

## 2018 Golf Tournament

It's never too early to start thinking about golf! The 2018 Community Living Golf Tournament will be held at the Oaks of Cobden on Friday, August 17th.

## 60th Anniversary

We are marking our 60th by joining with the Pembroke & Area Airport as part of their 50th! Come to this free community event on September 15 at the Airport!

## 31 Days of Inclusion

Watch our Facebook page this May for 31 stories that celebrate 60 years of inclusion work by Community Living. You might be amazed how far we have come!

# In Touch

SPRING 2018

COMMUNITY LIVING  
Upper Ottawa Valley



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## New Employment Service Launched

Community Living Upper Ottawa Valley (CLUOV) has always promoted the benefits of work for people with intellectual disabilities. The agency has been successful matching employees with employers for many years. Those connections have led to many long-term work commitments. This year, we have been successful in a partnership with the Ontario Disability Support Program that can help any individual in Renfrew County who has a disability. The service is called Bee Successful.

Bee Successful is specifically directed to assist individuals with a disability obtain employment. The disability can be intellectual or physical, and the service is free for people to access. It works much like the other employment services in Renfrew County, with a unique focus on matching employees with a



disability with a good employment opportunity.

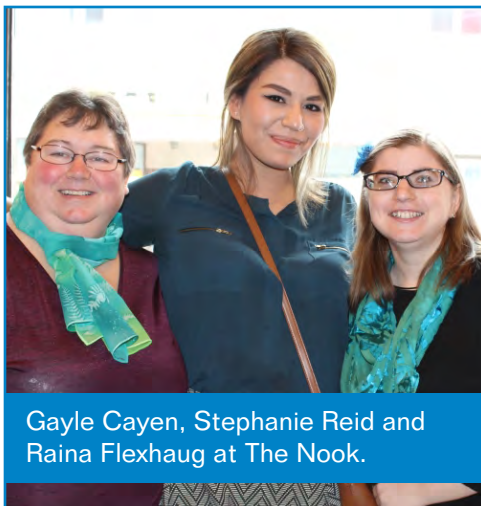
"This is something we have been doing for several years," says Tina Williams, Manager of Supports and Services. "We know the value of a worker with a disability and we are happy to communicate that to employers."

Employees with disabilities use less sick time, remain in positions

longer and positively impact staff morale and work culture.

Individuals who wish to benefit from the program can call the Bee Successful office at 613-602-6572. This will connect to Stephanie Reid who is leading the employment solutions.

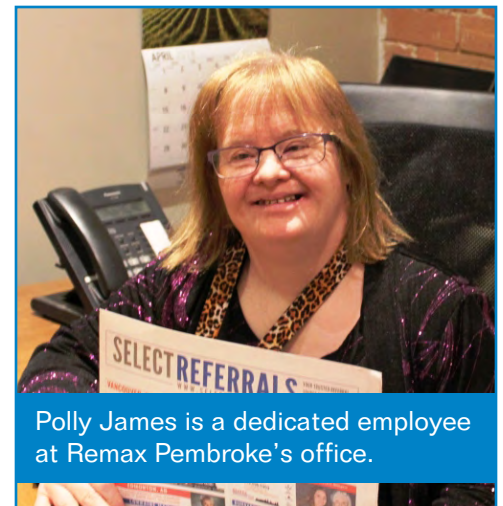
Additional information is also available at: [www.beesuccessful.ca](http://www.beesuccessful.ca)



Gayle Cayen, Stephanie Reid and Raina Flexhaug at The Nook.



Megan Conway of Algonquin College at the Women's Day Breakfast.



Polly James is a dedicated employee at Remax Pembroke's office.



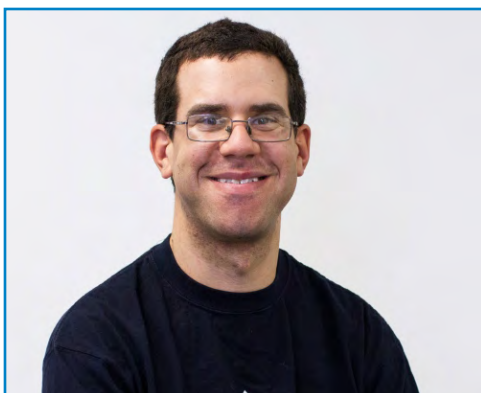
Come see us at the Downtown Connect Trade Show, May 11-12!

Follow Us On  
**facebook**

[www.facebook.com/cluov](http://www.facebook.com/cluov)



Laura Mayo is a volunteer with CLUOV's Board of Directors.



Josh Woermke volunteers as Sparky with the Pembroke Fire Department.

## CLUOV Speaks To City/County

Community Living Upper Ottawa Valley is taking its message to the City of Pembroke and County of Renfrew as part of their 60th anniversary.

"It's important for our upper tier levels of government to know what we are up to and how they can both benefit from what we are doing and help us do it," says Chris Grayson, Executive Director for CLUOV.

The agency will speak to the County of Renfrew on April 25th and the City of Pembroke on May 1st. Speakers Bureau member, Raina Flexhaug, will be accompanying

Grayson to the council meetings.

The presentation will highlight the new employment service that is being delivered county-wide; an asset to all municipalities in Renfrew County. In addition, the presenters will discuss the staff's "Random Acts of Kindness" initiative that they have chosen as a celebratory role for the 60th anniversary.

The meetings are open to the public and anyone wishing to support CLUOV's efforts are welcome to attend. For more information, contact the CLUOV main office.



Parent Information Session attendees learning about opportunities and resources.

## Hats Off To Volunteers

Every agency in the non-profit sector knows the value of volunteers and Community Living is certainly among them! When we have put out the call for help, the community has always responded, and we are so grateful for that help.

We have also had incredible volunteerism from those who have been part of our Board of Directors for the past 60 years. More than 150 people have been part of the governance of this Community Living agency, which started as an entirely volunteer-operated organization. Today, 60 years later, we employ more than 130 people in part-time and full-time positions,

making a significant contribution to the local economy.

And finally, as part of National Volunteer Week, we celebrate the volunteerism of the people who are supported at Community Living. Individuals volunteer for community events, drama and cultural activities, municipal initiatives and more.

Volunteerism is certainly an activity that is prevalent in the Ottawa Valley. So to all the people who give time out of their lives to volunteer, we say "thank you." Our communities are better because of your commitment and we appreciate you all very much.



# CLUOV Leads Provincial Event

CLUOV's Executive Director, Chris Grayson, was the chair of The Learning Exchange 2018: From Presence to Citizenship event in Toronto. We were one of nine agencies in Ontario to share best practices in the developmental services sector.

The event featured internationally-recognized speakers including: David Pitonyak, Julie Malette, Lynne Seagle and Peter Leidy. The inaugural event was launched in 2017 and the 2018 event welcomed 250 participants to Toronto. The conference received great feedback

from attendees, with many enjoying the four speakers and the opportunity to collaborate with others. Executive Directors from other Community Living agencies also participated on a group panel; each provided a brief overview of their agency's transformation projects, obstacles and challenges they faced as they moved towards inclusion, and their own personal success stories.

Grayson was proud to see so many agencies represented for the benefit of people with intellectual disabilities across Ontario.



Chris Grayson speaks at the From Presence to Citizenship event.



It was a full house at the From Presence to Citizenship event in Toronto.



# Parent Session Delivers Details

One of the challenges that many parents have is the transition of their child from high school to a life beyond high school - whatever form that may take. For parents of children with intellectual disabilities, that can often be a more challenging transition. This is why Community Living held a Parent Information Session this past February to provide resources and information for local families.

Community Living only begins to get involved with students when they turn 18 years old, so many parents are not aware of the services available from our organization. CLUOV can help

families with the Ontario Disability Support Program (ODSP), employment options, housing options and Passports funding.

"There are many resources available to someone in this age group," says Tina Williams, Manager of Supports and Services for CLUOV. "It's important that parents and teens know that they have opportunities, and how to best access them."

Community Living has been active in helping build awareness of life-long resources. Our website contains a link to the Partners For Planning website that is an excellent starting point.



Julie Malette was a keynote speaker at From Presence To Citizenship.



Jill Davidson packages the 2018 Box of Possibilities lunch boxes.



# Ontario Budget: 10-Year Freeze Is Over

After 10 years of no funding increases in the developmental services sector, a joint effort by 350 organizations across the province has been successful. Finance Minister Charles Sousa announced a \$200 million increase (provided over three years to 350 agencies) in the funding for the sector. It was the

first time in 10 years that an increase had been approved.

Other resources that will positively impact individuals supported by Community Living include more dollars to access support services (Passport Program), additional services to assist with the transition from youth to adulthood, and the

encouragement of affordable housing. CLUOV is working on all of these initiatives in the local region.

The funding will provide assistance to local individuals and their families. With additional funding, CLUOV can continue to provide high quality supports and services to people within Renfrew County.



**2018 Golf Tourney**  
 Mark your calendars!  
 Friday, August 17th  
 Oaks of Cobden

## Golfers And Sponsors Wanted!

Community Living is sending out an early reminder of our annual golf tournament. We encourage golfers of any skill level to join us for a fun day at the Oaks of Cobden Golf Course in Whitewater Region. We also welcome sponsors for the golf tournament.

Funds raised from the golf tournament go towards supporting individuals with intellectual disabilities in areas where their current funding may not cover. Funds have assisted with post-secondary education, employment preparation, housing and community group involvement. In 2017, CLUOV raised \$17,000 from the golf tournament which assisted people with all of the above-mentioned initiatives.

Hole sponsorships start at \$100. Golf fees will be \$80 per person which includes golf, cart and dinner.



Holly Tennian (left) of CLUOV at the From Presence to Citizenship event.



Finance Minister Charles Sousa (left) and CLUOV's Chris Grayson.

## 32 Local People In Class Action

In May 2014, Community Living Upper Ottawa Valley hosted an information session on the class action lawsuit for individuals who were treated improperly in Ontario institutions. Several local people had been impacted. Later that year, 30 people supported through CLUOV were assisted to submit their claims for settlement. Nearly a year later all 30 people received a settlement

worth a collective \$535,200.00. The class action lawsuit expanded in 2016 to include more institutions, which resulted in two more people supported by CLUOV being successful with their claims.

What started with an apology from the Ontario Premier in 2013 has concluded with the decision that those with an intellectual disability deserve to be in their communities.



Wendy Hewitt, Cynthia Lloyd and Kim Bourne at the Women's Day Breakfast.

# Facebook Short Stories For 60 Years of History

May is Community Living month and this year we are telling our 60-year story in 31 posts on Facebook. Last May, we offered 31 stories of local businesses and organizations being inclusive and this year, we are taking readers through a short-story timeline of the agency's 60 years of history.

"When you take a look at where this agency began in 1958 and where they are today in 2018, it really makes an impression," says Jennifer Layman of Forward Thinking who provides marketing services to CLUOV. "This is a 31-day story of vision, challenge, hardship and achievement."

The stories start May 1. Simply follow the Community Living page and you will automatically see the short stories in your timeline. The agency's Facebook page is at: [www.facebook.com/cluov](http://www.facebook.com/cluov). Stories run daily from May 1-31, during Community Living month.



Amanda Quinton wears her jersey in support of the Humboldt Broncos.



Tina Williams presented at the Parent Info Night and Women's Day breakfast.



## Agencies To Hear CLUOV Ideas

Chris Grayson, Executive Director of Community Living Upper Ottawa Valley, will be speaking at a family engagement conference hosted by Service Coordination for People with Developmental Disabilities in Ottawa on May 5, 2018. Community Living is one of seven agencies speaking at the conference. Grayson's presentation will discuss the local agency's decision to

transition from owning group homes to engaging in partnerships with entrepreneurs, landlords and rental options in the Ottawa Valley.

"It's a very proud moment for us to show how the Ottawa Valley is being a leader in the field of disabilities," says Grayson. "When people see that our rural area can do these things, they know they can do them too."

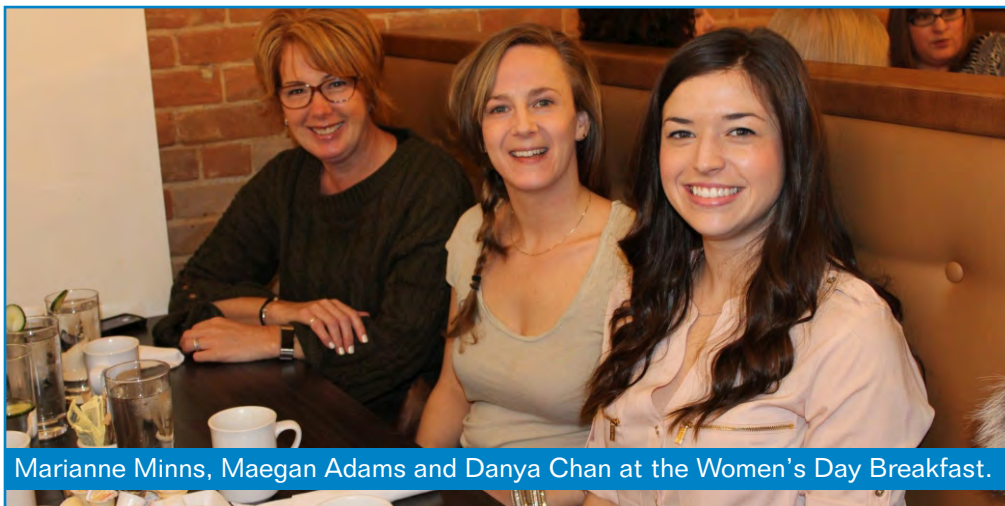
## We Want To Speak To You!

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](mailto: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!



Marianne Minns, Maegan Adams and Danya Chan at the Women's Day Breakfast.





Brittany Wilson had a placement with CLUOV in 2017.

## Placement Inspires Nipissing Grad

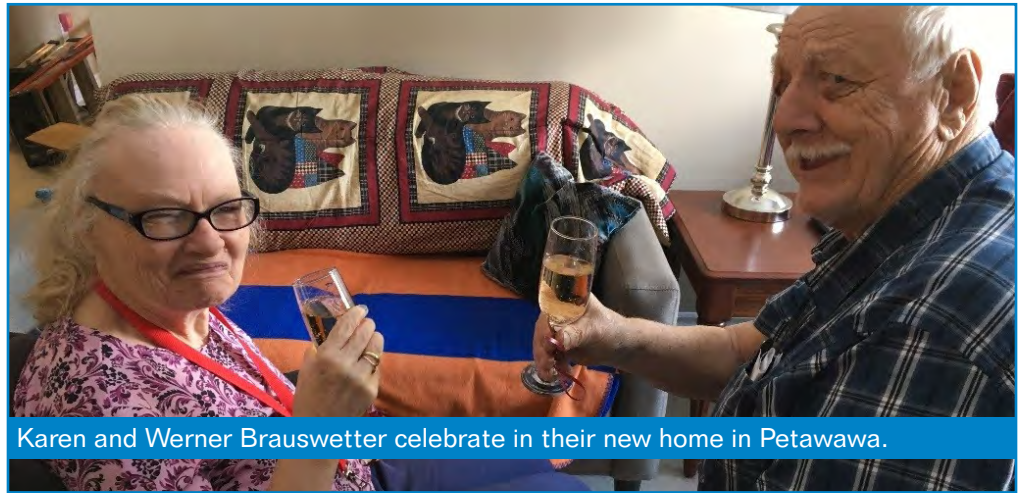
By: Brittany Wilson  
CLUOV Placement Student

I am Brittany Wilson, a student at Nipissing University in my fifth and final year of the concurrent education program. I am also a native of Cobden, Ontario! As part of my final degree requirements, I was tasked to find and organize my own placement outside of a traditional classroom setting. I decided to choose Community Living Upper Ottawa Valley.

I had chosen Community Living because of its accredited and well-known dedication to the individuals they support, as well as to the surrounding community. I was excited to be part of a team that promotes social inclusion and encourages independence for all individuals. This placement brought to light the kind of social need I will encounter in my future classrooms and encouraged me to pursue further additional qualification training in special needs classrooms. This placement was a beneficial aspect to my program studies, which ideally should become a requirement for all graduating teachers.

A special thanks to the guidance, knowledge, and support from Suzie Desjarlais and all the staff at Community Living.

## Celebrating A New Home!



Karen and Werner Brauswetter celebrate in their new home in Petawawa.

In the summer of 2016, Karen and Werner Brauswetter started to plan a move into a more accessible home. At first, neither could imagine a place that would feel more like home than the apartment they had shared for almost 20 years. Karen and Werner viewed many retirement residences in the immediate area but nothing felt quite right, so they remained where they were.

In early 2018, Karen and Werner and CLUOV staff member, Aimee Fleury, viewed a two-bedroom apartment in Petawawa. Community Living had partnered with Petawawa Housing in the extension of the current Seniors Housing Complex on Victoria Street, and had reserved two apartments within the new build. The two-bedroom apartment ticked all the boxes for Karen and

Werner. In fact, the day they signed the lease on the apartment it was met with a "Woohoo!" Karen wanted to celebrate with wine, and Werner was just relieved!

Karen and Werner were fortunate to have collected many items over the years. With help from Aimee, CLUOV staff and family members, the couple began re-living memories and making decisions on what would make the move with them to Petawawa. Boxes were filled and many items were donated.

Several more visits to the new apartment took place and Karen and Werner formed a great relationship with Jill Buchwald, the manager of the housing complex. Jill always had time for Karen and Werner in completing minor changes to the apartment to make it the new home of their dreams.

Werner was delighted to meet some of the tenants that he had actually known from years ago, and plans were made to get together once he was moved in. Karen was excited to learn that the common room hosts bingo weekly as well as coffee mornings.

Finally, on a cold March morning, Karen and Werner woke up bright and early to welcome their moving day! Family and friends were on hand as the couple left for their new home. (And Karen is finally enjoying that wine!)



CLUOV's Aimee Fleury (left) with Werner and Karen before the move.

## Women's Day Event Success



CLUOV's Stephanie Reid and The Co-operators team in Pembroke.

March 8 was International Women's Day around the globe, including at The Nook Creperie in Downtown Pembroke. Owner Joanna Els opened the Nook for a breakfast event - the first time Community Living has hosted an event to mark International Women's Day. The breakfast crepes were a hit with the crowd of more than 50 who attended.

Keynote speaker, Sergeant Brenda McPeak, spoke about her experience at the Invictus Games last fall in Toronto. The Games are an adaptive sport event for injured, ill and wounded servicemen and women and veterans. McPeak is based out of Garrison Petawawa and sustained a back injury. Her story was of personal challenge and triumph in several areas of her life.

The breakfast also allowed for an opportunity for women in attendance to share stories of how their lives had been challenged as women, or how women had played a role in helping them reach their potential. Several local women shared their accounts of overcoming adversity and the women who inspired them to reach their potential. Whether a personal situation or a professional one, women of all employment and business ownership aspects offered up stories of how they had been looked upon differently or had a

heftier struggle than male counterparts. The stories brought applause and appreciation as local women leaders shared their stories.

Stephanie Reid shared a brief introduction of the new employment service that Community Living would be managing this year. She encouraged organizations to employ someone with a disability, and help the agency further its goal of inclusive communities.

Finally, Gayle Cayen and Raina Flexhaug shared their own stories as women with an intellectual disability and how they had overcome the challenges in their lives to achieve success. Raina is a post-secondary graduate and Gayle owns and operates her own baking business.

The event was well received and plans are that it will be held again next year.



Sergeant Brenda McPeak shared her story at the Women's Day breakfast.



**BRINGING EMPLOYER,  
EMPLOYEE SOLUTIONS**

*Helping youth and adults with  
disability to find employment  
and to be successful in the workplace*

## Being Successful With Employees

Traditionally, people with disabilities in Renfrew County are under-employed.

Bee Successful staff are trained specialists who bring employers and people with disabilities together to create mutually beneficial employment relationships. Bee Successful staff will provide:

- + Expertise in matching potential employees to meet job vacancy needs
- + Job coaching on-site at the point of hire for the employee at no cost to their employer
- + Ongoing follow-up during the initial training, and additional training if duties change
- + Accommodation solutions for inclusive workplaces
- + Solution-focused problem-solving

Bee Successful provides support and training for individuals with a disability who are looking for work. This is at no cost to the employer. If you or an employer you know could benefit from this program, please refer them to us. We are happy to talk about how workplaces can benefit from employing someone with a disability.

Bee Successful can be reached by calling 613-602-6572 or via email at: [contact@beesuccessful.ca](mailto:contact@beesuccessful.ca). Our website is: [www.beesuccessful.ca](http://www.beesuccessful.ca)



# 60 Random Acts of Kindness

When it came to discussing how Community Living could celebrate our 60th anniversary, it had to be about showing appreciation for the community's support over the years. Our staff got to work and came up with a wonderful and inclusive way to do that: through 60 random acts of kindness.

From April to September, CLUOV staff and the people who are supported by our agency, will be performing these random acts of kindness throughout the region. A record of these acts will be posted on a special page on the Community Living website entitled "We're All In!" You can follow along at: [www.wereallin.ca](http://www.wereallin.ca)

### Come To The Movies

As a way to kick-off the random acts initiative, Community Living has purchased every seat in the theatre



at Troyes Cinema in Petawawa for a May 5th matinee showing of the movie, "Wonder." Anyone can pick up a free ticket by contacting the Community Living office at 894 Pembroke Street West. The movie will be shown at 1:30pm. The free ticket is valid only for that event.

### Celebrating With The Airport

Community Living also wanted to have a public event that anyone could attend as a celebration of our anniversary as well. We have joined forces with the Pembroke & Area Airport, who is celebrating their 50th anniversary this year. The Airport is hosting a fly-in on September 15 from 10:00am to 3:00pm and it is open to the public. Community Living will have a booth on the airfield and will have giveaways for those who attend. The Airport is located at 176 Len Hopkins Drive in Petawawa.

### You're Only 60 Once!

Many thanks to our staff who are working on these awesome "give backs" to the region. We hope you will come out and celebrate with us this year. We're only 60 once!

# Box of Possibilities Funds To Support Housing

For the past five years, Community Living has held its annual Box of Possibilities event. This is a boxed lunch fundraiser with proceeds going towards recreation and leisure memberships and travel opportunities for people with intellectual disabilities. This year, proceeds from the fundraiser are going towards the Petawawa Housing Corporation's newly

expanded Riverview Seniors Apartments.

The Petawawa Housing Corporation has agreed to allocate two apartments to individuals with intellectual disabilities, furthering our goal of inclusive housing options. In recognition of that commitment, the funds raised through the Box of Possibilities will help with accessibility issues

connected to the housing project that will benefit all residents.

CLUOV wishes to say "thank you" to our volunteers for donating their time to help us prepare the lunches, and our community partners for providing the food. We also thank the businesses and organizations who supported the initiative by purchasing lunches.



Sabine Mersman and Cathy McCann-Kyte at the Women's Day breakfast.



Box of Possibilities lunches being assembled so they can be delivered.



Stephanie Reid: CLUOV's leader in employment strategies and solutions.