



Ontario Trillium Grant of \$198,900 Received



Community Living Upper Ottawa Valley shared some good news on May 2, 2014 in the form of an Ontario Trillium Foundation grant that will improve service delivery to the agency's clients.

The \$198,900 grant coming over three years will provide the training and encourage the use of personal outcome measures, which is a best practice model developed by the Council for Quality and Leadership (CQL), the organization that will be assisting in the development of this program.

"This investment will encourage informed service planning and increased opportunities for collaboration across the region around emerging needs," said Community Living Executive Director Chris Grayson. "People with intellectual disabilities deserve the direct support from services they receive and based on their personal, identifiable priorities." CLUOV's 100 employees will receive the training during the course of three workshops conducted each year. With this training, the agency hopes to enhance the quality of life for its 150 clients.

Left to Right Back Row: Chris Grayson, ED Community Living Upper Ottawa Valley, John Yakabuski, MPP Renfrew Nipissing Pembroke, Darcy Lacombe, ED Madawaska Valley Association for Community Living, Rick McInnes, Program Supervisor MCSS, Front Row: Kyle Croft, Board Member CLUOV and Cheryl Tennant, Self Advocate

Developmental Service Workers with CLUOV provide support such as residential care, counselling and case management for people with developmental disabilities. Kyle Croft, a member of the Speaker's Bureau, a self advocacy committee, said his group is very excited about personal outcome measures, a data gathering process that includes interviewing people with intellectual disabilities to access their needs and wants in order to improve quality of life and support systems.

"It is a commitment to supporting us better at home and in our communities" said Croft. Renfrew-Nipissing-Pembroke MPP John Yakabuski lauded the long-term nature of the grant which will give CLUOV and its partner agencies time to work on this initiative. "This is not a short term program. (This will) allow those people with intellectual disabilities to reach their greatest potential," he said. "We do have that responsibility to give them the opportunities to reach that potential."

The model comes from The Council on Quality and Leadership, an American-based organization dedicated to the definition, measurement, and improvement of personal and community quality of life for people with disabilities. Beth Mathis, vice-president of business development and customer relations for CQL said this tool has made a difference in the lives of clients, support organizations and staff who deal with these issues on a daily basis.

*This article was reprinted with permission from Sean Chase, Multimedia Journalist
The Daily Observer*

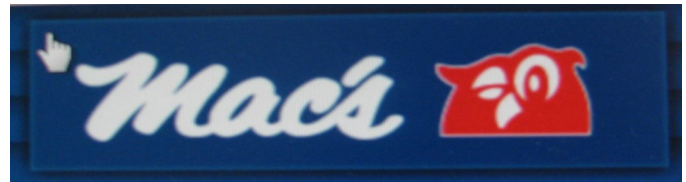
An update from Jesse Crawford

Since publishing his first novel in July 2013, Jesse has moved into a new apartment, is living on his own and has joined the Pembroke Daily Observer's 2014 Community Editorial Board. Jesse's first editorial was published on March 1st. Here is an excerpt, "I Jesse Crawford, had finally achieved my dream and had become a published writer."

What's next from Jesse. "There will be a second book, and my next column in the Daily Observer will be published on May 10th, tackling the topic of Bullying".



Community Living's Nevada Fund



Did you know Community Living has had a Nevada Outlet at Mac's Convenience Store at 320 Pembroke St. E., (formerly known as Becker's) for over 10 years.

If you like to purchase Nevada tickets from time to time, please consider stopping by Mac's across from the former location of Algonquin College to help out your friends at Community Living Upper Ottawa Valley.

We're In Health Matters

Check it out, Community Living is now contributing to a FREE Local Health Magazine

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The Work Towards Community Integration
By
Chris Grayson



CQL's Personal Outcome Measures® have been a hallmark of our work for the last 20 years and have been a powerful data set for the valid and reliable measurement of individual quality of life. Instead of looking at the quality of how the services are being delivered, the Personal Outcome Measures® approach looks at whether the services and supports are having the desired results or outcomes that matter to the person.



Kate Ryan, Community Living Worker reiterates the message ~ Together we can save more lives

My family was forever changed in June 2013, when a random and vicious attack left my uncle dead and my aunt clinging to her life with more than 20 stab wounds. In the weeks that followed, as I looked around the hospital, I couldn't help but feel an incredible awe and amazement at the level of skill and dedication of the tireless hospital staff, as well as the technology that our generation is fortunate to be blessed with. One thing that stood out to me in particular, was the question of "who had taken time out of their busy lives to donate the blood that was being given every day to save her life".

Being a one-time blood donor myself, I could never in a million years have imagined that I would be in the position to witness the 'other end' of the donation process. To go from sitting in a donor chair, to sitting next to a critical care bed watching someone I love receive such an incredible gift is indeed a very powerful and emotional event.

Donating blood is most likely something we have all considered at one point, no matter how briefly. We have heard the radio ads, seen the commercials on television or had a friend invite us. A lot of us can say we've had the very best intentions to donate for the first time or to get around to going again, but got sidetracked and didn't make it. There's always the next blood drive, right? Now try to imagine that someone you love, or yourself, has been in a car accident, or diagnosed with a disease or had a heart issue and required a surgery. Can you fathom losing that person because no one got around to donating blood?

52% of Canadians have needed blood at some point, so donating comes with an automatic feeling of having done the right thing to save another person's life, no matter who they are. You can imagine a mother, a child, or a husband being given a second chance. But giving blood also has some other perks as well. Did you know that giving one unit of blood adds up to losing 600 calories? That is the equivalent of two hamburgers or three donuts! There's also the added bonus of free juice and cookies afterward!

Just thinking about my small group of coworkers makes me realize how close to home this process truly is. Between us we've seen blood donors help a toddler and a coworker themselves fighting cancer, two children healed through heart surgeries, a very premature baby grow to be strong and my aunt have her life back. Our tiny family of staff has been blessed so much by the kindness of strangers willing to give.

I have felt so honored to play a small role in Community Living's partnership with Canadian Blood Services by joining such a lifesaving process. Please consider joining us and donate blood at the next Canadian Blood Services donation clinic. You will never know the depth of appreciation from grateful people like myself and my colleagues whose family members' lives have been given back.



Kate Ryan pictured above left with Irene Demers of Petawawa.

Partners for Life organizations have the power to save lives!

If you are interested in further information about the crucial ongoing need for blood donations, please visit the Canadian Blood Services website at www.blood.ca

IN THE NEWS

Settlements Reached in Rideau and Southwestern Regional Centre's Class Actions Former Residents Will be Able to Apply for Compensation

Published February 24, 2014 by the Ministry of the Attorney General

Settlement agreements approved by the court today will give access to compensation to former residents of the Rideau Regional and Southwestern Regional Centre's who suffered harm while living at the facilities between 1963 and 2009. The combined value of the settlements is \$32.7 million. The settlements were approved in Superior Court as the result of class action lawsuits brought against Ontario by former residents. Class members will be able to apply for compensation through an independent claims administrator.

If money is left over after class members have been compensated and legal fees have been paid, Ontario will invest up to \$2.7 million in programs that benefit people with a developmental disability. This is in addition to Ontario's commitment to provide up to \$5 million for the same purpose under the Huronia Regional Centre settlement, approved on Dec. 3, 2013.

The Rideau/Southwestern Regional Centres were residential facilities for people with developmental disabilities.

Rideau Regional Centre operated in Smiths Falls and Southwestern Regional Centre operated near Chatham. The facilities closed in 2009 and 2008, respectively.

On May 5th, Marie Slark, left and Patricia Seth, right were in Pembroke with their litigation guardian Marilyn Dolmage to assist people in the Upper Ottawa Valley in filing their claims. Marie and Patricia are the lead complainants who launched the class action lawsuit, on behalf of those who suffered abuse in provincially funded institutions.



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*Believes in
the Power
of buying
local*



*Lives with the
mantra that if you
really want
something bad
enough, you'll
find a way to get it*

*Knows that
every day has
possibility
within it*



*Thinks it is
everyone's
responsibility
to give back*



News Briefs ~ from the Board

Quality Enhancement Committee



2014 brings new membership, new leadership and new commitments for the Quality Enhancement Committee. We welcomed staff participation, hosted focus groups and began to prepare the organization for Accreditation in 2015.

The committee brought an external facilitator in, Mr. Tom Little, to assist us to begin a new Strategic Plan for the organization. In May, he met with several stakeholder groups including families, people supported, board, staff and community

members. The development of a new plan will steer organizational direction and guide the use of resources. In the fall the Strategic Plan will be completed and shared with all stakeholders.

The organization in partnership with Madawaska Valley Association for Community Living has received a grant from the Ontario Trillium Foundation to support the re-commitment to Personal Outcomes. This committee believes in the benefits of measuring how we are doing, at recognizing and supporting people's priorities. A sample of the population we support participated in the Personal Outcome Measures process in March. Another training session in June will provide a baseline to understanding our organizational strengths and where resources need to be focussed. Each person's quality of life can only be defined by themselves but we know that a focus on quality in providing services enhances that potential for a better life in the community for all of the people supported by Community Living Upper Ottawa Valley!

Community Development and Communications

This newly developed committee established a mandate and set targets for its first year. Enhanced awareness of our goal and vision and services and supports were targets for a marketing campaign. Community Living was able to work with 6 of our community champions, sharing their successes, highlighting their role with Community Living and assisting to launch the www.iamcommunityliving.com website and campaign. Allan, Tabitha, Jeff, Holly, Josh and Jesse are now faces and voices that represent our diverse organization. They brought forward their personal stories and many accomplishments to highlight community engagement.

Community Living Month has been our busiest in several years. We kicked it off by hosting two events at Festival Hall that realized more than 300 people in attendance. We started the production of a video to use for future awareness campaigns featuring people supported, staff, families and community partners. We celebrated our success of an Ontario Trillium Grant, and in one week in early May Community Living was 3 of the feature stories on the front page of the Pembroke Observer Website. An annual boxed lunch campaign "A Box Full of Possibilities" was a huge success due to Nancy and her team of volunteers! Local town and City councils welcomed a presentation from Chris, Melissa and Jennifer! Stay tuned for our next leg of the awareness campaign which will be highlighting local business owners and inclusive practices!

*We would like to thank all the volunteers, media partners and staff
that made our first few events such a huge success.*

“A Box of Possibilities” Deli-Lunch Fundraiser



Community Living held its 1st Annual Box of Possibilities Deli-Lunch Fundraiser on May 22, 2014. 350 orders were delivered around the Upper Ottawa Valley. The positive and enthusiastic response has definitely put this event on the calendar for Community Living Month next year. The event netted a profit of \$1,400.00 which will be put into an Outcomes Fund accessible to the many people we provide supports and services to. Shown in the picture are Brian Tate, Board Member CLUOV and Meghan Ripley, volunteer, delivering lunches to the staff at City Hall in Pembroke.

Community Living Upper Ottawa Valley 56th Annual General Meeting Thursday June 19, 2014

To be held at the

Travelodge Hotel Pembroke ~ 900 Pembroke St. E.

Registration

6:00–6:30 pm

Business Meeting & Speaker

6:30–7:30 pm

Staff Recognition

7:30–8:00 pm

Mr. Chris Beesley, CEO of Community Living Ontario, will be the guest speaker at our AGM. Although Mr. Beesley is relatively new to Community Living Ontario, he is not new to our movement. He was on the Board of Directors at Community Living Toronto for 9 years as Vice-President of the Board and chair of the Government Relations Committee. Mr. Beesley is the proud father of two children Erin, 13 and Mitchell 19, who has an intellectual disability, and he has been married to his wife Lori, for 25 years.

Mr. Beesley's resume also includes:

- Degree in Business Management
- Chair of the Developmental Services Council of Toronto for 2 years
- Executive Director of the Metro Toronto Movement for Literacy (an adult literacy network) 3 years
- Owner of a promotional marketing company for 13 years (while volunteering for Community Living Toronto)
- Ryerson University's Not-For-Profit Management Program

Mr. Beesley is excited that Community Living Ontario is re-energized and he looks forward to advocating with and for people who have an intellectual disability and their families. He believes that we can make a real difference in enabling people to take part in society in meaningful ways and to live in dignity.



Followed by Light Refreshments

Board Member Profile ~ Holly Woermke

Holly Woermke is the newest addition to the Board of Directors at Community Living. Holly grew up in Pembroke, attended Algonquin College in Ottawa and graduated as a Respiratory Therapist. After 38 years as a clinician Holly has been the Coordinator of the District Stroke Centre at the Pembroke Regional Hospital for the past 5 years, and has currently taken on the position of Accreditation Coordinator for the PRH two days a week, a position which will wrap up later this year once the hospital has completed its accreditation process. Holly is married to Terry and they have two children, Josh who works at Cassidy's Transfer & Storage, and Kaitlyn, who graduated from university as a Chemical Engineer and works in Toronto.

As Holly shared her 'bio' with me, like many parents and family members who have joined the Board over the years, a familiar story began to emerge. Holly became active as a parent volunteer when Josh attended the Child Development Centre (augmented through the PDACL at that time) and when her children were in elementary school, volunteering on school councils. Eventually Holly became a member of the Renfrew County Board of Education's Special Education Advisory Committee (SEAC), as a parent who was wading through the confines of rules and regulations associated with the special education system. Holly remained on this committee for 7 years, with the intention at first of wanting to be more informed, understand the system, and eventually through committee work aimed to become more skilled as a parent maneuvering the special education system and also very importantly, be able to offer her parental perspective to a county wide committee.

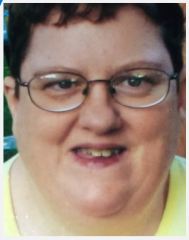
Holly became a tireless advocate for her son Josh throughout his school years, and when Josh entered high school Holly and her husband were determined to do everything to ensure Josh received a High School Diploma, not just a "certificate", which was the norm for students with a disability leaving high

school. Without a high school diploma, further options for continuing education such as community college, would not be possible in Josh's future. Holly shares the touching story of Josh's graduation day, but first a preamble; during high school Josh became involved with the boys varsity hockey team, his role ranging from "equipment manager" to "director of personnel". Treated as a member of the team, one year the coaches went together to get Josh his own hockey jersey with "WORMIE" proudly displayed on the back. Josh even travelled out of town to an overnight tournament with the team, and as an enthusiastic participant in school rallies, Josh could often be seen wearing his jersey or sometimes donning the Freddie the Falcon costume.

In the grad survey in the year book he was named for "most school spirit". Now, back to graduation day, when it was Josh's turn to walk across the stage and receive his diploma, "I was poised at the front of the auditorium with camera and Kleenex in hand", Holly relates, "and when they called Josh's name, there was a sudden loud applause and when I turned to look, the entire graduating class was on their feet cheering for Josh. It was a moment our entire family will never forget, and better than any academic award he could have received".



In Memoriam



Sheila O'Grady

Sheila Marie O'Grady passed away on Sunday, February 2nd, 2014 at Hospice Renfrew in her 48th year. Sheila was surrounded by the love of her family and friends. Sheila is the loving daughter of Arnold & Helen (Quinn) O'Grady.

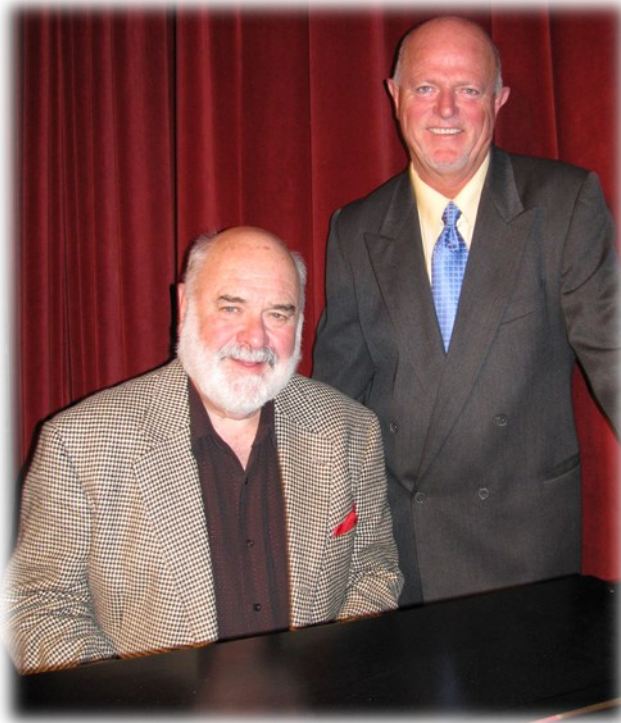
Sheila is survived by her sisters Mary Lou, Claire and Erin (Carl Bimm). Sheila cherished her nieces & nephew Quinn, Mitchell, Carleigh, Connor, Cara & Cassie. Sheila will be missed by her friends at Community Living.

Memory Garden



From L to R: Chris Grayson, ED, Andy Poirier, Bob Gagnon, Frank Schilling and Rev. Randy Liedke pose by the rose bushes planted in memory of Martha Schilling, Claude Lavergne, Sheila O'Grady and Bruce Palmer on May 29/14 in the garden at the CL office.

Kelly Walker with Chris Grayson in Pembroke April 30th



Kelly Walker is a world wide speaker and renowned authority on stress, burnout, transition and grief. Kelly was in Pembroke on April 30th and met with two different audiences at Festival Hall. An afternoon session Working Happiness, was presented to health practitioners, social workers, community living staff and many others who work with the poor, elderly, and other vulnerable sectors of the population. An evening presentation Alive Again-from grief to new beginnings was open to the general public. Walker shared with those in attendance, "grief is a complex thing, experienced differently by everyone. Be kind to yourself," Walker emphasized, "as he walked people through a long list of emotions which can be felt, often at inappropriate times." Kelly Walker also reiterated to the audience, "each time one experiences grief it will be different and unique". A total of close to 500 people attended both sessions. Kelly Walker, also a writer and accomplished pianist sold copies of his published books about grief and burnout. Kelly performed at the piano, bringing the listeners to their feet several times. Walker's cd's were also available for purchase. www.kwalker.com

**Tom Little, Facilitator
is seated on the left.
Kyle Lamarche, self
advocate, right, is
participating in
one of the
Strategic Planning
Sessions held
May 14th.**



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