

## Re:Action4Inclusion Conference Draws Youth from Across Ontario

By Matthew Poirier



*Re:Action4Inclusion Youth Advisory Council  
with Drum Café*

On the first weekend of March, Community Living Toronto attended the Re:Action4Inclusion youth leadership conference for high school students held at the YMCA Geneva Park in Orillia.

Re:Action4Inclusion is a youth leadership initiative where students explore their role in making their schools more inclusive. Roughly 100 students from across Ontario were in attendance, all possessing a strong interest in building community and inclusion in Ontario high schools to ensure youth with a disability don't get left behind. The annual conference is sponsored by Community Living Ontario through the Community Inclusion Initiative.

The conference commenced on Friday with a visit from "Drum Café", an interactive, team-building group that uses basic drumming and music to promote a sense of community, cooperation and harmony. Before long, apprehensiveness faded and friendships began to form as people began to realize everyone was there for the same reason.

The three day conference included presentations from guest speakers Judith McGill, an adult educator

and activist, and Dave Meslin, a Toronto activist and community organizer. The main theme of the weekend was "There is a choice: follow the leader, or use your own voice." Sessions aimed at giving youth the opportunity to discuss the notion of 'power', what it is, who has it and how they can discover and use the power within themselves to trigger change in their schools and neighborhoods. They learned of the implications of the social biases surrounding disability and brainstormed ways they could take the lead on eliminating these biases.

Meslin encouraged participants to feel passionate about something and fight for change by getting involved in their communities, volunteering their time, writing a letter to their city councilors, or simply signing a petition. "Don't be afraid to make your voice heard," he urged, "but also realize that there will be times that things don't always go your way".

Over the course of the conference, participants were made aware that inclusion is not just an issue for people that have a disability, but a social justice issue that affects all of us. They were challenged to think of situations where they were excluded in the past, why it had happened, how it felt and how this could be changed.

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April 2013

## Volunteer Leadership

### Honourary Patron

The Hon. David C. Onley  
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### Patron's Council Chair

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### Chief Executive Officer

Garry Pruden

## Re:Action4Inclusion Conference

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Aside from the formal sessions, students had ample free time to network with like-minded young people motivated to make a difference to discuss how their schools could be more inclusive of students with a disability.

When the busses pulled up on Sunday afternoon, it was evident that the students leaving were different from the students who had arrived on Friday. They were leaving the conference filled with inspiration, fresh ideas and motivation to bring change to their schools. One student said, "I feel so blessed to have met all of you, and I

am truly inspired by your stories to take action in my community. Thank you so much."



A group of Re:Action participants answer the question "An inclusive school means..."

dancing  
carnival  
BBQ  
music  
games

Games, activities & fun for the whole family!

Community Living Toronto

# annual picnic

SATURDAY  
JUNE 8, 2013  
11 AM - 3 PM

### Community Living Toronto

The picnic will take place at our Lawson Site at **1712 Ellesmere Rd.**, just a short walk from the McCowan subway stop. Parking is limited.

Don't forget to bring your lawn chair or blanket and sunscreen.

**Admission:** minimum donation of \$2 per person

#### Let us know you're coming!

#### ETOBICOKE

Eric Laimer  
647-729-0445  
elaimer@cltoronto.ca

#### NORTH YORK

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

#### CENTRAL

Felicita Zanatta  
647-729-1210  
fzanatta@cltoronto.ca

#### SCARBOROUGH

Ann-Marie Binetti  
647-729-1635  
abinetti@cltoronto.ca

For more information and directions visit  
[www.communitylivingtoronto.ca](http://www.communitylivingtoronto.ca)

## Fair TTC Fares

### Transit Petition encourages TTC to Provide Discount

We all know the daily struggles faced by adults with an intellectual disability. With the money received through ODSP, people with an intellectual disability need to budget to pay for clothing, food, and transportation. Too often, it's transportation fees that are cut from their monthly budgets.

Toronto lags behind other Canadian cities in making public transit accessible and affordable. Other cities in Canada: Calgary, Ottawa, Montreal, Oshawa, Vancouver, Windsor and Kingston all have a reduced fare for people with an intellectual disability. Meanwhile, Toronto seniors, high school and university students already receive reduced fare rates, but people with intellectual disabilities are expected to pay full transit fares.

Community Living Toronto, in partnership with MARC and other developmental service associations, have created a petition on the petition website, [change.org](http://www.change.org). We believe people with an intellectual disability should receive a reduced transit fare. If you agree, please sign the petition and encourage others to do, as well: <http://www.change.org/accessibletransit>.

As of printing, we were almost at the 2,000 mark! If you signed it, thank you.

## Federal Budget

### Employment Opportunities Key Initiative

In last week's Federal Budget, one of the key priorities identified is connecting Canadians to jobs. And that includes people with an intellectual disability. While we still need the details to be released, the government mentioned a new Labour Market Agreement for Persons with Disabilities, scheduled to be launched in 2014 that will better meet the employment needs of businesses and the employment opportunities of people with a disability. This appears to include:

- Training
- Extending the Enabling Accessibility Fund on an ongoing basis, which supports physical accessibility for people in the workplace, including workplace accommodation

The budget also mentioned money to renew the Investment in Affordable Housing.

## Ontario 2013 Budget

We are still waiting for a date to be released for the 2013 Budget, but Community Living Toronto has submitted a budget brief to the Standing Committee on Finance, emphasizing the pressures families and agencies are facing.

# Bridging Diversity

## Trillium Project Completed!

By Nooreen Pirbhai

In 2010, Community Living Toronto was awarded a two-year Ontario Trillium Foundation grant to work towards eliminating newcomers' barriers to services and supports, and addressing misconceptions relating to intellectual disabilities within ethno-cultural communities. Some goals of the grant included:

- Developing community partnerships with settlement and ethno-cultural agencies
- Presenting to, and engaging with, professionals within the developmental services and settlement sector via information sessions and province-wide conferences
- Outreaching to diverse ethno-cultural communities
- Engaging ethno-cultural media

At the end of February 2013, Community Living Toronto's Bridging Diversity Trillium funded project successfully came to a close! Final outcomes included:

- Developing 20 community partnerships
- Presenting to over 375 settlement staff
- Presenting to over 300 developmental services staff
- Presenting at five province-wide conferences, including, Ontario Association on Developmental Disabilities, Ontario Agencies Supporting Individuals with Special Needs, Community Living Ontario and Ontario Council of Agencies Supporting Immigrants
- Outreach to over 3000 community members through information sessions, community fairs and festivals
- Developing training for internal staff
- Over 40 media hits in ethno-cultural media (print, radio, Public Service Announcements, and social media)
- Several Connect**ABILITY**.ca tip sheets translated into diverse languages

The Bridging Diversity project didn't stop there. It grew beyond expectations.

Some additional highlights include:

- Launch of sprout Toronto and sprOUT Toronto's participation in the Pride parade in 2011 and 2012
- Development of the Diversity and Inclusion Statement
- An invitation to present to the Ministry of Community and Social Services (MCSS) Diversity Panel in June 2012
- An invitation to participate on United Way Toronto's Diversity and Inclusion Agency Advisory Committee
- Partnering with Culture Link's Mentoring Program for newcomers
- Assisting ARCH Disability Law Centre to develop information sessions for newcomer families
- Working with various Community Living Toronto departments and committees to ensure diversity and inclusion is embedded across the agency

Although the Trillium project has come to an end, our work goes on. Through the successful application for a MCSS Fiscal Innovation Fund, the Bridging Diversity project is currently partnering with Developmental Services Toronto's (DSTO) Improving Quality committee to survey DSTO agencies in order to understand how agencies are meeting the needs of diverse communities.

The work towards building a more inclusive service delivery and organizational culture continues!

A big thank you to all staff, volunteers and community partners who have supported the project. If you have any questions about the Bridging Diversity project, contact Nooreen Pirbhai at 647-729-3628 or [npirbhai@cltoronto.ca](mailto:npirbhai@cltoronto.ca)



# 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**  
Paul Cochrane  
David Danyluk  
Kate Gilhooly  
Nelson Raposo  
Sandra Ricci  
Alda Zimbalatti

**Regional Executive Director**  
Frances MacNeil

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

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**Central Region Meeting:**  
**April 9, 2013**  
**6 pm**  
**20 Spadina Road**  
**Room 2B**

## Volunteers at St. John The Compassionate Mission

By Paul Broomfield

It's a cold Wednesday morning and Mike Edser and Patricia Wong are taking their weekly commute from the Broadview station streetcar. The two Manson participants are headed towards St. John The Compassionate Mission. The small property houses an orthodox church, a food bank, an outreach program, a school and a free lunch program. It is the latter that keeps Mike and Patricia actively involved.

The Mission averages over fifty individuals for their lunch program. Speed and quality are necessary skills that are needed in order to have the three course lunch cooked on time for the mid-day rush. As volunteers, they are also responsible for setting up and taking down tables, sweeping the floors and socializing with guests. They have also helped out at the Mission's popular bakery placing price stickers on loaves of bread. Patricia occasionally takes phone messages if the Mission is short-handed.

Their work hasn't gone unnoticed. They both received a certificate of achievement for their work during the presentation of the Queen's Elizabeth II Diamond Jubilee medal to Father Roberto this past fall.

Mike, who also has a paid position at The Junction, and Patricia., who has a paid position at Mobile Hair Care and a local daycare, realize the contributions they are making. Both like the feeling of "helping other people."

Mike says that the Mission helps him



Mike and Patricia chop vegetables for lunch

to be closer spiritually to his family because he prays there. Meanwhile, Patricia feels that the staff, volunteers and guests are family. Maria, who is one of the church's leaders, says that Mike and Patricia have been wonderful additions to the St. John team. Both Mike and Patricia will undoubtedly continue to represent Manson and themselves in a positive fashion.

**dsto** Developmental Services Toronto  
Working together to provide services and supports to individuals with developmental disabilities and their families

## 8th Annual Information Fair

Developmental Services Toronto (dsto) invites you to attend the **8<sup>th</sup> Annual Information Fair**

<b>Date:</b>	Tuesday, May 14, 2013
<b>Time:</b>	9:30 a.m. – 4:30 p.m.
<b>Place:</b>	Japanese Canadian Cultural Centre 6 Garamond Court, Toronto, ON M3C 1Z5 Don Valley Parkway and Wynford Drive

For more information visit the DSO-TR website: [www.dsotoronto.com](http://www.dsotoronto.com) or contact: **Jennifer Altosaar**, 647-729-1217 or [jennifer.altosaar@cltoronto.ca](mailto:jennifer.altosaar@cltoronto.ca)  
**This is a FREE event. NO pre-registration is required.**

## Council Listings

Etobicoke/ York  
Regional Council

Chairperson  
Ann Marie Fierro

Board Representative  
Stefica Skof

Alternate Board Representative  
Laura Parsonson

Treasurer  
Ruth Nagy

Airi Clifford  
Zdenka Bilic  
Mary Byne  
Janina Coulthard  
Wally Richards  
Joan Karout  
Gaston Karout  
Christine LeClair  
Peter Marrese  
Mary Pawson  
Stefica Skof  
Sharon Totafurno

Regional Executive Director  
Brad Saunders

Membership Coordinator  
Eric Laimer  
647.729.0445  
[elaimer@cltoronto.ca](mailto:elaimer@cltoronto.ca)

Contact Information  
Etobicoke/York  
Regional Office  
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**Next Council Meeting:**  
**Tuesday April 9th.**  
**6:30 pm**  
**295 The West Mall**  
**Suite 204**  
**Boardroom**

## Painting Is His Passion

By Eric Laimer



Conrod Skyers— a man of many talents.

Conrod is a renaissance man. He likes to rap, paint, act, take photos, play video games, cycle and sometimes just walk through his neighbourhood and observe. While Conrod has been painting for only three years, he has created quite a stir at Creative Village Studio (CVS).

At a recent CVS art show, held at Joshua Creek Heritage Art Centre, all of his paintings sold out. Conrod was popular with the gallery staff and they were particularly impressed with the way he mingled amongst the art show patrons with a natural charm and flair while successfully promoting his art. Conrod even sold paintings that were still in boxes since there was no more

display room available in the gallery!

Like many artists, Conrod's art is a product of his life experience, imagination and influences from the world around him.

Conrod was born in Kingston, Jamaica to a very large family. He has well over half a dozen siblings and countless nieces and nephews. When he was a teenager, he came to Canada with his sisters. He lived for a while with his Grandmother on a farm in northern Ontario.

Later, he moved to Brampton where he lived in a foster care program for youth. Conrod attended Fletchers Meadow Secondary School in Brampton. His diverse talents garnered him awards in greenhouse gardening and track and field.

Once Conrod graduated from high school, he was faced with that pivotal time in life when you transition from youth to adult life. He came to Community Living Toronto in the fall of 2009 and lived at Buttonwood Group Home for over two years. The transition was not without its difficulties and Conrod had challenges dealing with anger and frustration.

Moving to his own apartment in the Supported Independent Living Program proved to be a turning point in Conrod's life. The change from continuous staff supervision at Buttonwood Group Home to 35 hours of staff support per week gave Conrod increased independence and

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*This popular piece with jungle cats sold quickly at the recent CVS art show at Joshua Creek Heritage Art Centre.*

confidence. Support Worker Jaycelle Scott has also been a priceless support and source of stability in Conrod's life "She is the best support worker in the world." he exclaims.

With CVS only a short walk from his home, it was only a matter of time before Conrod dropped by the studio and connected with his inner artist. He was immediately drawn to the abundance of art materials and the possibilities that lay within.

Conrod is a regular at CVS, typically dropping by the studio four to five times a week. On Tuesdays, he will often be at CVS from open to close, where he will paint in the morning, sing with the choir in the afternoon and do some acting in the Expressive Arts program in the evening.

Within a short time, Conrod has developed a distinctive painting style. His paintings feature a lot of colour and detail but are always tastefully balanced. He has a keen memory for visuals and will often put images in his work from movies, television, the internet and sights from his Islington Village neighbourhood. Sometimes, symbols and images from his birthplace will appear in curious areas of his paintings such as the Jamaican flag or Bob Marley.

Conrod is also very aware of how his paintings appear at different distances and he will use this knowledge to create varying effects depending on how far the viewer is standing from his painting. His goal

is to "Change the ways of art and be completely different from the other artists of the world."

He often talks while painting giving one the impression that he is telling a story on canvas as he speaks. A lot of thought goes in to his work and many images and colours that he chooses have hidden meaning. His favourite colours are gold and blue. Conrod believes, "Gold means you are getting lucky with your wishes."

While feelings of anger and frustration still sometimes surface from his past, painting has been an incredible outlet for Conrod to express his emotions in a positive way and a great example of the healing power of expressive art.

### Mark Your Calendars!

The Etobicoke/ York Annual Regional Meeting will be on Tuesday June 11th at Creative Village Studio! Tour the studio and feast your eyes on some amazing art. Learn about recent developments within Community Living Toronto, and vote for the 2013-2014 Council.

Contact Eric Laimer at 647-729-0445 or [elaimer@cltoronto.ca](mailto:elaimer@cltoronto.ca) for details.



### Need a Ride to the Picnic?

A free bus ride is available from Etobicoke/ York region office to the June 8 Community Living Toronto picnic at Lawson Residence; compliments of Etobicoke/York Region Council.

To reserve your seat contact:  
Eric Laimer 647-729-0445 or  
[elaimer@cltoronto.ca](mailto:elaimer@cltoronto.ca)

Bus departs 10:15 am *sharp* from  
295 The West Mall

Return pickup from Lawson at 3:00 pm.

*Please note: Pets are not allowed on the bus.*

## 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  
Dr. Norbert Kerenyi

Regional Executive Director  
Brad Saunders

Membership Coordinator  
Wendy Dyke  
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**Next  
Council Meeting:**

**April 8, 2013  
North York Office  
Boardroom  
1:00 - 3:00 pm**

## York U Best Buddies Hosts Another Successful Pot Luck Dinner

By Wendy Dyke



*Buddies load up their plates*

On Monday, February 25, the York University Chapter of Best Buddies hosted their second annual pot luck dinner. Contributions for the dinner involved everyone bringing something to the event, resulting in an amazing variety of appetizers, main course meals and desserts. The evening, which was planned by Chapter President Christine Montgomerie-Moine and Vice-President Devorah Joseph started out with everyone setting out the food over two long tables. Soon after, everyone was able to load up their plates and dig in!

After eating and clean up, Devorah set up her bingo cage, passed out cards and starting calling numbers. It wasn't long before buddy Janeese and peer buddy Rebecca were calling out BINGO! After the first prize of the evening was given out, I took over the bingo calling so that Devorah could join her buddy,



*Jonathan & Kheng call Bingo!*

Christiane, to play the game. The second winners of the night were buddy Kheng and his peer buddy Jonathan. They called Bingo four additional times before the evening ended with Janeese winning the final game.

Both Janeese and Kheng demonstrated the true meaning of friendship by giving away their prizes to buddies who did not win at Bingo.

It was a great evening of fun, food and friendship!



*Natasha and Buddy Ashley play Bingo*



## Council Listings

### Scarborough Regional Council

**Co-Chairpersons**  
Judith Andrenacci  
Alison Thomas

**Board Representative**  
Bonnie Heath

**Alternate Board Representative**  
Donna Britten

**Treasurer**  
Alison Thomas

**Membership Chair**  
Pat Sparks

Robert Shaddock

**Members at Large**  
Donna Britten  
Donald Hale  
Deborah White  
Kathy Lisle  
Ellen Armstrong  
Robert Shaddock

**Regional Executive Director**  
Sue Lynch

**Membership Coordinator**  
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Scarborough, Ontario  
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T: 416.438.6099  
F: 416.438.6144

**Next Council Meeting:**  
**Monday, April 8th, 2013**  
**6:30 pm**  
**1712 Ellesmere Rd**  
**Conference Room**

## Pink Shirt Day Supports Anti-Bullying

By Sarah Winter



*Alecia, Shelly, Brenda, Negia and Petra*

On February 27, Community Living Toronto staff showed its support of anti-bullying by participating in “Pink Shirt Day”.

Pink Shirt Day started in Nova Scotia by two students who purchased and distributed pink shirts throughout their high school after one of their peers was bullied because he wore a pink shirt on the first day of school.

## Congratulations Jayne!

By Ryan Hutchins

Jayne was presented with her 10 year pin as an associate for Wal-Mart Canada. For over ten years, Jayne has dedicated and committed herself to the Wal-Mart family. She is a valuable employee at Agincourt Wal-Mart located at Kennedy and Sheppard in Scarborough. With the support of Community Living Toronto's Youth 2 Work program Jayne has achieved success in the workforce. Jayne joined the Youth 2 Work program back in 2001 and ever since her working career has flourished! Over the years Jayne has had a number of work placement opportunities through the Youth 2 Work Program that include working at Scarborough Town Dental office, as a front desk security officer assistant at Scarborough Town Centre, and most recently as a child care assistant at the YMCA. Although Jayne has juggled her

busy career, she has always remained loyal to Wal-Mart. You can find Jayne working hard organizing, stocking and maintain the busy toy department every week. If you're in the neighbourhood, please feel free to drop by and congratulate Jayne in all of her successes.



*Jayne receives her pin from the store manager*

# Self-Advocates Council Update

## Self-Advocates Council Listings

Chairperson  
Robert Shaddock  
Vice-Chair  
Sam McKhail

Board Representative  
Paul Cochrane

Community Living Ontario  
Representative  
Peter Marrese

Treasurer/Secretary  
Robbie Cowdrey

Members At Large  
Caseen Johnson  
Candice Doherty  
Lorraine Bradley  
Margherita Cappiello  
Mark Miller  
Mike Murray  
Nelson Raposo  
Nick Lappas

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

**Next Council Meeting:  
Monday April 22, 2013  
11-1pm  
20 Spadina.**

## Rights Training, It's About "Understanding, Support and Respect"

By Sue Hutton, with help from Jose Escobar



As rights training pilots begin to roll out for people in service, a self advocate talks about what rights training means to him. Jose Escobar is a long time self-advocate. He attends the Self-Advocates Council meetings and also sits on the Rights & Ethics Committee at Community Living Toronto. Here he shares his thoughts about the value of mutually respectful relationships with staff at Community Living Toronto.

"Rights training is good for staff to have. And it's also good for us to have it – those of us living with intellectual disabilities. For me, rights is about understanding, support and respect. It's mainly about helping staff understanding us with disabilities. The staff need to really understand us in order to meet our daily choices."

Jose is not alone with his thoughts about understanding and respect being key themes in rights. These themes were evident at one of the early pilots in

rights trainings held at Scarborough Adult Development Program (ADP) last month. Staff Nancy Collins has been meeting with a team of front line staff and supervisors for several months brainstorming ways to develop rights trainings with folks that will be meaningful. Now the training is being piloted to get important feedback from people with intellectual disabilities, who receive services from Community Living Toronto. The Scarborough ADP pilot had about 20 people in attendance, with about five staff on hand to help deliver it. When some of the participants got up to help deliver it, the training had a wonderful feeling. There were some serious talks, and also a lot of laughs shared in the room. A sharing of understanding, support and respect is what Jose describes below.

"We share a lot of things, staff and clients at Community Living. So for rights, the most important thing is understanding and respect. With respect, the staff can make life easier for both of us. By means of knowing our situation, we know how they are doing their best to help us. We want to make life easier for all of us. Whether we are disabled or not, we all have rights. Life is not fair, we need to make it fair. Really, we want to help each other. We want to be happy for each other. We're all on this planet together".

## Community Living Toronto Celebrates Inclusive Education in February

By Mia McGowan, Education Outreach and Spinclusion Coordinator



*Mia holds the Spinclusion board for a player*

February is often associated with Valentine's Day, but at Community Living Toronto, it's all about National Inclusive Education month, which includes a weeklong Spinclusion blitz.

Spinclusion is a fun interactive game that engages children and youth in lively discussions around inclusion of all people. This year, approximately 900 students from grade 2 through high school had the opportunity to play Spinclusion. 28 Community Living Toronto staff, students and volunteers were out in full force throughout the city, facilitating 38 sessions in 19 schools.

This year we incorporated the "Ban the R word" awareness campaign into Spinclusion and asked "Why do you think it is hurtful for someone with a disability to hear the 'R' word? What can you do if you hear someone using it?" Students in middle school and high school had the opportunity to discuss the impact of the word on someone who has a disability

particularly as it often used out of context and without much thought.

I was recently at a high school in the west end of Toronto, facilitating Spinclusion with grade 10 classes. The last group of the day came up to spin the wheel and was asked the "R word" question. One of the students in that particular group had autism. He spoke up and said

"I have a visual and a mental disability. When I hear the "R word" it feels like a slap in my face. If I hear someone saying the word, I go up to them and say "What would you feel like if you had a disability and I called you a name?""

The young man then had the courage to share his experience with the entire class. It was an incredibly powerful moment, and I was so proud that Spinclusion had given him a voice that empowered him to share his feelings within a large group of his peers.

Lastly, Jenna Martinuzzi and I took Spinclusion to the Ministry of Community and Social Services as well as the Ministry of Children and Youth Services in February. They were holding staff training for their diversity leaders and Spinclusion was an excellent fit. Not only a great game for children and youth, adults enjoy playing Spinclusion and often learn something too.

Spinclusion continues to run throughout the school year, but as our 6th Inclusive Education week was winding down, it occurred to me we had taken the message of inclusion to over 5500 children and youth during the last six Februaries. Sweeter than chocolate on Valentine's Day, I think.

For further information about Spinclusion, please contact Mia McGowan at 416-438-1165 ext 222 or [mmcgowan@cltoronto.ca](mailto:mmcgowan@cltoronto.ca).



# Resources, Networking And You

## Skype Solution for Long Distance Life Plan Meeting

By Christine Traux-Roberts



Left to right: Flora, Suzanne, dad and mom on TV Screen (Alex and Wendy), Chris and Christine

As the time to come for Chris' person-directed life plan review, he really wanted his parents who moved to Germany four years ago to be included. As they remain very involved in Chris' life and Skype often to stay connected, his support workers suggested that mom and dad join the meeting through the use of Skype. Kimberly Bakhsh, Program Supervisor in North York Region, provided the technical support on the day of the meeting. She quickly got everyone connected and the meeting began. Chris had invited his friend, support worker and job coach Suzanne, his Individualized Passport Support worker Flora and me, his Supportive Home Share caseworker, as well as his parents.

The meeting facilitated by Doug McMahon and Petra Asfaw started with an exploration of Chris' past and the telling of his 'story'. This included talking about his growing up years, camps he attended, places he travelled, his education and his recent years of employment training. The facilitators then had Chris talk about what he enjoys about his life in a section of the plan titled 'About Me'. The next area for discussion was for Chris to tell everyone about his 'Dream'. He described what he would want his life to look like

if he could no longer live in his current home and what his activities would look like. The group was then lead through a review of Chris' accomplishments since his initial life plan and the last review of his plan. It was a very long list. In the final part of the meeting, the group discussed what resources are in place for Chris, what cautions needed to be considered for his future and what goals or action plans Chris wants to work on in the coming year.

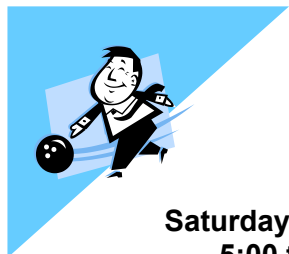
The meeting was recorded through a series of graphics drawn on shaped pieces of chart paper. This enabled everyone to see what had been discussed as the meeting moved from start to finish and enabled the facilitators to easily refer back or review previously discussed pieces as needed.

Everyone who participated found it to be a good experience. Chris really enjoyed seeing and hearing his parents speak during the meeting. Technology has enabled Chris to really stay connected to the people who are most important to him and enabled his parents thousands of miles away to be present for this important planning meeting for Chris.



Chris in front of his life plan

# Events / Workshops



## Fifth Easy Roller Bowlathon

**Saturday April 20, 2013**  
5:00 to 8:00 pm

Bowlerama West– 5429 Dundas Street West

Silent Auction, Raffles, Prizes and More!

Enjoy a fun evening of bowling for \$20 or collect  
\$25 in sponsored pledges and bowl for free!

**You must register by Friday April 12 to enter.**

To register, get info and to obtain your pledge sheet  
contact:

Eric Laimer 647-729-0445 or  
elaimer@cltoronto.ca

All proceeds go towards Etobicoke/York Region council  
and membership.

## It's almost time for the Bingo Bowling Extravaganza!

When  
**Friday May 3, 2013**  
7:00pm to 10:00pm

Where  
**Parkway Bowl**  
67 Ellesmere Road

Cost  
**\$20.00 per person**  
(includes shoe rental and sweet table)

*Please contact Ann-Marie to register:*  
**647-729-1635**

## Respite CHOICES

*because everyone needs a short break...*

**Tuesday April 30th**  
7:00-8:30 pm

**Etobicoke/ York Region Office**  
295 The West Mall, Suite 204

**RSVP if possible to**  
Eric Laimer  
647-729-0445 or  
elaimer@cltoronto.ca

## Respite Choices Information Night

Hosted by Etobicoke/York Region Council

This is your opportunity to come learn about Respite Choices in  
your community. Learn about:

- respite choices available in your community
- how to access services that are right for your child/family member,
- Respite.com and how to access it
- the CHAP program and more!

Snacks and light refreshments will be served.

Sign language interpretation and TTC tokens are available by  
request but you must RSVP.



Central Region Council's

Spring Fling  
Dinner and Dance

Saturday April 13, 2013  
5:00 pm reception  
6:00 pm dinner

Japanese Canadian Cultural Centre  
6 Garamond Court  
(Don Mills and Wynford Drive)

**SILENT AUCTION! RAFFLE! DOOR PRIZES!**

Tickets: \$45

VISA, MasterCard and Amex accepted for  
Silent Auction  
bids so don't forget to bring that plastic!

To order tickets please contact Felicita Zanatta at  
647-729-1210 or email at [fzanatta@cltoronto.ca](mailto:fzanatta@cltoronto.ca)

## **Jumpstart Literacy needs more participants!**

Saturday mornings  
9:30 to 11:30  
Until June 1, 2013  
(starts again in September)  
1122 Finch Ave W, Unit 16  
(Finch & Dufferin)

Cost? \$5.00 per week  
pay as you go

**Contact Matt Poirier  
at 647-729-1162  
[matthew.poirier@cltoronto.ca](mailto:matthew.poirier@cltoronto.ca)**

## **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 Felicita Zanatta at  
647-729-1210  
for information**

## **POP CAN CLUB**

Day: 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)

The Pop Can Club is a drop in program that runs every Saturday evening at Wallace Emerson Community Centre. It's a free program that offers sports, fine arts, a light snack and a lot of opportunities to be social and have fun! Come out to 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.**



# Calendar of Events

## April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Central Dinner Club NY Cooking Class	4	5 Lawson Dance	6
7	8 Scarborough Council NY Council	9 Central Council Etobicoke Council	10 Central Dinner Club NY Cooking Class	11	12	13 Tri Hards Bowling  Spring Fling
14	15	16	17 Central Dinner Club Volunteer Dinner	18	19 Lawson Bingo	20 Etobicoke Bowl-a-Thon Central Youth Group
21	22 SAC Meeting	23	24 Central Dinner Club NY Cooking Class Friendship Club	25	26 Connections Dance	27 Tri Hards Bowling
28	29	30 Respite Choices Info Night	Central Region: Felicitia Zanatta 647-729-1210	Etobicoke/ York Region: Eric Laimer 647-729-0445	North York Region: Wendy Dyke 647-729-3627	Scarborough Region: Ann-Marie Binetti 647-729-1635

## May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 NY Cooking Class Central Dinner Club	2	3 Bingo Bowling Extravaganza Lawson Dance	4
5	6 Scarborough Council NY Council Meeting	7 Scarborough Residential Alternatives	8 Central Dinner Club NY Cooking Class	9	10	11 Tri Hards Bowling Banquet Central Youth Group
12	13	14 Etobicoke Council	15 Central Council Central Dinner Club NY Cooking Class	16	17 Lawson Bingo	18
19	20	21	22 Central Dinner Club NY Cooking Class	23	24	25
26	27	28	29 Central Dinner Club Friendship Club	30	31 Connections Dance	

# 2013 Annual Regional Meeting

## Save the Date!

Scarborough Region  
Monday June 3rd  
6:30 p.m.

North York Region  
Monday June 10th  
6:30 p.m.

Central Region  
Wednesday June 19  
6:30 p.m.

Etobicoke Region  
Tuesday June 11th  
6:00 p.m.

Watch for details coming soon!



A United Way member agency

