

## Spinclusion's Spintacular Adventures

By: Mia McGowan



Self-Advocates Council member Ken thinks Spinclusion is #1

Spinclusion, a fun, interactive game that encourages children and youth to celebrate differences and include everyone, has been on quite the journey this year. Thanks to United Way Toronto and an anonymous donor, Spinclusion received funding to expand its website and promote inclusion nation wide. The goal is to develop 50 partnerships with organizations across our country by training new Spinclusion facilitators and providing their organizations with free games. The new website will include facilitator tips, video of Spinclusion sessions, additional game pieces, and a place for facilitators to share ideas. It will be available in both French and English. C'est fantastique, n'est-ce pas?

In May, Spinclusion had a successful visit to Victoria, British Columbia. Ten various organizations participated in facilitator training; Community Living Victoria, various recreation groups, speech and language specialists, a Self-Advocates council and the local school board were just some of the groups that were excited to be part of this project. They loved the idea of using an interactive game to promote inclusion in their settings. For me, it was a great opportunity to share ideas and see what is

happening in BC. We had some great Spinclusion sessions with high school students, as well as with students in grades 2 to 6. The highlight of the trip for me was spending an afternoon with the Self-Advocates for a Brighter Future group. They meet once a month to discuss issues and plan their advocacy strategies. While playing Spinclusion, we discovered that many of the issues facing people with intellectual disabilities are the same - whether you live in Victoria or Toronto; we discussed poverty, the need for free transportation, and the right to be included and respected.

This fall, Spinclusion will be visiting many provinces, including Newfoundland, Alberta, and Manitoba.

Another exciting project is our partnership with Cisco. Through their incredible technology, we will provide facilitator training through video conferencing to a school in Iqaluit, Nunavut and play Spinclusion with their students while simultaneously playing with a class in Toronto. We are also working on setting up a similar game with a school in the Northwest Territories. Stay tuned for all the exciting highlights in the months to come!

For more information or to book a Spinclusion session contact: Mia McGowan at 647-725-1258 or [mmcgowan@cltoronto.ca](mailto:mmcgowan@cltoronto.ca)

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September 2014

## 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

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Michael Adams

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Mary Pat Armstrong

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### Board of Directors

#### President

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Nick Macrae

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Chris Stringer

### Chief Executive Officer

Garry Pruden

## Telus Days of Giving

By: Jackie Fisher



Aspenwood residents with volunteers  
Paul and Denise Scraff  
(in bright green t-shirts)



Telus volunteers Paul and Denise Scraff  
take on yard clean up

Telus held its Days of Giving Event on Saturday, May 31, 2014 at North York's Aspenwood Residence. Ayesha Otti, the Program Supervisor and her staff hosted a wonderful BBQ for Telus volunteers and residents of Aspenwood.

The home was updated with fresh flowers, hedging, general yard cleanup and a new BBQ for the residents to enjoy during the summer months.

Aspenwood's living room and bathroom had already received a spring spruce up. However, the best addition to this residence for the summer is their new barbeque! A lot of hamburgers, sausages, and corn were served up to the residents who looked forward to more BBQs during the summer months.

Even though there were only two of them, Paul Scraff and his wife Denise were able to accomplish an incredible amount of work. This included a lot of gardening and landscaping for the residents to enjoy for the summer.

Their hard work improved the curb appeal of Aspenwood Residence and their request to come back for next year only speaks to the wonderful reception and appreciation by the staff and residents in recognition of their hard work and amicable demeanor.

Special thanks to Krystal Tse, the administrative assistant for North York in assisting with all of the auxiliary needs for this event and Josh Parada, receptionist for North York who assisted with assigned duties to make this event successful.

## Municipal Election—Final 8 Weeks



Moderator Steve Paikin (L) with candidates John Tory, David Soknacki, Karen Stintz and Olivia Chow. Rob Ford was not able to attend.

The countdown to electing a new Mayor and municipal council will no doubt heat up, considerably, these last few weeks until we all head to the polls on October 27. While we've heard many of the lead candidates talk about their positions on transit and housing, how will the new administration impact people with intellectual disabilities and their families? Well, if you missed it, you can watch our Mayoral Debate we co-hosted with March of Dimes Canada and 12 other local partner organizations in June. You can find the moderated questions on our youtube channel: [www.youtube.com/cltoronto](http://www.youtube.com/cltoronto). Don't forget to vote!

We will also have material available in early September that you can use to talk to candidates about over the next few weeks. We will post it on our website when it's available.

### In other Municipal News

- The amalgamated zoning by-law was passed without any amendment. This means that group homes are no longer restricted by 250m distancing requirements.
- The City of Toronto is looking into a reduced transit fare for people with low incomes. We are hopeful this will result in a reduced fare for people equal to (or more than!) current student and senior discounts.
- Social Planning Toronto is preparing its election kit, which will include a fact sheet on issues affecting people with a disability. This is the result of our debate held in June.

## New Budget Dollars, New Minister



The June 12 election returned a majority government for the Liberals, and with it came a cabinet shuffle. We are pleased that **The Hon. Helena Jaczek** was appointed the new Minister of Community and Social Services. Minister Jaczek is a medical doctor and has been a member of the provincial legislature since 2007, representing Oak Ridges-Markham. We are pleased that she will attend our AGM on Sept. 9th and look forward to working with her and her team when the House resumes in the Fall. The Hon Ted McMeekin, our former minister has moved to Ministry of Housing.

The success of the Liberals also meant that the **\$810million** earmarked for the developmental services sector was confirmed with the passing of the budget in July. Over the next few months, CLToronto and our sector partners will work closely with government as they begin to allocate the money to reduce waitlists and provide stability to the sector.

The **Select Committee on Developmental Services** released it's report after interviewing hundreds of Ontario families and agencies. Their recommendations are being reviewed by government and by the sector; we will keep you updated on actions taken on the recommendations. You can access the report on our website.

# Central News

## Council Listings

### 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  
Kate Gilhooly  
Dawn Lunan  
Nelson Raposo  
Alda Zimbalatti

Regional Executive Director  
Frances MacNeil

Membership Coordinator  
Matt Poirier  
647-729-1210  
[matthew.poirier@cltoronto.ca](mailto:matthew.poirier@cltoronto.ca)

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

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**Central Council Meeting:  
September 16th, 2014  
6:00 pm  
20 Spadina Road  
Room 2B**

## Central Dinner Club says “Thank-You” to Tom Dawson & Cathie Hutchison

By: Matt Poirier



Dinner Club founder, Tom Dawson



Dinner Club attendee, Cathie

On Wednesday, July 23rd, the Central Region Dinner Club held a fabulous BBQ Retirement Party to say thank-you to club founder and friend, Tom Dawson and long time club attendee Cathie Hutchison.

What began as an instructional cooking class funded by Central Region Council in 1996 eventually transformed into a weekly recreational activity for individuals to enjoy great food and the company of friends. On any given Wednesday over the course of his fourteen years of dedicated volunteer work, Tom could be found loading up his mini-van with tons of food and cooking up a storm for the Dinner Club gang at 30 Birch Avenue.

Tom was the kitchen master for well over a decade until he was forced to abruptly end his commitment and hand over the reigns to someone else, but has always stayed connected with the club and visits whenever he can.

Alongside Tom from day one was enthusiastic club participant, Cathie Hutchison. Cathie rarely missed a Wednesday over the club’s 18 year existence, and spent much of her time diligently helping to plan out the next week’s menu, and keeping other attendees entertained. Richard Newland, fellow club attendee, expressed his gratitude to Cathie in a speech saying, “Cathie wanted me to come to the club years ago to meet new friends even though I didn’t want to. But I’m happy I did.”

Long time volunteer Peter Cook expressed his gratitude to Tom saying, “Supper club is my island of sanity each week. It is where I get reconnected to who and what really matters in this world, like people who want to give back and people who ask for little and appreciate the basic things in life like time, love and attention. It is also my

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## Council Listings

Etobicoke/ York  
Regional Council

Chairperson  
Ann Marie Fierro

Board Representative  
Stefica Skof

Treasurer  
Susan King

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

Regional Executive Director  
Brad Saunders

Membership Coordinator  
Eric Laimer  
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Contact Information  
Etobicoke/York  
Regional Office  
295 The West Mall,  
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Etobicoke, Ontario  
M9C 4Z4

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F: 416.236.7673

**Next Council Meeting:**  
**Tuesday September 16th**  
**6:30 pm**  
**295 The West Mall**  
**Suite 204**  
**Boardroom**

## Friends Across The Border

By: Eric Laimer



Julia and Michael Ward

For twelve years, Michael Ward has been hosting sports outings in the Detroit area for people in the Etobicoke Supported Independent Living (SIL) program. It all started with a chance meeting at a Detroit Tigers baseball game back in 2001. Bruce Walling was enjoying the ball game and struck up a conversation with Michael Ward which has led to a long lasting partnership with Community Living Toronto. Bruce passed away in November 2013 but the legacy of his friendly and outgoing personality continues.

An enthusiastic group headed to Detroit back in June for another fabulous weekend hosted by Michael. As usual, all expenses were paid by the generous donations of individuals and businesses in Detroit and the surrounding area.

Once again, as they have done for the past 12 years, Uno Chicago Grill treated everyone to lunch featuring their

famous pizza.

Meanwhile, the Medals4Mettle (<http://www.medals4mettle.org/>) program presented medals to everyone. The program accepts donated medals from marathon winners and awards them to people that display mettle, or courage, as they face life's challenges.

Deb and Bob Labadie arranged to get free Detroit Tiger t-shirts for everyone. Since the Tigers were playing the Toronto Blue Jays, some people had already brought their Blue Jay shirts and there was the question as to which shirt would be worn. The Blue Jay fans remained loyal to their team and wore their jerseys as the Blue Jays handily defeated the Tigers!

Another long time donor, Sunnybrook Motel and Golf, provided free accommodations for the weekend. After a hearty breakfast, the gang headed over to Target to do some shopping. Unexpectedly, someone

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Robert, Donna, Nick and Melissa settle in for a clash between the Tigers & Blue Jays.

# North York News

## Council Listings

### 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  
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Toronto, Ontario  
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F: 416.225.8623

**Next Regional Council Meeting:**  
**Monday October 6, 2014**  
**1:00 pm to 3:00 pm**  
**1122 Finch Avenue West**  
**Unit 18**  
**Boardroom**

## Bank of Montreal Days of Caring

By: Jackie Fisher



Gardening Crew at Resolution Residence

The Bank of Montreal's (BMO) Days of Caring Events in North York Region in conjunction with the United Way were held in early June at Resolution, Margaret, Whitehorn, and Gilley Residences. Mahammad Moheemmod, Wilma Nad and Rosemarie Alegbe, the Program Supervisors of these homes and their staff hosted the BMO volunteers.

The volunteers, who were each from various parts of BMO, found the events a great way to meet each other while providing service to a United Way member agency.

Davie Ge led his group in working on the vegetable garden and backyard at Resolution group home.

Christopher Go Bio's crew at Margaret



BMO volunteers at Margaret Residence

Residence worked in the vegetable garden, planting tomatoes and eggplants for residents to enjoy.

General cleanup of the backyard and improving the curb appeal of Whitehorn Residence with new flowers was completed by Eric Hart's group.

Meanwhile, leader Christopher Cui guided his volunteers through work on creating new flowers beds in the Gilley residence backyard.

The BMO volunteers were able to transform outdoor space of four homes for the residents to enjoy throughout the summer. At Resolution, Margaret and Gilley, volunteers were treated to fruit salads and pizza while at Whitehorn, the volunteers had a wonderful BBQ.



Planting flowers at Whitehorn residence



Gilley crew taking care of business!

## Council Listings

### Scarborough Regional Council

**Co-Chairpersons**  
Judith Andrenacci  
Alison Thomas

### Board Representative

**Treasurer**  
Deborah White

### Members at Large

Lori Beesley  
Donald Hale  
Kathy Lisle  
Ellen Armstrong  
Robert Shaddock  
Bonnie Heath

**Regional Executive Director**  
Sue Lynch

**Membership Coordinator**  
Felicitia Zanatta 647-729-1635  
[fzanatta@cltoronto.ca](mailto:fzanatta@cltoronto.ca)

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

T: 416-438-6099  
F: 416-644-9052

**Next Council Meeting:**  
**Monday October 6, 2014**  
**6:30 pm**  
**Scarborough office**  
**Boardroom**

## Derek Receives a Black Belt

By: Lindsay and Derek Stevenson

Let me introduce you to our son, Derek Stevenson, 36, who has Down Syndrome. Derek is an amazing, inspiring and determined young man, who passed his Black Belt test for Martial Arts, Nerkin Ouj, on May 10, 2014! He attended Energy Martial Arts Academy for the past 15 years. With the Academy's help, support and encouragement, Derek has achieved all his different coloured belts and stripes, finally achieving his Black Belt. We never thought this feat was possible or likely to be achieved. We are so proud of him. Derek and other students put on a short demonstration of Martial Arts and then were presented with their Black Belts on June 14, 2014.

Derek is a well-known, well liked, busy young man in the West Rouge community. He is a dedicated volunteer who helps at the Scarborough YMCA two days a week, delivers Meals on Wheels one day per week and also volunteers at Bingo, and the Scarborough Centre for Healthy Communities with Aktion Club which is a part of Kiwanis.

Derek is currently living in his own apartment in the family home, with support. He is looking for a housemate so he can move into his own home.

### Derek writes:

I am a 35 year old man with Down Syndrome, and am looking for a housemate in the South East end of Scarborough.



Grand Master Varpet Edmund Saki presented Derek with his Black Belt

I am ready to move out independently, into a new home, with a housemate. I have a full staff team and a facilitator, who help me plan my week, menus and chores, to live as independently as possible. They will be excited to meet you, and support you as well.

I love sports, going out to movies, dances and other fun activities, playing on the Wii, going to restaurants, and socializing with friends!

Ideally, my future roommate would be motivated to start living independently, enjoy socializing and able to take TTC, so we can go out together sometimes, with minimal

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# Self-Advocates Council Update

## Self-Advocates Council Listings

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 Kirmiziyian  
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 Sept 17**  
**11am—1pm**  
**20 Spadina.**

Monthly SAC Meetings are the Third Wednesday of Each Month at 20 Spadina. All with intellectual disabilities are welcome!

Please contact Sue Hutton for times and rooms 647-729-1205

## Getting the Kids Ready for School on an ODSP budget

By: Sue Hutton



Caseen with two of her children

Parents of a child with an intellectual disability are known to have higher rates of stress than most parents. It's known that parents in the disability world become "accidental advocates" – thrown into advocacy upon having a child with a disability. It's a world that requires advocacy to get the best for our sons and daughters. Getting back to school in the fall and preparing for the school system – or transitioning out of the school system – are stressful events. How do we truly access real inclusion? Endless advocacy is the name of the game. It's what parents do, it's what staff in agencies do and it's what the people living with intellectual disabilities do to survive. (*Read: Disability, Mothers, and Organization: Accidental Activists, by author Melanie Panitch*)

Advocacy is also needed when the tables are turned, and someone with a disability themselves, is a parent. Caseen Johnson, who has a mild

intellectual disability, receives services from Community Living Toronto's Adult Protective Services Worker (APSW) program. Caseen is a member of the Self Advocates Council, and is a single mom of three. Caseen is preparing her kids to get back to school on an Ontario Disability Support Program budget. Caseen is a caring mom, and her children, Samantha, the eldest is going into grade 5, and Alex the youngest is starting Junior Kindergarten. Mark is in the middle. Caseen juggles with all the parenting issues the rest of us do. Being a single mom of three is not easy. "I have my worker, Julie who really helps me. She helps me budget so I can make sure I have all the clothes, backpacks and everything ready for my kids. I don't know what I'd do without her!" APSWs, like Caseen's worker, work around the clock to support people in the program who are parents. It's their right to have children and experience life to the fullest potential. Community Living is here to help uphold their rights and access all the services and supports they can while on ODSP.

ODSP provides a single parent of 2 with an average of a total of \$1194 monthly to cover everything from housing to food, to social recreational activities for the kids. To learn more about ODSP advocacy for families, visit the Income Security Advocacy Centre (ISAC) website: <http://www.incomesecurity.org/index.html> 1-866-245-4072.



# Resources, Networking And You

## Parent Support Groups

Are you or someone you know looking for a parent support group? Do you know of a parent support group that you'd like to share with others?

Go to our Connect**ABILITY.ca** website and find an up to date listing of support groups in the Greater Toronto region: <http://connectability.ca/2013/12/04/family-support-groups/>

Look for listings of fee for services, helpful tips and great articles on:

**ConnectABILITY.ca**



**Saturday, November 15, 2014**  
**Queen Elizabeth Theatre**  
**190 Princes Blvd.,**  
**Exhibition Place**  
[www.communityrocks.ca](http://www.communityrocks.ca)

**Featuring: Juno Award Winners - TROOPER**

**Hosted by Ben Mulroney**  
**Spoken Word Artist: Aria Tesolin**

**Live DJ**

**Cocktail Reception & a Canadian-Themed Party**

**GET YOUR TICKETS NOW!**

## Save the Date!

Connected Families Forum 2014  
*"Turning 18: Adult rights, family connections"*

**Saturday, October 25, 2014**

Powered by

**ConnectABILITY.ca**

This full day forum will provide valuable information and the unique opportunity to connect with other individuals and families as they move forward into adult life with a developmental disability.

- Learn about laws related to decision-making in Ontario, and how they affect an adult with a developmental disability.
  - Hear young adults discuss their experiences and feelings about their rights.
- Learn more about fee-for-service community participation and day supports available in Toronto.\*
- Talk about the issues you are most concerned about with other families and build connections at the Connected Families Café.

**Location:** Japanese Canadian Cultural Centre, 6 Garamond Court, Toronto

**Time:** 9:00 am – 3:00 pm

**Cost:** \$25 per person or \$40 per couple  
(includes all sessions, lunch, and snacks)

Registration and full details available September 2014

For further information or to join the mailing list, contact Don Murray at [dmurray@cltoronto.ca](mailto:dmurray@cltoronto.ca)

Connected Families Forum is presented in partnership with

**ConnectABILITY.ca**



\* Programs that are not funded by MCSS are not represented at the DSTO fair: this forum gives you the opportunity to connect with numerous fee-for-service programs in a single location.



## Best Buddies

Community Living Toronto, North York Region has a partnership with Havergal College to operate a Best Buddy all-girls chapter for individuals ranging from 14 – 21 years of age that have an intellectual disability.

The students and individuals are matched and become “buddy pairs” from September 20, 2014 - May 13, 2015. The “buddy pairs” call each other on a weekly basis, go out for an excursion to the mall, park or Movies, or simply enjoy the company of a good friend on a bi-weekly basis. During the year, Havergal Best Buddies will host 4 to 5 group activities. The benefits of this program are for the individual to improve their social skills and to develop long lasting friendships.

For more information, please have them contact: Coordinator of Volunteer Services, **Jackie Fisher**  
647-729-1162 or via email at [jacqueline.fisher@cltoronto.ca](mailto:jacqueline.fisher@cltoronto.ca)

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reminder that we are all the same, we are all connected and we are all in this together.”

Nearly 50 guests, including Central Council members, volunteers, family members and club participants were on hand for the celebration. Guests enjoyed musical entertainment by Charlotte Siegel and Yana Bylik, and a visit from Bill Hutchison, Cathie’s brother and CTV news anchor! The event was a fitting celebration to honour the retirement of two people who had such an integral impact on the success of the club.

Thank you Tom and Cathie, from everyone at the Dinner Club!



Tom & Cathie (centre) surrounded by the Dinner Club gang!



Special guests Charlotte Seigel, Bill Hutchison and Yana Bylik

### Central Region Council Dinner Club

Every Wednesday Evening  
4:30pm—7:30pm  
30 Birch Avenue at Central ADP

\$5.00/person

An evening of good food and great company!  
Contact Matt Poirier for more information at  
[matthew.poirier@cltoronto.ca](mailto:matthew.poirier@cltoronto.ca) or 647.729.1210

## One Direction Group Welcomes Summer!

The Central Region One Direction Group finished off their year of fun with a BBQ and games day at Foster’s Clubhouse on June 7th. Members of the club enjoyed burgers, hotdogs and salads before heading to the park to enjoy the summer sun and play soccer and Frisbee. The event was the final item on their itinerary which consisted of events such as bowling, an ice cream sundae party, and a holiday cookie making party, just to name a few.

The group will reconvene in September with a fresh and exciting list of activities for the 2014-2015 year!



The One Direction group enjoying their end of the year BBQ!

*Continued from the page 6.*

approached Brian Wittich, a Community Living Toronto staff, thanked him for helping others and donated a \$125 gift card! Without giving his name or asking for any kind of recognitions, he shook Brian's hand and left the store. At Brian's suggestion the card was shared and everyone received five additional dollars to spend.

The weekend finished off with a round of delicious ice cream compliments of The Ice Cream and Custard store. Thanks again to Michael Ward for generously hosting another fabulous weekend for people in our SIL program.

## Summertime Fun



(L to R) Melissa, Kathy, David, June, Kathy and Mark enjoy an adventurous day at the Ripley Aquarium in Toronto.



(Clockwise from front) Christine, David, Jackie & Josephine enjoy the flowers during their day of strawberry picking.

## BMO Days of Caring Event

*By: Jackie Fisher*



BMO volunteers hard at work adding a coat of paint to the Wellesworth Group Home respite room.

The Bank of Montreal's (BMO) Days of Caring Event, in conjunction with the United Way, was held on Wednesday, June 5th at Elmcrest & Wellesworth homes located in Etobicoke. Melanie Morrison, the Program Supervisor of these homes and her staff hosted the BMO volunteers for this event.

The volunteers came from various parts of the BMO organization to help with gardening and painting. Along with the satisfaction of helping others, the volunteers got to meet coworkers from different areas of BMO and bond over a good cause.

At Elmcrest, Brent Graham, from the BMO volunteer group, spruced up the front yard with a general cleanup and improved the curb appeal of the home with new flowers for those lazy, hazy summer days when the people living at Elmcrest sit on the front porch enjoying their sunsets. At Wellesworth, Lucy Lalaj from BMO led the volunteers to paint the living room and the respite room. The finished product rivaled that of a professional painting crew!

The BMO volunteers were able to accomplish quite a bit of gardening and landscaping for the people living at Elmcrest and Wellesworth to enjoy. As thanks for their hard work, the volunteers were treated to a delicious luncheon.

See pages 7 and 12 for more on BMO events.

# North York Summer Cooking Class

By: Wendy Dyke



Florine, Boran & Jessica with pizza ready for cooking

Summer Cooking classes were offered for the first time in North York region. With the support of North York Regional Council, membership funding was put towards hiring an instructor for two sessions. The first session took place during the last week in July using the Adult Development Program space. The kitchen worked very well for

our participants as the counter is wheelchair accessible with a cook stove top installed. For some of our participants not in a wheelchair, the height of the counter also worked well for them. This enabled them to fully participate in all aspects of meal

preparation.

The second session of classes occurred over three weeks using the Victoria Park Hub. The Hub kitchen is a marvellously designed space with tons of room to instruct and participate in meal preparation. The kitchen is equipped with industrial appliances, hand washing sink, separate cleaning and food prep areas.

During each day, participants spent the morning preparing lunch. The recipes were reviewed each afternoon with volunteer support participants looking up recipes for favourite meals online. These recipes were then copied and revised to include pictures. Saved recipes were printed and added to the binders that were given to each aspiring chef. Binder contents included Canada's food guide, a hand washing poster, information on safe food handling, tips on healthy eating strategies and all the recipes used. Many of the students expressed interest in continuing classes. Thanks to the leadership of instructor Florine Wolfe and the assistance of volunteers, the summer cooking class sessions were a resounding success!



Chris with volunteer Tamar



Tamar, Jessica and Amanda



Anthony checks his Mac & Cheese

*(Cont'd from page 7)*  
support.

He should also be able to stay home alone at times, whether before or after work/day program, and can also sleep at our new home without an overnight staff. Cooking and cleaning are chores we would share, but knowing these skills coming into our home is not necessary as they can be taught by our support team. My new roommate's parents need to be team players and willing to work together and communicate with

both my parents and support team to make this partnership work.

All of the above is not mandatory, as I am flexible, but the motivation to be independent is very important. For further information, please contact Patricia Araya at Community Living Toronto, at [patricia.araya@cltoronto.ca](mailto:patricia.araya@cltoronto.ca) or tel. 647-272-9406, or Lindsay Stevenson, at [grstevenson@sympatico.ca](mailto:grstevenson@sympatico.ca), tel. 416-281-2022.

## Community Living Toronto Participants Join Loblaws Cooking Program

By: *Andreia Alvares*



Loblaws' Cooking Coordinator Barbara, third from left, is surrounded by her students



Aspiring chefs hard at work preparing their meal

This summer, some of the North York's Youth 2 Work, and Supported Work and Community Activities (SWACA) participants joined a cooking program at Loblaws in Forest Hill.

The goal was to offer opportunities to participants to develop social skills, independent living skills, cooking techniques, kitchen safety and vocational skills while having a great deal of fun.

The participants learned how to prepare amazing

dishes, such as couscous, chicken cacciatore, salads, tacos, healthy cookies, and much more!

Barbara, Loblaws' Cooking Coordinator, promoted a hands-on class with a great atmosphere where everyone had the chance to cook and learn all the steps to accomplish a delicious meal.

It was a very successful workshop and we are looking forward to taking more classes with Barbara.

## Shadow Lake Centre Memorial for Bruce Walling

By *Bob Ferguson*



(Left to right) Deb and Michael Ward, Gary Ouellette, Doreen Thomsen, Mark McComb and Robert St. Bernard

On July 3<sup>rd</sup>, a special memorial was unveiled at Shadow Lake for Bruce Walling. Bruce was a long-time resident of Community Living Toronto's Supported Independent Living Program and he enjoyed attending Shadow Lake Centre almost every year since 1966. Bruce passed away last fall, and a donation to the camp in Bruce's name was made by Mr. and Mrs. Gerald Farnell. A Gazebo was purchased and built in his memory.

Doreen Thomsen, Bruce's mother, as well as many family and friends came up to the camp to take part in the ceremony.

# Events / Workshops



Where choices change the lives  
of people with an intellectual disability



securing futures

## Wills and Trusts Information Sessions

**Wednesday, October 1, 2014**

Etobicoke ETS  
288 Judson Street, Unit 17  
7:00 – 9:00 pm

**Monday, October 20, 2014**

Victoria Village Hub  
1527 Victoria Park Ave., 2nd Floor  
7:00 – 9:00 pm

**Topics to be covered:** ODSP | Wills | Trusts (Discretionary/Henson and Non-Discretionary) | Powers of Attorney for Property | Powers of Attorney for Personal Care | Guardianship | Home Ownership | Life Insurance | Bequests



### Speaker:

Brendon D. Pooran is the principal lawyer at PooranLaw Professional Corporation.

He regularly provides advice in the area of wills, trusts and estates planning to individuals with disabilities and their families.

These sessions are free of charge and open to anyone involved in planning for a loved one with a disability

**Seating is limited**

**Please call a membership coordinator near you to register and ensure we have a seat for you**

Eric Laimer – Etobicoke/York - 647-729-0445  
Matt Poirier – Central - 647-729-1210  
Wendy Dyke – North York – 647-729-3627  
Felicita Zanatta – Scarborough – 647-729-1635

20 Spadina Rd. | Toronto, ON | M5R 2S7 | 416.968.0650 | [www.communitylivingtoronto.ca](http://www.communitylivingtoronto.ca)  
A United Way Member Agency

## Jumpstart Literacy

Jumpstart is a literacy class for adults with intellectual disabilities

**Location:** 1122 Finch Avenue West, Unit 16

**Time:** Saturday Mornings  
9:30 - 11:30 am

**From:** September 6, 2014

**To:** June 23, 2015

**Capacity:** 20 Students

Students work at their own level and pace  
Topics include money concepts, life skills, community awareness, reading and writing

Teachers and volunteers provide one to one and group interactive educational sessions

If you know someone who would like to participate, please contact:

**Jackie Fisher**

**Coordinator of Volunteer Services  
North York/Etobicoke Regions  
647-729-1162**

[jacqueline.fisher@cltoronto.ca](mailto:jacqueline.fisher@cltoronto.ca)

## Learn 2 Cook Healthy Meals



Come learn to make nutritious and delicious meals and take away a recipe book of your own!

This 10 Week class will take place on Monday evenings

September 29 to December 8 5:00pm to 8:00pm

1712 Ellesmere Rd in the basement kitchen.

The cost of the 10 week class is \$150.00

Eligible Students must have basic food preparation skills and come for a 'Getting to know you' interview.

Please call Felicita Zanatta for information and to book an interview at 647-729-1635 or [fzanatta@cltoronto.ca](mailto:fzanatta@cltoronto.ca)

Supported by Scarborough Region Council

# Calendar of Events

## September 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labour Day	2	3 Central Dinner Club	4	5	6 Jumpstart Literacy
	8	9 Annual General Meeting	10 Central Dinner Club	11	12	13 Jumpstart Literacy
14	15	16 Etobicoke Council	17 Self-Advocate Council Meeting Central Dinner Club	18	19 Scarborough Bingo	20 Jumpstart Literacy
21	22	23	24 Central Dinner Club	25	26 Connections Dance	27 Jumpstart Literacy
28	29 Scarborough Cooking class starts	30	Central Region: Matthew Poirier 647-729-1210	Etobicoke/ York Region: Eric Laimer 647-729-0445	North York Region: Wendy Dyke 647-729-3627	Scarborough Region: Felicitia Zanatta 647-729-1635

## October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Wills & Trusts Information Session - Etobicoke ETS	2	3 Lawson Dance	4 Jumpstart Literacy
5	6 NY Council Meeting Scarborough Council Meeting	7	8 Central Dinner Club	9	10	11
12	13 Thanksgiving	14 Etobicoke Council	15 Self-Advocate Council Meeting Central Dinner Club	16	17 Scarborough Bingo	18 Jumpstart Literacy
19	20 Wills & Trusts Information Session - Vic. Park Hub	21	22 Central Dinner Club	23	24 NY Halloween Dance Connection Dance	25 Jumpstart Literacy Connected Families Forum Scarborough literacy starts
26	27 Scarborough Cooking Class	28	29 Central Dinner Club	30	31	



**Community Living Toronto**  
Where choices change the lives of people with an intellectual disability

Image by Michael Bandler, North York's Big Dreams Art Company

The Board of Directors of Community Living Toronto cordially invite you to attend the

## 66th Annual General Meeting

Tuesday, September 9, 2014  
6:15 pm Registration; 7:00 pm Meeting & Reception

Courtyard by Marriott Hotel  
475 Yonge Street

Please RSVP by Sept. 5, to Donna Krolewski,  
647-729-1169 or [dkrolewski@cltoronto.ca](mailto:dkrolewski@cltoronto.ca)

