

FEATURED STORY

Celebrating Community Living Month

During the month of May, Community Living Associations across Ontario celebrated the successes of individuals with intellectual disabilities by reflecting on our history, as well as looking towards a future full of possibility and hope.

Our biggest event celebrating Community Living Month was Community Living Day at the Legislature. Co-hosted by Community Living Ontario, this annual event provided an opportunity for members and friends of community living to meet with members of the provincial legislature and discuss the work of community living.

Over 150 individuals with an intellectual disability, families, members and staff of Community Living Associations took part in the day's events, which included a lunch reception, meetings with members of the provincial legislature, and an afternoon legislative session where the work of Community Living was recognized by MPPs.

If you'd like to see more from the day, click on the link for a video created by Community Living Ontario: <http://bit.ly/1AGxJEs>

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Sue Lynch, Mitzi Hunter, and Donna Britten at Community Living Day at the Legislature.

CENTRAL REGION

Central Region Celebrates Spring Fling!

By Matt Poirier

On April 18th, 2015 Central Region Council hosted another successful Spring Fling Dinner and Dance. Spring Fling has become a seasonal highlight for Community Living Toronto and is the signature fundraising event for Central Council. The Japanese Canadian Cultural Centre was abuzz with nearly 300 attendees eager to enjoy the buffet dinner, dance to the music of DJ Raptor Marc Ceci and spend their money at the fantastic silent auction table and raffle.

Central Council works tirelessly every year to ensure that the event is enjoyed by everyone, while also securing funds for Central Region programs and events for individuals in the region. This year, over \$20,000 was raised to support these initiatives which include the weekly Dinner Club at Birch, the One Direction monthly social group for youth with disabilities and the Komodo Dragon Boat team. Aside from being the most successful fundraising year yet, 25 individuals in service who otherwise might not be able to afford a ticket were given the chance to attend the event thanks to generous sponsors and ticket donors.

This year, Central Council premiered an online tool for Spring Fling, which included options for people to purchase tickets, sponsor an individual or a table to attend the event, or to simply make a donation to help Council reach their fundraising goal. Council hopes to continue using this tool in the future to make it more accessible for people to contribute to the event, even if they are unable to attend.

We would like to thank everyone who helped to make the night a success, including those who attended, donated or volunteered to help in any way. Your commitment to the event will help to expand programs and events in Central Region to those who need them.

Thank you and see you in 2016!



Spring Fling Festivities!

Upcoming Central Region Events

Regional Annual Meeting

Tuesday, June 9th at 6pm

20 Spadina Rd., Boardroom

All are welcome!

Please RSVP to Matt Poirier at 647.729.1210 or Matthew.poirier@cltoronto.ca

ETOBICOKE REGION

Easy Roller Bowlathon Was a Smash Success!

By: Eric Laimer

Over seventy enthusiastic bowlers rocked the lanes at the Easy Roller Bowlathon on April 18 at the tried and true Bowlerama West. Etobicoke/York Region Council has been

staging the popular event for seven years to raise money for the many activities and programs it sponsors.

The silent auction is always a popular feature and this year's edition didn't disappoint. Among the many great items up for grabs, fierce bidding took place for the "In the Action" Toronto Blue Jays ticket package and the weekend for two at Carriage Hills Resort in Horseshoe Valley. At the end of the day, the silent auction raised over one thousand five hundred dollars.

Crucial to the success of the bowlathon are those hard working bowlers that gather pledges. Gord Bilic repeated his dominance as the highest pledge collector by raising six hundred dollars! Congratulations Gord! Being a music fan, Gord enjoyed winning a high quality pair of Klipsch ear buds for his I-Pod.

From the generosity of everyone that participated, the Easy Roller Bowlathon broke its fundraising record by generating over \$4,000 dollars in proceeds! Thanks to everyone that participated in the Easy Roller Bowlathon and the many council members and volunteers that worked behind the scenes to help make the event a great success.

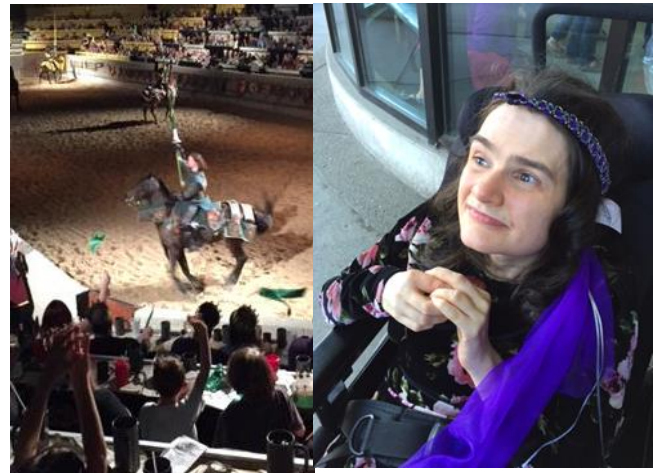


Gemina, Phyllis and Dorett enjoy the event

Elmcrest and Wellesworth Nobles Celebrate!

By: Anna Borek

On the eighteenth day of April, Lords and Ladies from the castles of Wellesworth and Elmcrest gathered at Medieval Times Tournament. The celebration was in honour of Noble Lady Lisa Grant's birthday. Everyone enjoyed hearty medieval fare while cheering on the victorious green knight. Special thanks to the staff for coordinating a festive night for Lisa and the other nobles of Elmcrest and Wellesworth homes.



The green knight salutes Lady Lisa Grant of Elmcrest!

Etobicoke/York Annual Regional Meeting

Take a tour and learn about the renovation plans for Etobicoke Employment Training Services (ETS). At the Annual Regional Meeting hear about developments with Community Living Toronto and elect next year's Council.

Thursday June 18th

3:00 to 5:00 pm ETS Tours
5:00 to 6:30 pm Light dinner and
presentations
6:30 to 8:00 pm Annual Regional
Meeting

Etobicoke ETS- 288 Judson Street, Unit 17

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

NORTH YORK REGION

A Shining Example of Amazing Courage and Strength

By Linda and Support Worker Katina Xilias

I was recently asked by Linda, one of the individuals I support, to help her write an article for the newsletter about her recent experience being diagnosed with breast cancer and her treatment to date.

After consulting with Linda's family and support team, I interviewed Linda along with her residential support staff, Darlene.

Q. What symptoms did Linda display that alerted her that something could be wrong?

Darlene – When I was administering medication one evening she mentioned rather casually that she had blood on the side of her right nipple. When examined the nipple was inverted and raw.

Q. When was Linda diagnosed?

Darlene – Linda was immediately taken to Sunnybrook Medical Centre to the Emergency Department where she had blood work done and a mammogram. She was referred to the rapid Breast Diagnostic clinic. An appointment was scheduled for December 18th. At that appointment it was confirmed that Linda had breast cancer.

Q. What was her reaction?

Darlene – She repeatedly said that it was a shock and immediately went to her mother and cried.

Q. Linda, what/how did you feel when the doctor said that you had cancer?

Linda – Shocked, scared and nervous.

Q. Linda, why did you decide to tell your friends and acquaintances, rather than keep it a secret?

Linda – I felt I needed to tell people the truth and I wanted them to know.

Q. What does Linda's treatment consist of?

Darlene – Linda had numerous tests – echocardiograms, Muga test, MRI, blood work, biopsy, CAT scan of the her body and chest. She will receive six months of chemotherapy, surgery and radiation.

Q. Linda, you have such a positive attitude. Everyone who knows you is inspired by you. How do you do it?

Linda – I need to be strong and brave. I believe that I will get better and I stay positive by not worrying. I keep myself busy doing exercises, talking to my friends and family. I talk to my

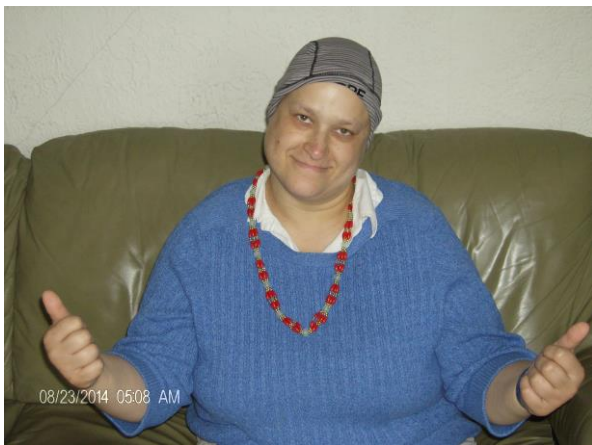
counselor every two weeks at Surrey Place Centre about my feelings.

Q. Who are the people in your support circle?

Linda – My family, my friends, my staff at North York ETS and Ridley, the people at St. Tim's, the community I live in – the pharmacy, Loblaw's, St. Francis Table, my friends at Friday Night Friends and Dance and Mingle.

Q. Linda, is there anything you'd like to say to everyone reading this article?

Linda – Thank you all for helping me. I want to say that I am very, very proud of myself. I have a lot of people that care for me and I am very happy because they care for me.



Linda

Our Star Lit Up the Stage!

By: Flora Nichols, Support Worker to Christiane

In recognition of Autism Awareness Month in April, Gifted People Services held their second annual Light Blue Stars talent show on Saturday, April 4, 2015 at Fairview Library Theatre. The event was held in partnership with

Community Living Toronto, Reach for the Rainbow, Bloomy Music Therapy, and Chinese Culture Training Centre.

Light Blue Stars Talent Show is intended to create awareness about autism by providing an opportunity for children and adults with developmental disabilities to showcase their special talents on stage. The event was attended by well over 200 spectators.

I had the opportunity to attend the event on behalf of Community Living Toronto, and the pleasure of seeing Christiane Mansour perform on stage.

Christiane has been in service with Community Living Toronto since 2009, and is supported through Passport Funding. I was extremely proud to see her perform a waltz on stage with her instructor Egor Belashov from Dance with me Toronto to Abba's "I have a dream." She was absolutely spectacular and most certainly lit up the stage. Christiane is truly an inspiration to us all. She continues to prove that we should all have dreams and aspirations despite the labels and limitations society may place on us. She reminds us that we are all able and should dream big. You are a star, Christiane!



Christiane

Upcoming North York Events

Spring Walk & BBQ

Saturday June 6, 2015

Start: 9:30 am at Sloane Public School

110 Sloane Avenue

Registration required:

Wendy Dyke at 647-729-3627

Flora Nichols at 647-729-3645

Lunch Bingo at the Hub.

Date: Thursday June 18, 12:00-3:00pm

Location: The Hub at Victoria Park - 1527

Victoria Park Ave.

Cost: \$5.00

to register, contact Flora 647-729-3645, Wendy 647-729-3627 or Kala 647-847-2404

SCARBOROUGH REGION

Dream Come True

By: *Naiomy Ekanayake*

A big thank you to Community Living Toronto for providing information regarding the Toyota Wish Maker campaign during Christmas 2014. The ad campaign granted 24 special wishes from Toyota to families across Ontario. I decided to fill out an application wishing for a family vacation. On December 1st, we received a call saying we had won a trip to Disney World! We never thought one November night when we received this email from Felicita at Community Living Toronto that we would be selected to go on the holiday we always dreamed of. Our sons, who have autism, love Mickey Mouse and were delighted to get a chance to meet the characters over March break. The trip included park admission, flight, hotel and food. We feel blessed and truly believe it's a gift from God to our boys and our family, as we couldn't have afforded this trip on our own. Thank you Community Living Toronto

and Toyota Wish Maker for making our dreams come true!



Naiomy and Family

Bingo Bowling Extravaganza

By: *Felicita Zanatta*

On Friday, April 17, at the Parkway Bowl, over 100 people played Bingo Bowling. The Scarborough Region Council, led by Debby White, organized this fun evening with prizes and treats. Proceeds support the events and activities sponsored by Scarborough Council throughout the year. This was another successful year. Congratulations Debby and the Scarborough Council! Be sure to join us next year!



Don, Alison, Kathy, Robert, Lori, Debby

Upcoming Scarborough Events

Healthy Meals Cooking Class

1712 Ellesmere Road
Mondays from September 14 to November 23, 2015, hours are 5-8pm
Cost is \$150 for 10 weeks

Bingo at Lawson

Friday June 19, 2015
1712 Ellesmere Road, 7-8:30pm
\$5 for a snack and prizes

Summer Day Respite

Two weeks of 1:1 support for children to 21 at a camp or in the community

Summer Literacy

Program from July 2-31, 2015
Cost is \$220 for the session

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

Self-Advocates Council

Self Advocates talk about our Differences at DSTO Info Fair

By: Sue Hutton

The Self Advocates Council likes games as much as anyone else. The council has been working on games for people with intellectual disabilities to learn about their rights. One of these games helps people to look at our differences and appreciate them. It is called CIRCLE OF DIFFERENCE. On May 13, some of the Self Advocates from Community Living Toronto shared this game with those in attendance at the DSTO Info Fair.

The annual DSTO Info Fair is a gathering of developmental services organizations to help the community learn more about services. Self Advocates have a chance to do a panel and help teach people about what is important to people with intellectual disabilities.

This year's panel had our own Shineeca McLeod and Jennee Brooks deliver a presentation with another self-advocate, Brandon Hibbs. (Brandon has just joined the DSTO Council. Congratulations Brandon!) The three presenters met together over two months to plan a presentation. One of the activities that was included in the presentation was the game "CIRCLE OF DIFFERENCE". The activity celebrates difference, or diversity. It helps us see our differences in a positive way. In this game, the audience is invited to "show" yes in response to a statement (whether yes is with words, with an assistive device, or blinking of one's eyes). A list of statements is read by a self advocate. At the DSTO Info Fair, Shineeca did the honours of reading the statements out. Each statement helps people identify how they are different from the others around them and at the same time, how they are the same. The game helps us realize we are all similar in some ways, and we are also all different in other ways. All the statements in CIRCLE OF DIFFERENCE were written collectively by the Self Advocates Council.

Some examples of the statements read are:

- *I have blue eyes*
- *I have brown eyes*
- *I use a wheelchair to get around and am proud of it*
- *I was born in a county outside of Canada*
- *I want everyone to be treated equally, just like me*

After everyone in the room had a chance to experience the CIRCLE OF DIFFERENCE, they buddied up with someone nearby, and

shared one way in which they are different, and one way in which they are the same. A young man who shared with me commented that I was wearing glasses, and he wasn't. He then commented that "we both can see". Others in the room shared using sign language, some using bliss boards. At times some used the horns on their wheelchairs to show excitement for being proud of using a wheelchair.

A very positive experience – we look forward to more of this work!



Jennee Brooks, Brandon Hibbs, Shineeca McLeod delivered a presentation that celebrates difference.

Upcoming Self Advocate Events

Self Advocates Annual Meeting and Election

Wednesday June 17, 2015 at 11am – 2pm
40 Birch Ave.

If you are interested in running for the Self Advocates Council, please contact Sue Hutton shutton@cltoronto.ca 647-729-1205

NEWS

Save the Date for the Annual Picnic!

Lawson Site
**SATURDAY
JUNE 13th, 2015
11AM-3PM**

Community Living Toronto
annual picnic

Games, activities & fun for the whole family!

dancing BBQ
music carnival
games

The picnic will take place at our Lawson Site at **1712 Ellesmere Rd**, just a short walk from the McCowan subway stop. Wheelchair-accessible parking only.

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

Admission: \$2 per person. Additional donations welcome.

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

Matt Poirier
647-729-1210
matthew.poirier@cltoronto.ca

SCARBOROUGH

Felicitia Zanatta
647-729-1635
fzanatta@cltoronto.ca

For more information and directions visit
www.communitylivingtoronto.ca

Preparing yourself for Pan Am and Parapan Am Games

As you know the Pan Am and Parapan Am games are coming to Toronto in July and August. The games will bring athletes, tourists and sports fans, and delegates from countries throughout the Americas. This is expected to impact traffic and transit throughout the city.

Each Community Living Toronto region is developing a plan to help ease difficulty for people getting to and from work, program sites and community activities, and you may be contacted about details affecting you or your family. We will post details on the website closer to the games but do recommend people anticipate delays and increased congestion. The Pan Am games run from July 10-26 and the Parapan Am August 7-15.

If you have any questions, you can contact Karen Bell at kbell@cltoronto.ca or staff at the location or regional office you are connected to. You can also find specific details and traffic plans on the Pan Am game site: www.toronto2015.ca.

www.communitylivingtoronto.ca



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