

Where choices change the lives of people with an intellectual disability



Casting Call!



Want to be in the next "31 Days of Community Living" videos?



Visit our website for more details:

CommunityLivingToronto.ca



FEATURED STORY

Jenna and Sam Speak at Poplar Road Junior Public School.

By Karla Dendrinis



Left to Right: Karla Dendrinis, Jenna Martinuzzi, and Sam Forbes.

In this Issue

Pg 1	Featured Story
Pg 2	Central Region
Pg 3	Etobicoke Region
Pg 5	North York Region
Pg 6	Scarborough Region
Pg 7	Self Advocates Council
Pg 8-10	Save the Date!
Pg 11	Volunteer Voice

Poplar Road Junior Public School were the winners of our **#PinkShirtDay** Social media contest. Pink Shirt Day is a day to raise awareness of bullying in school, work, homes, and online, by wearing a pink shirt! When the school sent us their photo with all the students in a "sea of pink", we knew we had to do something special.

Last week, Public Relations and Fundraising Ambassadors, Jenna Martinuzzi and Sam Forbes, spoke to the school about their personal stories of being bullied, what people can do to be more inclusive, and how to be a leader rather than a bully!

The students were all eager to hear what Jenna and Sam had to say, and the assembly even ended with a Dance Party and treats!

Thank you Poplar Road Jr PS for having us!



A group photo with Sam, Jenna, and the rest of the students at Poplar Road Jr PS.

Community Living Toronto at Parliament Hill!

By: Patricia Araya and Michelle Grimley



Marissa Blake (Left), Cheasnessa Pink (Centre) and Krista Bath (Right) at Parliament Hill

On February 26th a small and determined group from Community Living Toronto's Individualized Support Program began their journey to Parliament Hill. Marissa and Krista-Lee started their road trip to Ottawa from their condo building in downtown Toronto. Alongside Marissa and Krista were Community Living Toronto staff members: Patricia Araya (Supervisor), Heidi Reynders (Senior Facilitator, Housing), Cheasnessa Pink (Support Staff), and Warren-Lee Herdsman (Driver). Marissa and Krista were there to present on what accessible housing means to them and were ready to deliver the speeches they wrote to agency representatives and politicians.

Upon arriving in Ottawa, after a long drive, Marissa and Krista didn't miss a beat. They rallied their energy and changed into their best outfits for the reception that evening to kick off **National Developmental Disabilities Month**. Reena, the Intentional Community Consortium, and Community Living Toronto were invited to speak to the opportunities created through the **National Housing Strategy** and plan to increase Supportive Housing for those with Developmental Disabilities across Canada.

Many were in attendance at the Speakers Lounge at Parliament Hill including Community Living Toronto's

Brad Saunders, CEO, Frances MacNeil, Regional Executive Director, Nick Macrae, former President of the Board, and Mary Pat Armstrong, Founder and Chair of LIGHTS. At the cocktail party before their speeches, Marissa and Krista had the chance to speak about their experiences with Members of Parliament, Irene Mathysen and Adam Vaughan!

It was a proud moment for Community Living Toronto when Marissa and Krista spoke to the room about the many positive impacts of accessible housing on their lives.

Marissa talked about how affordable housing allows her the financial freedom to participate in her community in the ways she enjoys, live a healthy lifestyle, and be more independent. Marissa has achieved a great deal and highlighted completing a 2 year program at Humber College and earning her diploma! She said she was grateful to be able to do the activities that interest her most, such as Conductive Education – a program that trains the motor pathways of the brain through exercise.

Krista spoke on how it was a dream come true when she found out that, with the support of Community Living Toronto, she would be living with a roommate in their own downtown apartment! Krista talked about how her support staff and family helped to create a happy home that was accessible to her needs. She said how affordable housing and her large support system have allowed her to grow, improve her life skills, and make her own decisions. Krista has achieved a great many goals and is currently a volunteer at Sunny View Public School. She believes deeply in giving back to the community and is working towards a career where she can help people living with disabilities. Krista shared that she wants to be a role model for people with disabilities, showing that anything is possible if you work towards your goals and believe in yourself.

Congratulations on your successful speeches, Marissa and Krista!



ConnectABILITY.ca

Upcoming Central Events

Central Region Dinner Club Every Wednesday
4:00 pm – 8:00 pm
30 Birch Ave

sprOUT Meeting
Monday April 9, 2018
5:00 pm – 8:00 pm
40 Birch Ave

Central Region Council Meeting (No April Meeting)
Tuesday May 8, 2018
6:00 pm – 8:00 pm
20 Spadina Rd, Meeting Room 1
All are welcome!

Central Region Tax Clinic
Wednesday April 4, 2018
20 Spadina Rd, Boardroom

Living Life To The Full for Caregivers 55+
Wednesdays -
April 25-June 20, 2018
1:30 pm – 3:00 pm
Meeting Room 2B

Central Region Council's Annual Spring Fling
Dinner, Dance & Silent Auction
Saturday April 14, 2018
Japanese Canadian Cultural Centre, \$55/ticket

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

ETOBICOKE/YORK REGION

Friendship Needs No Words

By: *Lisa Grant with Anna Borek, Support Worker III*



Lisa (Right) visiting Rashida (Left)

My name is Lisa. I am 42 and I have been living at Elmcrest most of my life. Since I was born I have been struggling with many obstacles due to my severe physical and intellectual disabilities.

My support staff say that I am caring, sweet, gentle and very graceful – that I should be a ballerina. I love nice clothes and my staff thinks that I am a fashion diva. I sometimes wonder how they know because I don't have the ability to talk.

I have many dreams; some will never come true like being the Prima Ballerina, but some already have. I received the greatest gift of my life – True Friendship.

This friendship started in June 2014 when I got a very energetic and talkative roommate, Rashida. It was as if our souls just understood each other upon first meeting. Through the next year our bond transcended barriers, including a severe decline of Rashida's health. When she lost ability to walk and talk our language of friendship was not based on words but meaning.

Many times we have chosen to share our discomfort by just holding hands. In the sweetness of our friendship there are laughs and sharing of simple pleasures. Rashida is always making sure that I am comfortable and happy.

In July 2015, two weeks before Rashida's 39th birthday, she left Elmcrest and moved to a long term care facility where her high needs were better supported. I was very sad, but my staff told me that true friendship is not about being inseparable; it is being separated and having nothing change.

Since Rashida moved, I visit her every month with my staff. While I am waiting for my Sunday Wheel-Trans ride I can hardly control my excitement! My staff say that I am smiling with my eyes, my cheeks are flushed and my hands are flung sky-high and clasped together with happiness. On the day of Rashida's birthday we celebrated at her new home. We brought lots of Rashida's favourite colourful and butterfly-shaped balloons and had a great time.

My friendship with Rashida is the greatest sweetener of life and I am very grateful that with our staff's support it can bloom and prosper. My staff told me that one wise man named Joseph Addison said, "**Friendship raised to highest pitch of enjoyment is a secret which but few discover**". –I am one of the lucky few.

Note: Sadly, Rashida passed away recently. This story is a tribute to her and the friendship she shared with Lisa.

Celebrating 30 Years of Service with Richard Janas

By: *Carolyn Bossert*

Richard Janas joined the Community Living Toronto team on June 2, 1986. After only one week of training, Richard was ready for his first mail courier job through Employment Supports. He started at Spadina Centralized Services; then on December 12, 1999 moved to Etobicoke Region, where he continues to provide excellent courier service.

Over a 30 year span many things can change, but Richard remains consistent. He keeps up his strong work ethic, provides courteous service, and is always on time. He has a great sense of humour and an impeccable memory. Seasonal time changes and weather conditions have nothing on Richard; he rarely misses his daily trek to our group homes and offices. Richard also has a great eye for detail. We've lost count of the number of times he notices items that need correction on our inter-office envelopes. Aside from work, Richard is a watch collector, cyclist, coffee lover, and "Young and the Restless" fan.

Richard, working with you is a privilege and we greatly appreciate your unwavering commitment to Community Living Toronto.



Afrika Yeboah, Richard Janas and Carolyn Bossert attending the Staff Appreciation Event

She also had an innate ability to develop policies and forms related to behaviour services.

Bernice came to Community Living Toronto with a background in nursing after growing up in Newfoundland and living in Alberta. She started as a part-time Secretary at Etobicoke SWACA (ETS) June 1992 then in November 1999 became a full-time Secretary at the Etobicoke Office. Bernice was always happy to help the Etobicoke Office staff with all kinds of administrative tasks. She brought an upbeat energy to the office and greeted guests and staff with that same liveliness.

Both Bernice and Sandy were presented with a Jade plant which represents longevity, prosperity and friendship.



Bernice and Sandy (center front) surrounded by their friends and colleagues

Double Retirement Double the Fun in Etobicoke!

By: Carolyn Bossert

We recently had the privilege of honouring two coworkers at a retirement celebration: Sandy Ashwell, 27 years and Bernice Henderson, 25 years of service.

Sandy joined Community Living Toronto April of 1991 as a Behaviour Service Consultant. Her expertise, knowledge base and behavioural consultation has clearly impacted the lives of numerous individuals in our programs. Sandy's amazing insight and advocacy has made a difference in the well-being and quality of life of many. Sandy's knowledge also gave her the ability to facilitate agency trainings such as Dual Diagnosis, Medication Administration, Community Living Toronto's Interactive Services Information System (ISIS), and Preventing Abuse through Consultation and Training (PACT).

Upcoming Etobicoke/York Events

Etobicoke/York Region Council Meeting

Tuesday April 10, 2018
6:30 pm
4895 Dundas St. W. (Creative Village Studio)
All are welcome
RSVP: Georgina Stergiotis at 647-729-0445

Friendship Club

Wednesday April 25
4:00 - 6:00 pm
Etobicoke Region Office
295 The West Mall, suite 204
Registration:
LauraLee Edmiston
647-729-0440 or ledmiston@cltoronto.ca

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

TDSB Community Connections Fair Open House

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

Planning for Summer

By: Wendy Dyke



If you have not already begun planning for summer respite for your loved one, then you may want to start now to look into what your options are for activities and programs in your neighbourhood.

You can find other fee-for-service options from many other service providers on: [MyCommunityHub.ca](https://www.mycommunityhub.ca)

- The **City of Toronto** offers day camps at local community centres throughout the city. Many of these programs are inclusive with support workers for individuals who require one-to-one support. If your child needs individualized supports, let **Toronto Parks, Forestry and Recreation** know when you are registering your child for one of their day camps. The regional [fun guides](#) on toronto.ca, have complete listings of programs. Some of the programs are adapted for children with special needs – You can find the full list under the section titled ‘**Adapted and Integrated Services**’. If you need financial assistance, you can apply to the ‘**Welcome Policy**’. Applicants approved for the Welcome Policy will be set up with an account containing credits that can be applied to fees for programs. Information about the city’s Welcome Policy can be found inside each regional fun guide brochure.
- **The Toronto Public Library** offers programs that may be suitable for your child. You can check with your local public library about what types of programs they offer by speaking to the librarian. The Public Library also offers free passes to many attractions within Toronto. These venues may be options for your child if you have a support worker who takes them out into the community or for family outings. A full list of [participating attractions](#) can be found on their website. Quantities are limited so be sure to check them out ahead of time. For more information visit [Museums and Arts Passes](#)

If you already have a support worker for your child who takes them out into the community and you are a member of Community Living Toronto, you might want to check in with your regional Membership Coordinator for information about Community Living Toronto’s discount program. If you don’t have a worker, you may want to check with your Membership Coordinator to find out if a summer support staff is available in your region for summer day respite.

Other resources:

- **TTC SUPPORT PERSON ASSISTANCE CARD** – If your child with a disability must be accompanied on the TTC you can apply for a TTC Support Person Assistance Card. This card belongs to the individual with the disability. When they travel with a support worker, they pay for the TTC fare and their support worker rides free.
- **WHEEL TRANS** – Did you know that eligibility for Wheel Trans is no longer limited to individuals with mobility issues? If a person has a disability that presents a barrier to using conventional transit some or all of the time, they are eligible to apply for Wheel Trans services.
- **ACCESS 2 CARD** – An Easter Seals program, formerly called the Access2Entertainment card, is for people of all ages with permanent disabilities who require assistance from support persons to participate in entertainment, cultural and recreational venues. There are over 500 venues across the country that participate in this program. In addition to a number of theatre companies, there are an extensive number of other venues that honour the card. The website provides information about how it works, how to apply and lists venues by province and city.

Upcoming North York Events

North York Council

Meeting

Monday April 9
1:00 pm – 3:00 pm
North York Office
Boardroom
1122 Finch Avenue West,
Unit 18
Everyone Welcome!

For information on the
above events contact:
Wendy Dyke
at 647-729-3627 or
wdyke@cltoronto.ca

Sibshop

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

Jumpstart Literacy

Every Saturday
9:30 am – 11:30 am
1122 Finch Avenue West,
Unit 16

Registration fee:
\$20.00 per person
Weekly fee:

Pizza/Bingo

Thursday May 17
6:00 pm to 8:00 pm
Victoria Park Hub
1527 Victoria Park
Avenue, 2nd Floor
\$3.00 at the door

\$5.00 per person
To learn more and to
register, please contact:
Karla Galvez-Del Rio
at 647-729-1162 or
kgalvez@cltoronto.ca

Register for Sibshop and
Pizza/Bingo online at
MyCommunityHub.ca

SCARBOROUGH REGION

Sensory Room Launch at Lawson Children's Respite

By: Charla Rodak



Sensory Room attraction

For many years, Lawson has had a goal to create a multi-sensory room to offer to the 140 plus families that regularly use our Respite service.

This goal would not have been met without the two-year fundraising initiative of the Lawson Staff team, Adult Development Program team, Community members, families and stakeholders. In total we raised over \$50,000.00 to make our dream a reality. With the efforts of the Properties team and Special Needs Toys the multi-sensory room was completed in record time.

The launch of the sensory room took place on March 8, 2018 and was a huge success with many of our donors present. There was lots of great food and conversation. The generous donations will benefit the individuals we support and are greatly appreciated. We are very grateful to all our Donors who supported this initiative including families, members and Scarborough Council.

We are excited to use the space to enhance the programs we provide and improve the quality of life for the various individuals we support. For information please contact Charla Rodak at 647-729-1637 or crodak@cltoronto.ca



Sensory Room ribbon cutting

Upcoming Scarborough Events

Council Meeting

Monday April 9, 2018
6:15 pm
1712 Ellesmere Road
All are welcome!

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

Bingo at Lawson

Weather permitting
Friday May 11, 2018
7pm-8:30 pm
1712 Ellesmere Road
\$5 for a snack and prizes

Connections Dance

Friday April 27, 2018
7:30-9:30pm
1712 Ellesmere Rd.
\$8 admission
Call Lester at
416-566-7252

8th Annual Bingo Bowling Extravaganza

Saturday April 21, 2018
7pm-9pm;
registration at 6:30pm
\$25 per person
Parkway Bowl
67 Ellesmere Rd.

SELF—ADVOCATES COUNCIL

The Self Advocates Council Talk about Sex

By: Sue Hutton

As February was Valentine's month, the Self Advocates Council (SAC) held a special February meeting to talk about sex and relationships. What better month could there be to talk about this topic? McMaster researcher Alan Santinele Martino joined us for a very engaging talk. Everyone had quite a bit to share; so much so, that we would love to continue the talk with Alan!

Alan is a really nice, fun guy who is doing his PhD at McMaster University. Alan's research is titled: *The Romantic and Sexual Experiences of Adults with Intellectual Disabilities in Ontario, Canada*.

He shared with the SAC that his older brother lives with cerebral palsy. Alan said he's been noticing that it's very difficult for his brother to meet people to be in intimate relationships with. Alan realized there are lots of social attitudes about sex and disability. He actually

became so interested in learning more about this, that he is doing a PhD exploring the topic!

Alan writes in his research flyer: "Individuals labeled with intellectual disabilities have been commonly silenced in research, while their family members and care workers have spoken on their behalf about their experiences (Sigstad, 2014). Thus, the goal of this project is to make space for these individuals to share their own perspectives, challenges, potential subversions and triumphs on sex, sexuality, and romance".

If you know someone labelled with an intellectual disability who might be interested in speaking with Alan about his research, you can contact him. To be eligible to participate in this research, participants must self-identify as having an intellectual disability, be at least 18 years of age, and be interested in sharing their experiences, issues, and hopes concerning their sexual and intimate lives. The Self Advocates Council will also be organizing a date for people to be interviewed one on one. Gift certificates of \$20 will be given to each participant. To be a part of this research please contact Sue at shutton@cltoronto.ca

You can also reach Alan directly at:

Alan Santinele Martino: santina@mcmaster.ca



Alan (head of the table) leads the Self Advocates in a discussion about sex



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



Central Region Council's

Spring Fling

2018

Dinner & Dance



Saturday, April 14th

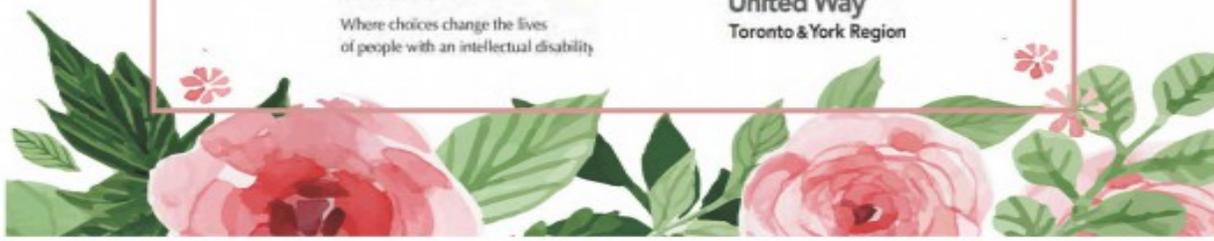
Japanese Canadian Cultural Centre
6 Garamond Court
(Don Mills and Wynford Drive)

5 p.m. Reception • 6 p.m. Dinner

Tickets \$55

Buy tickets online at www.cltoronto.ca/spring-fling or
Contact michelle.grimley@cltoronto.ca

Live DJ • Raffle • Door Prizes • Silent Auction
VISA, MasterCard & AMEX accepted





KEYNOTE

Anna MacQuarrie

Director of Global Advocacy and Human Rights



HOST

Michael Enright

Host of CBC Radio One's The Sunday Edition



The focus of this year's lecture will be centered around the **UN Convention on the Rights of Persons with Disabilities (CRPD)** in combination with the **UN Convention on the Rights of the Child (CRC)**, and how the rights of children with intellectual disabilities should be upheld.

Keynote address will be followed by a panel discussion from various perspectives on the Rights of a Child with an Intellectual Disability

Reception to Follow

UN Conventions — Real Promises or Just Words?

2018 Annual Grant Lowery Lecture
on Children's Rights

Every year, DCI-Canada hosts a lecture in honour of Grant Lowery. The purpose of these lectures is to share Grant's passion for young people through the experiences and insights of Canada's most talented and accomplished advocates for children's rights.

EVENT DETAILS

MAY 8TH, 2018 | 7:00 PM

Free Admission | Donations Welcome

Doors open at 6:00 PM

JACKMAN HALL

ART GALLERY OF ONTARIO (AGO)

317 Dundas St W, Toronto, ON M5T 1G4

Enter off McCaul St.

CONTACT US

Phone: 416-907-7432 or 416-266-5914

Email: info@dci-canada.org

[Click Here to Register](#)

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!

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

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](#)

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

[Register](#)

Upcoming Volunteer Orientation Sessions

Are you looking for volunteer opportunities with Community Living Toronto? Please sign up for our upcoming orientation sessions .

April 9th from 10:00 AM – 12:00 NOON
20 Spadina in the main floor boardroom

<https://docs.google.com/forms/d/1mxT7getcXuNwhDrOHjbLEpnzf595mDR2se6-pD5qG8/edit>

For information about volunteer opportunities or questions about the orientation and 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

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)

April 9, 2018

May 14, 2018

June 11, 2018

Etobicoke

295 The West Mall,
Suite 204

April 19, 2018

May 17, 2018

June 21, 2018

North York

1122 Finch Avenue West
Unit 18

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

Follow Us!

     @CLToronto

www.CommunityLivingToronto.ca

