

# In Touch



## COMMUNITY LIVING UPPER OTTAWA VALLEY

### City of Pembroke Promotes Inclusion

When former President of Community Living Upper Ottawa Valley, Gary Severin was elected to Pembroke City Council one of his personal goals was to convince the City and Mayor Jacyno about the possibilities of being an inclusive employer. During the past decade or more Community Living organizations across Ontario have been raising awareness about the importance of inclusion for all its citizens, and have at many times focused on employment in particular. CLUOV has often held promotional events including VIP Breakfast meetings which were opportunities for many self advocates to speak about their jobs or their desire to attain

employment in their community.

Councillor Severin and Mayor Jacyno were enthusiastic and enterprising in their efforts to work with Community Living to research and make plans for the City of Pembroke to create an opportunity for employment for someone with a disability. Gary Severin explains, "This has been a long process, many people had to be convinced this was possible, and budgeting procedures also presented many challenges. But I knew if Mayor Jacyno and I persisted with our lobbying efforts, and as others came on board it was just a matter of time and patience."

marketing tool to take to prospective employers in Renfrew County. Jordan recalls knocking on many doors and attending a conference in North Bay presented by ODEN (Ontario Disability Employment Network). This training helped prepare him even more in marketing the benefits of being a community employment partner with Community Living. Offering supports to employers in making matches that would last in the workforce, giving back to the community and joining many other organizations who proudly employ people with disabilities, are just a few benefits Jordan highlighted. In addition, last year ODEN sent out a challenge to Mayors across Ontario urging them to promote employment within their municipalities.

Community Living held recognition events for employers in the Upper Ottawa Valley. It seemed important to bring recognition and publicity to show the community what was possible.

In the meantime, diligence with meetings and budgeting was bringing the City of Pembroke

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The complexity of making something like this happen has taken time, but time well spent brings results. Jordan Hobbs, a worker with Community Living and other staff at the organization were creating a brochure to be used as a

**Jamie Foster shown left works with Chad Van Dyken to set up the Pembroke Memorial Centre for Options 2012**

## City of Pembroke....continued

closer to the hiring process. Cindy Van Loan, new to her position as Human Resource Coordinator in 2011 at the City, was given the task of pulling all the pieces together to see a position put in place.

Cindy stated, "when the task was handed over to me I was made aware immediately this was very close to Councillor Severin's heart. I met with Jordan Hobbs and we began to hammer out how to go about hiring the right person and finding the appropriate department for an individual to fit in with." Cindy continues, "it seemed like there was a lot of back and forth, and it all felt a little awkward in the beginning, but slowly and surely we met Jamie Foster in January of 2012. During our first face to face meeting, we talked about the Roads Department and the Parks & Recreation Department and discussed what kind of position could be available, seeking Jamie's input about his fit with working for the City."

There were some logistics Jamie had to sort out, which included moving closer to where he would be working. When interviewed on the job recently Jamie indicated he loves having his own apartment in Pembroke and lives within walking distance of the Roads & Parks Dept. garage on River Road.

"I work every Tuesday and Thursday", Jamie states proudly, "I love my job because it means I'm helping people in my community and I'm making Pembroke a more beautiful place to live." Jamie has recently had an opportunity to ride in the street sweeper, "that was real fun!" At the end of April and in early May Jamie was helping with the removal of the ice in the PMC, and at the time of this interview Jamie was assisting with the set up for Options 2012. "I show up at the garage on Tuesday and Thursday mornings and my foreman lets me know where they need me that day," Jamie explains, "sometimes we are working indoors and sometimes we're taking limbs off trees in the parks."

Joe Brown is the sub-foreman at Parks & Rec, he states, "Jamie fits in just fine, he's part of the group and takes his instructions like the rest of the guys."

Mayor Jacyno beamed with pride when he met with citizens of Pembroke presenting him with the Community Living Flag on May 1st. "We have always been supportive of Community Living and all their efforts to serve many of our great citizens, but now we can say with pride - we are officially community partners, and we are proud to have Jamie on staff."



Councillor Severin concurs, "This is an important plank in building the platform of inclusiveness in the workplace and I am very proud of

everyone who contributed to making it happen."

## Community Living Upper Ottawa Valley

894 Pembroke St. West

### Annual General Meeting

June 20, 2012

**Registration**

6:00—6:30 pm

**Business Meeting**

6:30 pm

**Guest Speaker**

7:00 pm

Please join us as we welcome Bobbi Stephen, Parent & President of the Board of Directors of the Brockville and District Association for Community Involvement, and Betty Daley, a Parent & Coordinator with this organization. They will be sharing their personal experiences and knowledge they have gained from other families around managing individualized dollars and navigating community resources. Both ladies have stories to share that they hope can assist other families to learn from their and other's experiences. This presentation will be of special interest to families experiencing transition from school years to adult services.

*Followed by Light Refreshments*

## Community Volunteer Joins Board

Elaine Clouthier, a Pembroke native who works for Valley Transportation received a call from her boss one day 26 years ago that changed her life. She drove a bus load of athletes from the Pembroke & District's Association for Community Living (now CLUOV) Sports Program to their bowling league and a few days later to a weekend Track Meet, filling in for someone who was sick. At the track & field event, Elaine helped a young man who was struggling to make his way around the track. "It was a hot, hot day" explained Elaine, "he was repeating to himself over and over, 'I am not a quitter'. I grabbed the finish line ribbon & held it up for him, cheering him on. He spotted the ribbon and our eyes locked, he never stopped running until he reached the ribbon. We were two strangers jumping for joy! One 400 metre race and I was hooked." A few years later Elaine found herself & other volunteers, harnessing parents, and the community to help initiate what would become the local chapter of Pembroke & Area Special Olympics.

Where is Elaine today? After 26 years of holding almost every position with Pembroke's Special Olympic organization, including coaching almost every sport at one time or another over the years, Elaine beams, "I reached the pinnacle of my involvement over the past 2 years while coaching Brian Dinwoodie to the World Games, and several National Olympic Games in snowshoeing. When I met Brian 25 years ago, he was a shy young man who wouldn't make eye contact or speak to



anyone. Today Brian walks in the community, embracing his role as a sports leader and true ambassador of Pembroke." "Brian and I have travelled across North America together for many events. I'm so proud of his achievements. I've seen great triumphs for so many athletes over the years, but now it's reaching the time for others to take up the coaching reins. I will stay involved, but I don't want to travel anymore." Joining the board at Community Living seemed like a natural evolution for Elaine. "It's all about the blending of community", she declares, "everything is intertwined in communities; social connections, financial support, medical needs, membership in sporting, and fundraising through volunteerism." Elaine is proud of her community connections with law

enforcement, service clubs, and community leaders. Over the years Elaine has involved local athlete's in all aspects of fundraising, and proudly remarks, "Special Olympic's in Ontario receives only 2% of their funding from government sources, the remaining 98% comes from fundraising. Elaine sees her involvement on the Board at Community Living as another way to share her passion of being connected to people. "I'm not a great speaker, but I am good at helping people with intellectual disabilities shine." Elaine herself shines as she proudly shares story after story of many local special Olympians and their personal achievements in sport.

## Online Support hires Curtis Vaillancourt

When Community Living Worker, Kate McPhail met Curtis Vaillancourt he had been looking for a job for almost 5 years without much success. Curtis had been doing odd jobs around Pembroke but nothing that stayed the course. A diligent and determined young man, Curtis had delivered his resume to numerous places in Pembroke. Curtis' Dad told his son, "be patient the right job will come".

During late September 2011 Curtis heard of a job opportunity that was becoming available at OLS (Online Supports). This opportunity surfaced through Jordan Hobbs, a Community Living Employment Worker. Jordan was working closely with OLS to create some job opportunities for people

receiving services from Community Living. Initially the job entailed 4 hours per week in the Maintenance Department. Curtis went to the interview with resume in hand and was awarded the job. Rick Gosk, Curtis' supervisor stated, "It was a unanimous choice to hire Curtis, he was just what we were looking for". Curtis' hard work and positive outlook were noticed immediately by his employer. Within two weeks on the job his employers were looking for a way in which to secure more hours for Curtis. It started out as 'call-in' work over the Christmas holiday period, and led to the employer creating a permanent part time position for Curtis shortly thereafter.

Curtis tends to be a shy, quiet fellow, and along with the thrill of being hired, he started the job with trepidation, working in an environment that employs over 500 people. Rick Gosk, Site Director, mentions, "we are the largest private employer in Renfrew County."

Gradually as fellow staff members began talking to Curtis and thanking him for all of his hard work, Curtis began to respond to people and gain confidence in his new environment. Danielle, one of Curtis' colleagues at OLS, observes, "Curtis is a great employee, everyone knows Curtis and he belongs on the team!"

Week after week his new found self-assurance grew as he became an appreciated member of the OLS family. Curtis' parent's Jim & Noreene, beam with pride as they share how working has even changed Curtis at home. Jim conveys, "Curtis used spend so much time in his room alone, now he joins his Mom and I watching hockey games and talking to us about work, and all kinds of topics. We are both so proud of our son." Jim continues, "Curtis' boss Rick told Noreene & I, 'we don't just like Curtis, we love him!'"

What does Curtis say about his job, "I have more money now than I ever dreamed of, I'm on the payroll". That just about sums it up, doesn't it. Curtis' journey shows others that with determination and hard work you can accomplish anything.



**Curtis takes time during one of his shifts to repair the arm of a chair at Online Support.**

An excerpt, from the OLS Mission Statement  
"We aim to empower our People to thrive, and be acknowledged as valuable members within their communities"

Mark your Calendar  
Upcoming Events



**May 31st**  
**Memorial Garden Event**  
**11 am**  
**894 Pembroke Street West**  
*Remembering  
Charlie Morris  
and Roy Brash*

**Annual Golf Tournament**  
**August 17, 2012**  
**Oaks of Cobden Golf  
Course**

*To enter a Team, Sponsor a Hole  
Volunteer or Donate  
Please contact  
Carol or Bev  
At the office*



*Stay Tuned*  
**Soup & Sandwich  
Lunch**  
**October 2012**



## Canada Day Celebration



**Mac's Convenience**  
**868 Pembroke St. West**

**July 1st ~ Canada's Birthday**

**Fundraiser B.B.Q**  
**all proceeds to**  
**Community Living**

**Everyone Welcome**  
**Join Us Between**  
**11 am to 3 pm**



Mark Raglin volunteered his time in April removing the winter greenery from the planters at the Community Living office in preparation for spring flowers.

Thank you Mark!

Pembroke's Special Olympian Brian Dinwoodie wins Silver in the 100 & 200 metre snowshoeing events and Bronze in the 400 & 800 metre races at National Games in St. Albert, Alberta

March 2012



Community Living  
Upper Ottawa Valley  
Wishes to offer  
**Hearty Congratulations**

To  
**BRIAN DINWOODIE**  
*Best of Luck*  
*In your bid to make the*  
*World Team!*

Brian pictured on the podium far right in St. Albert, raises his arms in victory after winning the bronze.

You could be a lucky  
Hole in One  
**\$10,000.00 Winner**

Just ask  
**Neil Lloyd**  
Hole in One  
**\$10,000.00 Winner**  
at the  
Community Living  
Golf Tournament  
August 2011

The Hole in One  
Is  
**Sponsored by**  
**EGM**  
**Insurance**



Neil Lloyd holding the flag after shooting a hole in one at the Community Living Golf Tournament in August 2011 is surrounded by his brothers Bruce, Shane and John Lloyd.

## May is Community Living Month

### Watch for the Community Living Flag flying in Renfrew County

City of Pembroke  
Mayor Ed Jacyno  
accepts  
the  
**Community  
Living Flag**  
on  
May 1st  
From  
Allan Garrah  
(far left)  
Karen Poelzer  
(middle)  
Johanne Berube  
(far right)



Community Living held a Spring Tea in May

Non-Perishable Food Donations were made to the Salvation Army Food Bank

Below Left to Right: Dave Marcus CLUOV Board Member, Major Glen Wirachowsky, Kris Hammel, Major Jeananne Wirachowsky and Andrew Foley



Enjoying the Spring Tea above: Jill Davidson, Sue Lafontaine & Karen Reid. Below: Board Member Jane Dougherty serves Patsy Wade.



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## Community Living Staff Recognized



*From Back Left: Jannie Porteous 20 years, Bonnie Michaud, 5 years, Cindy Nicholas, 5 years.  
Front Left: Connie Edwards 5 years, Tina Williams 15 years, Maureen McKinnon 20 years,  
Far Right: Donna Locke 25 years*

## Local Retiree joins Community Living Board

Brian Tate was born and raised in the Upper Ottawa Valley and now lives in the city of Pembroke, after residing for many years in the community of Westmeath. Brian retired from Human Resource Development Canada after 34 years in 2007, and has enjoyed having more time to golf, go fishing, garden and travel. Brian and his wife Nancy are also very excited about becoming 1<sup>st</sup> time grandparents in June of this year.

In addition to joining the Board at Community Living last September, Brian recently started volunteering with the Soup Kitchen sponsored by St. Vincent de Paul, twice a month. "I'm definitely pleased to have the time to devote to some volunteer work now," says Brian. "I was approached last summer to join the Board at Community Living by a close

friend who is also a Board Member." Brian continues, "I always knew Community Living existed, but I never understood the complexity of the services provided. I've had a few opportunities to meet some of the staff and the people we provide service to, and I'm very impressed." "In addition, the size of the organization was a huge surprise to me," noted Brian. In the early 1970's when Brian was working, students at the Schillhart School prepared claim kits on a contract basis. "I can hardly believe that was 40 years ago, says Brian, "I'm sure some of those students are still around today receiving very different services!" Brian smiles as he continues, "this past

fall and winter, I have been doing a lot of listening, reading and paying attention, there is so much to learn and absorb."

As for the future with the Board of Director's, "I plan to get more and more involved as I become familiar with my volunteer role at Community Living."

