

Frozen Meals Fundraiser

We are hosting a frozen meals fundraiser with a local, homemade meals producer - Griffith Farm & Market. Read about the 21 different meal options on page 7.

Public Attends AGM

CLUOV's annual general meeting saw strong participation from members of the public. Read about our engaging speaker and the team awards on page 6.

DSO Event: October 17

For families who would like ideas and support for people with an intellectual disability to live independently, attend this free event on October 17. Details on page 4.

FALL 2019

In Touch

COMMUNITY LIVING
Upper Ottawa Valley



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Housing Success Shared in Thunder Bay

Executive Director, Chris Grayson and Director of Operations, Tina Williams, presented their community housing story at the Community Living Ontario AGM in Thunder Bay earlier this year. The initiative moves away from group home living and into more inclusive, community living, and it has gained provincial attention as a leadership initiative. The topic was a popular one with 75 people attending the session, which exceeded the average session attendance. Grayson and Williams brought forward local statistics on why the move is leading to better outcomes for people. For example, the agency is spending more than \$32,000 per year in repairs and



At the Community Living Ontario conference in Thunder Bay.

maintenance of group properties which includes landscaping and maintenance, roof replacement, permit fees, plumbing and electrical costs, fire protection, mechanical and HVAC costs. That is money they would prefer to put into supports that could help people live better lives. In addition, the personal outcomes increased by 27 per cent when people were able to choose

where they live and not have their only option of being congregated living.

Williams relayed that people they support who have moved away from group living are doing really well, and cited several risks that were significantly resolved with independent housing.

The local agency is well on its way when it comes to developing inclusive community housing. In 2017-18, there were 26 people supported in group living and a year later, that number is down to 10. The goal is to have a fully-inclusive housing system by the fall of 2020. The County of Renfrew's housing program has committed to including five per cent inclusive living in future requests for proposals.

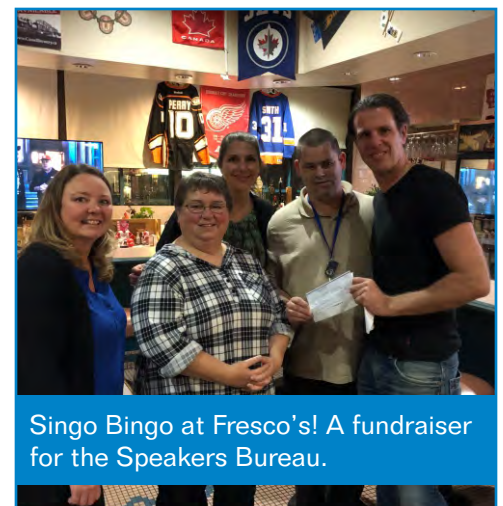


Avery Munro and Melissa Hoffman at the 2019 CLUOV golf tournament.

Looking For Good Tenants?

If you have a property and are interested in long-term renters, talk to us.

Speak to Chris Grayson:
cgrayson@cluov.ca
Phone: 613-735-0659



Singo Bingo at Fresco's! A fundraiser for the Speakers Bureau.

Welcoming New Board Members

Community Living Upper Ottawa Valley is pleased to welcome their board members for 2019-20. Megan Evans is the interim chair upon the retirement of Shelley O'Malley from the board this year. Laura Mayo returns as treasurer and Colleen Whittier is the secretary. Other directors include Keith Rae, Elaine Neigel, Matthew Conway, Brian Gillespie, Cameron Scott, Avery Munro and Leigh Costello.

Board members Laura Mayo and Elaine Neigel attended the Community Living Conference in Thunder Bay this year.

The annual report is available on our website at www.cluov.ca along with the audited financial statements.

Financial Statements Note

An interesting note from the financial statements is that CLUOV has an annual budget of just over \$8.2 million. \$7.6 million is contributed by the Province of Ontario. The majority of the budget is spent locally with staff (more than \$6 million), repairs and maintenance, promotion and vehicle operation.

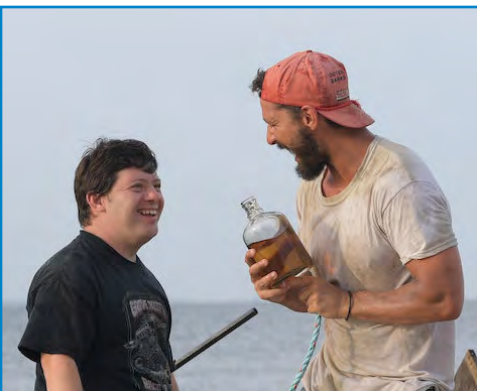


Team Reavie at the Community Living golf tournament - Oaks of Cobden.

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www.facebook.com/cluov



Natasha Aube and Karen Brown at the Community Living Ontario AGM.



A scene from the movie The Peanut Butter Falcon - be sure to see it!



2019-2020 Board of Directors for Community Living Upper Ottawa Valley.

Drive-In Movie Night

On Tuesday, October 8, Community Living Upper Ottawa Valley partnered with Skylight Drive-In in Pembroke to screen The Peanut Butter Falcon movie. 40 people attended the event at \$10 per carload.

The Peanut Butter Falcon is about a 22-year-old young man with Down syndrome who lives in a retirement home. Wanting to become a professional wrestler, he escapes the home and stows away on a fishing boat. The escape leads to an adventure and a dream come true, of sorts!

Shia LaBeouf (an outlaw on the run) and Dakota Johnson (a nursing

home employee) are part of the film along with WWF's Jake "The Snake" Roberts. Zack Gottsagen stars as the main character, playing himself; Gottsagen has Down syndrome.

The cost to attend the movie was \$10 per carload of people! Community Living wanted to bring the movie to the area to show how inclusion can be impactful to everyone in the community.

The movie began showing in select theatres on August 9. If you have the opportunity to see the movie, we recommend that you do! It's a great, family, feel-good movie.

Golf Tourney Raises \$13K

Community Living held another successful golf tournament this year. 102 golfers came out to participate in the day which raised more than \$13,000. We thank our new and returning golfers for helping make this day such a success.

Congratulations to the first place team comprised of Andy Armstrong, Colin Howard, Robert Hector, and Wade Laferriere. This foursome from Serenity Bay fired an 11-under-par score of 61 to take home the winning title.

CLUOV board member, Matthew Conway, and his team were the Pink

Ball hole champs while the team of Jeff Shand, Brian Dinwoodie, Kyle Lamarche and Kim Rigo were our Most Honest Team winners!

Many thanks to the sponsors who helped bring this day to the community: Ashley Homestore Select, PooranLaw Professional Corporation, Prince Plowing and Lawncare, Buske Office Equipment, Civitan Club of Pembroke, ComVida Corporation, Hicks Morley, Speedpro Signs and SRB Technologies Canada.

We also wish to recognize our volunteers for their hard work.



Stephen Gorr and Brooke Mulvihill at the 2019 golf tournament.



The winning "Serenity Bay" team at the 2019 golf tournament. New champs!

Woermke, Garrah Recognized

Two people supported have achieved some milestones in the local community.

Josh Woermke was presented with a 10-year volunteer service award from the Pembroke Fire Fighters Association Local 488. Woermke has been supporting the department as Sparky, the fuzzy and fun Dalmatian mascot for the fire department. Fire Chief Dan Herback made the presentation at a City of Pembroke council meeting, noting that Woermke never turns down an opportunity to help out the department when asked.

Allan Garrah celebrated a retirement from volunteering after

39 years of service. Garrah had been volunteering the past eight years at Bibles For Missions thrift store. The staff held a retirement party for him and noted he was one of the most reliable people, coming in any weather condition to help out. In an interview with The Daily Observer, store manager Janice Epp said that Garrah "could have just stayed at home but he has given back to the community for all these years...everyone could learn from him because he is always cheerful."

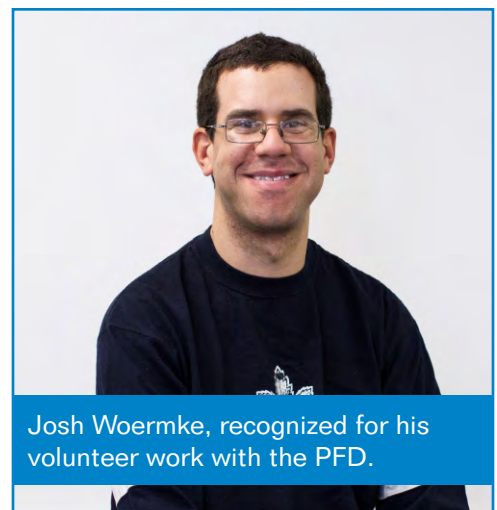
Garrah moved to the area when he left institutional living in Smiths Falls. He joined Community Living Upper Ottawa Valley in 1978.

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



Josh Woermke, recognized for his volunteer work with the PFD.



Allan Garrah celebrated a life of work and volunteerism in the community.

Independent Housing For Families: October 17

Where a person lives is a key element that contributes to overall quality of life. For people with intellectual disabilities, that can often be a challenge. Developmental Services Ontario (DSO) is making a presentation to families on supports that are available when making a sustainable housing plan for

someone in your family.

The seminar will cover how to determine an individual housing plan and the supports available. For families who already have a housing plan, or for those who haven't yet developed one, this session is a good one to keep current on options and financial supports.

Another part of the seminar will be discussing how technology can play a role in facilitating independent living while still keeping in touch.

The event is being held October 17 at 6:30pm at the Community Living office at 894 Pembroke Street West in Pembroke. RSVP to Martha beach at mbeach@dsoser.com.



Amanda Foy (MVACL) and Suzie Desjarlais (CLUOV) in Thunder Bay.



Sue Lafontaine and Donna McMahon enjoy a visit to an aquarium.



Community Living Upper Ottawa Valley and Madawaska Valley.

Access To French Language Services

On October 18, Community Living Upper Ottawa Valley will be attending the Access to French Language Services Celebration. We will have a booth at the event along with a variety of other partners in the community.

The event runs from 2:00pm to 4:00pm at Centre Cultural Francophone de Pembroke. The public is welcome to attend.

At 2:15pm is a presentation on Health Nexus resources, a bilingual health organization with resources in maternal and child health. The presentation is offered in English.

At 3:00pm there is a presentation on the local Francophone demographics and how to offer French language services.

There will also be face painting, yard games, yoga, food vendors and booths. We hope to see you there!

Attending CL Ontario Conference

Community Living sent a significant delegation to the Community Living Ontario conference this year in Thunder Bay. In addition to Chris Grayson and Tina Williams making a key presentation at the event, board members Laura Mayo and Elaine Neigel also attended and took in sessions.

Other staff who attended included

Suzie Desjarlais, Natasha Aube and Karen Brown along with Raina Flexhaug and Melissa Hoffman who are supported by the agency and also made presentations to be part of the Community Living Ontario Council. Flexhaug was voted to return to the council (she was first voted in two years ago) and Hoffman may put her name forward in the future.



Megan Veley and Alex Walker - paddle boarding for the first time. Looks like a win!

Speakers Bureau Kicking Off Busy Fall Season

One of the unique opportunities for staff and people supported at Community Living is with our Speakers Bureau. Connie Edwards is overseeing the management of the Community Living Speakers' Bureau for 2019-2020.

Several speaking events have been booked throughout the late

summer and early fall and Edwards encourages organizations to take the opportunity to hear from the local self-advocate group. The group speaks to small and large groups on life as a person who has an intellectual disability.

Edwards is also attending a conference in London, Ontario from

October 18-20, 2019 that helps strengthen participation and messaging with Speakers' Bureaus. Several Community Living agencies have Speakers Bureaus to assist with building confidence in self-advocates in speaking about their lives.



Cheryl Tennant visiting the Museum of Nature during the summer.



Jeff picks up a gift certificate from Boston Pizza for the golf tournament.



CLUOV Attends Job Fairs

Community Living participated in two job fairs locally, one at the Clarion Hotel in Pembroke and the other hosted by the Petawawa Military Family Resource Centre (PMFRC) in Petawawa. Human Resources and other staff attended both events to talk with prospective employees on what it's like to work with Community Living and answer any questions they might have.

Currently, our agency is recruiting for Community Living workers and Assistant Community Living Workers. Positions are currently casual and full-time and opportunities are flexible to work with the organization. A new recruiting website is also under development to explain more about working at Community Living.



Human Resources Manager, Colin Howard, at the Clarion Hotel job fair.

We Want To Speak To You!

The Community Living Speakers Bureau is available for booking by groups who want a dynamic and informative presentation. 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 also very open to any questions from the group.

For information on booking the Speakers Bureau for your club, contact Connie Edwards at 613-735-0659 or cedwards@cluov.ca.

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



Attending the annual general meeting at Best Western in September.

AGM Recognizes Staff Contributions

At the Community Living Annual General Meeting in September, our agency recognized staff who were celebrating workplace milestones with the agency.

We had 10 employees who were recognized for celebrating five years of employment with the agency. They are: Natasha Aube, Stephanie Chaput, Joyce Cruise, Aimee Fleury, Jody Freethy, Lise Gagnon, Chris Grayson, Mike Mirault, Roxanne Pilon and Cheryl Sack.

Bruce Felhaber was recognized for celebrating his 10th anniversary with Community Living while Selena Miller and Jennette Surnoskie were both recognized for 15 years with the agency.

Two employees met significant milestones with their employment. Diane Mitchell celebrated 25 years with us while Suzie Desjarlais marked 30 years working for Community Living.

Employee recognition is something our agency truly enjoys celebrating. We realize there are many opportunities for people to choose their employment in this region and we always feel fortunate when people choose to work with us.

Congratulations to all of our employees for another successful year with Community Living.

AGM Highlights For Public, Staff



Celebrating employees working five years or more with Community Living.

This year at our Annual General Meeting (AGM) we were honoured to welcome Katharine Viscardis. Viscardis is the 2019 winner of the Three Minute Thesis at Trent University, the President's First Prize and Provost's People Choice Award for her dissertation on child institutionalization and the Huronia Regional Centre. As 2019 marked the 10-year anniversary of the closure of institutions for people with intellectual disabilities in Ontario, Viscardis' presentation was a timely one.

The AGM also recapped the achievements of various committees within the agency.

The Community Development Committee had a very busy year. They organized second annual International Women's Day Breakfast in March which featured

guest speaker Julie Keon. This committee also manages the submissions to Health Matters magazine. Community Living Month featured 31 stories of local inclusion and 535 boxed lunches were sold (our highest ever) for the Box of Possibilities lunch.

Bee Successful, an employment agency for people who have intellectual disabilities, was able to secure 20 employment opportunities for those with a barrier to work. This far exceeded the goals and average output of new Ontario Disability Support Program employment supports. Employment opportunities were created across the region from Deep River to Eganville and Renfrew! New employment partnerships include Pembroke Regional Hospital, Valley Line-X and North Renfrew Long-Term Care. (See more on Bee Successful's employment partnerships on page eight.)

Finally, the Speakers' Bureau participated in seven speaking engagements in the 2018-19 year.

The annual general meeting is always open to the public and we work diligently to invite the public to attend. This year we were pleased to record our highest-ever attendance from the public! We look forward to another great speaker and turnout for 2020.



Guest Speaker Katharine Viscardis addressing the AGM audience.

New! Frozen Meals Fundraiser

FROZEN MEALS *Fundraiser*

\$7 per meal | Order By: November 6 (Noon)
Pick Up: November 13

Email or call-in orders to Kayla Wright:
613-735-0659 ext.113 or kwright@cluov.ca



Community Living is hosting a new fundraiser for the fall - frozen meals!

The fundraiser is in partnership with Griffith Farm & Market, a local farm-to-fork producer in Killaloe. Griffith Farm & Market is a regular vendor at local farmers' markets in the area with homemade frozen meals. For the fundraiser, there are 21 meals that can be purchased. They include: a variety of soups, maple squash pie, meatloaf, beef stew, BBQ meatballs, spaghetti pie, Salisbury steak, meatballs, lasagna rolls, BBQ pulled chicken, chicken Alfredo, macaroni and cheese, smoked ham, shepherd's pie, chicken pie, homestead chili, cabbage rolls, pork pie and maple baked beans. All meals are individually prepared and cost \$7.00.

The meals can be reheated by microwave or oven. The meals are locally prepared and are all significantly lower in sodium, fat and sugar than factory-made frozen meals. The meals are also packaged in slip-resistant containers that are more eco-friendly than the traditional frozen dinner trays.

Who Should Order?

Frozen meals are great for people who want to have a healthy option available in the freezer for days that they are short on time to cook. They are also great for people who find it difficult to prepare meals, or who are living as a single person.

How To Order

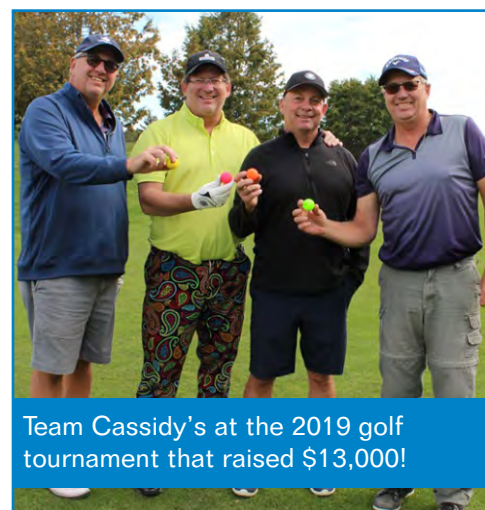
To place an order, fill out an order form that is available on our website (www.cluov.ca) or we can forward it by email. Choose the number of meals you want from the 21 different meals available and return your order form by November 6 at Noon to kwright@cluov.ca. You can pick up your frozen meals at the Community Living office in Pembroke on November 13. Pick up times are 12:00pm-1:00pm or 5:00pm-6:00pm.

A colour brochure of all the meals and some brief information about Griffith Farm & Market is also available on our website or can be emailed to you.

A portion of the proceeds of each frozen meal is being donated to Community Living. We hope you will participate!



Griffith Farm & Market Lasagna Rolls; on the frozen meal fundraising menu!



Team Cassidy's at the 2019 golf tournament that raised \$13,000!

Consider CLUOV on Giving Tuesday

GivingTuesday is a global movement for giving and volunteering, taking place each year after Black Friday. The "opening day of the giving season," it's a time when charities, companies and individuals join together and rally for favourite causes. In the same way that retailers take part in Black Friday, the giving community comes together for GivingTuesday.

This year, GivingTuesday takes place on December 3, 2019.

Throughout the year, we hold fundraising events to support the Outcomes Fund for people we support at our agency. This is a fund that provides for experiences that are not otherwise possible for people on a fixed disability income. These include excursions such as the Museum of Nature, paddle boarding and other physical experiences. The Outcomes Fund also provides for the purchase of clothing for work or special events (such as the Speakers Bureau) and items to assist living independently (ie: cleaning supplies.)

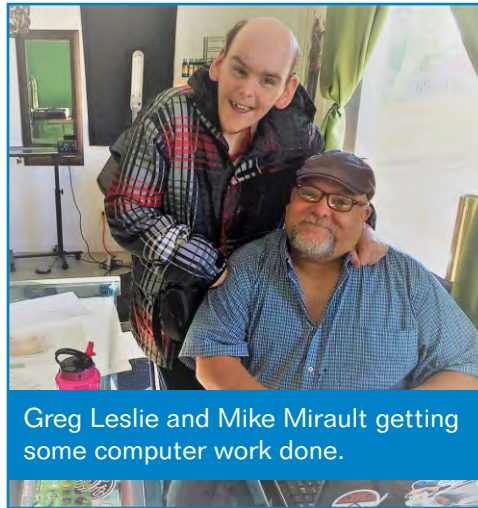
We take donations for the Outcomes Fund throughout the year, and we would appreciate being considered for your GivingTuesday contributions.

For information on the movement, visit www.givingtuesday.ca

Seeking A Second Career? Consider Us!

One of the most important decisions we make in life is choosing where to work. In some cases, a career can last a lifetime; in other cases, people look to change careers to find something that is more fulfilling. One of the aspects that drives interest in being a Community Living Worker is spending time at a job that has an impact in someone's life. Among our 100+ staff, we have many who have stepped into a role at Community Living as a second career, and for some, this was a career that was never on their radar.

The role of Community Living Worker is a flexible one. While most positions begin as casual, they can quickly grow to part-time or full-time positions, often at the preference of the individual. The roles can be very structured with a consistent



Greg Leslie and Mike Mirault getting some computer work done.

regiment and daily schedule, or they can be less structured and more creative when it comes to activities and community involvement. There are many ways to be of service to someone with an intellectual disability when it comes to being included in society and the

Community Living Worker plays a key role in that initiative.

As an organization, we ensure our staff members have the opportunity to be full participants in how to make the agency better. We have invested in quality leadership measures and involve staff in committees for social engagement, community development and more. The learning and education opportunities and incentives are available for those wishing to further their careers.

We are in a constant recruiting position for Community Living Workers and the job description is available on our website at www.cluov.ca. If you or someone you know is interested in a different kind of career that has impact and great working rewards, this might be one to investigate.

Bee Successful Connects Employers, Employees

Bee Successful had a busy and successful summer with connecting employers to employees. We connected Helene Obodiai to the Pembroke Business Improvement Area where she was involved with beautification of Downtown Pembroke. Connor Cobb joined the team at Eganville Foodland near the end of June, thanks to owners Mike and Tracee Dillabough becoming

employer champions. Connor's job includes stocking shelves, assisting customers and inventory.

Pembroke Regional Hospital also became an employer champion in a job match with Lukas Klawitter. Lukas works as part of the hospital's groundskeeping team where he has a variety of jobs that include weeding flower beds, raking lawns and keeping all parking lots free of

debris daily. Finally, we highlight the Ottawa Valley Waste Recovery Centre for hiring Paul Ethie. Paul works in sorting recyclable materials which are packaged and processed for sale.

For more information on us, visit www.beesuccessful.ca. The service operates year-round and is available to anyone in the area who has an intellectual disability.



Helene Obodiai working with the Pembroke BIA this summer.



Paul Ethier on the job at the Ottawa Valley Waste Recovery Centre.



Connor Cobb working at his job at Eganville Foodland.