

# Connections

## Follow the Leader: The Power of Imitating Children with Autism

By Lauren Lowry, Hanen SLP and clinical writer

The following article was originally published on the ConnectABILITY.ca website with permission from The Hanen Centre from <u>www.hanen.org</u>. The Hanen Centre is a Canadian not-for-profit charitable organization committed to helping parents become the best and most important language teachers for their child. Hanen gives parents the tools to build their child's language skills during everyday activities and conversations. Visit <u>www.hanen.org</u> for more information.



If you have a child with autism spectrum disorder, you may find it difficult to join in with him when he's playing, or to catch his attention when you want to show him something. But when you "follow the leader" by imitating or copying your child, you

will discover an easy way to connect with him and get him to notice you.

If you've ever played "Follow the Leader" as a child, you'll remember that one person is the leader, and the others follow along, copying whatever the leader does. You can do the same thing with your child at home, copying his actions, movements, and sounds.

There are many advantages to imitating young children with ASD:

• Your child chooses the activity – because you imitate something that your child is already doing, he is naturally motivated by that toy or activity. Children are more likely to interact when they pick the activity themselves.

• You and your child share the same focus – when you are both doing the same thing, it is easier

for your child to pay attention to both you and the activity.

• It helps your child notice you and look at you – when you do exactly the same thing that your child does, it encourages your child to look at what you are doing. Studies have shown that when children with ASD are imitated, they look at the adult more than if the adult plays with them without imitating.

• It promotes other social skills – besides encouraging children to look at the person imitating them, children with ASD have also been observed to vocalize, smile, play, sit closer, and touch the adult imitating them.

• It encourages your child to lead – when your child notices that you are copying him, it might encourage him to perform new actions or try new

things in an attempt to get you to copy him again.

It encourages your child to imitate you – imitating others is a particular area of difficulty for children with ASD. The ability to imitate is linked to other skills such as language, and it also helps children learn through observing others. Therefore, helping your child to imitate vou is an important goal. Continues page 2

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October 2013

# News

### Volunteer Leadership

Honourary Patron The Hon. David C. Onley Lieutenant Governor of Ontario

Patron's Council Chair Duncan N. R. Jackman

Founding Chair The Hon. Barbara McDougall

> Vice-Chair Andrea Alexander

Michael Adams The Hon. Zanana Akande Patsy Anderson Mary Pat Armstrong Brad Badeau Jalynn Bennett Chief William Blair **David Crombie** The Hon. William G. Davis Michael Enright W. Robert Farquharson Paul Godfrey Pooja Handa Bob Hepburn Dale Lastman Dr. Kellie Leitch **Glenn McConnell** Jack Rabinovitch Meredith Saunderson John H. Tory

#### Board of Directors President David Layton

Ibrahim Absiye Donna Britten Colleen Broadhurst Paul Cochrane Peggy Dowdall-Logie Lisa Ellis Victor Figueiredo **Bonnie Heath** Morris Jesion Edward Lau Mark G. Johnson Colette Kent Nick Macrae Susan McCloy Susan Silma Stefica Skof Chris Stringer

Chief Executive Officer Garry Pruden

# Follow the Leader (Continued)

When you imitate your child, he may notice what you are doing and start to imitate you back.

### How to Imitate your Child

This strategy comes from <u>More</u> <u>Than Words® – The Hanen Program®</u> for Parents of Children on the Autism <u>Spectrum</u>

Imitating your child involves letting go of the lead, which means not telling your child what to do or trying to get him to do something else. Your child is the leader in this copycat game. Before you imitate your child, you need to...

• **Observe your child** – watch him closely and notice his actions, movements, facial expression and sounds. Once you have noticed what your child is doing, copy what he does!

• Imitate his actions, movements, or sounds – if your child taps on the table, you tap on the table. If he is jumping up and down, you do that too. Or if he is beating on a drum, grab a drumstick and beat the drum too. Copy any sounds your child makes during these activities. Basically, you want to do exactly what your child does. After you have copied your child, you need to...

• Wait for your child's reaction – your child may not notice you the first time. If he doesn't, copy him again. Or your child may look at you or do the action again. If this is the case, keep copying him. You will eventually get a back-and-forth game of copycat going, when it becomes difficult to tell who is imitating who!! It makes it easier if you...

• Have doubles of toys/objects some children get upset if you take their toy when it's your turn to imitate. By having your own identical toy or object, your child is less likely to get upset.

You might also want to try to...

• Imitate your child in front of a mirror – many children enjoy looking at themselves in the mirror. If you imitate the facial expressions, movements and sounds your child makes while he looks in the mirror, he is likely to notice you.

During moments when it seems difficult to get your child's attention and interact with him, imitating him can be very helpful. It is a very simple way to help your child notice you, look at you, and interact with you. So let go of the lead and let your child be the leader. By playing copycat, you and your child can interact and have fun, and at the same time your child will learn some valuable social skills. © Hanen Early Language Program, 2011. Further copying or reproduction of this article in whole or in part, without written permission from The Hanen Centre, is prohibited.

You can find many more articles like this one on the Connect**ABILITY.**ca website.

ConnectABILITY.ca

# CORE

## A Whole Lott More! Join Us For A Conversation About Competitive Employment



On Thursday, October 10, join us for a special screening of the documentary film, *A Whole Lott More*. Following the story of people with disabilities in Ohio who are faced with losing their jobs, the movie, directed by the UK's Victor Buhler, discusses peoples' fears, talents, aspirations and challenges in finding competitive employment. *A Whole Lott More* was a fan favourite at HotDocs in April, and has been seen at film festivals around the world since.

Following the film, you can participate in a panel discussion about competitive employment for people with intellectual disabilities in Canada. Moderated by the CBC's Michael Enright, this is a night you won't want to miss. Confirmed panelists include: Tyler Hnatuk, Canadian Association for Community Living Ontario Disability Employment Program Ron Janes, Community Living Toronto Clint, competitively employed Joan, CIBC

Date: Thursday, October 10Cost: \$5.00Time: 7—9pmTickets available at the box office orWhere: Royal Theatre, 608 College St.online at www.theroyal.to



securing futures

# Thinking about leaving a gift to charity in your will?

Consider naming Community Living Toronto as a beneficiary.

Your commitment today will make a lasting impact tomorrow for future generations to come.

For further information or to discuss other gift planning options contact Sylvie Labrosse, Manager, Fundraising 647-729-1180 | Sylvie.labrosse@cltoronto.ca

# Unused gift cards you're never going to use?

Consider donating them to Community Living Toronto.

They will be used to purchase things like movie tickets, toiletries, groceries, or items for holiday hampers - all to help individuals or families in need!

To donate a gift card, contact Elliott Port at 647.729.1144 or by email at <u>Elliott.port@cltoronto.ca</u>

# **Central News**

### **Council Listings**

## Way to go Komodos!

By Jennifer Delhorbe

#### Central Regional Council

Chairperson Peter Wakayama

> Vice Chair Lee Tarshis

Board Representative Susan McCloy

Alternate Board Representative Peter Wakayama

> Treasurer Susan McCloy

#### Chair of Fundraising Committee Judy Dawson

Members at Large David Danyluk Kate Gilhooly Dawn Lunan Nelson Raposo Sandra Ricci Alda Zimbalatti

Regional Executive Director Frances MacNeil

Membership Coordinator Ann-Marie Binetti 647-729-1210 abinetti@cltoronto.ca

Contact Information Central Regional Office 20 Spadina Rd. Toronto, Ontario M5R 2S7

> T: 416.968.0650 F: 416.968.6463

Central Region Meeting: October 8th, 2013 6:00 pm 20 Spadina Road Room 2B



It was a perfect day to race; sunny with a slight breeze coming off of the lake. A hush came across the water as we paddled towards the starting line. The Komodo Dragon Boat team prepared to race in the Spirit Challenge at the 2013 Toronto Cup. We had trained hard for this day, learning to work together, to trust each other, to be a team. Determination was on our faces, an eagerness to "take it away". As the start of the race drew closer, we could hear our friends, family and other team cheering us on. When the call came to "GO!" a fierceness, a power pulled our boat forward towards the finish line. Each member giving all they had, sharing in the success of our team. When we passed the finish line replacing the look of determination was pride, accomplishment and pure glee. We were the champions, coming in first in our division. The Komodos could not have achieved this success without the generous support of our regional councils who sponsored us. We are also

grateful to the Sunnyside Paddling Club for their ongoing support.

Congratulations to our team: Raymond, Mark, Mathew, Kim, Michelle, Cristina, Allan, Kevin, Jeffery, Jeannette, Lee Ann, Debby, Angela, Laura, Averill, Doug, Greg, Wai, Shannon and Jennifer.



Community Living Toronto's Komodo Dragon Boat Team

# Etobicoke /York News

### **Council Listings**

**Etobicoke/ York Regional Council** 

Chairperson Ann Marie Fierro

**Board Representative** Stefica Skof

> Treasurers Ruth Nagy Susan King

Members at Large Airi Clifford Zdenka Bilic Mary Byne Janina Coulthard Joan Karout Gaston Karout **Christine LeClair** Peter Marrese Mary Pawson Sharon Totafurno

**Regional Executive Director Brad Saunders** 

Membership Coordinator Eric Laimer 647.729.0445 elaimer@cltoronto.ca

**Contact Information** 

Etobicoke/York **Regional Office** 295 The West Mall, Suite 204 Etobicoke. Ontario M9C 4Z4

T: 416.236.7621 F: 416.236.7673

Next Council Meeting: Tuesday Oct. 8th, 6:30 pm 295 The West Mall Suite 204 Boardroom

# A Family Reunited

By: Eric Laimer



Richard and Barry Thomas

Richard Thomas has had a long standing affiliation with Community Living Toronto having lived in the Supported Independent Living (SIL) program for over 25 years. He gets along well with David Jozwicki, his roommate of the last fifteen years, with whom he shares a nice two bedroom apartment in Islington Village. Richard enjoys the life he leads and the community where he lives. However, his ongoing wish for much of his life has been to connect more frequently with his family.

Richard was born in 1955 in East York and lived with his parents in Scarborough until he turned sixteen. Life at home was challenging for his parents and Richard moved to the Huronia Regional Centre in Orillia, where he lived for a few years.

Richard returned to the community in Barry, the brother he never knew. the eighties and eventually connected with Community Living Toronto. He lived for a while in Community Living Toronto group homes and later joined the SIL program in Etobicoke/ York

Region. During this time, he had less contact with his family and by 2003, both of his parents had passed away.

A few years ago Roberta, Richard's sister, began reuniting the Thomas Family. She had a family of her own as the mother of two and resided in Oshawa. In addition to connecting Richard with his niece and nephew, Shawn and Trina, there were more family to reunite.

Unbeknownst to Richard, he had a younger brother, Barry, that Roberta was aware of. Barry was two years old when he was institutionalized at Huronia Regional Centre and lost contact with his family. During the movement to deinstitutionalize, Barry left Huronia and moved back to the community.

Roberta continued her efforts to bring the family together and asked Community Living Toronto staff for help. In an effort to track Barry down, Brad Saunders, Etobicoke/ York Regional Executive Director, contacted the Ministry of Community and Social Services to find out where Barry Thomas was living. As it turned out, Barry was placed with Nipissing Community Living in the 1990's where he resides to this day.

The stage was set for Richard to meet Roberta helped organize a family reunion last August in Oshawa with Richard's siblings, nieces and nephews. Continued on page 14.

# North York News

### **Council Listings**

# Another Fantastic Night of Bingo at Victoria Park Hub

North York Regional Council

Chairperson Nancy Ceci

Board Representative Colleen Broadhurst

Alternate Board Representative Morris Jesion

> Treasurer TBD

Members at Large Teresa Bhandal Shirley Germuska Eva Lipa

Regional Executive Director Brad Saunders

Membership Coordinator Wendy Dyke 647-729-3627 wdyke@cltoronto.ca

Contact Information North York Regional Office 1122 Finch Ave. W., Unit 18 Toronto, Ontario M3J 3J5

> T: 416.225.7166 F: 416.225.8623

Next Council Meeting:

October 7, 2013 Employment Training Services Boardroom 1122 Finch Avenue W. Unit 16 1:00 - 3:00 pm

#### By Wendy Dyke



Serious concentration going on

Once again, the North York Social Recreation committee hosted a fantastic night of bingo at the Victoria Park Hub. On August 15th, the program rooms filled up quickly that evening with players ready to win a prize. It was a great event with participants coming not only from Community Living Toronto services but from the Victoria Village community too! Tons of new faces were seen that night!

With volunteer Annette Frigault on hand to help with calling out the bingo



Was that B-5?



Players get a little help from support staff

numbers, we were able to play through several rounds of full card and one and two line games. Many of the players didn't even care too much about stopping for pizza and drinks when a break was called. These were very serious bingo player indeed!

As people were leaving at the end of the evening, many were asking when the next Pizza/Bingo night was being held. Please keep your eyes on the events pages of Connections for up coming Pizza/Bingo nights!



Check the white board for called numbers

# Scarborough News

### **Council Listings**

#### Scarborough Regional Council

**Co-Chairpersons** Judith Andrenacci Alison Thomas

**Board Representative Bonnie Heath** 

Alternate Board Representative Donna Britten

> Treasurer Deborah White

#### Membership Chair Pat Sparks

Members at Large Donna Britten Donald Hale Kathy Lisle Ellen Armstrong Robert Shaddock Alison Thomas

#### **Regional Executive Director** Sue Lynch

#### Membership Coordinator Felicita Zanatta 647-729-1635 fzanatta@cltoronto.ca

**Contact Information** Scarborough Regional Office 1712 Ellesmere Rd. Scarborough, Ontario M1H 2V5

> T: 416.438.6099 F: 416.438.6144

Next Council Meeting: Monday October 7, 2013 6:30 pm 1712 Ellesmere Rd **Boardroom** 

## The Connection Dance

#### By Ellen Armstrong

The Connection Dance was started 15 years ago by a group of Moms who saw a need for their teen/pre-teen kids to socialize. It was a way for teens to "connect" with friends. The dance provides a venue for teens with intellectual disabilities to come together and socialize while doing something they all love - music and dancing. With the help of Community Living Toronto, we got our start up money and the Lawson Gym. Off we went and became self sufficient with the dance cost and donations.

The dance has had the same D.J.'s, Pierre and Lester, for all these years. They have done so many wonderful and kind things for our dancers. They are great guys who have families and jobs of their own, but they still come to us once a month without fail. They have developed their own friendships with our dancers; both at the dance and in the community. Dave, Rex and Kenneth month, usually the last Friday. It's from are Dads who help us out each dance by tearing down all the chairs and tables and storing it all back in the cupboards. We also have young volunteers come to dance, and socialize and help out with snacks. All our volunteers help make the evening a success.

During the last 15 years, we have seen 416-724-6539 or Alison at a lot of young people come and go but a 416-298-3503. core group have come regularly every month. Over the past five years, we have seen some new dances follow suit. What is really wonderful is that the volunteers running these dances are all of the same mind and love helping out.

The ages of our dancers have also changed over the years. When we started, the dancers were all 13 to 20 year olds. Now, people up to the age of 30 like to come by and enjoy themselves. The Lawson dance also runs on a Friday night and their dancers are an older age group. At present, that dance is filled to capacity and they often have to turn people away. It just goes to show how much music and dancing is enjoyed as a way to socialize. It would be wonderful if another dance could start so that we could accommodate everyone.

I would really encourage any parents interested in volunteering that enjoy music and dancing to come and out and see the dance. Maybe someone would like to help us out from time to time or may be interested in starting up another dance

The Connection dance is held once a 7:30 to 9:30. The cost is \$5 and that includes a small bag of chips and a refreshment, water. Look for the dance on he Community Living Calendar. If you need any information or are not a member of Community Living Toronto, vou can call either Ellen at

Please see flyer for more details on page 14.

# Self-Advocates Council Update

### Self-Advocates Council Listings

# Meet Richard Newland, New Member of the Self Advocates Council

Board Representative Paul Cochrane

Community Living Ontario Representative Peter Marrese

> Chair Sam McKhail

Vice Chair Robbie Cowdrey

### Members At Large

Lorraine Bradley Robbie Cowdrey Candice Doherty Michael Edser Caseen Johnson Linda Kirmiziyan Sam McKhail Mark Miller Richard Newland Nelson Raposo Dhonnie Trinidad

#### Community Support Coordinator Sue Hutton 647-729-1205 shutton@cltoronto.ca

Next Council Meeting: Wed Oct 16 11am—1pm 20 Spadina.

Monthly SAC Meetings are the Third Wednesday of Each Month at 20 Spadina. 11—1pm. All with intellectual disabilities are welcome! Please RSVP to Sue.



By: Sue Hutton

Nelson, Paul, Robbie, Dorothy look on as Richard shares his views at the September SAC meeting

Richard has just been elected to the Self Advocates Council (SAC). Already, he's getting a good taste of what the SAC is about. Richard has been at Manson for many years, and lives independently. He strongly believes in rights.

Richard is a born advocate. Very naturally, Richard advocates with a smile. Richard attended Community Living Toronto's Annual General Meeting. There, he had a chance to chat with Minister Ted McMeekin before the meeting started. Richard told the Minister that ODSP needs to be increased. The Minister agreed with Richard, saying that he will try his best.

At the first SAC meeting, the group talked about what change they want to see the most in the world. Richard had some great thoughts, "I want to see more people have freedom who live in group homes. I live independently now, but I used to live in a group home. People from group homes that want to be independent and be free to take the subway and TTC on their own should be able to do that. Staff need



to let people make their own choice. People need to be safe and protected – so if they want to learn to travel independently, staff need to support them to learn how. People with disabilities need to make their own decisions – it needs to be safe for them to speak up".

Richard helped the SAC start a fantastic day of goal-setting for the year. With everyone's goals for the year, it's a full roster for the SAC work plan. We look forward to a great year!



SAC members Richard, Robbie, and Dhonnie take a time out for a photo op!

8

# News

## Congratulations Jane! JK/SK Teacher Receives15<sup>th</sup> Annual Inclusive Education Award

#### By Mia McGowan, Education Outreach and Spinclusion Coordinator

Each year, Community Living Toronto presents awards to teachers, educational assistants, principals, and at times, entire schools who promote inclusion of students with an intellectual disability. Inclusion is much more than a desk in a classroom. It's about each child being part of the life of the school's community and being able to make choices that are right for them. This maximizes their learning, their individual development and opportunities for friendship.

Nominations are submitted from across Toronto, from both the public and Catholic boards, by parents, students and colleagues. This year we are pleased to present the Inclusive Education Award to Jane Dover, a teacher at William Burgess Public School.

Jane often expresses her thoughts about her passion and the work she does with children, in the following manner, "It takes a village to raise a child, not one teacher...Every child has their own unique potential, and not all fit the traditional school mold, so educators need to be flexible and adapt so each child can reach his/her full potential. Everybody needs time to develop as a whole person and this is a lifelong process. Children reach milestones at different times and the learning is in the journey".

This past school year, Ms. Dover had a Junior Kindergarten (JK) student in her class, who had delayed language and had just been identified with Autism Spectrum Disorder. Jane feels that the Kindergarten program makes it very possible to accept everyone just as they are, at their very own developmental level and gives them time to grow as a whole child. He made huge gains socially and linguistically and in her modest manner Jane believes it was the collaboration between the school, daycare and community professionals that were largely responsible for this. Ms. Dover had another JK child in her class who was slower to progress

developmentally than most of his peers. He began the year too scared to walk downstairs and would sit on his bum and slide down. English was his second language and with almost no recognizable English words, he was hard to understand. By the end of the school year he could walk up and downstairs independently and speak some phrases in English that were clear. When others were unsure of what he was saying, his peers would translate for him, (e.g., "I think he means...."). He was empowered and included. He had a positive sense of self and enjoyed the learning process.

Jane believes that inclusive practices are beneficial for all children; those with a diagnosis as well as typically developing children. Such practices promote a sense of well-being, the hope that potential and promise will be supported and recognized, the realization that we are our sister and brother's keepers and that together step by step we can become a nurturing and equitable society.

**Congratulations Jane!** 



Sandy Spyropolous, Chief Academic Officer, TDSB; Jane Dover, Inclusive Education Award recipient; Sherron Grant, Education Committee; Kevin Pal, Regional Director MCSS

### News cont'd...

## Youth And Philanthropy Initiative Brings New Accessible Dock to Shadow Lake

By Matthew Poirier



Kai, Sean, Sammy, Liam and Matthew presenting \$5,000 to Community Living Toronto.

On April 30<sup>th</sup>, four young men from Royal St. George's College won a \$5,000 grant for Community Living Toronto as part of the Youth and Philanthropy Initiative. YPI began in 2002 at Royal St. George's and has since grown into a ground breaking initiative in both North America and the United Kingdom. YPI provides secondary school students with a hands-on, reality-based experience through a strong academic philanthropy course and engages them in social change. Preparing presentations gives the participating groups the skills to assess the needs of their communities and make grants to grassroots, community based charities meeting those needs.

Matthew, Kai, Liam and Sean chose to do their presentation on Community Living Toronto because Matthew has a cousin who receives support from the Association and he wanted to give back. In addition, the boys also know a gentleman named Sammy, who has an intellectual disability and works in the cafeteria at their school. Community Living staff were invited to watch the final round of presentations where they competed against four other well deserving charities. In the end, their presentation was chosen as the best. After winning the \$5,000 grant, the boys knew exactly where they wanted the money to go: Shadow Lake Centre. Having done research on Community Living Toronto prior to their presentation, the boys learned how important the camp is to the guests that visit it every summer and they wanted to contribute to the inclusive camp environment.

Before making their final decision regarding what the money would be used for, the boys spent a day at Shadow Lake to see first-hand how it would be spent They were taken on an extensive tour of the camp where they got to meet and have lunch with many of the guests who were already there on vacation. The boys wrapped up their day with a pontoon boat ride around the lake before ultimately deciding that they wanted the grant to go towards building a brand new, wheelchair accessible dock. The new dock would allow camp guests in wheelchairs the chance to fully take advantage of lake activities including boat rides and fishing!

The new dock was completed over the summer, in time for some guests to enjoy it before the season came to an end. Thanks to the four young men with the winning presentation, the dock will be Shadow Lake guests for years to come.



And it's a party on the brand new dock

# Resources, Networking And You

# ConnectABILITY.ca

### How to Join Connected Families

Families and caregivers can join the newest ConnectABILITY.ca forum, Connected Families. Here you can access advice, resources, share ideas and connect with families from all over Ontario, Canada and even the world! Access is easy and involves only a few simple steps:

	Connect ABILITY. 2 Please enter your username and password	ConnectABILITY.ca
sability and their 9 you find the right	Pessword I Remember Me Lost, sour, pessword2	E-mail Math Required! What is the sum of: 8 + 10
ig by tags or try our Have fun exploring	Log In Not a member yet? Join Now!	A password will be e-mailed to you. Register

- 1. Click on "Register/Login" (top right corner of home Page).
- 2. On log in screen, go to bottom and click on "Join Now!"
- 3. On the sign up screen, type in a username, E-mail address and answer the math question.
- 4. Click "Register"
- 5. A password will be emailed to you.
- 6. Go back to log in screen and enter your username and password.
- 7. Click "Log in"

And you're done!

### To change your Password

- 1. On the home page, click on "Profile "on top right corner.
- 2. Change your password to one that you will remember.

### Subscribe to a Topic!

You can have a notice sent to your email whenever there is a new posting in a topic that you are interested in. If you scroll to the bottom of the screen while you are in the topic, you will see 3 boxes on the left side. The middle one is "Subscribe". Click on this box. Now whenever there is a new posting in this topic you will be sent an email notice. Please note that you can only subscribe once the topic has been created, so you will still need to go into Connected Families to check out any new topics before you can subscribe and have notices sent to your email for new postings in that topic.

Continued next page



# Connect with Connected Families, Cont'd

### Send a private message (PM)

Connected Families has its own e-mail (private messaging) component that allows you to connect directly with a member. The messages do not leave the Connected Families site and do not convey any personal

information (including your email address), other than your name, to the person being sent the private message.

### There are 2 ways to send a message:

- Click on' Inbox' top right corner of Connected Families home page 1.
- 2. A message directly from a post within a discussion post to the person who posted. Click on 'PM' in the top right corner of the post.

## **Central Region Council Dinner** Club

Wednesday Evenings 4 pm to 7:30 pm 30 Birch Avenue \$5 for a great meal and friendship

> **Please call** Ann-Marie Binetti at 647-729-1210 for information

### **Tri-Hards Bowling League**

Come for a fun filled afternoon of bowling!

October 5 and 19, 2:00 pm Bowlerama West- 5429 Dundas Street West

> Contact: Bruce and Diana Morris 416-239-8551

## POP CAN CLUB

When: Saturdays Time: 6:30-9:00 pm Location: Wallace Emerson Community Centre, 1260 Dufferin Street Fee: Free! Age: Youth and Adults (14 yrs. and over)

### What is Pop Can Club?

The Pop Can Club is a free drop in program that runs every Saturday evening at Wallace Emerson Community Centre. Offering many activities including sports, fine arts, and a lot of opportunities to be social and have fun! And, a snack is included!

#### See old friends or to make new ones!

Participate in new activities each Saturday and bring a friend or two along! The group also celebrates each season with themed dances.

For more information call City of Toronto; Parks, Forestry and Recreation- Adapted and Integrated Services at 416-397-4690.



# Events / Workshops

# **ARE YOU OR SOMEONE** YOU LOVE LIVING WITH A DISABILIT

If so, you may be eligible for up to \$3,500 a year in Matching Grants and up to \$1,000 a year in Bonds!

The Registered Disability Savings Plan (RDSP) is a unique program provided by the government of Canada to enhance the financial security of people living with disabilities.\*

FREE RDSP INFORMATION SESSIONS

HOSTED BY COMMUNITY LIVING TORONTO

Presented by: Brendon Pooran, a Toronto based lawyer who provides advice on wills and estate planning, Government benefits and disability law.

#### Tuesday, October 1

Etobicoke Region - 7:00-9:00 pm 295 The West Mall, Suite 204 RSVP to: Eric Laimer 647-729-0045 or elaimer@cltoronto.ca

Tuesday, October 22 Central Region - 7:00-9:00 pm **Community Junction** 2934 Dundas Street West RSVP to: Ann-Marie Binetti 647-729-1210 or abinetti@cltoronto.ca

\* Funding for these information sessions is provided by the Government of Canada.

# **Mark Your** Calendars!

North York Region

## Halloween Dance

Friday October 25th 1122 Finch Avenue West Unit 16 6:30 p.m. to 8:30 p.m. Cost: \$5.00 includes light **Refreshments & door prizes** 

For More Information and to RSVP Please contact: Wendy 647-729-3627 Flora 647-729-3645

### **Bingo Night! Presented by the Aktion Club** Location: 1712 Ellesmere Rd (in the dinning room) Time: 7:00-8:30pm Cost: \$5.00

Friday September 20, 2013 Dates: Friday October 18, 2013 Friday November 15, 2013 Friday December TBA Friday, January 17, 2014 Please call Felicita Zanatta 647-729-1635 for information

Friday, February 21, 2014 Friday March 21, 2014 Friday April 18, 2014 Friday, May 16, 2014 Friday, June 13, 2014

Fully Supervise

## Reunited, Continued from page 5.

The weekend was an emotionally charged event.

Richard didn't quite believe he had a younger brother until he finally met him in person. They both hit it off like brothers!

These are exciting times for the Thomas Family. Roberta and her daughter will be making plans to visit Barry in Nipissing and there is talk of making the family reunion an annual event. Despite challenges and separation, the Thomas Family ties remain strong.



A Dance for Teens & Young Adults with developmental disabilities



7:30 PM to 9:30 PM Harold Lawson School 1712 Ellesmere Road, Scarborough (Just east of McCowan Rd. – North side)

2013/2014 Dance Dates

Sept 27<sup>th</sup>, Oct 25<sup>th</sup>, Nov 29<sup>th</sup>, Dec 13<sup>th</sup>, Jan 31<sup>st</sup>, Feb 28<sup>th</sup>, Mar 28<sup>th</sup>, Apr 25<sup>th</sup>, May 30<sup>th</sup> and June 20<sup>th</sup>

 Wilcer
 Chair Accessible

 For more information call:
 Ellen (416) 724-6539

 Alison (416) 298-3503
 Penny (416) 751-7767

Supported by: Community Living Toronto Scarborough Region

# Calendar of Events

## October 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Scarborough Residential Alternatives	2 Central Dinner Club	3	4 Lawson Dance	5 Trihards Bowling Victoria Park Hub Fall Walk & Lunch
6	7 NY Council Meeting Scarborough Council Meeting	8 Central Council Meeting Etobicoke Council Meeting	9 Central Dinner Club	10 A Whole Lott More 7pm—9pm Royal Theatre 608 College St	11	12
13	14 Thanksgiving Day	15	16 Central Dinner Club	17	18 Scarborough Bingo Night	19 Trihards Bowling
20	21	22 RDSP Session at Community Junction	23 Central Dinner Club	24	25 Connection Dance NY Halloween Dance	26 Scarborough Winter Literacy Program Starts
27	28	29	30 Central Dinner Club	31		

## November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Central Region: Ann-Marie Binetti 647-729-1210	Etobicoke/ York Region: Eric Laimer 647-729-0445	North York Region: Wendy Dyke 647-729-3627	Scarborough Region: Felicita Zanatta 647-729-1635		1 Lawson Dance	2 Trihards Bowling
3	4 NY Council Meeting Scarborough Council Meeting	5	6 Central Dinner Club	7	8	9
10	11	12 Central Council Meeting Etobiokce Council	13 Central Dinner Club	14	15 Scarborough Bingo Night	16 Trihards Bowling
17	18	19	20 Central Dinner Club	21	22	23
24	25	26	27 Central Dinner Club	28	29 Connection Dance	30 Trihards Bowling

### Victoria Park Hub Fall Walk & Lunch

Enjoy a leisurely walk in the Victoria Park Village Everyone is Welcome!

> Saturday October 5, 2032 TIME: 11:00 am to 2:30 pm

Starting at Sloane Public School110 Sloane Avenue, North York Ending at the Victoria Village Public Library

> Lunch provide for registered participants! Note: There is a wheelchair accessible route

#### Must Pre-Register to Participate To Register Please Call:

Flora Nichols 647-729-3645 Or Wendy Dyke 647-729-3627







