

Erpenbeck Wrap-Up

If you missed the Joe Erpenbeck event in November, we have a summary for you. Out of that event came a social planning panel. It could be for you!

MPP Statement

Thanks to MPP John Yakabuski who mentioned Community Living in the legislature last fall. The full text of the MPP's comments are on page six of this newsletter.

#wereallin

Are you all in? We are! This year you will see this hashtag on a lot of our materials to help us promote inclusion. We want people to be "all in" when it comes to inclusion.

In Touch

WINTER 2018

COMMUNITY LIVING
Upper Ottawa Valley



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CLUOV Recognized At Conference

2017 provided an award-winning fall for Community Living Upper Ottawa Valley! In addition to earning two awards from Community Living Ontario, the organization was the first-ever Canadian recipient of the 2017 International Award of Excellence by The Council on Quality and Leadership (CQL). The award was presented in recognition of the agency's work to build an inclusive community.

Among the accomplishments noted in the award were: helping to create more inclusive residential settings, moving away from segregated community programming and engaging the community on how to include individuals with intellectual disabilities in their workplaces, organizations and volunteer initiatives.

As awards are a community effort, CLUOV sent more than 100 letters



to past partners and funders to thank them for being part of the organization's success.

CLUOV was also asked to make a presentation at the conference. Chris Grayson and Tina Williams shared strategies on transitioning from traditional approaches in supports and services. They also provided examples on initiatives that could improve the quality of life for

people with disabilities. Their presentation revealed how using Personal Outcome Measures, combined with a bold strategic plan focusing on people, building strong communities and workplace culture, have created momentum leading to success. More than 70 peers from around North America attended their presentation.



Kim Rigo's car is packed with CLUOV Operation Christmas Child boxes.



The Jingle Belles team is having fun at the staff's Christmas Jeopardy.



Michelle Vachon of the Pembroke BIA attended the Erpenbeck event.



Connie Edwards was the winner of the staff Christmas sweater contest.

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Minister Jaczek talks with Renfrew County Warden, Jennifer Murphy.



Shelley O'Malley and Holly Woermke at the Joe Erpenbeck session.

Housing Grant and Updates

Earlier in 2017, Community Living received a \$121,217 grant over two years from the Employment and Modernization Fund. The grant will accelerate the move from a group home living to a community living option of an individual's choice. This will be done through partnerships with entrepreneurs and with existing municipal projects.

Plans are currently underway to sell two CLUOV-owned properties. Funds from the property sales will help offset the costs of the move into new accommodations.

The grant announcement was made when Helena Jaczek, Minister of Community and Social Services, made a visit to Community Living Upper Ottawa Valley in the fall.

Moffat Street Home

After the spring flooding, residents of Community Living's Moffat Street property had to vacate their home. After several months of living in temporary accommodations, the two gentlemen were able to move into a duplex property on Mackenzie Street. CLUOV is now looking to sell the property in the spring.



CLUOV staff collected canned goods for the Salvation Army Food Bank.

Estate Planning Assistance

Estate planning is important for everyone, and that includes people with intellectual disabilities, and their families.

Community Living Ontario has prepared the "Inspiring Possibilities Estate Planning Guide: A Tax, Benefits, Trusts and Wills Toolkit for Ontarians with Disabilities." The guide is a comprehensive toolkit available to anyone connected to an individual with a disability.

Written by legal, tax and accounting professionals who specialize in supporting people who have a disability and their loved ones, the 112-page, seven-chapter digital book provides pertinent

information on various topics including will and trust planning, consent, capacity and legal decision-making, the Ontario Disability Support Program, the Disability Tax Credit and the Registered Disability Savings Plan.

People who want to know their options and when to seek out professional support can visit www.PlanInspiringPossibilities.ca to download a free copy of the guide.

This link can also be found on the Community Living website at: www.clouv.ca. Under the Resources tab, choose Estate Planning Guide.

Estate planning is an important process for every citizen.

Support Workers and Bill 148

An important information session is coming to Pembroke on January 30 for individuals and families who purchase assistance from support workers.

Under Bill 148, Fair Workplaces, Better Jobs Act, individuals and families who pay for support worker services are now considered to be "employers." This applies to individuals who are funded through the Passports program, or who fund these supports out of pocket.

To address concerns, the March of Dimes and Developmental Services

Ontario (DSO) has hired Pooran Law to come to Pembroke to discuss the impacts of the legislation, which is now in effect. Details of the event are as follows:

January 30, 2018

Miramichi Lodge, Pembroke
725 Pembroke Street West
6:30pm-8:30pm

Register in advance with Yvonne at the March of Dimes by calling toll free: 1-877-695-7999 ext.6513

The session is being offered free of charge. Everyone is encouraged to attend.



Fred Blackstein was an attendee at the Joe Erpenbeck event in November.



Sue Therrian, Karen Brown and Diane Norris at the Erpenbeck breakout session.



Carol Ripley and Amanda Quinton celebrate 25 and 10 years at CLUOV.

Honouring Staff Milestones

Every year as part of the Annual General Meeting, Community Living recognizes milestone employment years of their staff at 5, 10, 15, 20, 25 and 30 year intervals. This year, we recognized 22 staff members who were part of these milestones:

5 Years

Jennifer Angus, Nicole Fortin, Megan Fuisz, Brooke Mulvihill, Shelley Hawkins, Ashley Leedham, Elise Montgomery, Katelynn Paulusse, Tanner Schimmens and Holly Wagner

10 Years

Connie Edwards, Cindy Nicholas, Kristy Phinney, Amanda Quinton, Kim Rigo and Chris Saulnier

20 Years

Chris Collier and Tina Williams

25 Years

Maureen McKinnon, Jannie Porteous and Carol Ripley

30 Years

Donna Locke

Community Living employs more than 100 people in full time and part time positions. We work hard to offer a great work environment with benefits and ample opportunities for participation and recognition. Our employees work across the Upper Ottawa Valley, from Laurentian Hills to Whitewater Region.



Nick Foley speaks to Cogeco who videotaped the AGM. Thanks Cogeco!

New Employment Services Coming Soon

Community Living works hard to help people with intellectual disabilities find employment in the community. Having been recognized for their successful partnerships in that regard, the Province of Ontario has granted them the opportunity to be an employment services office for individuals with disabilities that

will serve all of Renfrew County. As an agency with significant experience in matching employers and employees with an intellectual disability, CLUOV looks forward to investing in this aspect of their organization even further.

Trainers from the provincial government will be introducing them

to the service over the winter months, and CLUOV hopes to be ready to officially launch this service in the spring. In the meantime, employers with full-time, part-time and casual opportunities at their workplaces can get in touch with CLUOV at any time.



Speakers Bureau

A great way to engage your club or community organization

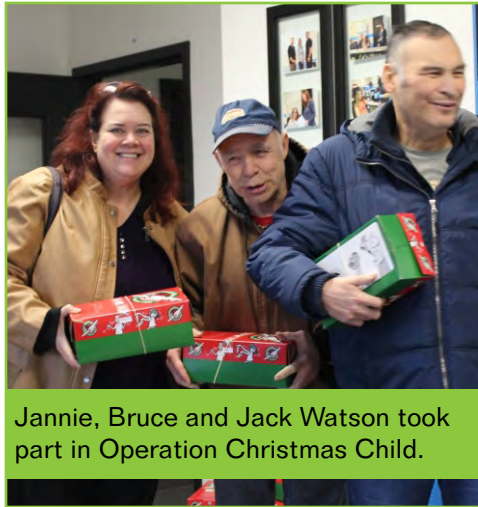
We Want To Speak To You!

The Community Living Speakers Bureau is ready to celebrate CLUOV's 60th anniversary by booking some groups to share their story. It's guaranteed to open your eyes to the struggles and the achievements of people with intellectual disabilities.

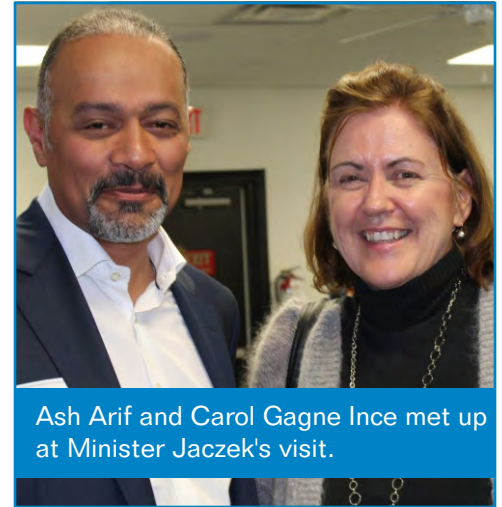
The Speakers Bureau is available to speak to small and large groups alike. Agencies that have booked them include: schools, church groups, service clubs and Algonquin College. The speakers are also very open to any questions from the group.

For information on booking the Speakers Bureau for your club, contact Dillon Watts at: 613-735-0659 or dwatts@cluov.ca.

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



Jannie, Bruce and Jack Watson took part in Operation Christmas Child.



Ash Arif and Carol Gagne Ince met up at Minister Jaczek's visit.

March 8th: IWD Breakfast

Calling all women! Community Living is hosting a breakfast to celebrate International Women's Day in Pembroke. The breakfast will feature women who are employers of individuals intellectual disabilities, and a panel of women from the Speakers Bureau who will share their stories. While details are still in the planning stages, it will be a breakfast event in Pembroke.

If you are interested in attending the breakfast, please register with Carol Ripley at Community Living Upper Ottawa Valley by email at: cripley@cluov.ca.

International Women's Day is celebrated on March 8 of each year. This is a special event for CLUOV in honour of their 60th anniversary. We hope you will join us in celebrating the women of Community Living!



More fun with the staff at the CLUOV Christmas party. (We really are a fun gang!)

ED Chairs “From Presence to Citizenship” 2018

CLUOV Executive Director, Chris Grayson is the chair of the From Presence to Citizenship’s Learning Exchange. This is an annual event that features nationally and internationally recognized speakers and breakout sessions that features champions of transformation that share their best practices and

success stories from knowledge-transfer. The group is hosting its second annual Learning Exchange: To a Culture of Inclusion at the Holiday Inn Toronto Airport, February 7-8, 2018.

Keynote speakers include Lynne Seagle, Peter Leidy, David Pitonyak and Julie Malette and all are worth

hearing. David Pitonyak was in Pembroke last year.

A full schedule is available on the Community Living website and anyone is welcome to attend. For information about the event, you can contact Holly Tennian by email at: htennian@cluov.ca



Kirby Adam shows a copy of his book to board member, Megan Evans.



Polly James and Lisa Teevens with boxes for Operation Christmas Child.



Brooke, Katelynn, Elise, Megan, Tanner and Ashley at the AGM.

Nick Foley a Hit at the AGM

Community Living Upper Ottawa Valley held their Annual General Meeting (AGM) in September and welcomed Nick Foley, an author and speaker on inclusion and self-esteem. Foley is the founder of Celebrate the Hero and Move for Inclusion. Both are initiatives that motivate and empower people of all ages to make a difference by propagating good through action.

This was a great opportunity for parents, teens and those working with teens to hear from a North American motivational speaker.

The AGM was well-attended and Foley did not disappoint. The evening was videotaped by Cogeco and can be found on our website: go to Reports and select Annual General Meeting. The link to the video will be there.

Community Living Offers Respite

Respite Services provides an opportunity for planned relief for families and caregivers based on their individual needs and circumstances. Respite also provides an excellent opportunity for individuals to increase their participation in the community, to develop supportive community relationships, to develop skills and abilities and to gain greater independence. Community Living can work with individuals and families to help them coordinate respite, and will assist in locating potential respite providers, assisting families and caregivers to interview, screen, hire and manage their respite services.

If you would like more information about Respite or any other Community Living Upper Ottawa Valley service, please contact our office at 613-735-0659.



Lisa Moreau, Elise Montgomery and Courtney White at Christmas Jeopardy.



Bev Robichaud gives back while giving blood at a clinic in December.

Ministry Features CLUOV in News

CLUOV was featured in the Ontario Ministry of Community and Social Services, Spotlight on Transformation newsletter. The focus of the feature is on Minister Jaczek's visit to announce the housing modernization project in the Upper Ottawa Valley. CLUOV was featured on page five and six. Specifically the newsletter noted the following about the project:

- It will assist three seniors to live in a newly constructed integrated community senior residential site, which is inclusive and provides many supports to residents;
- It will support three people in their move from agency housing to a newly renovated inclusive building in Pembroke, and;
- It will provide housing for three individuals in a newly built, barrier free, accessible tri-plex, using the intentional neighbour concept for overnight support.

CLUOV was also mentioned for their achievement in earning their CQL award, and being the first Canadian agency to do so.

Spotlight on Transformation is the Ministry of Community and Social Service's newsletter concerning services and supports for those with an intellectual disability. It is delivered throughout Ontario.

MPP Statement at Queen's Park



MPP John Yakabuski mentions Community Living UOV at the Ontario legislature.

MPP John Yakabuski made time to mention Community Living Upper Ottawa Valley in an address at Queen's Park in November. These were his comments:

Ontarians can be proud of the work the work that our Community Living's do on inspiring possibilities with people who have intellectual disabilities. I have seen firsthand the results of the hard work of so many dedicated people.

Recently, Community Living Upper Ottawa Valley was recognized for their work by being given the International Award of Excellence by the Council on Quality and Leadership. The award was given to them for their work in building an inclusive community. They are helping to create more inclusive residential settings, moving away from segregated programming and

engaging the community on how to include individuals with intellectual disabilities in workplaces, organizations and volunteer initiatives in the broader community.

It should also be noted that Community Living Upper Ottawa Valley was the first Canadian organization to ever receive this award. In conversation with Executive Director Chris Grayson, it was clear to me that they are not only thrilled to be receiving this award but are very proud of the cutting edge person-centered approach that they have at Community Living Upper Ottawa Valley. As President and CEO of the Council of Quality and Leadership Mary Kay Rizzolo said "they completely deserve this International Award of Excellence for the innovative work they are doing and the success they are having with the people they support. I have every confidence that Community Living Upper Ottawa Valley will continue to be relentless in doing the right things for the right reasons for the people they support. I personally have interacted with their clients and not only do I congratulate Community Living Upper Ottawa Valley for the work they have done and will continue to do, but also unequivocally state that this recognition was thoroughly deserved."



Jennifer James and Alicia Miller show off their Christmas spirit!

Erpenbeck Unites the Community



Jane, Lorraine, Shelley, Holly, Jennifer, Joe, Carol and Maria: the Erpenbeck event.

Community Living Upper Ottawa Valley welcomed Joe Erpenbeck, a Vancouver-based consultant, speaker and trainer to the region on November 29th. Erpenbeck is also a faculty member of the Asset Based Community Development (ABCD) Institute at Northwestern University.

Erpenbeck offered two sessions: one for the Community Living staff and one for the public. He spoke of culture-changing strategies to help generate a better and healthier community. To accomplish this, Erpenbeck encouraged participants to look at assets within their community and work together to create inclusive communities.

The public conference drew participants from businesses and agencies throughout Renfrew County including: Pembroke Regional Hospital, Calvin United Church, Pembroke Petawawa District Community Foundation, Kids Corp and more. During the public conference, attendees took part in various interactive activities to get to know one another on a personal level learning about each other's favourite places, personal interests and network connections.

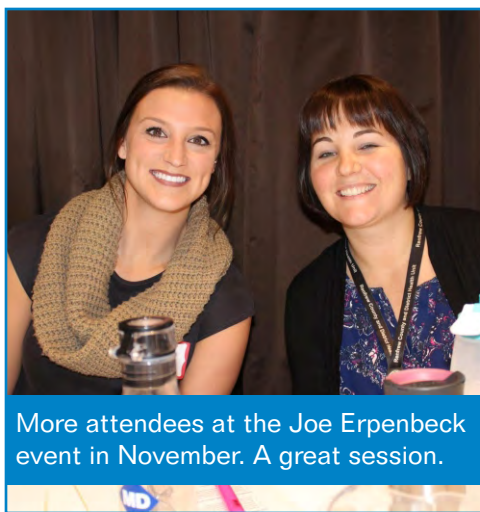
Later, groups were formed to discuss community priorities and this led to several visionary projects revealed from affordable housing to county-wide transportation and more. These "social planning"

opportunities were shared with everyone in the room, and drew participation with each other.

Join the Social Planning Panel for Our Region

Going forward, Community Living Upper Ottawa Valley offered to be the agency to collect these larger community ideas and see that they moved ahead into the hands of people who could investigate their opportunities. In addition, Community Living is assisting this initiative by offering to host a quarterly social planning panel in 2018. Things that benefit the community benefit us all.

If you are interested in being part of that social planning panel, contact Holly Tennian by calling 613-735-0659 or htennian@cluov.ca. We would love to see this proceed.



More attendees at the Joe Erpenbeck event in November. A great session.



Event Planning Underway For 60th

In celebration of our 60th year, Community Living's anniversary planning committee has proposed several ways to celebrate.

Box of Possibilities

We hope to increase our Box of Possibilities bookings by 60 orders this year! If you know a business that could place an order with us and help us reach that goal, please let them know. The 2018 Box of Possibilities lunch is April 26th.

Learning Exchange

We will be hosting a leadership event in the spring as part of the Learning Exchange program. More details to follow in the near future!

31 Days of Inclusion

Our Facebook campaign of stories for Community Living Month in May will feature 31 historical pieces of information that brought us to where we are today. It is often important to look at how far we have come in the work towards inclusion.

Community Event

Plans are underway for events and fun that encourages the public to help celebrate our 60 years.

#wereallin

To encourage people to be inclusive, we are promoting #wereallin to let people know we are "all in" on being inclusive. We hope the community will share this tagline too!

Minister Makes First Visit To Pembroke

Last October, Community Living was honoured to host a visit by the Minister of Community and Social Services, Dr. Helena Jaczek. The ministry is one that Community Living works closely with on a daily basis, and we were pleased to welcome Minister Jaczek on her first visit to Pembroke. We were also honoured that she chose Pembroke as her location to announce the province's Employment and Modernization Fund Project.

Minister Jaczek toured several residential properties in the area that allow individuals to live independently while supported by Community Living. Minister Jaczek also learned about the Valley Housing Project that will support inclusive living accommodations for nine additional people with intellectual disabilities in the



Minister Helena Jaczek speaks with Noreene Adam during her visit.

community.

"We organized this event as a way to provide Minister Jaczek with an overview of the work that we are doing around quality enhancement and housing," said Chris Grayson. "We are currently looking to sell three properties and assist the

individuals move to more inclusive community spaces, many of which are created through partnerships developed with local entrepreneurs."

The Valley Housing Project is one of 38 provincial projects that is being funded by the Employment and Modernization Fund.

Community Living continues to build partnerships with property owners to further the goal of inclusive community living. We look forward to growing these opportunities in 2018.

Chair of Cabinet

On January 17, 2018, the Ontario government announced that Dr. Helena Jaczek, Minister of Community and Social Services, would take on the responsibilities of Chair of Cabinet. We congratulate the Minister on this appointment.

We're Hiring! Be on the Community Living Team

Working at Community Living is an opportunity to make a difference in a person's life, and help the community become more inclusive of people with intellectual disabilities.

As a Community Living Worker, you play an integral role in a person's life. You will need to have skills such as patience, calmness in difficult situations, problem-solving

abilities and the ability to show leadership by advocating for an individual so they can learn to be confident doing so for themselves. In short, you need to be a positive role model.

You do a lot of communicating with families and community members. You also help people manage their medication, keep appointments, and work with people to make positive

decisions. To do this role well, we require post-secondary education in the field of human services, a valid driver's license and any experience working with someone who has an intellectual disability is an asset.

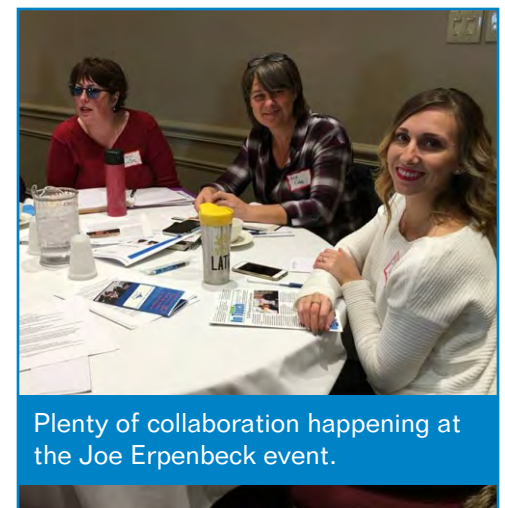
To find out more, visit the careers section of our website and choose: Community Living Worker. We look forward to hearing from you.



Melissa Hoffman provides part-time reception services at CLUOV.



Ashley Leedham makes a presentation at the Annual General Meeting.



Plenty of collaboration happening at the Joe Erpenbeck event.