

FEATURED STORY

Annual Picnic a Success

By: Ayah Victoria McKhail



On Saturday June 11th, 2016 Community Living Toronto held its annual picnic at the Scarborough Regional Office. The carnival-inspired atmosphere attracted many guests who enjoyed everything from a delicious barbecue to sweet treats, popcorn and slushies.

There were plenty of activities to suit a variety of interests such as bingo, basketball and a ring toss. Prizes included Frisbees, necklaces, pencil cases and flowers. Perfectly-polished nails were also coveted at an inviting open-air salon.

Face painting was yet another popular option. Calling it “a fun experience”, a bold tiger-faced Maria Asimenios admitted to challenging her sister Dina Asimenios to get her face painted

In this Issue

- Pg 1 | Featured Story
- Pg 2 | Central Region
- Pg 3 | Etobicoke Region
- Pg 4 | North York Region
- Pg 5 | Scarborough Region
- Pg 6 | Self Advocates Council
- Pg 6 | Volunteer Voice
- Pg 8 | Upcoming Events

as well. She relented and emerged as a glamorous “Disco Diva.”

With popular musical hits being played in one area, several people began dancing to Michael Jackson and Madonna songs. Others were enchanted by the sounds of African drums, led by artist Sasha Brathwaite of Let’s Jam.

In addition, four seasoned musicians by the names of Hal Boudreau, Craig Hall, Greg Horner and Mike Phillips made their debut as a band called “Greenwood”. Belting out classic tunes like “Drift away”, their talent captivated an ever-growing group of people who surrounded them and could be seen swaying to the rhythm. “It’s just amazing,” exclaimed Gordon States. “I’m really happy to be here and I’m having a wonderful time,” he added.

The picnic provided everyone with a great opportunity to reconnect with old friends, in addition to making new ones. The spirit of kindness was present as a dedicated group of volunteers worked tirelessly to ensure

everything ran smoothly. As well, accessibility was a priority in order to make the picnic a comfortable space for people who rely on mobility devices such as canes, walkers and wheelchairs.

Speaking in his Spanish native language, Gaston Palavicino had this to say about the day: "I feel grateful to live in a city that sees diversity as a strength. I value equality, so it's wonderful to be here and to see so many people with different ethnic backgrounds and abilities. Being here gives me a sense of unity; it proves that inclusion into our communities is possible."

CENTRAL REGION

Central Region Council Plans for 2016 – 2017

By Matt Poirier

Central Region Council held their Regional Annual Meeting on Wednesday June 15th, 2016 at Fosters Clubhouse to offer members the opportunity to connect with Council and talk about the work they've been doing in the region. CEO Brad Saunders was also present to offer attendees insight into the work the Board has been doing, and the emerging issues they will be focusing on over the next few years. The Annual Meeting is always a great opportunity for members to meet with the CEO and the Board President, and to stay abreast of happenings in their region, in the agency and in the developmental services sector. Furthermore, it also serves as a platform for members to give feedback, ask questions and join Council!

2015-2016 was a fantastic year for Central Council, as they continued to fund integral programs in the region, while also committing

to fund new ones. A long standing program on Central Council's roster is the Wednesday night Dinner Club at 30 Birch, which offers an evening of great food and quality time with friends. In addition, Council also funds the very popular One Direction Group and the monthly Cookie Group; two social groups for young adults with disabilities. The groups, which are run by volunteers, plan crafting and baking activities, community outings and offer inclusive spaces for individuals to socialize with friends.

This past winter, Council also funded a six week Mindfulness Program for parents and caregivers which was well received and very well attended. Positive feedback and an increasing need for Mindfulness will have Council exploring another program when meetings resume in the fall. These are just a few of the initiatives that Council funds with the monies they work hard to raise from their Annual Spring Fling Dinner and Dance.

Central Council strives to meet the needs of individuals and parents living in the region, and are always open to new ideas for programming, and new ways of engaging with families. If you are interested in sharing some ideas, joining Council or getting more information about any of the programs in the region, contact Matt Poirier.

Upcoming Central Events

Central Region Council Meeting

Tuesday September 13, 2016 at 6:00 pm
20 Spadina Rd, Room 2B
All are welcome.

To RSVP to the above event contact:
Matt Poirier at 647-729-1210 or
matthew.poirier@cltoronto.ca

ETOBICOKE/YORK REGION

Tuesday Night Life Skills Program

By: Christine-Lisa Denis



Sally pets baby kangaroo

The Life skills program has run for over 10 years on Tuesday Nights at the ADP-Etobicoke. Every year, participants decide what direction the course will take by sharing ideas for recipes, crafts and themes. Each session is 15 weeks with new ideas and old favorites all taken into consideration to create some pretty awesome nights! Our themes this year covered a variety of holidays and places. This included Eid, Oktoberfest, Scotland, Canada, Fitness, Earth Day and East Coast nights. The nights were accompanied by some rather tasty dishes; pizza, mac and cheese, lasagna, enchiladas and tacos just to name a few. Our most popular night involved a visit from Hands on Exotics where the participants were able to hold and pet a variety of animals that included bunnies, turtles, a baby kangaroo and even a lynx. If you would like to participate or know someone who would like to volunteer, please

contact Christine-Lisa Denis at 647-728-0396.

Note: The Etobicoke/York council provides funding for the Life Skills program.

Books and Magazines Needed

SWACA Etobicoke/York is in need of books with pictures/illustrations and magazines to be used for programs, arts and crafts.

Please donate at 288 Judson Ave. Unit 17 or contact Christine-Lisa Denis at 647-728-0396, cdenis@cltoronto.ca

Upcoming Etobicoke/York Events

Etobicoke/York Region Council Meeting

Tuesday, September 13, 2016 at 6:30 pm

RSVP: Georgina Stergiotis at 647-729-0445, or georgina.stergiotis@cltoronto.ca

Friendship Club

Last Wednesday of the month, 6pm-8pm

Registration: LauraLee Edmiston, 647-729-0440 or ledmiston@cltoronto.ca

Parent Share

A support group for Parents of Children with Developmental Disabilities

Dates: Sept. 22, Oct. 20, Nov.17, and Dec. 15

Time: 10 am to Noon

RSVP: Sarah Winter 647-729-1633

swinter@cltoronto.ca or

Bonnie Heath 416-645-6000, ext. 1311

bheath@woodgreen.org

Note: All of the above Etobicoke/York events are held at **295 The West Mall, suite 204**

NORTH YORK REGION

A Retirement Celebration for Janis

By Katina Xilias and Kimberly Bakhsh



Janis is surprised by her daughter

On Tuesday May 31, 2016, the team in North York celebrated Janis Edwards as she retired from being a twenty-three year veteran at North York Supported Work and Community Activities (SWACA) program. Janis started as a volunteer at the old North York Employment Training Services and went on to become a Vocational Instructor who was then promoted to a Support Worker III position.

The celebration started with a delicious pot-luck lunch and Janis' daughter as a surprise guest, followed by a full afternoon program that had been planned and practiced for weeks by staff and program participants. Janis was serenaded by the North York Choir, John Campbell crooning 'Stand by Me,' and Frank Lakatos playing keyboards. Employee Carlotta Charmichael wrote and directed 'A day in the Life of Janis Edwards'. It was performed flawlessly by an enterprising group of North York actors. An original poem for Janis was written and recited by staff member Georgia Kurlinas and the members of the Earl Bales seniors group spelled out a dedication to Janis using the letters of her name.

Program manager Teresa Streczek provided an emotional farewell to Janis, as well. Janis' exceptional skills include developing program curriculum, supporting individuals to engage with their community, facilitating supported on-the-job-training for individuals in service, and teaching a wide range of skills. She is the consummate professional who displays a superior level of devotion to the community living movement. Janis' creativity and initiative provided countless new opportunities for the individuals in service which included many memorable drama and musical sign language performances at annual recognition events. Janis has a constant hunger for growth and development, both for herself and for the individuals we support. The staff and program participants will truly miss Janis and her professionalism, dedication and serenity but wish her well in her well-deserved retirement.

Upcoming North York Events

North York Region Council Meeting

Monday September 12, 2016 at 1:00 pm
1122 Finch Ave. W., unit 18
Everyone welcome

Parent Share

A support group for Parents of Children with Developmental Disabilities

1122 Finch Avenue West, 10 am to Noon
Dates: September 8, October 6, November 3, December 1, 2016

RSVP: Sarah Winter 647-729-1633

swinter@cltoronto.ca

Bonnie Heath 416-645-6000, ext. 1311

bheath@woodgreen.org

Summertime Cooking Class

By: Felicita Zanatta



The cooking class concentrates on their dish.

Scarborough Region Council has once again sponsored the Cooking Class. This time, the class ran during the summer season, which was a pleasant change for instructor Betty Anne Wilson as she was able to search for some interesting warm weather recipes and provide the students with new opportunities to cook. At the end of the program, each student receives a recipe book focused on healthy eating.

There were a few new students, and everyone enjoyed the experience of preparing their own meal after watching Betty Anne demonstrate the recipe. Each person prepares their own portion, thus learning how to put together the whole dish from start to finish. Students take turns preparing the salad, which is different each week and brings a variety of knowledge to the participants. The group then eats the meal they have prepared together.

The Council usually sponsors two sessions per year with 10 classes per session.. The program

also has 2-3 dedicated volunteers helping out. The cost of the \$150 program is generously supported by Council through Membership donations and Fundraising efforts. The next class begins on Monday, September 19 and runs until Monday, November 28, 2016 from 5-8pm. The class is held in the newly renovated kitchen at 1712 Ellesmere Road.

Upcoming Scarborough Events

Council Meeting

Monday October 3, 2016 6:15pm
1712 Ellesmere Road Boardroom
All Welcome!

Scarborough Cooking Class

Starts Monday September 19 from 5-8pm
10 classes at \$150
Applicants will be interviewed.

Bingo at Lawson

Friday September 16, 2016
1712 Ellesmere Road, 7-8:30pm
\$5 for a snack and prizes

For more information on all of these events and to register contact Felicita Zanatta at 647-729-1635 or fzanatta@cltoronto.ca

Tuesday Morning Drop In

10 am to noon, \$4 each week
1712 Ellesmere Rd
RSVP to Sarah at 647-729-1633 or swinter@cltoronto.ca

Self-Advocates Council

Self-Advocates head to London, Ontario with ARCH!



Paul & Shineeca leading a role play in London. They stand before a group of self advocates seated around a dinner table.

Members of the Self-Advocates Council (SAC) have been practicing their role plays in rights education for a long time. Now they are working with ARCH Disability Law Centre to take those role play skills on the road with a group called Respecting Rights.

In the photo above, Paul Cochrane and Shineeca McLeod lead a group of self-advocates from around South Western Ontario in a role play about making their own choices at meal time.

Lots of fun was had making new friends and learning about rights in an experiential way.

Respecting Rights is a province-wide rights education initiative at ARCH Disability Law Centre. SAC staff support Sue Hutton is bringing some Community Living Toronto expertise to Respecting Rights in helping get it set up.

Upcoming SAC Events

Self-Advocate Council Meeting
Wednesday September 21, 2016
11 am to 1 pm, 20 Spadina Road

Please RSVP to: Sue Hutton at 647-729-1205 or shutton@cltoronto.ca

Volunteer Voice

Customer Service Standard Orientation – Now available to all volunteers!

In 2005, the Accessibility for Ontarians with Disabilities Act (AODA) was enacted to make Ontario completely accessible by 2025. The Act consists of five standards that require all organizations to identify, remove and prevent barriers for people with disabilities in key areas of daily living. Barriers keep people with disabilities from fully participating in activities that most of us take for granted. The Customer Service Standard is the first standard to come into effect under the AODA.

Starting this summer all new volunteers we will provided with a brief training that will explain what the Customer Service Standard is and what we have to do to comply with it. It will also provide some tips on how to effectively and respectfully assist the people we support.

At Community Living Toronto, we are lucky to have volunteers who are dedicated to removing or even eliminating barriers, including some misconceptions around disabilities, which prevent people we support from fully enjoying their communities. Learning more about the Act is just one more thing that will help us raise awareness around mandatory accessibility

standards that will soon make Ontario the most respectful and accommodating place to live.

The training is also available to our long standing volunteers. Just contact your regional volunteer coordinator and they will gladly provide it to you in a format you prefer.

Volunteer led cooking class a huge success!



To highlight some of the amazing work that our volunteers have been doing over the summer, we'd like

to share that our Summer Cooking Classes have been an absolute success! Teams of volunteers have worked both at the Victoria Park Hub and the North York Adult Development Program to offer interactive sessions to improve individuals' cooking skills. Volunteers in these positions have made significant positive impact in the lives of participants by giving them yet another outlet to achieving greater independence and positivity in their everyday lives! We'd like to thank these volunteers for their great efforts in helping Community Living Toronto deliver yet another wonderful service to the people we support.

Volunteers needed for the upcoming fall monthly gatherings

Movie Nights – 4th Tuesday Night, East End
Games Nights – 2nd Tuesday Night, Distillery District

To volunteer for the above programs or to find out more about volunteer opportunities, please contact a regional Coordinator of Volunteer Services.

Scarborough Region: Sarah Winter at (647) 729-1633

Central Region: Yulia Prudova at (647) 729-1209

North York/Etobicoke Region: Sehrish Zehra at (647) 729-1162

Family Link

Families of People with Intellectual Disabilities, Connecting Through Friendship and Support

Are you a caregiver for a person with an intellectual disability? Join our network of caregivers and family members. For further information, contact Sarah Winter @ 647-729-1633 or swinter@cltoronto.ca

Upcoming Events

Party with a Purpose at Community Rocks!



Come celebrate with us Mardi Gras style!

Saturday, December 3, 2016
Queen Elizabeth Theatre | Exhibition Place
Hosted by Ben Mulroney of CTV's etalk
Featuring live performance by The Sam Roberts Band!
Plus New Orleans Party Orchestra — the Happy Pals!

Tickets are \$175/person and include a cocktail reception with wonderful food inspired by New Orleans' culinary tradition, an after-party and more post-concert treats!

Don't miss out!

For tickets and more info visit communityrocks.ca

CICE Information Night

Humber College would like to invite anyone interested in the CICE (Community Integration through Co-Operative Education) program to an Information Night.

Highlights of the night:

- Overview of the program
- Student Speakers
- Explanation of the Admission Process
- Submit your application

When: Thursday, September 15;
6:30pm — 8:30 pm

Where: Humber College North Campus
205 Humber College Blvd.
LECTURE THEATRE

RSVP to Linda.colter@humber.ca or 416-675-6622 ext 4493 by Sept. 12, 2016

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