



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

Celebrating our Community Participation Supports Program

We are pleased to share with you our celebration edition for the new design of our Community Participation Supports (CPS) program. On the following pages, you will find stories reflective of the community involvement opportunities the CPS staff have developed to meet individual goals. The smiling faces speak for themselves. We hope you will enjoy hearing stories of how people are involved in their community and successes they have achieved. To make this change happen, the staff were tasked in phase one of the implementation plan with developing one new individual opportunity in the community for each person they support. Part of this process was to identify what was important to each person with respect to recreation, leisure or volunteering. The team was also tasked with working with natural

supports, families and others to build community connections and develop opportunities.

Of course, we cannot make these changes alone, and want to thank the support teams who have been involved to make each opportunity successful. Most importantly, I would like to thank each person who has agreed to share their story and has been so patient with us during this change. It is really your personal success we are celebrating! Please stay tuned as we continue down our path for building meaningful individualized community opportunities.

Krista Haiduk-Collier
Chief Executive Officer

CLSM is Celebrating 50 Years of Service in our Community!

We are thrilled to be celebrating 50 years of serving people with developmental disabilities in our community! We hope that you are able to join us at one of the many exciting events we have planned in 2017!

Feb 18 - Family Snowshoeing Day at Morrison Meadows

Mar 4 - 50th Anniversary Party at Liv Muskoka

Apr 13 - Annual Easter Event at Morrison Meadows

May 11 - Anniversary Celebration of Date of Incorporation

May 26 - Parking Lot Party at Community Living South Muskoka

Jun 7 - Spaghetti Dinner in Honey Harbour

Aug - Fundraising Cruise on the Segwun Steamship

Sep 22-24 - Annual Fall Harvest Festival at Morrison Meadows

Success Factor - Person Centred

We will focus on the individual to maximize their abilities.

*My name is Frank
On Monday's I go to the library. Then I have a walk downtown and go to the
Camp Muskoka Coffeehouse. I like to look through movies at the library and
having coffee with Vern.
CPS Worker - Vern*



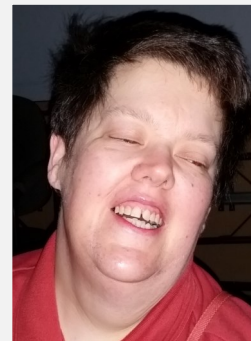
*I am Shauna
I like visiting with my friends at the Community Participation program. I like
talking to them. It makes me happy! I also like shopping and going to the
library to do crafts.
CPS Workers - Kathy & Amy*

*My name is Blaine
I like that I get to meet new people and experience new things. I enjoy coffee
club, baseball games, swimming, the walking track, movies and church
because I meet new people and can help them.
CPS Worker - Nadine*



*I am Ron
I've been trying lots of new things in the community like visiting the pet
store and going to the Sportsplex. I am still trying to find my favourite
things to do so don't be surprised to find me trying new things in all sorts of
places!*

*This is Ronda
Ronda went to a cat rescue shelter to help socialize the kittens.
Ronda is sight impaired and loved playing with the kittens and feeling how
soft they were. Ronda said she felt happy when she was there.
CPS Worker - Nicole*



Success Factor - Person Centred

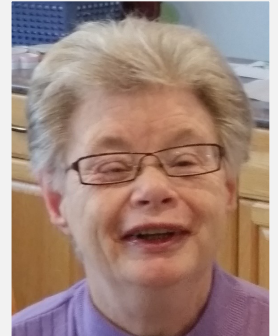
Provide broader community experiences for the individuals we serve and celebrate and expand on their learning.



My name is Bobby

I volunteer at the ReStore in Bracebridge on Wednesdays. I like to work and I like helping people. I like Bobby at the ReStore, he has the same name as me.
CPS Worker - Gavin

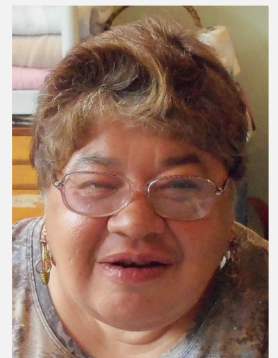
I am Gail
I really enjoy getting a chance to watch hockey at the Gravenhurst arena. I've been going every Monday! I also help get the kittens ready for their first home away from their mom at Muskoka Cottage Paws.
CPS Worker - Lisa



My name is Julie

I like participating in the therapy swim at the Sportsplex. I enjoy the warm water and it is a lot of fun. It makes me feel very relaxed and all of the people in the pool are very nice.
CPS Worker - Judy

My name is Frances
I started exercising at the Y MCA on the treadmill and in the swimming in the pool. I didn't think I could do it, but I like it so much I bought a membership! I also realized how much I enjoy kids since I helped out at the daycare. I can't wait to do it again!
CPS Worker - Lisa



This is Heather

Heather likes going to the Sportsplex. She is always smiling and people-watching as she walks around the track. Heather likes to have someone she knows close by, just in case she needs help.
CPS Worker - Samantha

Success Factor - Person Centred

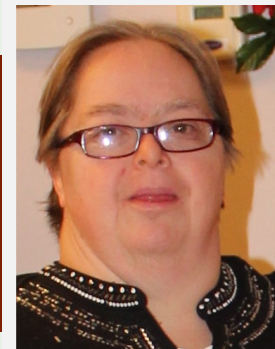
Develop innovative community opportunities for the individuals we serve.

*I am Michael
I help out with 'Meals on Wheels' and deliver food to people in their houses. I like to be helpful and can't wait to knock on the doors and give people their lunches. I go to the hospital to pick up all of the meals and deliver them in a van.*
CPS Worker - Judy



*My name is Don
I go to the Pines every Thursday. I take a cart around to the rooms and give people tea and coffee. I also help sell popcorn sometimes. It makes me feel happy and I want to keep going there.*
CPS Worker - Peggy

*I am Melanie
I go to the Pines to help out. The best part is talking and laughing with the people who live and work there. It's great!*
CPS Worker - Rachelle



*My name is Hilary
I participate in horseback riding once a month on Wednesday mornings. I am learning a lot about horses and I really enjoy horseback riding.*
CPS Worker - Rebecca

*My name is Leanne
I volunteer at Macaulay Treehouse by reading to the children, helping them with their alphabet and playing with them. When I do this it makes me feel proud of myself. I also like going to the Sportsplex to exercise and improve my walking and balance.*
CPS Worker - Peggy



Success Factor - Person Centred

Train all staff in utilizing tools such as “SMART goal setting” to ensure individuals achieve success.



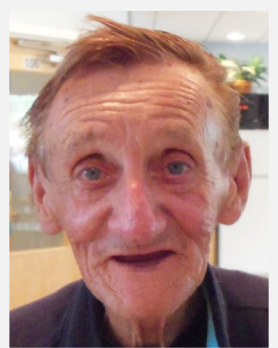
I am Dale

I volunteer at the Pines on Wednesday mornings. I fold shirt protectors for the laundry ladies. I enjoy it because I like to fold laundry.

CPS Worker - Rebecca

My name is Billy
I come to the Community Participation program once a week, but would like to come more often. I just started gaining work skills through the “Meal Deal” in Gravenhurst. I like the responsibility.

CPS Worker - Lisa



My name is Nicole

I like to exercise, run and walk the track at the Sportsplex . I like it there. I laugh and have fun at the track and then I have a drink. I get muscles!

CPS Worker - Rachelle

My name is Tom
I get excited when I go to the walking track at the Sportsplex. It makes me happy and puts a smile on my face when I can say “Hi” to everyone I see.

CPS Worker - Judy



This is Jeff

Jeff enjoys going out for long drives in the community and seeing the changing seasons.

CPS Worker - Amy

Success Factor - Person Centred

We will focus on the individual to maximize their abilities.

Say "Hello" to Ken

Ken likes to be able to make his own choices. He enjoys going out for drives with his friends, listening to music and exploring new roads.

CPS Worker - Erin



Meet Jason

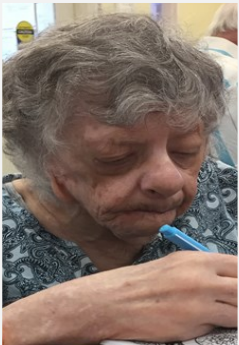
Jason has always enjoyed swimming. He has his own membership at the YMCA and now he participates in the group exercise class. He really likes the therapy pool.

CPS Worker - Erin

My name is John

I like going out in the community in the taxi. I go to the OSPCA with Rachelle. I like helping out with the cats. This winter I'm planning to do some snowshoeing at Morrison Meadows.

CPS Workers - Rachelle & Vern



My name is Norma

I go to the colouring program at the Bracebridge Centre for Active Living. When I am there I have tea and cookies and visit with my new friends while we colour.

CPS Worker - Monica

My name is Linda

I really enjoy swimming at the YMCA. I also like to go shopping with my friends and volunteering at the Cottage Paws rescue centre to socialize with the kittens.

CPS Worker - Amy



Success Factor - Person Centred

Provide broader community experiences for the individuals we serve and celebrate and expand on their learning.



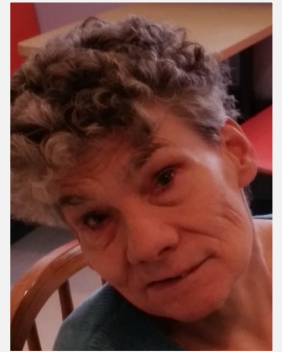
Meet Joni

Joni is visually impaired and enjoys going to the local library to listen to audio books using ear buds and a CD player. He also likes to go for coffee during his outings in the community.

CPS Worker - Gavin

*My name is Gail
I helped get the kittens ready for their first home away from their mother at Muskoka Cottage Paws. I have visited horses at two Farms, and am getting more comfortable around them. My hope is to be brave enough to ride them one day!*

CPS Worker - Lisa



This is Brenda

Brenda loves to indulge in her passion for scrapbooking and enjoys going out in the community to purchase and look at new items to add to her scrapbook collection.

CPS Worker - Amy



Say "Hello" to Marion

Marion is a coffee-lover and enjoys going out for coffee, people-watching and chatting with her friends.

CPS Worker - Erin



Meet Mark

Mark likes to socialize with his friends, working on puzzles and is starting to test out his new skills with colouring. Mark doesn't smile too often, but when he does he lights up the room!

CPS Worker - Samantha

Success Factor - Person Centred

Develop innovative community opportunities for the individuals we serve.

I am Howard

I enjoy visiting the animals at the OSPCA. I like to see the dogs and pet the cats, but my favourite animals to see there are the rabbits!
CPS Worker - Monica



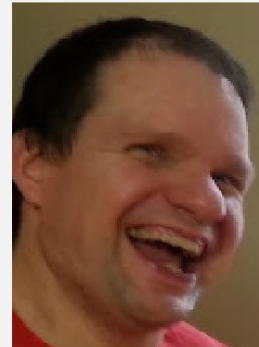
My name is Karen

I have been working out at the YMCA, going to the library and volunteering at Muskoka Beechgrove Public School with the Snuggle Up program. What I like most is volunteering at the school and helping the students with their reading.
CPS Worker - Amy



My name is Mike

I like going to the arena to watch the hockey game and seeing the Zamboni. Sometimes I go to the library to exchange movies and CD's. The lady at the library is a nice lady.
CPS Worker - Vern



I am Nicole

I like to go to the animal shelter and cuddle with the kittens. When I scratch their necks it makes them happy, which makes me happy! I also enjoy swimming at the YMCA, especially floating around in the warm pool.
CPS Workers - Nicole & Gavin



My name is Randy

I like to come to the Community Participation program to see my friends, do shredding and going to the Friendship Group. I also volunteer at the Pines by helping out in the kitchen and I volunteer at Muskoka Shores in Gravenhurst.
CPS Support Worker - Janice & Carmen



Success Factor - Person Centred

Train all staff in utilizing tools such as “SMART Goal Setting” to ensure individuals achieve success.



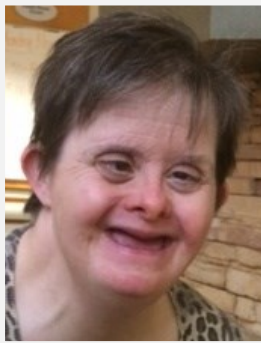
This is Daniel

Daniel likes to come to the Community Participation program in Bracebridge to meet with his friends, play the drums and help out in the kitchen.

CPS Worker - Carmen

I volunteer at the ReStore in Bracebridge where I clean the merchandise, mugs, cups, records and stuff. I like everything I do at the ReStore, it makes me feel good!

CPS Worker - Rachelle



My name is Teresa

I like to go and play bingo at the Pines every Monday afternoon. I like to see my friend Kim when I'm there.

CPS Worker - Rebecca

Meet Tom
Tom enjoys going horseback riding, and sometimes just petting the horses. He likes going to the OSPCA and visiting with the cats and dogs. Tom also enjoys going walking on the track at the Sportsplex.

CPS Worker - Samantha



My name is Doug

I like to go to the Bracebridge arena to watch hockey and do some sledge skating on the ice. Afterwards we go for coffee. It makes me feel happy.

CPS Worker - Samantha

Success Factor - Person Centred

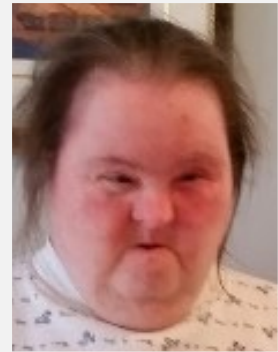
We will focus on the individual to maximize their abilities.

*I am Courtney
I started reading to young children at Muskoka Beechgrove Public School in the Snuggle Up program. I love kids and it makes me smile when I get to read with them.*
CPS Worker - Nicole



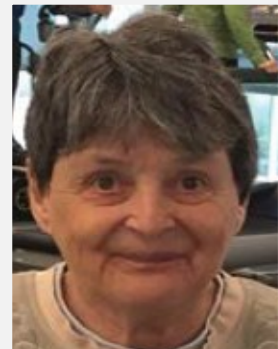
*I am Jennifer
I volunteer at the breakfast club at Macaulay Public School. I cut veggies and fruit and put in on the plates, then I take the plates to the kids in their classrooms. I like the kids the best. It makes me feel amazing!*
CPS Worker - Kathy

*Meet Pam
Pam is training to use a paper shredder independently with the goal of volunteering at a non-profit organization like the YMCA. She is getting quite good at it!*
CPS Worker - Erin



*My name is Ailene
I enjoy going to the walking track at the Sportsplex. Walking is healthy and it's really good for my feet, especially for my fallen arch. It feels good!*
CPS Worker - Kathy

*I am Vicky
I use the exercise machines and the swimming pool at the YMCA. It stretches my arms and gives my legs exercise. It's good for me to exercise.*
CPS Worker - Monica



Success Factor - Person Centred

Provide broader community experiences for the individuals we serve and celebrate and expand on their learning.



This is Michelle

Michelle has a membership at the YMCA where she attends an aquabics class. She enjoys the music and has learned how to use a flutter board for exercise. Michelle enjoys the class and is always smiling when she's there.

CPS Worker - Nicole

*My name is Andy
I like to go to the Bracebridge arena to watch the "Old Timer's" play hockey.
I like watching my Dad play. We go for a coffee at Oliver's after the hockey
game, I like that too!*

CPS Worker - Samantha



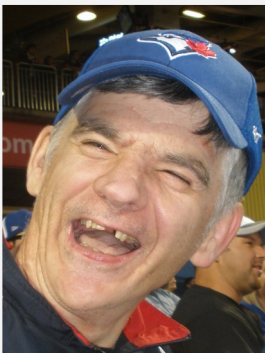
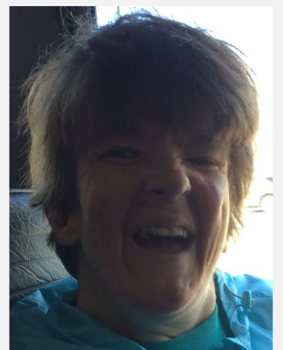
My name is Tom

I volunteer at the ReStore. I like volunteering because I enjoy meeting people out in the community. My friend Bob also volunteers at the ReStore. I like to tease him about his favourite football team, the Ottawa Redblacks!

CPS Worker - Gavin

*My name is Caroline
I enjoy going to the OSPCA and visiting with the cats and kittens. I also like to look at the dogs, it makes me laugh when they bark! After I leave the OSPCA I like to go and get a chocolate milk.*

CPS Worker - Peggy



I am Patrick

I love working as a volunteer at the Pines. It makes me feel responsible doing maintenance work as a volunteer and I feel like a hardworking man. I really like Kim who helped me to get this volunteer work.

CPS Workers - Judy & Janice

Success Factor - Person Centred

Develop innovative community opportunities for the individuals we serve.

Meet Bonnie

Bonnie has a membership at the YMCA and likes to go there to swim and exercise on the treadmill. She enjoys seeing people there that know her and her family in Gravenhurst.

CPS Worker - Erin



My name is Daniel

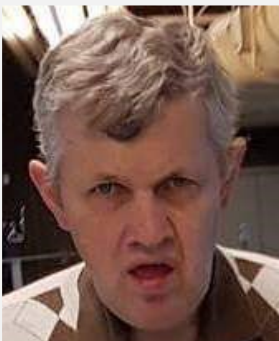
I enjoy walking and running at the Sportsplex. I like doing that because it helps stretch my legs so there's no twinge in my lower back. It makes me feel good!

CPS Worker - Kathy

This is Sara

When Sara first started to go swimming at the YMCA she was a bit nervous and hesitant. Now she's able to swim across the pool independently! Sara also enjoys attending Jack's tai chi and meditation class in Bracebridge.

CPS Workers - Erin & Kathy



My name is Ron

Even though I'm a little shy I do enjoy walking at the Sportsplex because I'm a good walker. It helps me to focus on where I should walk and not run into other people.

Say "Hello" to Daniel

Daniel practices using his iPad for communication and is now able to greet his friends by name, ask for what he wants and order his food when out for lunch at his favourite restaurant - McDonalds!

CPS Worker - Nicole



Success Factor - Person Centred

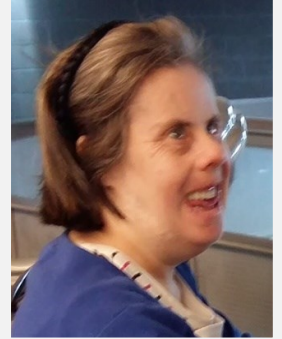
Train all staff in utilizing tools such as “SMART Goal Setting” to ensure individuals achieve success.



My name is Charlene

I like volunteering at the Pines on Thursday mornings. I load up the pop machine and roll up the coins from the machine. The Pines is a nice place.
CPS Worker - Rebecca

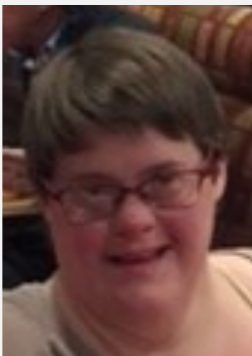
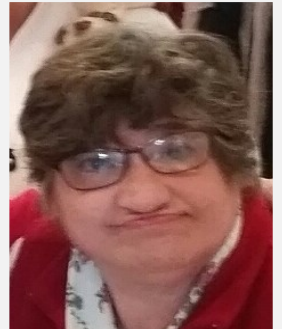
I am Tracey
I have started getting quite active by exercising on the step machine at the Bracebridge Sportsplex. I also enjoy the walking track and just getting lots of exercise.
CPS Worker - Gavin



My name is Susan

I like going to the Pines and talking with the people who live there. I like to fill the pop machine and I like taking people down in the elevator to help them get around the Pines. I want to be their friend.
CPS Worker - Rachelle

This is Shirley
Shirley helps out with the “Meal Deal” in Gravenhurst where she has formed great relationships with the regular customers. She loves going out to see animals, having social outings with her friends and exercising at the YMCA.
CPS Worker - Nicole



My name is Karla

I like to go to the Sportsplex to go walking and swimming. It feels good to exercise. I like to sing while I walk. I really like music! I also like to go see the cats at the OSPCA and the pet store.
CPS Worker - Samantha

Success Factor - Person Centred

We will focus on the individual to maximize their abilities.

My name is Mitchell

I really enjoy horseback riding. I like to brush the horses and go riding.

It's pretty good!

CPS Worker - Carmen



My name is Bev

I love to go out shopping and then have a coffee with my friends afterward.

It makes me feel happy!

CPS Worker - Kathy



I am Kennedy

*I like to do the grocery shopping for the Tuesday hot lunch program.
The best part of shopping is stopping at McDonald's for chocolate milk
afterward. I love chocolate milk!*

CPS Worker—Rachelle



I am Laura

*I go to the Sportsplex and walk the track for about an hour for exercise to
stay healthy. After that I pick up the groceries I need to do the coffee cart.
The people upstairs like it when I have butter tarts on the coffee cart.*

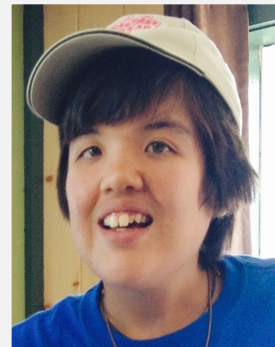
CPS Worker - Peggy



My name is Vanessa

*I volunteer at Muskoka Shores in the tuck shop and I call out the Bingo
numbers. I like numbers! I also help with the "Meal Deal" in Gravenhurst
and go swimming at the YMCA as well.*

CPS Workers - Amy & Carmen



Success Factor - Person Centred

Train all staff in utilizing tools such as “SMART Goal Setting” to ensure individuals achieve success.



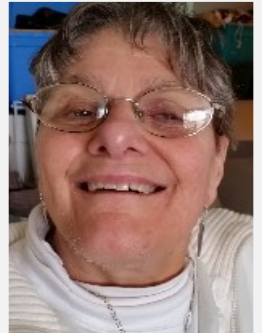
This is Patrick

Patrick enjoys swimming at the YMCA in the warm pool and playing ball with his friends. He especially likes participating in the aqua fitness class.

CPS Worker - Janice

*My name is Donna
I like to go out for a hot drink with my friend and then browse in my favourite stores. I really enjoy chatting with some of the other customers in the store.*

CPS Worker - Janice



I am Alice

I enjoy going out with my friend for coffee. When we're out I like to people-watch, but mostly I enjoy spending one-to-one time talking with my friend.

CPS Worker - Janice

*Meet Carissa
Carissa likes to go swimming at the YMCA in the warm pool. Sometimes she goes out for coffee with her friends and also enjoys browsing through movies and music in some of the local stores.*

CPS Worker - Janice



Thank you to everyone who contributed to this
Special Edition Community Participation
Supports program newsletter!



Community Living
South Muskoka

Serving those with a Developmental Disability



Join us as we celebrate 50 years of
serving people with developmental disabilities
in our community at our

50th anniversary party

Saturday, March 4th at 8pm

**at LIV Muskoka
27 Manitoba Street, Bracebridge**

**LIVE MUSIC
LIVE AUCTION**

Entry by donation. Proceeds go toward supporting people
with developmental disabilities in South Muskoka

**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

www.clsm.on.ca

COMMUNITY
PARTICIPATION
SUPPORTS
SPECIAL EDITION