

894 PEMBROKE ST WEST | WWW.CLUOV.CA | (613) 735 - 0659



Our friends and colleagues from CLUOV at the 2024 Madawaska Valley Association for Community Living baseball tournament!

## Speakers' Bureau Rebrands: Introducing *The Inclusion Ambassadors*

A group of self advocates by the name of *The Speakers' Bureau* started meeting in the spring of 2005. Their focus: to reflect, advocate, and champion initiatives to improve the lives of people with developmental disabilities, raise awareness, and encourage community engagement.

Almost 20 years later the commitment remains. Membership has grown and changed over the years, but core members continue to lead. The previous *Speakers' Bureau* is now thrilled to announce the change of their name.

**The Inclusion Ambassadors** will continue their work advocating and providing leadership on community priorities as well as

contributing to the vision, mission and values of CLUOV. This group assists with orientation and employee training, consultation on strategic planning, and development of communication strategies.

Watch in the coming months for a heightened presence and new marketing, messaging and merchandise!

### in·clu·sion

/in'klōZH(ə)n,iNG'klōZH(ə)n/

the practice or policy of providing equal access to opportunities and resources for people who might otherwise be excluded or marginalized



CLUOV takes part in the annual Pembroke Christmas Parade!



Pie in the face at the Joint Health and Safety Committee BBQ



Evie and Jordan holding a musical lunchtime event at Riverside

COMMITTED TO DIVERSITY, EQUITY AND INCLUSION



## Empathy in Action: Julie Keon Shares her Guidance in Supporting Through Death and Loss

At CLUOV, our commitment to enhancing quality of life and preserving dignity extends to all stages, including the challenging transition through the end stages of life. We value collaboration with families and other care providers to ensure a holistic and compassionate approach to end-of-life care for those we support. In acknowledging the discomfort that often accompanies discussions about death, our teams demonstrate remarkable compassion, bravery, and acceptance. There is no right way to grieve, accept loss, or navigate the changes that come with it.

Julie Keon has met with many of our employees who have experienced this to provide support in grieving and reflection. Her expertise provided not only guidance, but a safe space for our team members to engage with and process the many complexities of death and loss.



*Kirby Adam enjoying the beautiful flowers he tended to in front of our office*



*Andrew Foley with Wynonna Judd at the CCMA Fest in Nashville*



*Sofia doing Jackie's nails at our Ladies Hour event*

## Celebrating Homes: New Beginnings in New Spaces

Spring often signifies new beginnings and growth, and for many individuals supported by Community Living, it brings fresh opportunities as well.

Over the next few months, Community Living will assist more than 10 people in transitioning to new homes, enhancing their independence and quality of life.

Between March and July, significant moves are planned, including a couple relocating to a seniors' living facility and two young women leaving their family homes to settle into their own apartment. Additionally, a woman will move into a four-plex that she and her mother have long been planning. An accessible unit has been secured for a lady striving to maintain her independence.

Furthermore, a partnership with Renfrew County has facilitated new housing opportunities for three individuals who have been on the County waitlist.

Renfrew County officials have expressed their commitment to inclusion, addressing the needs of vulnerable citizens, and ensuring affordability, which aligns with Community Living's goals. Additionally, a local landlord has proposed two more units, with an expected occupancy date of July 2024, offering further housing solutions for those supported by Community Living.

These collaborative efforts highlight a shared dedication to creating inclusive, supportive, and affordable living environments for all community members.



## 31 (not so) Random Acts of Kindness for Community Living Month

This May, in celebration of Community Living Month, the staff and people supported by Community Living Upper Ottawa Valley (CLUOV) embarked on a heartwarming mission to spread kindness throughout the community. Our "31 (Not So) Random Acts of Kindness" campaign saw daily gestures of generosity, inspiring joy and compassion within the community.

Throughout the month, CLUOV engaged in numerous thoughtful initiatives. They handed out loonies for shopping carts at No Frills Pembroke, cleaned up garbage from local parks, donated windshield washer fluid to Danny's Taxi, and topping up the fluid in cars parked at the office. Donations of spring and summer clothing were made to the Bernadette McCann House, and greeting cards were crafted to brighten the days of residents at Miramichi Lodge. Additionally, our colleagues gave car air fresheners to Tim Hortons employees, offered cold drinks to construction workers on Roy Street, distributed Tide Pods at local laundromats, and much more!

Each act, no matter how small, helped make our community a little bit brighter. By sharing these moments on social media, we aimed to not only spread joy but also encourage others to partake in acts of kindness, fostering a more compassionate and connected community.

We are beyond grateful for all the support we received throughout the campaign, and for the hard work and dedication of our employees who made this possible. Your acts of kindness have gone a long way! Thank you!





## CLUOV is Excited to Announce our 28th Annual Golf Tournament



The Community Living Upper Ottawa Valley (CLUOV) is thrilled to announce their 28th annual golf tournament, set to take place on September 20th at the Pembroke Golf Club. Golf enthusiasts are invited to form teams of four and participate in this exciting event.

Registration is now open, with teams able to sign up by emailing [info@cluov.ca](mailto:info@cluov.ca) or calling the CLUOV office.

For those without a full team, groups of three will be paired with single registrants to complete the foursome. The tournament will follow a best ball format, ensuring a fun and competitive experience for players of all skill levels.

Early bird registration is available until July 28th at \$110 per person. After this date, the fee will increase to \$125 per person. Participants are encouraged to register early to secure their spot and take advantage of the discounted rate.

The event will kick off with a tee off time of 12:30 PM, followed by a delightful dinner at 6:30 PM.

Don't miss this opportunity to enjoy a day of golf while supporting a great cause. Register today and join CLUOV in making this year's tournament a memorable one!

To the left, are some photos of staff, people supported, and community members enjoying the sun, some friendly golf, and each other's company at last year's tournament!



## 5 to Survive Campaign: Advocating for Developmental Services

The current developmental services strategy in Ontario aims for inclusive lives for those with disabilities. However, despite rising inflation costs and the human resource crisis, supportive organizations like CLUOV are largely underfunded. This scarcity jeopardizes the well-being of our community members with disabilities, making it challenging to maintain basic necessities like heating, lighting, food, and support staff.

The 5 to Survive Campaign urges the Ontario government to provide an immediate 5% boost to core funding for developmental services agencies, Passport, and Special Services at Home, emphasizing the hashtag #5ToSurvive.

An InTouch issue published in the spring of 2002 highlighted that base funding in the developmental services sector had not seen an increase in the previous 10 years. In her interview with [CTV News](#), Executive Director, Tina Williams, explains that sadly, this issue has persisted.

Across the province, we haven't seen a funding increase of more than an accumulated 4% over the period of the last 30 years," says Ms. Williams. This means we are unable to meet the needs of people supported.

People in our community with lived experience of disability, and their friends and families, are discouraged about the lack of continuity and adequacy in the supports and services provided.

Going forward, costs of living and inflation are projected to stay on the rise. It is critical that our developmental service sector be recognized as a critical service, and be provided with the funding it requires to ensure quality support for people with developmental disabilities - a vital part of our community fabric.

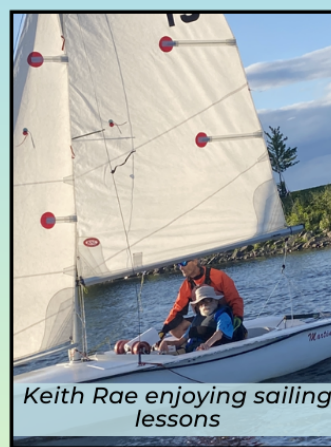
To support the campaign and amplify our voice, access the #5ToSurvive hashtag on any social media platform and send a message to your representatives at Queen's Park using the template on the [Community Living Ontario Website](#).



Allan Garrah with his award of appreciation



Connie handing out freezies at the ball game



Keith Rae enjoying sailing lessons



Ryan Parcher, Lisa Teevens and Polly James

could you  
Share Your Home?

A spare room could give someone a place to call home. Ask us more about:

**Life Share**

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