

ISSUE  
May 2019



# 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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## A Message from your Board Chair

On Wednesday May 22, both Hunters Bay Radio and Country 102 broke the exciting news publicly that CLSM was going to build a mixed use apartment building that includes affordable supportive housing units and a social services hub. This was partly true. We are in the planning stages of such an undertaking because our community has a need, but we are not shovel ready yet! Let me take you through how we got to this point and our next steps leading to a construction decision.

Well over a year ago, the agency undertook a process to review the personal satisfaction of the people we support with their current living situation. Through this process, staff identified a few people who would do better in smaller living environments. The agency resources were also evaluated, and one of our homes was determined to not be the best fit for the people living there. The senior staff team brought the information forward to the Board, and the agency began the process of seeking out suitable rental properties, or places to purchase. Even working with a real estate agent, it became apparent that Muskoka has a housing crisis! There was nowhere affordable for anyone to live, let alone those on ODSP.

At the same time, it came to our attention that the Federal Government through CMHC “A Place to Call Home” was proposing a program to encourage communities to create new housing options to address needs. We were fortunate to have the support early on of a family with experience in building housing and also of Reena, another agency in the Toronto area with experience and a willingness to share their expertise. We held meetings with CMHC and later Reena to determine how to apply for grant funding and began the search for a piece of property that might be suitable. I am pleased to share that we found an ideal location and thanks to our real estate agent, on November 2nd last year, we signed a conditional offer for the piece of vacant land just past the Big Pencil on Ball’s Drive. Given that a pharmacy, doctor’s office, grocery stores, schools, daycare and other amenities are within walking distance, and that the local bus is easily available, this location was perfect for our needs.

But, as most of you can appreciate, the months of work leading to this point was just the beginning. Fortunately, our Board Treasurer, Bruce Hemphill helped lead the building of a large senior’s home in Toronto and was willing to volunteer with this endeavor. He has been invaluable in advising our building committee about unforeseen road blocks and how to go so slow and not make public announcements until we have had more concrete information to share.

The senior staff team undertook the ambitious task of applying for the CMHC seed grant funding and completing a needs assessment. We also hired a consultant to help us navigate the various municipal and district requirements to build on the lot. We completed an environmental assessment and storm water management plan as part of the rezoning application process.



*“Our plan is to have the main floor for offices to create the ‘Hub’, while the upper floors will have mixed use apartments”*

**- Gord Haugh,  
Board Chair**





## A Message from the Board Chair

While we were excited to share our plans, we knew that failure on any one of these could bring our hopes to an end and we did not want to disappoint.

On May 13, 2019 we had confirmation from CMHC that our seed proposal was approved. While the funding is a long way from covering our pre-construction costs, it is great to know that they support the plan conceptually.

On Wednesday May 15 we presented our plans to the Town of Bracebridge Planning and Development Committee. We received unanimous approval for our request for zoning and official plan amendments. While this made our plans public, we still needed full council approval, which I am pleased to share happened on May 22, 2019. With all conditions for the purchase met, the Board at its meeting on May 27 approved finalizing the purchase of the land.

Even with all of this accomplished, we are still a long way from putting a shovel in the ground. Now we will start working with our community partners and staff to engage architects, engineer and other professionals to produce the design to meet the needs of our community and meet all Town, District and Provincial building code requirements.

Below is a conceptual drawing of what our new building might look like. Our plan is to have the main floor for offices to create the 'Hub', while the upper floors will have mixed use apartments. There is also a huge challenge ahead of us to raise enough money to make the project possible. A public campaign will be unveiled shortly and we will need the help of all CLSM supporters to make the community aware of what we do and why this is such a critical need.

I will keep you updated as we keep jumping the hurdles that are sure to come!

Respectfully Submitted,  
Gord Haugh,  
(Board Chair)



Providing broader community experiences for the people we serve

### Dreams Can Come True!!

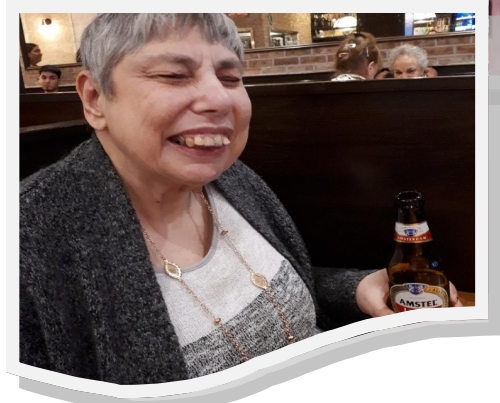
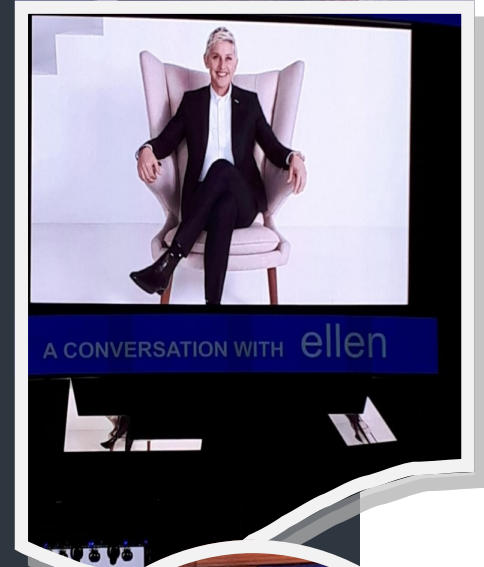
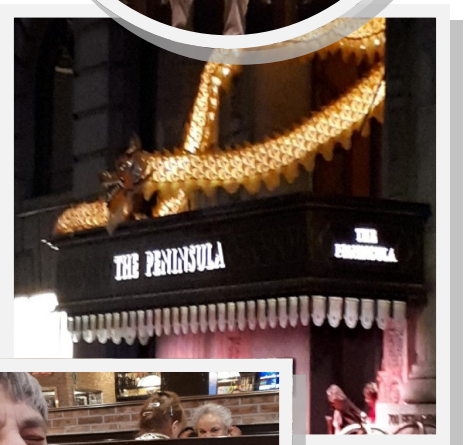
As an avid watcher of daily talk shows Susan had always dreamed of being at the heart of the action at a live show. February and March this year saw her dreams come true as she got to attend both the Kelly and Ryan Show, and the Ellen DeGeneres show.

The Kelly and Ryan show was first up, with Susan and her support staff traveling to New York, to marvel in everything that is the Big Apple. Visits to Carnegie Hall, Central Park and Fifth Avenue proceeded the live show which proved to be everything Susan had hoped, and she relished every minute of the experience. Guests on the show included Donnie Wahlberg, Kate Walsh and Liam Hemsworth, all of whom had some wonderful stories to tell, but the highlight of the show for Susan was the segment on teaching you how to brew your own Beer!

Next up was a trip to Toronto to witness her favourite talk show host Ellen in action. The Scotia Bank Arena was a hive of excitement as Ellen shared her life story, as well as answering questions from the audience. The evening was rounded off with a lovely meal, with Susan eager to share her experience with all her friends and support staff.

These experiences will live long in the memory for Susan, with her photo album always at the ready, as a reminder of a dream come true!

Submitted by:  
Ellina Rayner





## Success Factor—Person Centred

Providing broader community experiences for the people we serve

### Long Term Goals Going Swimmingly!!

March 6 2019, will live long in the memory for Donna, as the day when she achieved a long held goal of swimming in a pool. Donna had not been in a Pool or Lake for over 25years so it was with natural trepidation and excitement that she embarked on this journey with her support staff to hand. The day went swimmingly with everyone feeling immense pride in what Donna had achieved. Donna commented that 'I really enjoyed myself and my legs felt good afterwards'. Shortly after this adventure, Donna had a change in her medical circumstances which made this adventure even more special.

Submitted by:

Tara Prout

*"I really enjoyed myself and my legs felt good afterwards"*

*- Donna*



### Rock and Roll all Nite with KISS!!

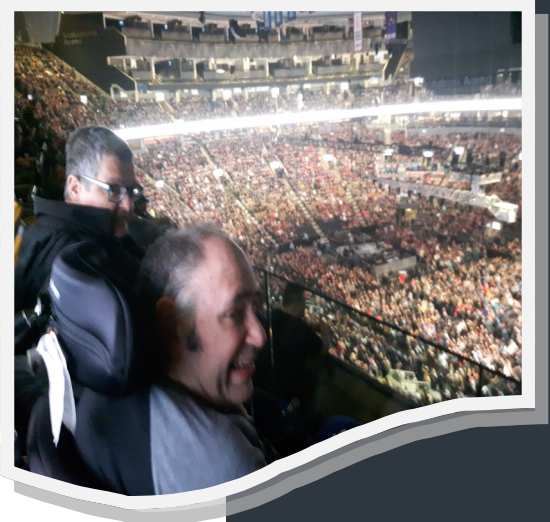
After 45 years of devotion Andy and Franks dream of seeing their favorite Rock Band KISS, finally came true. March 20 was the date and the Scotia Centre the venue for what was to prove an experience of a lifetime. With those priceless tickets in hand the guys set off for Toronto, excited to see what the night had in store. First stop was the Mandarin for dinner over which Andy remembered fondly the time that he dressed as KISS for the CLSM Idol contest. The scene at the Scotia Centre was mesmerizing and the atmosphere was electric as the capacity 19,800 crowd joined lead singer Gene Simmons in belting out 'Shout It Out Loud'.

As the group rolled out their greatest hits it was clear to see that both Andy and Frank were true fans, singing every word!

The journey home was filled with all the wonderful memories of the night, with both Andy and Frank commenting that they had the time of their lives!

Submitted by

Lorie Vogels









## CLSM Idol Gala



# CLSM IDOL FUNDRAISER JUNE 3rd, 2019

2 SEATINGS | 5pm & 7pm

PERFORMANCES BY CLSM IDOLS!



RSVP TO THE OAR | 705-687-8618 | 530 MUSKOKA RD N, GRAVENHURST

SPONSORED BY:

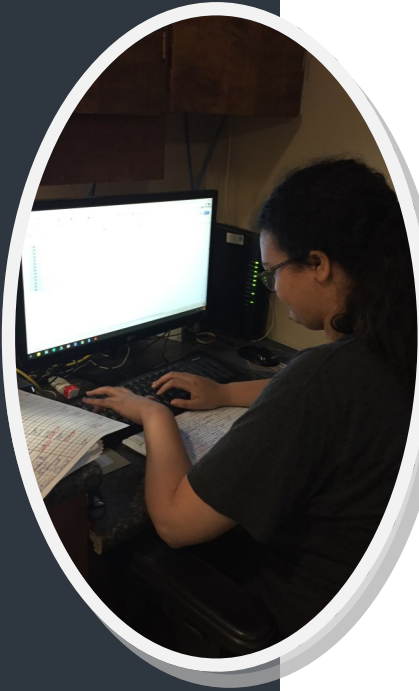


All proceeds will help to support our Summer Youth Program

CLSM – 15 Depot Drive, Bracebridge, ON P1L 0A1 | Tel: (705) 645-5494 | [www.clsm.on.ca](http://www.clsm.on.ca)

## Exploring Innovative Service Programs

### Tamica a 'Great Support' at Taboo



The past few months have been a steep learning curve for Tamica as she has learned the ropes in her new role within the HR department at Taboo Resort.

Tamica has quickly become an integral part of the team, helping with everything from data entry and filing, to organizing file storage.

Tamica's supervisor at Taboo, Bari could not be more pleased with her commenting that "Tamica has been a great support over the past few months, clearing large amounts of filing, as well as setting up new employee files, creating labels and updating the Resorts recognition tracking sheets. Tamica is always willing to help and learn something new, we are so grateful to have Tamica on board with us".

Although Tamica's role within the HR department is coming to an end, she has done such a wonderful job that she will be moving to the House Keeping team at the end of May.

Tamica commented that "Since I have been in my job I feel more of an adult, and I

have gained a sense of belonging to something that is important. I am very happy with my employment and my confidence is growing as a result"

Tamica is a shining example of how the Employment program at CLSM can assist the individuals we support play an active role in their communities, and live meaningful lives.





# Success Factor - A Highly Valued Community Organisation

Ensure that the Community recognizes, respects and is inspired by CLSM

## A Typical day—Passport Your Way!

Community Living South Muskoka's Passport Program continues to go from strength to strength, having expanded from 28 People to 94 people supported.

Passport funding has helped those individuals explore new interests and make new connections in their community, enhancing their ability to set personal goals. Some activities people participated in this winter included, joining the local arts community by partnering with Studio K and Who let the Cat Go, working on personal wellness goals at many of the indoor fitness facilities across Muskoka, joining a Dance Class, visiting attractions such as Ripley's Aquarium and the ROM, and Dog sledding just to name a few.

As we head into warmer weather we are excited to have people enjoying more of the outdoor activities that our Muskoka Community is renowned for. Hiking, Kayaking, SUP boarding and canoeing with our partners at LIV Outside, enjoying gorgeous (and accessible) community beaches and parks, day trips to Wonderland and Blue Jays games and nights at the Drive In are all plans for summer.

Based on positive feedback from the people we support, the Passport Program will be offering more group activities this summer. This is not only a great way to share the costs, but it is also a great way to meet new people. Please visit our website [clsm.on.ca](http://clsm.on.ca) for more information on our summer group activities or contact one of the passport team at 705-645-5494.

If you are currently managing your own passport dollars, and would like to join these activities please contact our team for 'fee for service' options.

For more information on how CLSM can help you manage your Passport Funds, please contact us on the number above.

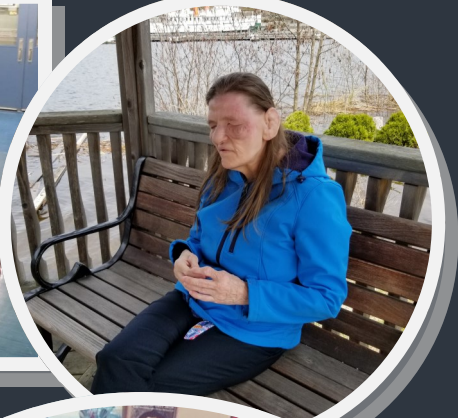
We are excited to help you meet your community participation and personal goals.

Submitted by

Jennifer Vanklink-Mandigo









## Success Factor - Valued, Skilled Staff

Investing in our staff to build skill, confidence and tenure

### Health isn't just about what you eat! It's about what you are thinking and feeling too!

February 26 and 27 saw 12 CLSM staff take part in a Mental Health First Aid training course, led by Suzanne Witt-Foley from Making Connections 4 Health. Suzanne proved to be a dynamic presenter, keeping the group focused for the two days, varying the delivery of the information with stories, discussion, group work and of course providing the customary jar of chocolate.

The course began by focusing on defining mental health, before progressing to providing an overview of substance related disorders, mood related disorders, anxiety and trauma related disorders, and psychotic disorders.

On conclusion of the course, all the trainees were confident enough to be able to provide immediate support and guidance in a safe environment to their colleges, as well as being comfortable to have a conversation about mental health related issues and provide information about professional and other supports available.

Feedback for the course was very positive with Dawn commenting "I found the course very Interesting and informative, although the topic was quite intense at times. It wasn't long after taking the training that I was in a position to put my new skills to use. The course gave me the confidence to ask all the right questions, and help the individual formulate a plan of action".

A self help tool kit is available at the link below for anyone wishing to find out more;  
<http://socialwork.buffalo.edu/resources/self-care-starter-kit.html>

Submitted by Dawn Johnson



*"I found the course very interesting and informative, although the topic was quite intense at times"*

**-Dawn**

## Success Factor - Valued, Skilled Staff

Investing in our staff to build skill, confidence and tenure

### Heightening the Senses at Sensory Workshop

February saw Deaf and Blind Services Ontario visit CLSM to facilitate a three day sensory workshop.

Day one focused on sensory loss, with the implications of sensory loss becoming very real as the group participated in a simulation of what it would be like without vision or hearing. The exercise used goggles and ear plugs to dull the senses, with some of the participants commenting that they felt anxious, nervous, tired and calm as a result.

Day two focused on communication, with participants being taught the alphabet, numbers and some actions in sign language. This is all part of the Total Communication Approach for creating a reactive environment for the deaf and blind individuals we support.

The final day was very hands on, with the group participating in different activities to experience all of the sensory systems, taste, touch, smell, hearing, vision, proprioceptive, vestibular, and interoception.

Rebecca commented "I found the workshop excellent and informative. It was full of new up to date information and there were lots of hands on activities to participate in. The information that I learned at the workshop will certainly prove beneficial to me going forward, in supporting those individuals with sensory loss".

If you would like gain a greater understanding of what it is like to live with sensory loss, why not check out the App below:

<https://itunes.apple.com/us/app/aira-vision-sim/id1276859786?mt=8>

Submitted by:

Rebecca Leeder

### Encouraging Personal Growth through Continuous learning

On February 10 two of our employees Kerri-Ann Carr and Cassie Beaumont traveled to Owen Sound for a three day training course in health and safety. Both Kerri-Ann and Cassie passed with flying colors, receiving their level one certification in Health and Safety as a result.

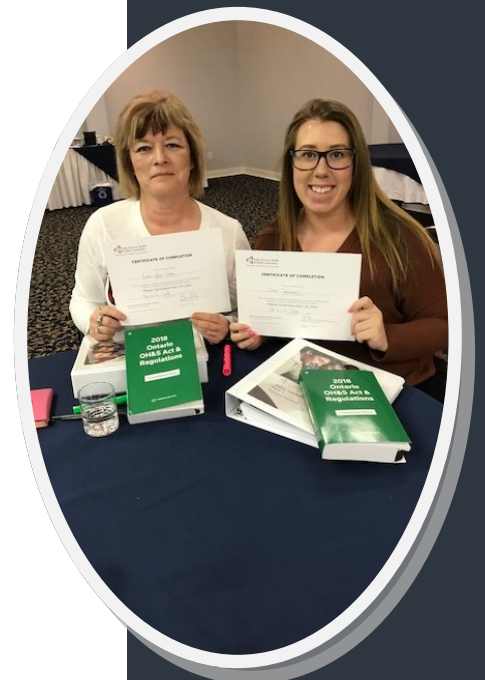
April saw Ellina Rayner attending a week long course in Toronto to become one of the Agencies SMG trainers. Ellina received 100% on her exam well done Ellina! She has already stated training and feedback has been very positive. April also saw 57 primary support staff participate in training by Barb Schwartz in relation to the setting of SMART Goals for the individuals we support. The training is designed to help the team focus on delivering quality Person Centred Plans, and Individual Service Plan goals. Ensuring that the agencies focus remains on what matters to the individuals we support and their families.

Submitted by:

Dawn DeCaire

*"I found the workshop excellent and Informative. It was full of new up to date information, and there were lots of hands on activities to participate in".*

**-Rebecca**





## A message from the CEO



As I prepared to write this message it struck me how fortunate we are to be part of such a great organization. The reality is, we spend a great deal of time at our jobs, and it is important to believe in what we do and find happiness with the results. I recently heard a key note speaker share 'secrets to success' and what struck me with his story was the importance of taking time every day to think about what we are going to accomplish and find satisfaction with doing a job well, no matter how small or insignificant it might seem at the time. We are fortunate that our jobs can make a positive difference in the lives of those we support each and every day. It was a good reminder for me to make the time to step back and think about what can be accomplished and then take the necessary steps to make it happen.

I would like to take some time to highlight just a few of the great accomplishments of the staff team here over the past few months;

***Celebrating Success:*** the stories that are being shared on CLSM's social media platforms continue to gather great interest and followers. It has been amazing to see our stories shared and 'liked' and even better to see the positive comments from friends and the community to help people celebrate their individual successes. All of this is because of the great work our staff do, and the belief of the people we support in themselves.

***Redesign of the Accommodation Schedules:*** this was a 6 month change implementation process with a lot of heart ache for all involved. I want to congratulate the house teams, the scheduling committee, the OPSEU union, and Heather and Colleen, for your perseverance and collaboration. Just over one month into the new schedules and we have a great deal of positive feedback and will continue to work with the scheduling committee to make this work well for all involved.

***Social Enterprise at Morrison Meadows:*** Over the winter we worked with consultants and created a potential new design to make Morrison Meadows a tourist destination with a social enterprise focus. We still have work to do, but we were successful in obtaining our original grant, and will utilize this funding to continue moving the concept forward.

***Innovation:*** The management team is focused on innovation and ensuring CLSM is well aligned to face the challenges ahead.

The newsletter you have read highlights many more of the incredible things happening here at our agency. It is easy to get caught up with the uncertainty of the provincial budget and funding, and therefore more important than ever to think about the positive things we can do and changes we can make each and every day for the people we are here to serve.

Respectfully Submitted,  
Krista Haiduk-Collier  
Chief Executive Officer



## CLSM Boat Cruise



Community Living  
South Muskoka

Third Annual Fundraising Cruise on the

# Wenonah Steamship

**Friday Aug 9th, 2019, 7pm-10pm**  
**Muskoka Wharf, Gravenhurst**  
**Tickets: \$100**

**Live Music | Silent Auction | Catering | Cash Bar**

**Tickets Available at**

**Community Living South Muskoka - 15 Depot Drive, Bracebridge**  
**Community Living South Muskoka CPS - 685 Muskoka Road N, Gravenhurst**  
**The Bracebridge Visitor Info Center - 1 Manitoba Street, Bracebridge**  
**The Craft Room Rosseau - 1139 Hwy 141, Rosseau**

CASH ONLY - Tickets include \$25 charitable receipt

CLSM - 15 Depot Drive, Bracebridge | [www.clsm.on.ca](http://www.clsm.on.ca) | 705-645-5494

**Need more  
information?  
Contact us at**

**Community Living  
South Muskoka**

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[www.clsm.on.ca](http://www.clsm.on.ca)

[www.morrisonmeadows.com](http://www.morrisonmeadows.com)

### Senior Leadership Team

Krista Haiduk-Collier

Chief Executive Officer

Kelly Miles

Chief Financial Officer

Colleen Kelly-Berrichi

Director Accommodation Services

Cathy Meyer

Director Services & Supports

*Send your  
newsletter story ideas to  
Declan at  
[dormsby@clsm.on.ca](mailto:dormsby@clsm.on.ca)*



Community Living  
South Muskoka