



Where choices change the lives of people with an intellectual disability

FEATURED STORY

Special Notice from Shadow Lake Centre



Guests enjoying Shadow Lake Centre, summer 2017.

We are getting ready for another fantastic season at Shadow Lake! We would like to update you on a number of changes that are impacting the camp and guest fees.

Over the past several months we have reviewed our summer camp program and determined that our current operational model can no longer support the changing needs of our guests and provide the quality of service we believe in and our guests deserve. Operational costs of the camp have increased significantly and we are required to make some difficult decisions in order to keep the camp running.

Regular camp sessions will be 5 days long, starting on Sunday at 10 AM, and ending on Thursday from 4-7 PM. All regular session camp fees have increased to \$1,500. The fee for children's camp increased to \$1900 – due to a higher staff to guest ratio.

In this Issue

Pg 1	Featured Story
Pg 2	Central Region
Pg 3	Etobicoke Region
Pg 4	North York Region
Pg 4	Scarborough Region
Pg 6	Self Advocates Council
Pg 6	Volunteer Voice
Pg 7	News
Pg 9	Save the Date!

We will no longer be able to provide accommodation for guests with multi-session stays. Guests can book multiple sessions, but we are not able to bridge those sessions together.

We understand that this has been a popular option for some guests in the past. We are currently exploring solutions for bridging sessions and will communicate any changes as soon as possible.

We have not made this decision lightly. For many years we have worked hard to keep fees as affordable as possible. After examining every possible option we determined that to maintain the Camp program we needed to make these changes.

We are proud to be able to say that thanks to a number of donations and grants, we were able to make significant upgrades to the camp where we did not need to pass on the costs to our guests, including, cabin renovations, making the camp more accessible, and upgrading the septic system.

Please note that Camp registration is now open! You can register at www.MyCommunityHub.ca. Space is limited, so register early!

Note: As previously noted in the Shadow Lake Newsletter, the age range for kids camp week is 7-16 years old. (Not 7-12.)

Dinner Club's Pitch Perfect Holiday Celebration

By: Pearl John-Siegel and Michelle Grimley



Cassandra (Left) and Charlotte (Right) smiling brightly

On December 13, 2017 Central Region's Wednesday Evening Dinner Club celebrated the season, hosting their annual Holiday Party. Central Regional Council sponsors this beloved event every year and thanks to their generosity, along with the tireless dedication of the staff and volunteers, participants enjoy a hearty turkey feast and receive a special gift bag.

Charlotte Ann Siegel and Cassandra Anita Karvonen have been singing at the Dinner Club Holiday party for the past five years. The young women met when they started their Bachelor of Arts Classical Voice Performance Program at the University of Toronto. Today, Cassandra and Charlotte have graduated from the University of Toronto and are both studying toward their Master of Arts in Opera: Cassandra at the University of British Columbia and Charlotte at McGill University in Montreal.

We are so happy that Cassandra and Charlotte continued to make time to come and sing for our Dinner Club participants at this year's Holiday Party. Their beautiful voices, along with live piano accompaniment, enchanted the room and soon many of us were singing along to our favourite holiday tunes. The Holiday Party is a chance for Council Members, Dinner Club staff, volunteers and participants to catch up and kick back.

A highlight of the evening is a visit from Santa Claus himself. Santa brought cheer and laughter, checking his list twice and handing out presents!

We're so looking forward to another fun-filled year of Wednesday evening Dinner Club and welcome you to join!

Please contact Michelle Grimley at 647-729-1210 or michelle.grimley@cltoronto.ca

Upcoming Central Events

Central Region Dinner Club

Every Wednesday
4:00 pm – 8:00 pm
30 Birch Ave

Bill 148 & Direct Funding Information Session

Thursday February 22, 2018
6:00 pm – 8:00 pm
20 Spadina Rd, Boardroom

sprOUT Meeting

Monday February 12, 2018
6:00 pm – 8:00 pm
40 Birch Ave

Central Region Council's Annual Spring Fling

Dinner, Dance &
Silent Auction
Saturday April 14, 2018
Japanese Canadian Cultural
Centre
\$55/ticket

Central Region Council Meeting

Tuesday February 13, 2018
6:00 pm – 8:00 pm
20 Spadina Rd, Meeting
Room 1
All are welcome!

For information on any of the above events, contact Michelle Grimley
at 647-729-1210 or
michelle.grimley@cltoronto.ca



ConnectABILITY.ca

Community Recognition Awards

By: Georgina Stergiotis and Keri Hill



Harold Tomlinson, MPP Yvan Baker, and Tori O'Brien

On Sunday January 14, 2018, Yvan Baker, MPP for Etobicoke Centre presented Community Recognition Awards at his Annual New Year's Levee held at the Plast Huculak Centre.

In the fall of 2017, Etobicoke/York Council nominated three individuals from Community Living Toronto in three separate categories. All three candidates were chosen by a community based selection committee who have a wealth of volunteer experience.

The following nominees were recognized for their hard work and significant contribution to their community:

Joni Fico was the recipient for Outstanding Volunteer Service to seniors. Joni volunteers at Westburn Manor by playing the piano for seniors, helping with ice cream socials and other events. Unfortunately, Joni was unable to attend the awards ceremony.

Tori O'Brien was the recipient for Outstanding Volunteer Service to the Community for her commitment and support of the Millwood Public School library. Tori volunteers 35 hours per week in the library. She took the initiative to learn the new catalogue system and provides exceptional support to staff and students.

Lastly, Harold Tomlinson was awarded Outstanding Service by Professional Staff, Employers or Employees. Harold is the heart of Creative Village Studio. He goes above and beyond his employment responsibilities to create a welcoming space for all to attend classes or just drop-in. Harold finds ways for individuals to take classes who otherwise could not afford it.

Congratulations to Joni, Tori and Harold for their outstanding contributions to the Etobicoke community!

Upcoming Etobicoke/York Events

Etobicoke/York Region Council Meeting

Tuesday February 13, 2018
6:30 pm
4895 Dundas St. W. (Creative Village Studio)
All are welcome
RSVP: Georgina Stergiotis at 647-729-0445
georgina.stergiotis@cltoronto.ca

Contact Georgina Stergiotis at 647-729-0445
georgina.stergiotis@cltoronto.ca

Government & Community Services Fair

Saturday February 24, 2018
11:00 am – 3:30 pm
Cloverdale Mall
250 The East Mall

Friendship Club

Last Wednesday of the month, 4-6 pm
Etobicoke Region Office
295 The West Mall, suite 204
Registration:
LauraLee Edmiston
647-729-0440 or
ledmiston@cltoronto.ca

Children with Special Needs and Mental Health Information Fair

Thursday March 1, 2018
10:00 am to 2:00 pm
The Crossways
2350 Dundas St. W (Dundas and Bloor)

Council's Tenth Annual Easy Roller Bowlathon

Saturday April 28, 2018
4:00 pm – 7:00 pm
Rexdale Bowlerama
115 Rexdale Blvd.
For information & to register ...

TDSB Community Connections Fair Open House

Saturday April 7, 2018
10:00 am – 1:00 pm
Central Etobicoke Collegiate
10 Denfield St.

Heidi Celebrates 40 Years of Service

By: Dale Makino



Everyone wishes to express their sincerest appreciation to Heidi Lahtinen, who recently celebrated 40 years of service with Community Living Toronto!

Heidi started her career with Etobicoke's Community Participation Supports Program in 1976, more than 4 decades ago.

She progressed from Instructor to Vocational Counsellor before being promoted to her current position as Program Supervisor at Judson.

Throughout her many years at Community Living Toronto so many things have changed and evolved, yet Heidi's dedication and commitment to people with an intellectual disability and their families continues to be "simply amazing"!

Congratulations Heidi, as you embark on your next 40 years.

NORTH YORK

Sibshops (Sibling Workshop)

By: Wendy Dyke



Children Role Play a Scenario for Discussion

Sibshops provide opportunities for brothers and sisters of children with special needs to obtain peer-to-peer support and education in an informal fun setting. Our sibling workshops are geared to children ages 8 to 12 with mentoring opportunities for older siblings, ages 14 to 16. The workshops are designed to engage the children in fun themed activities while addressing the unique issues that children who have siblings with special needs encounter at home, school and while participating in extra-curricular activities. Our 2018 Sibshops are scheduled on Saturdays throughout the school year. Please see a list of dates for upcoming Sibshops.

Each workshop includes a meal, along with a lot of fun and interactive games and activities. The Sibshops are theme based to help create an engaging and relaxed atmosphere for participating children. Past Sibshops have had themes such as Pirates, Safari, Tropical Vacation, and Celebrity Day. Activities have included scavenger hunts, team puzzle solving, role playing, and there is always a craft that goes along with our theme. During meal time and activities we incorporate time for the children to get to know each other, share experiences and offer each other advice and support.

For more information about Sibshops, please contact Wendy Dyke at 647-729-3627 or Cate Whiteley at 647-729-3635.

To get on our contact list for Sibshops, please call our Information and Membership line at 647-426-3220.

Upcoming North York Events

North York Council Meeting

Monday February 12
1:00 pm – 3:00 pm
North York Office Boardroom
1122 Finch Avenue West, Unit 18
Everyone Welcome!

For more information and to register/apply for the above events contact: Wendy Dyke at 647-729-3627 or wdyke@cltoronto.ca

Pizza/Bingo

Wednesday March 14
6:00 pm to 8:00 pm
Victoria Park Hub
1527 Victoria Park Avenue

Jumpstart Literacy

Every Saturday
9:30 am – 11:30 am
1122 Finch Avenue West, Unit 16
Registration fee: \$20.00 per person
Weekly fee: \$5.00 per person

Sibshop

Saturday March 24, 2018
Saturday May 5, 2018
10:30 am – 2:30 pm
Victoria Park Hub
1527 Victoria Park Avenue

To learn more and to register, please contact: Karla Galvez-Del Rio at 647-729-1162 or kgalvez@cltoronto.ca

SCARBOROUGH REGION

Scarborough Council Celebrates

By: Felicita Zanatta



Council co-Chairs Lori Beesley and Bonnie Heath welcome Scarborough Members to the Holiday Party.

The Scarborough Council held a well-attended Holiday Party on December 4, 2017. The event attracted some local politicians as well. Attendees generously brought

gift cards to donate to the Holiday Hampers. A lucky attendee also won a lovely Godiva gift basket offered by the Council. Wonderful food, drink, and merriment was enjoyed by all.

The Council meets the first Monday of the month. On February 5, 2018, the Council will hear a talk featuring feedback from a public Police Forum focused on Supported Decision Making held in Ottawa in December 2017. Please join us!

For more info contact: Felicita Zanatta at: fzanatta@cltoronto.ca or 647-729-1635.



MPP Mitzie Hunter joins Sue Lynch, Regional Executive Director in greeting Members.



On behalf of the Scarborough Community Support Team and the recipients of the 2017 Holiday Gift card program, I want to send a sincere thank you to everyone who provided donations this year. I especially would like to thank Scarborough Council, the Chum City Christmas Wish, Community Living members and staff, along with families and individuals who made donations to our program. The donations certainly gave others a brighter Holiday season.

Thank you for making our program a success.

All the best for 2018

Shelly Greenberg

Scarborough Community Support Team

647-729-1627

Scarborough Celebrates A Retirement

By: Kim Priestly



Robert Knights retires after 40 years of service

Robert Knights, also known to his colleagues and acquaintances as Bob, worked at Lawson for 40 years as the housekeeper. He recently celebrated his retirement on November 30, 2017. Bob made many connections with individuals supported by Community Living Toronto in the respite and other programs. Bob is already greatly missed at Lawson by all staff and participants. He has visited a few times since retiring and is always welcome to stop by and say hello.

Happy Retirement, Bob!

Upcoming Scarborough

Council Meeting

Presentation from Susan Beayni on Supported Decision Making
Monday February 5, 2018
6:15pm
1712 Ellesmere Road
All are welcome!

Euchre Night Fundraiser

Saturday February 3, 2018
7-11pm
Dambusters
Royal Canadian Legion
937 Warden Ave
\$10; Cash Prizes

Bingo at Lawson

Weather permitting
Friday February 9, 2018 7pm
-8:30pm
1712 Ellesmere Road
\$5 for a snack and prizes

Achilles 5K Run/Walk

Sunday March 18, 2018
255 Bremner Blvd
\$50 to register with the Scarborough region team.

For more information on all of these events and to register contact:

Felicita Zanatta at 647-729-1635 or
fzanatta@cltoronto.ca

Connections Dance

Friday February 23, 2018
7:30-9:30pm, \$8 admission
1712 Ellesmere Rd.
Call Lester at 416-566-7252

SELF—ADVOCATES COUNCIL

Francie Munoz Visits the SAC

By: Sue Hutton



Francie Munoz with Mike Edser of the SAC

The Self Advocates Council have talked about Toronto Police Services quite a lot in recent years. Members know police are helpful in the community, in case people get lost, or get into trouble and need help. When the SAC heard about what happened to Francie Munoz, they felt very badly and wanted to invite Francie to come tell her story. Mostly, everyone wanted to give Francie a big hug and thank her for her bravery in standing up to people calling her names.

When Francie's mom Pam Munoz watched the video and heard Toronto police calling Francie "disfigured" during a minor traffic incident, she knew she had to stand up and tell them it was wrong. That's when Pam and Francie decided to take the Toronto Police Services to task and demand to be treated better. The Self Advocates Council was so proud of Francie. They were excited to have her join a SAC meeting. Pam and Francie brought beautiful baked cookies for everyone to enjoy as they settled in and listened intently to Francie's story.

Francie brought a speech about the police incident that she had prepared just for the SAC. She was happy to share her story, and seemed to have a great time sharing laughs with the self advocates.

The group immediately bonded with Francie and her mission to make things right for people with intellectual disabilities.

Francie shared that mainly, she wanted the police to tell everyone how sorry they were for calling her names. The police were told they need to do community service work, but what Francie really wants is that everyone with an intellectual disability receives an apology. Francie spoke with strength and warmth about her experience with the Toronto Police, and reminded us that there are kind police out there who want to help us. She is a true example to us all of what self-advocacy is all about.

The Self Advocates Council is inviting the Toronto Police Services to come in and speak with the SAC. All people labelled with intellectual disabilities are welcome to attend! Please contact Sue Hutton for further info at shutton@cltoronto.ca

VOLUNTEER VOICE

Annual Volunteer Refresher Training Sessions

Volunteers may sign up for any session offered.

If you'd like to do this training in-person, please use the links listed below to register for an upcoming session.

You can also find all links at:

CommunityLivingToronto.ca/Volunteers

February 26th from 11:00 AM – 12:00 noon

Unit 18 – 1122 Finch Avenue West – North York

[Register](#)

April 16th from 5:00 PM – 6:00 PM – 1712 Ellesmere Road, Scarborough

[Register](#)

June 18th from 11:00 AM – 12:00 noon – 295 The West Mall, Suite 204, Etobicoke

[Register](#)

...continued on next page

October 22nd from 5:00 PM – 6:00 PM – 20 Spadina Road, Central

[Register](#)

For information about volunteer opportunities or questions about the training sessions please contact:

Karla Galvez-Del Rio

647-296-6890 or kgalvez@cltoronto.ca

NEWS

Upcoming Parent Share

All sessions

10 am to noon

Scarborough

Cedarbrook Community Centre

91 Eastpark Blvd

February 8, 22, 2018

March 8, 22, 2018

April 5, 18, 2018

May 3, 17, 31, 2018

June 14, 2018

Downtown

38 Regent St., 2nd Level

Parent for Better Beginnings (Regent Park area)

February 12, 2018—Purple Carrots

March 12, 2018

April 9, 2018

May 14, 2018

June 11, 2018

Etobicoke

295 The West Mall, Suite 204

February 15, 2018

March 15, 2018

April 19, 2018

May 17, 2018

June 21, 2018

North York

1122 Finch Avenue West

Unit 18

March 1, 2018

April 5, 2018

May 3, 2018

June 7, 2018

For information and to RSVP:

Karla Galvez-Del Rio

647-296-6890

kgalvez@cltoronto.ca

Bonnie Heath

416-645-6000, x 1311

BHeath@woodgreen.org



MyCommunityHub is an online registration space where people with a developmental disability and their families can find activities and programs that reflect their interests.

Renew Your Membership

cltoronto.ca/membership/

Back by popular demand!

Planning for a Secure Future: Info Session with
Brendon D. Pooran from
PooranLaw Professional Corporation.



Wednesday February 28th

6pm-8pm

Victoria Park Hub: 1527 Victoria Ave. 2nd Floor

This session is SOLD OUT. Want to still participate?

Join us **LIVE on FACEBOOK!**

Tune in and ask questions in the comment section. We will read it out for Brendon to answer LIVE!

MyCommunityHub.ca

Follow Us!

     @CLToronto

www.CommunityLivingToronto.ca

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


United Way
Toronto & York Region



Bill 148 and Direct Funding: Information Session for Families Engaging Workers

These sessions are **FREE** - Seating is **LIMITED**

RSVP online at mycommunityhub.ca

February 22, 2018

Central Region

20 Spadina Rd.
6pm-8pm

Main Contact:

Michelle Grimley

Phone: 647-729-1210

March 14th, 2018

Etobicoke/York Region

Creative Village Studio
4895 Dundas St. West
6pm-8pm

Main Contact:

Georgina Stergiotis

Phone: 647-729-0445

March 15th, 2018

Scarborough Region

1712 Ellesmere Rd.
7pm-9pm

Main Contact:

Felicita Zanatta

Phone: 647-729-1635

April 5th, 2018

North York Region

1122 Finch Ave West
Unit 16
6:30pm-8:30pm

Main Contact:

Wendy Dyke

Phone: 647-729-3627

On November 27th Bill 148, The Fair Workplaces, Better Jobs Act, received Royal Assent and became law. Bill 148 affects everything from the minimum wage and public holiday pay, to how employees request scheduling changes, refuse shifts, and take leaves of absence.

Many families do not realize that this new legislation and employment law generally can apply to them and their relationship to workers they engage to provide supports to a loved one with a disability. Families face real risks if they don't consider their legal obligations to workers or take steps to protect themselves and their families from liability.

Community Living Toronto is pleased to host disability and employment lawyers from **PooranLaw** who will deliver an in-person information and training session for people and families engaging workers for support. These sessions will review:

- The most significant aspects of the Bill for families in the DS Sector and the dates they will come into force;
- How you determine whether these obligations apply to your relationship with your worker;
- What your responsibilities are to a worker who is an independent contractor or an employee;
- What steps you can take to protect your loved one with a disability and your family, and ensure positive relationships with your workers; and
- Free resources to help you manage your worker relationship and ensure compliance with the law.



Cheryl Wiles Pooran is an experienced human rights, labour and employment lawyer whose practice is dedicated to serving people with disabilities, their families and not-for-profit organizations in the social, disability and developmental service sectors. Cheryl provides advice and representation in relation to all aspects of employment, labour and human rights law, from collective bargaining, arbitration and training for large union and non-union employers to helping families and self-directed support organizations engage workers using individualized funding.

Cheryl's focus and experience in the developmental service sector has given her an in depth understanding of the unique issues that affect the employment relationship for employers, individuals and families in this sector.

SAVE THE DATE!



Family Fun Fair

Saturday June 9th

11am—3pm

Admission \$4

1712 Ellesmere Road

A short walk from
McCowan
Subway Station

- Only Wheelchair-accessible parking on site
- Pay parking is across the street
- Bring a lawn chair or blanket and sunscreen

Come one, come all!

Party with a purpose!



**COMMUNITY
ROCKS**

The Queen Elizabeth Theatre
Saturday November 10th
communityrocks.ca

Get your dancing shoes ready to dance at the DISCO!