW COUNTY SOUTH

You can purchase your tickets at our office: 326 Raglan St. S. or at the door
For more information: jtabar@clrcs.com



Tim, Trevor and Kevin had a blast at the Ottawa Titans Game!

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

- ◆ Greg Belmore - President
- ◆ Sharon Eades- Treasurer
 - ◆ Maureen Campbell
 - ◆ Gary Couture
 - ◆ Mitch Desilets
 - ◆ Leslie Ann Hook
 - ◆ Janice Lee
 - ◆ Robert MacLaren
 - ◆ Paula Simon

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