

ISSUE
MAY 2016

Community Living South Muskoka



Vision

The "Go To" expert for those impacted by a developmental disability.

Mission

Community Living South Muskoka provides lifetime support to all those impacted by a developmental disability, utilizing skilled staff and effective partnerships involving the individual, the family and the community with the result that the individual is accepted as a valued community member.

Values

Excellence
Trust
Respect

Success Factors

A Highly Valued
Community Organization
A Leader in Innovation
Person Centred
Valued, Skilled Staff



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May is Community Living Month and we want to celebrate with you!

It finally looks like spring is here to stay and with the spring comes May and Community Living Month! It is a time when we can celebrate together the wonderful accomplishments people have made. From going on life changing trips to being valuable members of our community, there is no limit to what people who have developmental disabilities can achieve.

Your Community Living South Muskoka (CLSM) has been moving forward, focusing on our strategic goals, including being a leader in opportunities to create innovation. We have participated in

provincial consultations to address the safety and security of vulnerable adults and improve Host Family policies; we are partnering with local agencies to improve local service delivery; and within the agency we have been in the process of redesigning to better meet your needs and be person centred to maximize everyone's potential. We look forward to discussing this further with you as we attend team meetings over the months of May and June.

We would like to extend our sincere appreciation to the community for all the support! The Leap Year fundraiser for our Accessible Playground and Summer Youth program held at LIV Muskoka was a huge success. A special thank you is due to the exceptional musical talent, all the wonderful donations by the community, the staff who volunteered hours of their personal time and LIV for their generous donation of the venue and proceeds.

Finally, there are two very special events that we hope you can attend. First, on **MAY 18th** we would like to invite you to join us in celebrating Community Living Month at the Bracebridge Boston Pizza. Special thanks go to RBC Royal Bank who is sponsoring this event. 10% of all meal sales between 5 and 8pm on May 18th will be donated to CLSM. To make the evening even more special our CLSM Idols will be performing throughout the evening!

Then, we are thrilled to announce the official Grand Opening of the Accessible Playground on **JUNE 14th**. Please join us. Watch for further details on both of these events.

Gord Haugh, Board Chair
Krista Haiduk-Collier, Chief Executive Officer



The Poverty Challenge - A Glimmer of Hope

On February 17, 2016 the Poverty Reduction of Muskoka Planning Team (PROMPT) in conjunction with the Simcoe Muskoka Separate School Board held The Poverty Challenge. The purpose was to provide students with first-hand knowledge of what it is like to live in poverty. One of the people in our Supported Independent Living program, Gordie Merton, was invited to attend as a "Poverty Expert" and bring his perspective as someone who lives in poverty every day. Gordie has been a leader for change in his community.

I had the pleasure and the honour of taking part in the Poverty Challenge that was hosted in Bracebridge. My initial response to the invitation was ecstatic and happy. Little did I know that I was in for a much different experience than I had thought.

During the Poverty Challenge the participants had to walk in the shoes of those who had come forth and were willing to share their experience. This had given me a new hope in humanity seeing the crowd of mainly younger people which brought joy to my heart, because they had got to see just some of what people have to deal with while struggling to find the needed resources and even in some cases having to deal with going without something that they need because the resource was simply not there.

At the end of the day I was asked some questions and to share a little bit of advice with the group I was in. My advice was hard to find because I struggled with keeping the tears at bay from hearing the crowd's experience walking just one day in my shoes. I found it hard to hold back the emotions because it touched my heart knowing they are the generation that can fix the issues at hand and if they are educated with the issues they can find the solutions for the future generations.

I was asked if I would do this challenge over again, and I said "Yes!". I would do it over and over and over again to teach more and more people about the levels of poverty and the struggles within the ODSP spectrum of living. It is no secret that ODSP is in dire need to reform and more funding to help the Millions of people who are currently on the program but also to help path

the way for those who are waiting to get on the program. It is also no secret that other organizations all around Muskoka and other parts of Canada that are designed to help people with disabilities and help people with poverty reduction are heavily in need of resources and the government has completely ignored these organizations with the utmost disrespect for the people who depend on them.

Although this may be harsh to say but it is true and something that needs to be said. We can not spend our time in the shadows of society while we suffer and struggle. We have to push back the darkness with the little light we still have.

There is an old saying that goes something like this, "You are the salt of the Earth, lest the salt lose it's flavor and no longer can be savoured?". This saying rings true to every person who struggles in today's society as it did back in the 50's and 60's. We still have a battle to be fought and I for one will not lose my flavor. What about you? Will you continue to be kept in the shadows? Or will you let your light shine? I can not tell you what to do as you are capable of making that choice. However, I would encourage you to let that light shine no matter how big or small it may be, together our light's will out shine the darkness on Poverty and bring forth a new hope and a new light.

By Gordie Merton
Supported Independent Living Program



"...it touched my heart knowing they are the generation that can fix the issues at hand and if they are educated with the issues they can find the solutions for the future generations".

Gordie Merton

Developing innovative community opportunities for the individuals we serve

Goodbye Winter, Hello Spring!



As we welcome the sunshine and warmth many of us turn our thoughts to gardening. What better way to celebrate spring? To get a jump on the season a group of individuals from Bracebridge visited the Van Schyndel Greenhouses in April. Paul and Ingrid Van Schyndel have been donating plants to Community Living South Muskoka for many years. The flowers and vegetables provide an enjoyable, outdoor leisure activity and an opportunity to learn about gardening. Our patio at 15 Depot Drive in Bracebridge is greatly enhanced by our gardener's handy work!

Ingrid Van Schyndel kindly gave us a tour of their two greenhouses full of beautiful plants. We all thought the greenhouses smelled wonderful! It was fascinating to learn how the seeds were planted during the winter and have been nursed along with tender loving care.

Thank you to Van Schyndel Greenhouses - generous supporter of CLSM for the past number of years!

The Van Schyndel Greenhouses are open from early May until mid June. You will be impressed by Paul and Ingrid's knowledge and friendly service. They are located just off the Gravenhurst Parkway on 1180 Campbell's Road.

By Linda Carley-Raithby
Family Home Caseworker

FUN AGENCY FACT!

Did you know that CLSM is also starting a greenhouse this year at Morrison Meadows? Please call Gavin at extension 223 if you would like a tour!

Success Factor - Valued, Skilled Staff

Re-Energizing Person-Centred Practices

To enhance our goal of being Person Centered and focus on individuals to maximize their abilities, some members of the Supervisors team recently participated in a Person Centered Gathering. The focus of the gathering was Person Centered practices from birth to death and everything in between. We were excited to learn our agency has already been using many Person Centred practices and we are well on our way to fully achieving personal outcomes for people. We returned from the gathering re-energized and eager to bring forward new ideas to better enhance our supports as an agency. We look forward to sharing our learning with teams in the near future.

One-page profiles are a practical way of recording and sharing information about people. You can use them to get to know both colleagues and people you support. Each member of the Supervisor team has created a mini one page profile for you to get to know us better and see how one page profiles can help build teams.



Heather Greer

What others appreciate about me

- Friendly
- Compassionate
- Fair

What is important to me

- Snowmobiling
- My Home
- Shopping



Kelly Cleland

What others appreciate about me

- Compassionate
- Creative
- Hard Working

What is important to me

- Family
- Retail Therapy
- Enjoying Muskoka



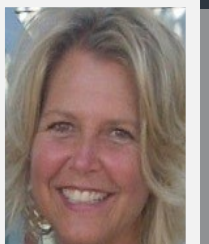
Dawn DeCaire

What others appreciate about me

- Hard Working
- Organized
- Dedicated

What is important to me

- Family
- Maple Leafs & Blue Jays
- Golf & Reading



Lynn Dennys

What others appreciate about me

- Strong Advocate
- Openness
- Forward Thinking

What is important to me

- Family & Friends
- Bargain Hunting
- Travel



Lorie Vogels

What others appreciate about me

- Organized & Detailed
- Solution Focused
- Strong Leader

What is important to me

- Family
- Attending the "Y"
- Golfing



Debbie Southorn

What others appreciate about me

- Dedicated
- Approachable & Flexible
- Outgoing

What is important to me

- Family
- Friends
- Retail Therapy & Travel



Dione Schumacher

What others appreciate about me

- Strong Advocate
- Dedicated
- Detailed Memory

What is important to me

- Family & Friends
- Outdoor Activities
- Travel

Developing a learning culture to encourage continuous education and personal growth

Introducing Your CLSM Supervisor Team

We encourage you to complete a one page profile to share with your team!

Providing broader community experiences for the individuals we serve and celebrating and expanding on their learning

My First Vacation - Clearwater FL



"We found our flight and boarded the plane! I did SO well, I wasn't afraid at all!"



"We brought our bags in and relaxed by the pool"



We arrived at the Florida Auto Exchange Stadium in Dunedin for our first game! We were greeted with VIP passes and were the "star guests" of the day. I met a new friend named Jules. She is the Dunedin Blue Jays Public Relations Rep. Jules had a surprise for me, with our passes we got to go onto the field to watch batting practice!

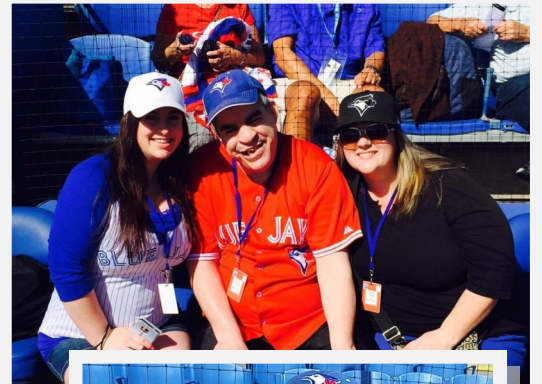
We saw Troy Tulowitzki and Dalton Pompey. Dalton Pompey signed my ball! We watched the game and the Blue Jays won! I cheered them on the whole day. We had a great time and I bought a spring training hat. We also got to meet ACE. The next day we just relaxed.

On Thursday we drove to Tampa to the Yankee Stadium. We had a fun day and the Blue Jays beat the Yankees! I sang the anthems and "Take Me Out to the Ball Game".

We went to the beach! It was my first time at an ocean.

On our last night we went out for dinner and had celebration drinks!

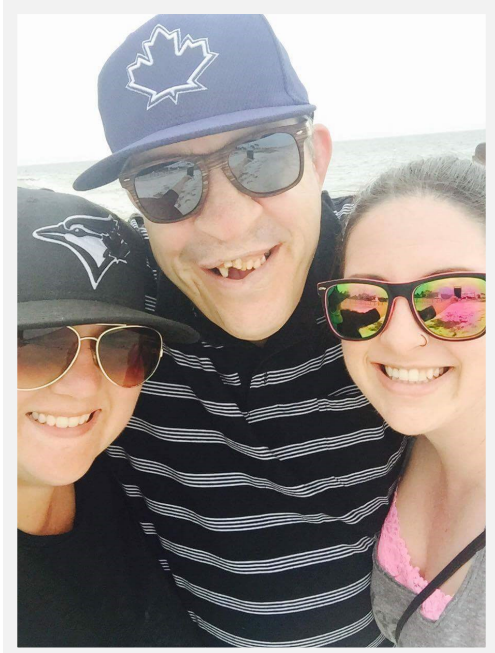
Co-written by,
Blaine Beaulieu
Madalyne Denne, Primary Support Worker



Success Factor - Person Centred

Providing broader community experiences for the individuals we serve and celebrating and expanding on their learning

Blaine's Success Story from a Staff Perspective



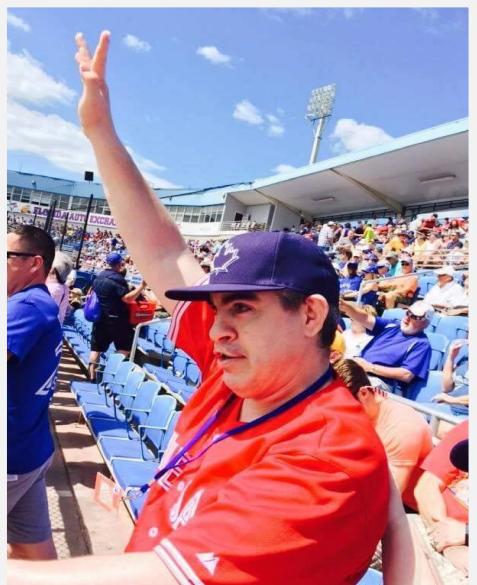
The first time I met Blaine 10 years ago I was surprised when he greeted me at the front door with the biggest smile and a warm welcome. This was not the person I had been expecting. He was kind, generous and very compassionate. With the support of staff members, partner agencies and many trialed methods of self regulating, Blaine has progressed by leaps and bounds! His kind heart and determination, along with his incredible support system, have made it possible for him to get where he is today.

In 2015 Blaine received a financial settlement in the class action lawsuit against institutions, and he chose to use some of his money to go on his very first vacation! Since he loves the Toronto Blue Jays, it was only fitting that he take a trip to

Dunedin, Florida to see them play in spring training. So we did!

Although nervous about being on an airplane for the first time, Blaine once again surpassed all expectations and was happy and calm throughout the flight. We arrived in sunny Florida to very warm 30 degree weather, something that in the past was a trigger for Blaine that he is now able to overcome without any issues.

We attended three Blue Jays games, two in Dunedin and one in Tampa so see them play the Yankees! Blaine got VIP access on the field for batting practice and got a player to sign a baseball for him. He enthusiastically cheered the Blue Jays on at every game!



"Nadine and I have known each other for 10 years. She is one of my Community Participation Support staff".



"Maddy and I have known each other for 9 years. She is my Primary Support Worker."

By Madalyne Denne
Primary Support Worker

VOLUNTEER APPRECIATION DINNER

As part of Community Living Month CLSM would like to show our appreciation to all of our wonderful volunteers by hosting a Volunteer Appreciation Dinner!

May 26, 2016, 5:30-7:00pm

CSD Gravenhurst - 205 Industrial Drive

Please RSVP to Pat Kerr at (705) 687-1611 by May 24th

Developing
innovative
community
opportunities for
the individuals we
serve



Algonquin Park Adventure

By Laura Wilson

Community Participation Support Program

"When we got to Algonquin Park we slept in a tent in a sleeping bag on the ground. It was comfortable but it was hard as rocks. I got to bring my pillow and next time when we go camping I get to sleep in a cabin. Vern and Jennifer cooked the food on a BBQ at the campsite. They made chicken with veggies on a stick and pancakes for breakfast. I loved canoeing, I like paddling and it wasn't raining at all.

I went canoeing and I went swimming and I went on some outings too. At night we had campfires and roasted marshmallows and hot dogs. I took bug spray with me for mosquitoes - they're annoying! I got bitten by all those mosquitoes when I went on the hike. I went to get ice cream in a cone at a store, it was green mint ice cream with chocolate chips.

Camping was fun and I want to go again!"



EMPTIES for ARROWHEAD

Do you have empties taking up valuable space in your home or garage?
WE CAN TAKE THOSE FOR YOU!

Community Living South Muskoka is running a bottle drive from March-August 2016 to raise money
for a 4-day camping experience at Arrowhead Provincial Park.

We accept beer bottles & cans, wine, cooler & spirit containers (glass, plastic, tetra or bag in a box)

Bottles can be dropped off at the following locations:

15 Depot Drive in Bracebridge or 205 Industrial Drive in Gravenhurst, 9am-5pm Monday to Friday

If you need your empties picked up please contact Monica Marchand at 705-645-5494, ext 243 to arrange a date and time



A Staff Perspective: Last summer, a group of nine individuals from Community Living South Muskoka who had expressed an interest in experiencing camping as part of their Individual Support Plans, along with three support staff, ventured off to Canisbay Campground in beautiful Algonquin Park to enjoy a four day camping experience!

The journey began with a three month bottle drive fundraiser, which earned enough money to cover the cost of two rental vans to transport everyone to the Park. While at Algonquin Park we enjoyed a variety of activities including hiking along Whiskey Rapids trail, spending a morning at the visitors centre, getting ice cream

at Lake of Two Rivers store, canoeing, kayaking, swimming, fishing and looking out for wildlife. The campers learned how to set and take down tents in the rain and how to cook dinner over the fire.

We will be taking another camping trip this year to Arrowhead Provincial Park in Huntsville. We have rented three cabins and are looking forward to another great trip! The group is once again running a bottle drive fundraiser to help with the cost of the trip. Please drop your empties off at CSD Bracebridge or Gravenhurst!

By Monica Marchand

Community Participation Support Worker

My Job at the District of Muskoka

Ailene was recently hired in the Social Services department at the District of Muskoka. Below is a brief article by Ailene. We are pleased to celebrate your accomplishments with you Ailene - Congratulations!

I have a job at the District of Muskoka that is filing and mailing. I'm doing the filing right now, organizing them by code number and things like that. I work there twice a week from 10 to 2 and I get a half hour for lunch. Rob Habel, my Job Coach, got me the job and I got interviewed too. I like my job and the people are really nice there. I'm doing the filing system, it takes a lot of patience. I've been working there about two months. I like working at the District.

I usually walk to work or I take a cab if its bad weather or Rob my Job Coach picks me up. Usually I walk though. My Job Coach comes to work sometimes to check to see how I'm doing. Rob is very friendly and easy to get along with. I was able to get this job because it

Is right in my line of work. I'm happy with working two days a week because I do lots of other things during the week.



I'm pretty proud of myself and that I can get to work on time. I usually have to leave to get to work a bit earlier because it takes time walking in the snow and things like that. In the summertime I don't have to worry about that. It takes about half an hour at least to walk to work. It takes me a lot longer in the winter, especially with all the ice and snow build-up and things like that. Thank you very much.

By Ailene Nelan
Supported Independent Living Program

Thank You to Amazing Volunteer - Lynda Code

Lynda started volunteering for the Literacy Society of South Muskoka in 2005. Following her training she demonstrated a real interest in her student, Ailene Nelan, and over the years their relationship developed into a natural support. Lynda became a volunteer at Community Living South Muskoka in 2007. At that time she not only volunteered with Ailene, supporting her in all aspects of her life, she also started volunteering in our Community Kitchens group. Having a friend like Lynda has been such an asset to Ailene and her skills have grown by leaps and bounds. Many of you have

read Ailene's Newsletters and found them very informative. Lynda has supported Ailene in volunteer jobs and now she has a job with the District of Muskoka!

From the first time I interviewed Lynda I was very impressed with her sincere desire to help and really contribute to the well-being of Ailene. "It has always been a pleasure and a privilege to work with Ailene", said Lynda.

By Pat Kerr,
Volunteer Co-ordinator

"Lynda really cares about me and I care about her too" - Ailene Nelan

**Need more
information?
Contact us at**

Community Living South Muskoka

15 Depot Dr.
Bracebridge, ON P1L 0A1
Ph: (705) 645-5494
Fax: (705) 645-4621
www.clsm.on.ca
www.morrisonmeadows.com

Senior Leadership Team

Krista Haiduk-Collier
Chief Executive Officer

Gene Greenhalgh
Chief Operations Officer

Rick Van Der Ley
Chief Financial Officer

Send your
newsletter story
ideas to Amanda at
abrown@clsm.on.ca



Community Living South Muskoka

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JOIN US!

and Celebrate Community Living Month!



Wednesday, May 18, 2016
Boston Pizza Bracebridge!

Volunteers from the RBC Royal Bank Bracebridge will be pairing up with servers at Boston Pizza to serve you, your family and friends hot, delicious meals!

**10% of all meals sold between 5 and 8pm will be donated to
Community Living South Muskoka (CLSM) & the Summer Youth Program**

Make your reservations ahead of time at (705) 646-1007

ALSO!

**See the
CLSM Idols
perform
LIVE!**

**Show times
at 5:00pm
and 6:30pm**



Sponsored by



**Boston Pizza
Bracebridge**



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Community Living South Muskoka - 15 Depot Drive, Bracebridge P1L 0A1
For more information go to www.clsm.on.ca or call (705) 645-5494