

Random Acts Complete!

It took months but we did it! We filled the community with 60 random acts of kindness. Many thanks to our staff and people supported who helped us! More on page 3.

Meeting With MPP

MPP John Yakabuski made some time for CLUOV to talk about the importance of the inclusion movement in Ontario. Read more about our discussion on page 5.

Housing Changes

CLUOV is moving away from owning properties, and it's helping us be able to support more people. Find out more about changes to our housing initiatives on page 6.

FALL 2018

In Touch

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Great Celebration Of Our 60th Anniversary

Approximately 750 people passed by our tent as we celebrated our 60th anniversary with the Pembroke & Area Airport in September. People supported by Community Living Upper Ottawa Valley (CLUOV) along with staff spent the day giving out freebies and water, providing 'Spin The Wheel' prizes and encouraging photos with the #wereallin photo frame. We are so thankful for the support of our volunteers who helped make this day possible.

Part of the CLUOV tent at the airport was a "Walk through Time" display, featuring news articles, photos and memorabilia from six decades of work in the local community. Celebrating 60 years is a tremendous achievement and the community thoroughly enjoyed looking back on some historical moments and familiar faces.



The anniversary event capped off a busy half of the year in celebrating our history. We started with the 31 Days of Inclusion stories on our Facebook page, and CLUOV ordered special jackets, water bottles and more to acknowledge the 60 year milestone. Staff, volunteers and others received or won items, that sported CLUOV's 60th anniversary hashtag

#wereallin, which also became a trending hashtag on their Facebook page!

Also included in our celebration was a staff-led 60 Random Acts of Kindness initiative and our 60th Annual General Meeting (more on these later in the newsletter).

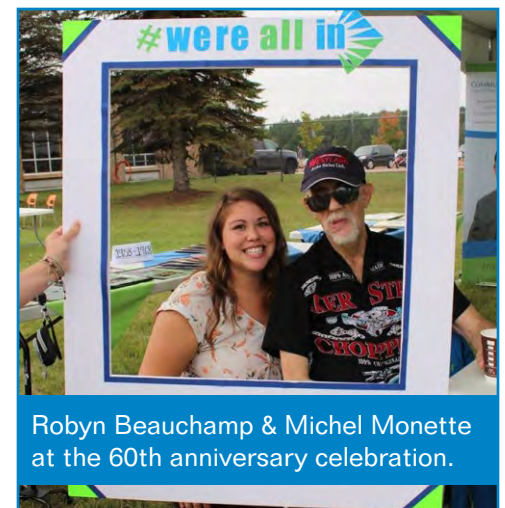
To everyone who celebrated and supported us this year, and for the past 60 years, our sincere "thanks."



Tom Mohns and Theresa Sabourin at the 60th anniversary celebration.



Melvin Mittag donates books to the Pembroke Library. #wereallin



Robyn Beauchamp & Michel Monette at the 60th anniversary celebration.

ESM Is Promoting Inclusion

The Pembroke Business Improvement Association (PBIA) hosts an annual awards night to honour achievements in the Downtown core. This year, a new award was added to their list: the Promoting Inclusion Award.

Earlier this year, Community Living Upper Ottawa Valley approached the PBIA to see if they would help us recognize a Downtown merchant who has helped create a community where all people are welcome and included. The PBIA was excited to add the award to their annual list, and a partnership was struck.

This year's awards ceremony was held on October 17 at Anthony's Italian Grill. The Promoting Inclusion award was presented to Todd and Sally Fletcher of East Side Mario's. The Fletchers have been long-time employers of people with intellectual disabilities at their restaurant. They also believe in paying equal wages for equal work, which furthers the message of inclusion that is at the heart of CLUOV's initiatives.

East Side Mario's is a deserving recipient of the first Promoting Inclusion award.



Todd Fletcher of East Side Mario's with CLUOV's Stef Soulier.

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CLUOV's Diedre Lambert presents Sandi Keon with her golf prize.



CLUOV's Shelley O'Malley with our Pink Ball winning team!



They're unstoppable! The myFM team took first place again at our golf tournament.

Golf Tourney Raises \$13K

Our regularly scheduled August golf tournament was rescheduled due to rainy weather conditions, and took place October 12. It was a chilly day on the links, but that didn't stop us from having fun!

The golf tournament raised \$13,405.80 which will help us support people with intellectual disabilities with opportunities that are not covered by other sources of funding. Altogether, there were 26 teams competing.

Our two corporate sponsors were Ashley Homestore Furniture and Prince Plowing & Lawn Care. Our dinner sponsors were: Bennett Electric, Arthur J. Gallagher, Hicks

Morley, SRB Technologies and Pembroke Mitsubishi. We also had 39 hole sponsors and plenty of donated prizes.

The myFM team repeated as team champions this year, taking home first place honours. Our pink ball team winners was the team comprised of Isaac Robinson, Dave Beck, Chase Murphy and Kirk Milley. Our most honest team was Grade A and the Mayo Brothers!

2018 marked our 22nd annual event. We thank everyone who came out and braved our fall conditions and our generous sponsors who make our event a success.

60 Random Acts of Kindness

Community Living Upper Ottawa Valley embarked on a campaign to complete 60 random acts of kindness throughout the community, as part of our 60th anniversary celebrations. We began the initiative in April and continued each month right up to our 60th anniversary event on September 15. Some of the ways we gave back included: providing free downtown Pembroke parking, collecting donations for charities, participating at events and recognizing community partners. The opportunity to give back to the community was everyone's favourite

part of the exercise. The final random act of kindness project was to sponsor a foot of runway, as part of Project Runway, the Pembroke & Area Airport's campaign to repave the runway.

We send a huge "congratulations" to all CLUOV staff, board members and people supported for helping us achieve this incredible work. As a note, other Community Living organizations have been inspired by the random acts and hope to initiate the action as part of their own upcoming milestone celebrations.



Random Acts of Kindness: Timbits to nursing staff at Pembroke Regional Hospital.

CLUOV Shares Local Successes

At this year's Community Living Ontario conference, Chris Grayson and Tina Williams of Community Living Upper Ottawa Valley led a breakout session called "Foundation for the Future." More than 55 delegates attended the session.

"We have momentum. We are not a status quo organization," said Grayson. "We have demonstrated repeatedly that we are relentless in doing the right things for the right reasons - we are disruptors of the status quo!"

Key messages shared by the CLUOV leadership included: building community capacity, partnering with broader sectors,

using data and the preferences of people supported to lead decisions, as well as using ministry dollars creatively. The 90-minute presentation time flew by and much of the conversation continued as CLUOV was asked to share their experience of deciding to sell properties and expand partnerships.

"We enjoy sharing what has worked in our community so others can move forward with positive momentum as well," says Williams. "It is a proud moment to be able to showcase our community and its leadership in inclusion on a provincial stage. Other communities are learning from us."



Christine Kranz donating windshield washer fluid to Pembroke Handi-Bus.

Could you **Share Your Home?**

A spare room could give someone a place to call home. Ask us!

LifeShare

Email Stephanie Moss: info@cluov.ca



Michel Monette, Melvin Mittag and Lyn Smith of CPAN.



Tina Williams, Chris Grayson and Laura Mayo at CL Ontario conference.

Could We Be Your Next Employer?

Community Living Upper Ottawa Valley is always open to meeting new people who could join our team as Support Workers. If you have experience or education in the field of human services, this may be the right fit for you.

Support Workers help people with intellectual disabilities live life to the

fullest, and that involves a variety of assisting activities. It can mean assisting with meal preparation, taking people to appointments or courses, being part of volunteer initiatives and even going kayaking on occasion! Like many other people in our society, someone with an intellectual disability just needs a bit

of help in order to live and thrive independently. As a Support Worker, it is very rewarding to know that someone is reaching their full potential because of your help.

You can see the Support Worker job information on our website, and feel free to ask us about the position and if it might be right for you.



Holly Woermke of CLUOV and Karen Lapierre of the Champlain LHIN.



Chris Grayson and Chris Beesley pose for the #wereallin campaign.



Rachel Balfour donated books and DVDs to the Petawawa Library.

LHIN Earns Annual Executive Award

Every year, Community Living Upper Ottawa Valley presents an Executive Award to a member of the community that has gone above and beyond to help people with intellectual disabilities. This year, that honour was presented to the staff of the Champlain Local Health Integration Network (LHIN), Pembroke Branch.

CLUOV has had a long-standing relationship with the Champlain LHIN in assisting people with intellectual disabilities for many years. They exemplify putting their patients first, they provide quality service and it all contributes to people being able to achieve their best health care outcomes. Karen Lapierre, Manager of Clients Services, accepted the award on behalf of Champlain LHIN, Pembroke Branch. Thank you to all of the LHIN staff.

CL Ontario CEO Speaks at AGM

On September 27, we held our 60th Annual General Meeting and welcomed Chris Beesley, CEO of Community Living Ontario, as our keynote speaker. Beesley highlighted CLUOV's achievements in the past year, as well as touching on pivotal moments in our 60-year history. Beesley complimented Community Living Upper Ottawa Valley on "being a leader in the

developmental services sector, fighting above its weight class."

Beesley also remarked on CLUOV's awards this past year, and on the many requests for speaking and presentations from other agencies; continuing to advocate for inclusion for all people.

Community Living Ontario is a lead agency for Community Living organizations province-wide.



Kim, Danielle, Trish and Nancy at the CLUOV Annual General Meeting.

CLUOV Updates MPP: Initiatives And Housing

MPP John Yakabuski welcomed a delegation from CLUOV in October, comprised of Chris Grayson, Shelley O'Malley, Stephanie Reid and Raina Flexhaug. The delegation talked how CLUOV is working hard to make sure people with intellectual disabilities are included as citizens of society, and that the Ontario

government has an important role to play in the positive direction of the developmental services sector. CLUOV updated MPP Yakabuski on their partnership with the Ministry of Children, Community and Social Services (MCCSS) to curb provincial group home costs by partnering with developers in new

housing partnerships and selling off current group homes.

The delegation shared suggestions to ensure that Ontario continues to advocate for individuals with intellectual disabilities, and welcomed the opportunity to host Minister Lisa MacLeod to the area when opportunity presents itself.



Andrew Foley offers free parking in Downtown Pembroke in August.



William Gorgerat provides washer fluid to Dad's Taxi.



Book The Speakers Bureau

The Community Living Speakers Bureau is looking for opportunities to support their self-advocates at local groups and organizations. It's guaranteed to open your eyes to the struggles and the achievements of people with intellectual disabilities.

The Speakers Bureau is available to speak to small and large groups alike. Agencies that have booked them include: schools, church

groups, service clubs and Algonquin College. The speakers are open to answer any questions.

For information on booking the Speakers Bureau for your club, contact Robyn Beauchamp at: 613-735-0659 or rbeauchamp@cluov.ca.

IDEA: This is an easy way to be inclusive and featured in an upcoming newsletter and promotion with us! Book us today!

CLUOV and UW on Giving Tuesday

GivingTuesday is a global day where charities, companies and individuals join together to share commitments, rally for favourite causes and think about others. It is a time to celebrate and encourage activities that support non-profit organizations and other charities. This year, Community Living Upper Ottawa Valley is partnering with the Renfrew County United Way for GivingTuesday.

Whether it is making a donation, volunteering time, helping a neighbour or spreading the word, GivingTuesday is a movement for everyone who wants to give something back. Join us on Facebook to see how we're promoting the United Way's campaign and let's all give a little to benefit our local region.

Stay up-to-date with us at: www.Facebook.com/CLUOV

Consider the
Speakers Bureau
and support local self-advocates

Book the Speakers Bureau and hear the stories of local people who are advocates for inclusion and who have learned to be advocates for themselves.

Contact Robyn Beauchamp at 613-735-0659, ext.548 or email her at rbeauchamp@cluov.ca



Chris Grayson with Jennifer Grol and Doris Weber at CLO's AGM.

Weber Earns First Jason Rae Award

Chris Grayson, Executive Director of Community Living Upper Ottawa Valley, presented the first-ever Jason Rae Leadership Award to Doris Weber of Community Living Walkerton and District. The presentation was made at Community Living Ontario's annual conference and general meeting.

Weber has been connected to Community Living for 26 years. She has served on the association committees and then Board of Directors. She volunteered on community homecoming committees and contributed to many community events including the Busker's Festival and Family Day activities. She was recognized as an AODA disability champion in 2017 and was a founding member of the Walkerton Action Committee. She also organizes speakers.

Grayson was the Executive Director of Community Living Campbellford when Rae joined the board and was later elected as its president. Grayson was inspired by Jason's ambitions and exceptional leadership. With the support of Jason's wife, Jennifer, Grayson initiated this leadership award in Jason's memory.

More about Jason Rae and the award in his honour is available on our website: www.cluov.ca

Housing Opportunities for CLUOV



Local realtor, Drew Scott, is listing Community Living's property on Macy Street.

Community Living Upper Ottawa Valley has been attracting some attention across the province with our newly created housing initiative called "Foundation for the Future." This initiative involves moving away from agency-owned properties, and seeking out local landlords, builders and other property owners to provide more inclusive housing opportunities.

Changes often evoke a variety of questions and concerns, so here are some comments to commonly-posed questions.

We are looking to move away from property management because we want the majority of our funding to be used to provide services. That is how the funding was always intended. Not having to maintain properties (ie: fix roofs, move snow or replace furnaces) will allow us to

allocate more resources to the person, not the property.

We are committed to continuing to provide quality services and supports, and we will encourage living preferences as much as possible. By selling larger homes and moving away from group home structures, we can focus on unique, person-centered approaches. This does not mean we will provide less support, but rather, more appropriate support for each individual's needs. By realigning this focus, we can find better options for the individual instead of trying to make them fit a system that may not work as well for them. Each person has different needs, so it makes sense to expand housing options.

Landlords, Property Owners

We have already had property owners, landlords and community partners come forward with housing options for the people we support and many have already moved in to their new residences. If you are a landlord, property owner or community partner with units that could meet the needs of people we support, we would like to hear from you. Please reach out to Tina Williams at 613-735-0659 ext.105 or Chris Grayson at ext. 104. We would like to talk to you about our needs and what we can offer for individual housing.



Polly James and Jill Davidson making luminary bags for Relay For Life.

Bee Successful Finds Success



Bee Successful launched in the spring of 2018 and found 30 work options.

It has been a first summer to remember for Bee Successful, a newly launched employment resource for people with disabilities.

Bee Successful has a goal to foster mutually beneficial employer-employee relationships. We believe every program participant has come away with an extremely positive experience.

It is very important for individuals who face significant barriers to employment, or who may require social support to gain integrated work experiences. This develops employable skills and creates a network within the community.

This year we welcomed the following businesses to our network of local inclusive employers: Hyska's Your Independent Grocer, Holiday Inn Express, Moncion Metro, Malcolm, Deavitt & Binhammer Funeral Home, Veteran's Enterprises, Tim Horton's and OK Tire, Hugli's Blueberry Ranch, Julie Edwards Counselling and Burger King in Pembroke.

Ontario Disability Support Program (ODSP) employment supports are available to people with barriers to employment. While we most often support adults and youth with intellectual disabilities, our services can be accessed by people who face physical and mental health disabilities as well.

Each employee we place and

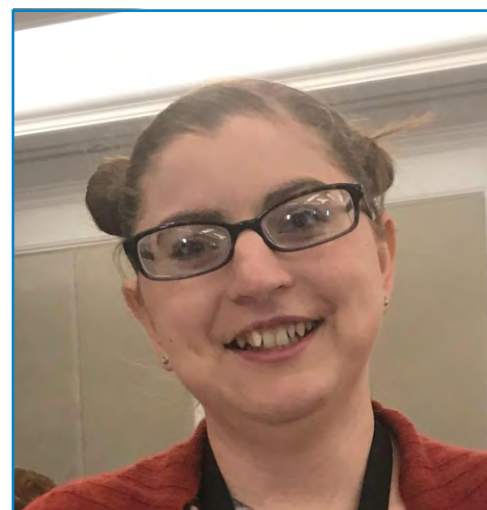
coach faces different challenges. Our team adapts to the needs of each person to help them overcome these obstacles and excel in an employment setting.

Bee Successful had a target in the first year to assist in securing and maintaining employment opportunities in the Pembroke and Petawawa communities. With that goal achieved, and building on their success, the employment agency is now expanding into all of Renfrew County.

Bee Successful also extends a huge "thanks" to our four students who worked very diligently to ensure the success of the people who were looking for work opportunities. This was a successful launch of the program that we anticipate will help many people find employment.



Team Grade A and Mayo Brothers: our Most Honest Golfers team.



Funding Cuts Reactions

Members of the Council of Community Living Ontario had an opportunity to express how the new provincial government's recently-announced reductions to income supports tied to social assistance programs will affect them and their peers.

The government advised on July 31 that the previously planned 3 per cent increase to monthly Ontario Disability Support Program (ODSP) and Ontario Works income supports will be decreased by 1.5 per cent. The government will also cancel the Basic Income Pilot Project which is already underway in four Ontario communities.

"We're such a vulnerable population," said Council member Raina Flexhaug, "and we're also under the poverty line, so the clawback from the 3 per cent makes it very hard to live, because we have to make decisions on what we are already getting, like where we live, what we eat, what activities we partake in. It's not that easy."

Flexhaug was appointed to the Council in 2017. She is someone who is supported through Community Living Upper Ottawa Valley, and enjoys taking an active role in advocacy for herself and others with intellectual disabilities.

31 Days Facebook Campaign Draws Interest

Before Community Living, people with intellectual disabilities were considered to have medical problems. Some were jailed. Many were disregarded. Then came the move up to institutions, sheltered workshops and segregated programs. Today, the efforts of local community leaders have led to an agency that reminds people how we are all an equal part of our communities.

That 60-year trek was profiled during Community Living Month in May, through Community Living Upper Ottawa Valley's Facebook page during a 31 Days of Inclusion campaign.

"Although the history is sometimes difficult, it is a good reminder of how hard the community has worked to get to where we are today," says Tina Williams, Director of Quality



The Facebook stories took readers on a 60-year journey in 31 days.

Enhancement at CLUOV. "It was a struggle at times, but it all contributed to how we got to where we are today, and that's a really good place."

The campaign also revealed that Community Living Upper Ottawa Valley was often well ahead of its

time in supporting people with intellectual disabilities in their own community. Williams says it was because of the leadership of the community that local progress was often swifter in other areas. For example, some regions are still running sheltered workshops; something that the local area moved on from in the 1980s.

CLUOV's inclusion campaign caught the eyes of people across the province and Williams has spoken about the campaign around Ontario at various engagements.

The campaign remains on Facebook and is viewable to anyone at: www.Facebook.com/CLUOV.

Many thanks to the Minns family, the Pembroke Observer and various archivists at CLUOV for providing resources to feature during the 31-day campaign.

CLUOV Graciously Accepts Two Awards

Employment Ontario's Eastern Regional Group took the opportunity in April to present CLUOV with their Client Service Award. The Client Service Award recognizes an agency who has consistently demonstrated exceptional client service, and have achieved outstanding results, that have had a significant positive impact on the lives of their clients.

Weeks later, CLUOV received

notice they were also being awarded the Member Leadership Award through OASIS, Ontario Agencies Supporting Individuals with Special Needs.

"Community Living Upper Ottawa Valley demonstrates excellence in how they offer customized and individual services to people supported through a variety of inclusive activities, seeking the

community as a first resort and enhancing the quality of life for all citizens," said OASIS President, Darren Connolly. "They are committed to building their community through employment and volunteerism awareness. They are a deserving recipient of the Member Leadership Award."

CLUOV accepted both awards on behalf of their communities.



Christine Kranz helped with flowers on the Pembroke Street bridge.



Tina Williams and Steph Reid accept the Eastern Regional Award in 2018.



CLUOV purchased a foot of runway for the airport's repaving campaign.