

## 60th Anniversary

2018 will mark our 60th anniversary and we're looking for some people to help us celebrate. If you would like to contribute to this 60th anniversary committee, read more about it on page 7!

## LifeShare

Do you have an opportunity to share your home with someone who would enjoy the support? Ask us about LifeShare, a family home program. See page 2 for details.

## Nick Foley

An empowering speaker with a message for youth is coming to our AGM. Let someone know who works with teens and youth that this event is free and open to the public. Details on page 3.

FALL 2017

# In Touch

COMMUNITY LIVING  
Upper Ottawa Valley



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## CLUOV Recognized At Conference

Community Living Upper Ottawa Valley (CLUOV) has earned two provincial awards in recognition of our work in spreading the inclusion message.

The first is the James Montgomerie Community Award, given to an organization that demonstrates leadership and innovation in furthering the Community Living movement. The commitment to personal outcome measures and the residential focus to develop more inclusive living options was what put CLUOV over the top for the award.

The second award that CLUOV received was the Social Media Award. This award recognizes the effort to use social media to promote inclusion and the Community Living movement. The 31 Days of Inclusion campaign, which ran during Community Living Month in May, was highlighted with the award win. The

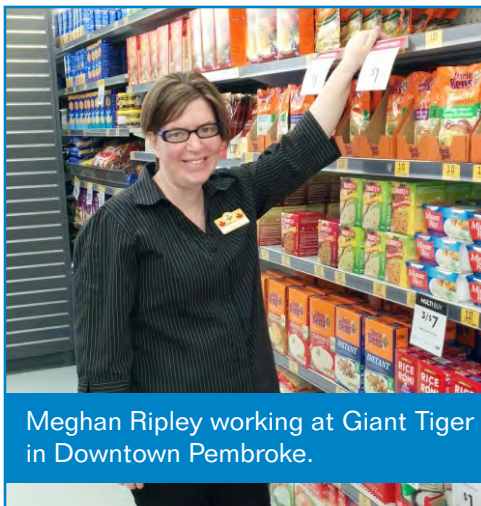


posts featured local people, organizations and businesses who were part of building an inclusive community, and posts were commented on and shared throughout the month.

The awards were created by Community Living Ontario to recognize the work of their agencies. The official presentation was made in Niagara Falls on September 13.

CLUOV earned the awards out of initiatives put forward by more than 100 Community Living agencies in Ontario. CLUOV's Larry Markus earned the James Montgomerie award for individual achievement in 2013 for advocacy as a blood donor.

Executive Director Chris Grayson and several staff were on hand to accept the awards on behalf of the local agency.



Meghan Ripley working at Giant Tiger in Downtown Pembroke.



Brian Dinwoodie and Jeff Shand at the Oaks of Cobden golf course.



Learning employment supports from Oakville Community Living.



Christine Reavie: a seven-year board member with Community Living.



Carol Sollows earned the Sovereign's Medal for Volunteers this year.



Team Lamarche at the CLUOV golf tourney - dressed for success!

## Christine Reavie Shares Impact

My story with Community Living began when my daughter, Lauren, was born in 1991 with an intellectual disability that ultimately left her in a medically fragile state. Lauren passed away in 2003. My sister's son, Brett, was born in 1994 with Down Syndrome. Today he is a happy, healthy and thriving young man who brings great delight to all who have had the fortune to be a part of his life.

Our family has been greatly touched by the work of Community Living and my father served on the board for many years before I made

the decision to join in 2010. As a board member, I have seen much change within the sector, and am proud of the efforts made by the organization and especially the dedicated staff. Although I am leaving the board to pursue other civic commitments, I will always be a strong advocate and supporter of the most important and valuable work of Community Living as they support individuals to achieve absolute inclusion within our community.

This story was submitted by Christine Reavie, a seven-year member of the Community Living Board of Directors.



Ross Fitzpatrick and Stephane Levesque of SRB Technologies: golf dinner sponsor.

## Could You Be A LifeSharer?

One of the programs Community Living has always been involved with is the family home program. This year, the program was changed to LifeShare, in order to appeal to more families who could invite an individual with an intellectual disability to live in their home.

On average, there are two to three families per year that are inquiring about host family opportunities through Community Living. Typically, there is one family per year that signs up to become a host family. LifeShare offers a nurturing and safe environment for adults with intellectual disabilities. Being a home provider means so much more than

providing a room in your home; you're giving someone a place they can call home where they are supported, valued, accepted and can have a real sense of independence and belonging. LifeShare is available on a permanent basis, as well as part of a respite program.

More information on LifeShare is available on our website under "Supports and Services." There is also a video explaining the program. As always, you are invited to contact Community Living by calling 613-735-0659. You can speak with Stefanie Soulier at extension 505 or Stephanie Moss at extension 241. We look forward to hearing from you.



# Mulvihill's Honoured With Award

Mulvihill Drug Mart has been chosen as the recipient of the 2017 Executive Award.

Mulvihill Drug Mart has been a supportive and engaging community partner to Community Living for many years. They have gone above and beyond in many ways from graciously donating radio spots to help us share important messages of inclusion to ensure that the people we support living on their own have first aid supplies available in their homes. The pharmacists are caring and patient, always providing wonderful service to their customers.

The Community Living staff noted that the Mulvihill staff are always patient and helpful when they are called with questions or concerns about medication. They are very accommodating with any changes or medication errors, and have often been able to suggest additional medications to alleviate issues that seemed impossible to control. Their advice is well-heeded and their delivery of safe med storage and save med use has been very helpful for individuals living independently.

Congratulations to all management and staff on this award.



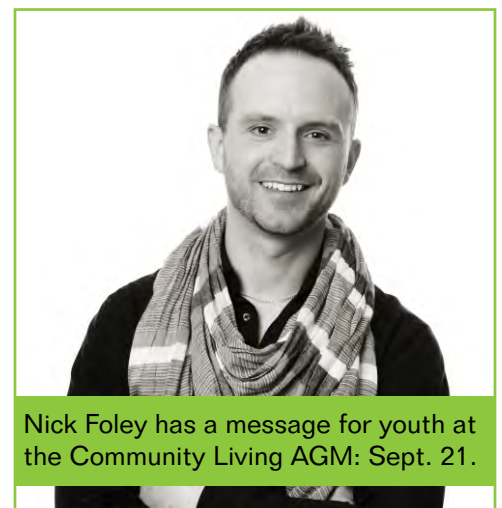
Ashely Corbett is a volunteer with the Petawawa OSPCA office.



Holly (left) and Patsy (right) with Brian Mulvihill of Mulvihill Drug Mart.



[www.facebook.com/CommunityLivingUpperOttawaValley](http://www.facebook.com/CommunityLivingUpperOttawaValley)



Nick Foley has a message for youth at the Community Living AGM: Sept. 21.

# AGM To Host Nick Foley

Nick Foley, an advocate for inclusion with a message towards teens and those working with them is the guest speaker for the Community Living Annual General Meeting (AGM), set for September 21st.

Foley is the founder of Celebrate the Hero and Move for Inclusion. Celebrate the Hero focuses on the positiveness that students facilitate on a daily basis. Celebrate the Hero provides sustainable programs and presentations to schools, sports teams, communities and business all over Canada. Nick is the proud father of Brynn, from whom he has learned more than he ever thought imaginable. She has been, and

continues to be the greatest teacher in his life. Brynn has an intellectual disability.

The Annual General Meeting is open to the public. There is a 30 minute business meeting followed by a one-hour presentation by Foley. Anyone who works with youth, and youth themselves, are encouraged to attend.

The AGM is free to attend and light refreshments will be served. The AGM takes place at the Clarion Hotel in Pembroke, from 6:30pm to 8:00pm.

Those wishing to attend should RSVP with Carol Ripley at 613-735-0659 or [cripley@cluov.ca](mailto:cripley@cluov.ca)



Greg Leslie had a busy summer to keep up with our office landscaping.



# New Champs For Annual Golf Tournament

There is a new team on top after play was completed at the 21st annual Community Living Upper Ottawa Valley golf tournament. This year's winning team was comprised of Andrew "Burrhead" Dick and Matt Forrest from myFM, and Daniel Tomka from Grade A IT Services.

110 golfers participated in the

tournament which was again held at the Oaks of Cobden Golf Course on Friday, August 18th. The tournament raised just more than \$17,000 after all donations were counted.

In addition to the winning team, prizes were awarded for Closest to the Pin and Longest Drives, as well as to the event's Most Honest Team.

The 2018 tournament date has already been set for Friday, August 17th. The tournament will remain at the Oaks of Cobden.

The golf day includes 18 holes plus a cart, dinner and prizes. A great time was had by all who attended, and the little bit of rain that fell didn't ruin the fun one bit!



Gerry Mansveld celebrated 15 years as golf tournament chairperson.



Daniel Tomka, Andrew "Burrhead" Dick and Matt Forrest: 2017 champs!



Team Cassidy's came dressed to impress in matching hats and shirts!

## Many Thanks To Gerry Mansveld

For those of you who have been involved with organizing a golf tournament, you know it is no small task. For the past 15 years, Community Living has been fortunate to have Gerry Mansveld at the helm of our annual golf tournament, which has raised nearly \$200,000 for services to support individuals with intellectual disabilities. Gerry is handing the torch over to a new golf tournament chairperson for 2018.

Gerry, we greatly appreciate your dedication to this well-run event, and we thank you for years of dedicated volunteer service to the Community Living organization. We hope to continue to see you on the links as a player in our event.

A new tournament chairperson will be named before the end of the year. If you have an interest in helping, please let us know!

## Recognizing Corporate Sponsors

Community Living is very fortunate to have generous corporate sponsors who make our event possible. This year, we would like to thank corporate sponsors Prince Plowing & Landscape Services (double sponsorship), Speedpro Signs and Ashley Homestore Select. Our dinner sponsors this year were Hoffman's Auto Body, Bennett Electric, SRB

Technologies, Arthur J. Gallagher (Steve Thompson), Arthur J. Gallagher (Louise McConnell) and law firm Hicks Morley. EGM Insurance sponsored the \$10,000 Hole in One competition (which went unclaimed). There were 57 golf hole sponsors and several speciality prizes sponsors who all helped with our fundraising total. Thank you all!



Team Grayson huddling under an umbrella for the final hole of their round.



# What Do We Do With Golf Tournament Funds?

The funds that are raised annually from the Community Living golf tournament are funds that allow us to do those “special” things that we would not otherwise be able to do. As our government funding is mandated to certain areas, this flexible funding helps us do a variety of things. For example, funds have

been directed to assist clients directly such as: sports lessons, a club membership, mobility purchase, Speakers’ Bureau clothing, transportation to a family reunion and to help with the cost of driver’s education. We call this “flexible” funding because it makes possible something that the individual may

not otherwise be able to enjoy. These funds contribute to an individual’s life in a special way, often by providing a unique experience. On behalf of the people who are helped by these golf tournament funds, thank you for your support.



Team Buske was a specialty prize winner and specialty prize sponsor!



Tessa Malette of Ashley Homestore Select: a corporate golf sponsor.

**Speakers Bureau**  
A great way to engage your club or community organization

## Addressing Inclusive Living

A development project in southern Ontario brought forward a discussion on segregated living. Community Living Upper Ottawa Valley supports the position of our provincial agency, Community Living Ontario, in that inclusive living is best when it comes to building stronger communities for everyone: those with intellectual disabilities, those with physical

disabilities, those who are aging, and others. Segregated living deeply contributes to marginalization, isolation and stigmatization of people with disabilities. This is why our agency is working with community partners to create more inclusive residential environments. These opportunities allow for affordable housing solutions at any stage in life.

## Speakers’ Bureau Had Busy Spring

The 2017 Community Living Speakers’ Bureau were asked to present at several events earlier this year. The Bureau members presented at St. John’s Lutheran Church in Petawawa, Calvin United Church, the North Renfrew Rotary Club (Deep River), and several events connected to Algonquin College including a job fair, and speaking to first and second-year social services worker students.

Members who participated in the Bureau included: Raina Flexhaug, Kyle Lamarche, Kyle Croft, Melissa Hoffman and Jeff Shand.

This fall, several members of the Speakers’ Bureau are hoping to attend several conferences across the province.

For information on booking the Speakers’ Bureau for your club, contact Dillon Watts at: 613-735-0659 or dwatts@cluov.ca.



Thanks Hoffman’s Auto Body (centre) for being a golf tournament dinner sponsor.





Kristy Phinney was one of our staff who attended the conference.

## Beyond Outcomes Conference

Kristy Phinney, a worker with Community Living, attended Beyond Quality Outcomes conference this year. The conference focuses on measuring the quality of services that organizations provide.

Eight dynamic speakers discussed different strategies to ensure organizations could reach their potential in offering the best quality of life for people with intellectual disabilities. They also offered solutions on measuring success.

Among the key take-aways was that often a shift from traditional ideas and perspectives can enhance collaboration and lead to creative possibilities. Some suggestions included having paid neighbours, and for individuals to live near staffing support.

Mental health and addiction issues were discussed, as was the need for all parties to be accountable and knowledgeable of their respective roles. The Ministry of Community and Social Services also spoke about a framework they are producing to measure the work of an agency.

A central theme was that while data is important, it is not the only factor in outcomes. Measuring strategies can happen with different methods for positive results.

## Algonquin College Job Fair

Community Living is always looking for the best and the brightest to join the team, so when the opportunity came to be part of Algonquin College's job fair, we were there!

Melissa Hoffman (in photo below) and Bianca Vanasse, an Algonquin College Social Services Worker (SSW) student, attended the Algonquin College job fair earlier this

year. They accepted resumes and handed out information to interested students. The job fair worked both ways as Melissa met with other employers from Pembroke at the job fair, and was able to obtain some information on college programs. Community Living attended another job fair hosted by the college in the fall of 2017.



Melissa Hoffman at the Community Living booth at the Algonquin College Job Fair.

## Residents Find New Home

Spring's heavy rains and flooding resulted in embankment erosion at the Community Living Moffat Street home in Pembroke, resulting in an emergency evacuation of our residents. The gentlemen took it all in stride with the assistance of their support team, and were relocated to hotel and cottage living. After

actively engaging in an exhaustive search of the local rental market, the gentlemen and their support staff found a new house to call home and forged a new partnership with the landlord. In July, they hosted a housewarming party to show off their home and to thank those who helped during their unexpected adventure.



Stephen Smith at his new home on McKenzie Street in Pembroke.



Darwin Prince of Prince Plowing was a dual sponsor of our golf tournament.

## A Foundation For The Future

In April, Community Living received a grant of \$121,217 to enhance community engagement and develop intentional neighbourhoods. Plans are underway to sell two properties, and redistribute the funds to new accommodations. We have also included a funding request to assist with a rent supplement. Partnering

with the Petawawa Senior Housing Corporation will allow seniors with disabilities to secure opportunities to live amongst other seniors. While receiving the support they need to be as independent as possible, all will benefit from relationships with neighbours. Occupancy transition is anticipated for early 2018.



Kathy Bennett, Pat Hahn, Steve Bennett and Dolores Hahn at the golf tourney!

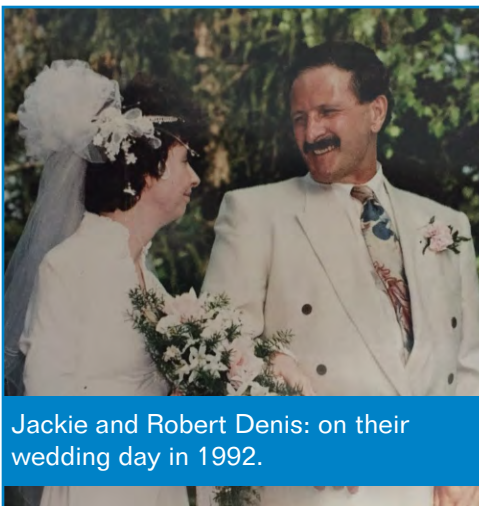
## Congratulations Jackie & Robert

Community Living wishes to send out congratulations to Jackie and Robert Denis on the occasion of their 25th wedding anniversary. Jackie and Robert met at a Christmas Party held at the Knights of Columbus Hall in Pembroke about 28 years ago!

Jackie is from the Upper Ottawa Valley, and Robert came to the area

from Parry Sound. In Pembroke, both Jackie and Robert worked at The Prospector.

Today the couple live in Pembroke with their dog, Booboo. They celebrated their anniversary with an outdoor party with close family and friends. Congratulations from all of us at Community Living.



Jackie and Robert Denis: on their wedding day in 1992.



Jackie, Robert and BooBoo at home in Pembroke in 2017.



## We've Come A Long Way!

A lot has happened with the Community Living movement since this office first opened in 1958. Many people in this community have played a role in our 60 years, and we are hoping to reach out to you for your stories and your ideas on how we could mark this celebration.

If you have a connection to Community Living, either as a former employee, a client, a former employer, we would like to hear from you. If our agency has been a part of your life in some way, we hope you'll reach out to us.

Right after our annual general meeting, we are convening a committee to help guide our 60th anniversary celebrations. If you could join us on that committee, we would really love to have you! It is important for us to be inclusive of people and events in our past and present, as well as those who have an opportunity to make an impact in the future. Please consider being part of our efforts to achieve this. Contact Holly Tennian to let her know you have something to contribute to our 60th anniversary committee.

### Holly's Contact:

Holly Tennian, Executive Assistant  
Phone: 613-735-0659 ext.220  
htennian@cluov.ca



# Tricia Kettlewell: Why I Work Here

I don't remember the exact moment my life changed, but it did while working for Community Living.

I started working here 21 years ago this October at the age of 23. I was new to the area, starting a new life and new job. Nobody told me this would also be the most rewarding and fulfilling job I would ever hold, even on some days when it was emotionally the worst.

There have been days where I find myself more comfortable surrounded by people I support with intellectual disabilities, than the general population. I have days I feel more at home while at work than I do in my own home.

It's tough when people in the community still think it is ok to use the "r" word, or that people stare - adults stare. I only wish they could see that the people I help support are



Tricia has worked for Community Living for 21 years. This is her story.

human beings, real people too, and I work to show how they are active, productive members of the community just like everyone else.

Over the years I have seen change. Our community is more accepting, and we have achieved inclusion in so many ways.

I would like to share that CLUOV staff and people supported have assisted me with my own social capital. I have been introduced to so many people and made so many connections from them here in Ottawa Valley and it has assisted me to feel included and part of this community. 21 years later, this community has become my home and this job, my profession.

I enjoy sharing experiences I have been a part of over the years. The goals that have been reached and so many accomplishments. I am proud to say I have been a part of it.

When I am asked to explain why I work for Community Living, I sum it up by saying this: "At the end of the day you learn quickly how some things can't be explained by words, and can only be seen and/or felt."

Submitted by: Tricia Kettlewell.

## Inclusion Campaign Enjoyed By The Community

For Community Living month this year, our agency ran an ambitious campaign to share a story of inclusion every day for the entire 31 days! The campaign was done using Facebook, and even people without Facebook could see the day's story.

The campaign was incredibly successful as people commented and shared the stories of inclusive impact made possible by local businesses,

organizations, municipalities and individuals themselves. In addition, we increased our page by 100 likes!

Sometimes the best stories of the work our agency does are told by someone other than ourselves. That's what the campaign was geared to do - show how the community is already engaged with inclusion, and perhaps suggesting ways that others could be as well.

There has been a great interest in running the campaign again in 2018, which will be our agency's 60th anniversary! So stay tuned because there is much planned for our celebratory year and we look forward to developing and sharing more stories from our community. Many thanks to the many staff who assisted in compiling great stories.



CL Workers Dillon Watts and Kim Rigo: employment supports workshop.



Jill Davidson was one of many who took advantage of Yoga in the Park.



Kirby Adam gets things organized at the 2017 golf tournament.