Community Link

FALL 2018

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A FOND FAREWELL: WISHING MARY ANN WELL IN HER RETIREMENT

Hailey Latimer

On August 24th, we said goodbye to our Respite Program Coordinator, Mary Ann Maxwell. Mary Ann had been a valued employee of Community Living Kingston and District for over 33 years.

Mary Ann worked for many years as a Coordinator in Family Support, Residential Services, and Family Home before finishing up her career in the Respite Program. At our Inspiring Possibilities Celebration, held on June 25th at the Donald Gordon Centre, Mary Ann received recognition for her outstanding commitment and contributions to the Community Living movement in Kingston and area.

We also hosted a farewell retirement party at our Respite home where many persons served both past and present, their families, friends and coworkers joined in celebrating her years of support and employment. Mary Ann will be missed by many, but we all wish her well in her next chapter in life.

Throughout the month of August, Mary Ann spent many of her days meeting with me and preparing me to assume her position as Respite Coordinator. I am very appreciative of having been able to benefit from Mary Ann's wisdom and past experience.

COMMUNITY LIVING Kingston and District
Inspiring Possibilities

From The Corner Office

NEW PLACES - SAME VISION AND VALUES

Peter Sproul, Executive Director

Efforts to plan for and carry out the move from our main office and Options location at 1412 Princess Street started years ago. The process actually ended up being three moves in total. Our Family Services division moved to 645 Gardiners Road in August of 2017, the Options program was relocated to 1292 Bath Road this past June and our main office moved to 541 Days Road (2nd floor) this past August. The undertaking was formidable and involved weighing many options with a number of important criteria in mind, designing the space to suit our needs, and planning for the logistics of construction and physical move to ensure the least amount of disruption to the organization and its services. My sincere thanks go to stakeholders from throughout the organization who pitched in to make the moves a success. The results are impressive, with three new locations replacing our previous one, collectively securing 3,000 square feet of additional space despite paying $56,000 per year less in rent, funds that can now be re-directed to other organizational priorities. We can be proud of all three new properties and the hard work that went into shaping them. For those who have not had the opportunity to visit any of our new locations, I invite you to do so.

Properties we occupy are assets, resources at our disposal from which we serve individuals, families and the community. Workplaces of the organization reflect who we are, most importantly our values and mission. Our offices should be clean, warm, inviting environments where staff members feel safe and comfortable. Those offices also serve as resources for service delivery, a home base where individuals and families can connect with staff members and volunteers as an important part of their support. It was with that in mind that the primary considerations for the moves included access to public transportation, accessibility, parking, communications and overall layout and design. At our new main office on Days Road, a separate room has been dedicated as a space for families and self-advocates to connect, leveraging our capacity for office space to directly include those individuals and families we are here to serve.

> ***"The systematic growth of our Association does not create distance from our culture and values, it enhances it."***

Program locations should enhance the quality of the services we deliver and be seen by everyone as a valued part of the community. Services are delivered alternately in people's homes, places of work, volunteer sites and the community in general. We are guests as well as participants in those places, sources of support to assist people with disabilities to achieve their goals. Those program spaces that CLKD directly controls are part of the community, not separate from it. Our Options, Milestones and CO2 programs have all been designed with this in mind and have succeeded in creating environments that are vibrant and welcoming, reflecting the core values of the organization and setting the stage for the delivery of services that are aligned with those values.

Regardless of how many properties we own or occupy, how large our operating budget becomes, how many staff members we employ or how many individuals and families we serve, our culture and identity will continue to be rooted in our history and values. In October, I facilitated a presentation to our Board of Directors similar to the one I provide for new employees that chronicles the evolution of our organization from its early, modest roots when families came together to support each other and build supports where none existed. The systematic growth of our Association does not create distance from our culture and values, it enhances it. It provides us with more flexibility and resources in the form of places, employees, volunteers, and community partnerships that collectively advance our mission, one that has remained strong for decades.

FAMILY SUPPORT PROVIDES EDUCATIONAL SESSION FOR FAMILIES WITH LAWYER CHERYL POORAN

Diane Stewart

On May 15th the Family Support department hosted an information session for families on **The Legal and Administrative Responsibilities of Engaging Support Workers.** We provided two opportunities for families to attend, an afternoon and evening session.

Our speaker for the session was Cheryl Pooran from Pooran Law, a specialist in labour, employment and human rights and someone dedicated to advocating for people with disabilities, families, not-for-profits and charities. Cheryl has been on the front lines in assisting families as they work through the legal issues of Bill 148. She brought a wealth of experience from both an advocacy standpoint of dealing with the Ministries of Labour and CRA as well as individual professional/ client-based perspective.

The session provided information about some of the best practices for managing support workers to reduce conflict and avoid liability. She described some specific cases she had dealt with and families were able to ask questions about their situations. The overall attendance was very high and the feedback evaluations were overwhelming positive. This will be an issue that continues to be front and centre for families as more and more families receive the $5000 Passport rollouts over the next year.

For those families that were not able to attend the session,we are happy to share a copy of the PowerPoint presentation slides.. Feel free to contact us at **diane.stewart@clkingston.ca** if this would be of interest.

ANNE STAFFORD LIGHT UP THE FUTURE BURSARY RECIPIENT: CASSIE ALLEN

Each year Community Living Ontario awards the Anne Stafford Light up the Future Bursary to a number of individuals across the province. The bursary provides financial assistance for people who have an intellectual disability who are seeking to pursue a professional development opportunity through an educational program or personal interest course.

This year Cassie Allen received a bursary to help with costs related to her course at St. Lawrence College. Cassie attends the Community Integration through Co-operative Education (CICE) program and is working toward an Early Childhood Education certificate. She is in her second year.

Cassie indicated that when she applied and mailed in the bursary she didn't really expect to get it so she was really surprised when it arrived. She said, "I normally don't get anything like this so I am very grateful for this opportunity to have some money for textbooks and possibly school supplies for next semester".

Congratulations Cassie!

The Staff Corner

Jeff Harrison

RECENT HIRING

Over the past few months, a number of new staff have joined the organization as Direct Support Professionals. Please join me in welcoming them to CLKD.

Employee Name	Program Location	Educational Background
Emma Beaubien	Aberfoyle	Child and Youth Worker
Taylor Kitson	Melanie	Social Service Worker
Taylor Peters	Lyons	Social Service Worker
Linda Finlay	Davis	Bachelor of Behavioural Psychology
Katherine Ure	McMichael	Social Service Worker (in progress)
Patti Lochnan *(joins the organization as a Resource Consultant)*	CCRCS	Bachelor of Applied Science- Child Studies
Madeline Graham	Bayswater	Community and Justice Services
Nicole Armitage	Smithfield	Bachelor of Behavioural Psychology (in progress)
Griffin Chambers	Co2	Bachelor of Behavioural Psychology
Alysha Charbonenau	Compass	Bachelor of Behavioural Psychology
Tanisha teBrake	Milestones	Bachelor of Arts
Madison Dorling	Co2	Bachelor of Behavioural Psychology
Meaghan Desautels	Smithfield	Bachelor of Behavioural Psychology
Sarah Parks	Family Home	Community and Justice Services
Larissa Miller	Parkway	Bachelor of Arts
Kayla Dunlop	Smithfield	Child and Youth Care
Jessica Willis	Davis	Community and Justice Services
Darien Knox	Options	Behavioural Science
Hannah Morley	Family Home	Behavioural Science
Elaine Voigt	Co2	Bachelor of Arts, Child and Youth Care
Amy Bauder-Sauve	Parkway	Child and Youth Care
Destiny Westbury	Mowat	Community and Developmental Services Worker
Alex de Snoo	Family Home/Respite	Child and Youth Worker
Meghan Hall	Co2	Bachelor of Nursing

RECENT PROMOTIONS

Several existing staff members have been promoted to new full-time positions over the past six months. Here is an overview of their new roles.

Employee Name	New Position	Program
Kelly Obery	Residential Facilitator	Splinter
Matt Covey	Community Support Worker	Lyons
Diane Stewart	Coordinator	Family Support
Meagan Rogers	Family Support Worker	Family Support
Caitlin Moon	Residential Facilitator	Mowat
Jessica Struthers	Community Facilitator	Co2
Saralyn Morris	Community Facilitator	Options
Paula Brawley	Direct Support Professional	Parkway/Options
Maegan Phillips	Community Support Worker	Parkway
Lisa Staudt	Community Support Worker	Family Home/Respite
Megan Dew	Community Support Worker	SIL
Christa Gowdy	Direct Support Professional	Arbour
Nic Turcotte	Community Support Worker	Bayswater
Nicole Cotter	Community Support Worker	Family Home/Respite

Thank you Charmed!!

On Saturday, September 29th, Charmed Horse Assisted Wellness Centre had an open house to show off what horse assisted learning and therapy is all about. They raised $442.25 from their barbecue and silent auction and donated the proceeds to Community Living Kingston and District's Sunburst Fund! Check them out on their website, www.charmedhawc.com or facebook page, https://www.facebook.com/CharmedHAWC.

Charmed
HORSE ASSISTED WELLNESS CENTRE

YEARS OF SERVICE ANNOUNCEMENTS

A number of CLKD employees have recently reached length of service milestones with the organization. Congratulations to all of the following and thank you for your dedication.

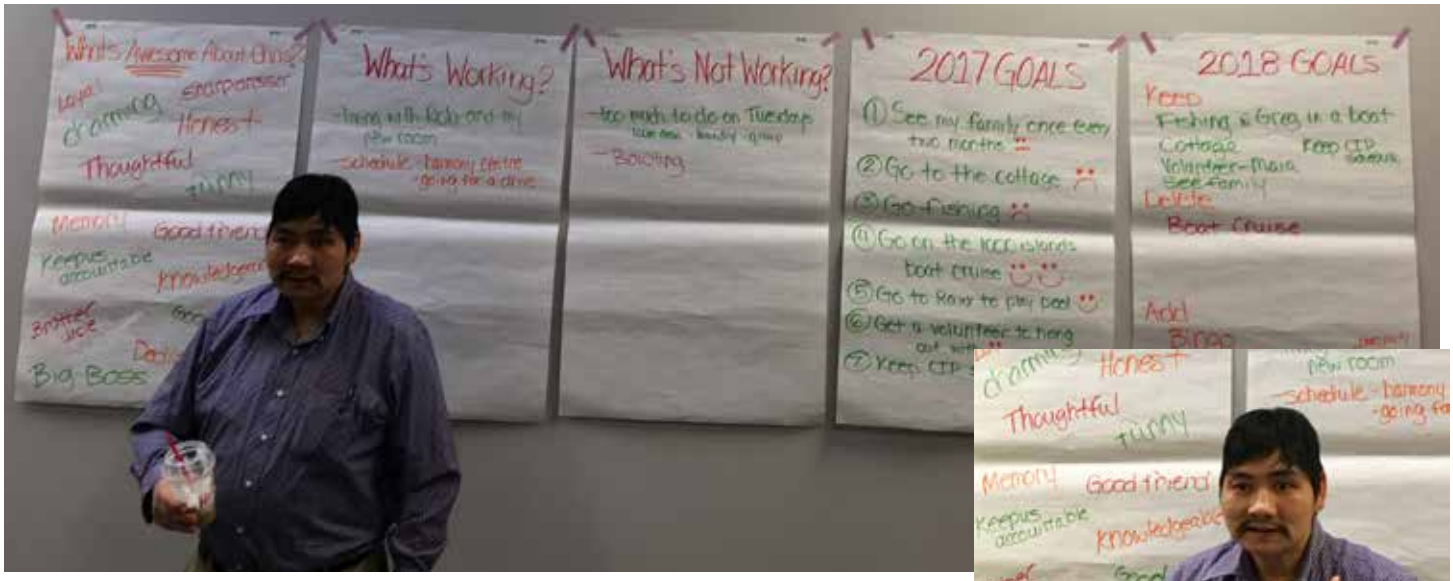
Five Years	Katelyn Garrah Direct Support Professional CIP-Options	Simon Handley Direct Support Professional Community Services	Christeen Valiquette Direct Support Professional Residential/Family Home
Five Years	Luciana Virno Direct Support Professional Residential-McMichael	Gabrielle Beatty Direct Support Professional Community Services-Compass	
Ten Years	Krystal Wood Residential Facilitator Residential-Aberfoyle	Lindsey Robinson Residential Facilitator Residential-Davis	
Fifteen Years	Kim McFie Resource Consultant Family Services-CCRS	Ashley Horrocks Direct Support Professional Residential-Smithfield	Jeremie Bailey Community Facilitator CIP-Options
Fifteen Years	Natalie Thompson Administrative Assistant		
Twenty Years	Lisa Pennock Community Support Worker Community Services-Compass	Kerri Steacy Community Support Worker Community Services-Gananoque	Susan Zylstra Direct Support Professional Residential-Davis
Twenty Years	Jeff Harrison Director of Human Resources		
Twenty Five Years	Steve Champagne Community Support Worker Community Services-Gananoque	Kelly Armitage Coordinator Employment Supports	
Thirty Years	Dan Meehan Employment Facilitator Kwik Shred	Pauline Cochrane Direct Support Professional CIP-Options	
Thirty Five Years	Sally Fink Direct Support Professional Residential-Smithfield		

SUBSCRIBE TO OUR YouTube CHANNEL

Search "Community Living Kingston and District" or connect directly at: https://www.youtube.com/channel/UCGpjw9KfYxOL0zzT59vs6GQ

MY PERSPECTIVE: PERSON CENTRED PLANNING MEETING

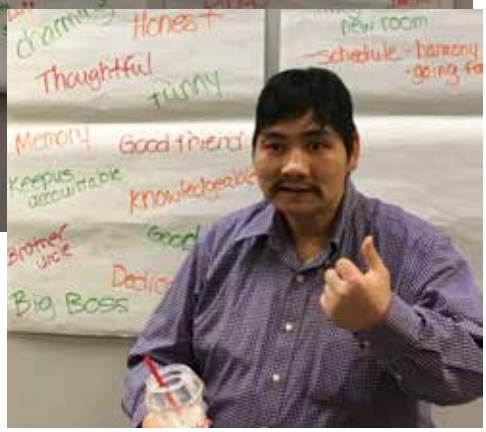
Chris Lee, Lindsey Robinson and Greg Allport



I have never had a person centred planning meeting before. I'm happy to say I got to be "the big boss" of my first person centred planning meeting, and it was great.

On February 7th, we got together and had a "top secret government meeting" to celebrate me and "all the good work I've done" this last year. I invited some of the people that are important in my life – my good friend Erin Impola, my Residential Coordinator Christel Kimmett, my Residential Facilitator Lindsey Robinson, and my Community Inclusion Program Facilitator Greg Allport. My parents and brother were not able to come. On the day of the meeting, Lindsey and I stopped at Tim Hortons to pick up my favourite drink, and met at my good friend Erin's office. We talked about the goals I had for last year and all the fun things I did, what I want to do for next year, and what I don't want to do anymore – I really don't like bowling. We had large chart paper with headings and wrote everything down there: What is Awesome about Chris; What is Working; What is Not Working; 2017 Goals; and 2018 Goals. When I got home that night, I was in a great mood. I talked all about my meeting and how happy I was to spend the afternoon talking all about me.

The week after my meeting I was very happy to be invited to "talk to all the big bosses" about my experience at the joint Manager/Coordinator meeting.



"I got to see a lot of people I know" and "people I haven't seen for a long, long time." I told them all about the meeting, who was there, and that it made me "very happy" to have this meeting.

I can't wait to do it again next year!

A note from my Facilitators: *Going through this process with Chris was very rewarding – both as a Facilitator but also to see how happy Chris was to have a such a positive experience. It was amazing to hear how happy Chris was at home that evening, and how engaged he was in conversation while talking about his meeting. We were worried that it would be overwhelming for Chris, but we made adjustments as needed to increase the likelihood of success and to make Chris feel as comfortable as possible, such as, using chart paper so there wasn't a large amount of paper around, picking up his favorite drink on the way to the meeting, location of the meeting, etc. We learned lots as well and will incorporate those lessons into next years meeting, for example, though we aimed to keep it short, we will still need to have breaks scheduled in. Having this meeting also greatly improved the ability to write his life plan so it more accurately reflected Chris. Our advice to anyone worried about this process for persons served is to give it a try, make adjustments as needed, and the outcome will be well worth it!*

EXCEPTIONAL VOLUNTEERS RECOGNIZED AT INSPIRING POSSIBILITIES CELEBRATION

Eleonor Egidio and Kelly Agazzi

Community Living Kingston and District's Volunteer Services Program recognized a handful of exceptional volunteers at the Inspiring Possibilities celebration in June. These volunteers are individuals or families who have demonstrated significant commitment and dedication, both to the people with whom they are matched and to the attainment of Community Living Kingston and District's goal:
"That people with an intellectual disability have every opportunity to participate fully in our community with dignity and independence."

This year we recognized Lesley Rudy, Amberlee Burns and Mary Jane Mills-Rogers.

Lesley Rudy – Community Award Recipient

Lesley came to Kingston in September of 2008 and originally was only supposed to be here until November or December, working on contract on an environmental project. Even though she only planned to be here for three months, she wanted to make a difference by volunteering in our community. Luckily for us, she has gotten other contracts since then. Lesley and Eric wrote to me to talk about how they spend their time together, proving that doing regular, everyday activities with a friend does not require a large budget and that friendship is priceless.

"Eric and I have been spending time together for about seven months. We usually meet once a week on a weeknight for a few hours. We have a limited budget, so our activities are usually simple. Most nights we meet for coffee and then go to Eric's house and walk his dog Bongo and play cards or watch hockey. Sometimes I go and watch Eric's hockey practice on Sundays. We have also done a few other things together like going bowling, a little shopping and once a visit to Eric's mom in the hospital. In the summer we rode our bikes everywhere. Since the weather has been colder, we walk to where we need to go.

We usually talk about things like how our weeks were and what our plans for the next week are. When we walk Bongo we talk about him and training him to be better behaved on walks. He really likes to sniff things when we walk and sometimes goes off track or pulls on the leash. We have been working on getting him to walk nicely beside us. I think we are making some improvement. Eric likes when I am there for Bongo's walks, because I can walk him and his arm can rest! I also like it because I like dogs but don't have one of my own. We also like spending time together because we get a little exercise and fresh air walking and biking places. We like getting to know and spend time with a new person that we might not have known otherwise. It is very educating to see the world through someone else's eyes!

This spring, Eric and I are looking forward to getting out our bikes again. We would like to go on some longer rides if Eric's bad hip will hold up! We would like to go to Wolfe Island together and maybe have a picnic one day. I work on contract and so am never sure how long I will be in Kingston, but we hope that we will be able to continue spending time together for a long time! "

Amberlee Burns – Youth Award Recipient

Amberlee started volunteering with Community Living in October of 2017 through Best Buddies at St. Lawrence College. Although we typically recognize volunteers who have been with us a little longer, we didn't want to miss the opportunity to acknowledge the difference that Amberlee is making.

Amberlee was matched with Cassie, a peer who also attends St. Lawrence College and the two became true friends very quickly. Amberlee says she and Cassie are very alike and have so much in common. They never need to spend a lot of money to find things they enjoy doing together. They enjoy going for walks, window

Exceptional Volunteers Recognized...continued from previous page

shopping, eating out and watching movies. They talk every couple of days, sometimes just to say, "I hope you have a great day".

Amberlee says that "She has become one of my closest friends. We give each other advice, she's had dinner at my place and played games with my family and I have met Cassie's housemates. To celebrate our friendship and Cassie's birthday, we got friendship rings at Pandora. I like Cassie's fierce independence and she's an extrovert so she helps me be less shy and more outspoken. "

One of Cassie's supports, Joanne, agrees they have become great friends saying, "Amberlee has truly made a genuine connection with Cassie over the past few months. I know that while they were in school, Cassie often mentioned that she and Amberlee would meet on occasion for lunch and visit during breaks. Amberlee and Cassie have enjoyed many things together, including attending a concert together over the winter (Alexa Goldie). Amberlee has been a great role model for Cassie"

Cassie added, "Amberlee and I met after I was assisted to sign up for Best Buddies. When I first met Amberlee, I thought she was pretty cool and outgoing. I enjoy hanging out with Amberlee. We enjoy going to the YMCA together sometimes, hanging out, going to movies and talking. It's nice to have a friend I can turn to and just visit.

Some of the things I like about Amberlee are she is a good friend, a role model, she is nice and thoughtful and a great listener. One of the funniest times we had together, was when we went to see 'I Feel Pretty' and the power went out at the movie theater 20 minutes into the movie. One of my favorite times with Amberlee is when we went to the Alexa Goldie concert together.

I have always felt very welcomed by Amberlee and her family. I have enjoyed hanging out with Amberlee, especially at school. We used to meet between classes and for lunch, when possible. I hope we can continue doing this when we return to school in September. I am happy that Amberlee and I were paired as buddies.

We are not just Best Buddies, we are Best Friends"

Family Home Provider Award - Mary Jane Mills-Rogers

This year's Family Home Provider Volunteer Award was presented to Mary Jane Mills-Rogers for her outstanding commitment and unconditional love in her role as a full time Family Home Provider with Charlie.

Mary Jane and her husband Scott approached Community Living back in 2010, as they already knew Charlie and heard that he was looking for a new place to live. They hoped that Charlie would be interested in coming to live with them and receive support through the Family Home program. Mary Jane and Scott were very familiar with the program, as they had both been employed at one time by Community Living; Mary Jane was once the Coordinator of the Family Home Program and Scott was a long time employee in our Residential Services Division.

It was apparent after several visits that this was a wonderful match and Charlie moved into the basement apartment of Scott and Mary Jane's home, with full blessings from his beloved dad Dan. This was a perfect arrangement, as Charlie was able to live with independence and privacy in his own space, but with the benefit of family, joining Scott and MJ upstairs for meals and chats and fun outings in the community.

continued on page 10

Exceptional Volunteers Recognized...continued from page 9

Sadly, we lost Scott early in 2016. Scott was a charming, gentle soul, who always made everyone he came in contact with feel special and important. It was a terrible loss, and although heavily grieving, Mary Jane and Charlie decided to continue to live together, as they made such a good team.

Mary Jane is a kind, calm, thoughtful, intelligent presence that provides a home filled with love for Charlie. He is happy and feels safe and supported, and has a life full of purpose that he is very proud of.

Mary Jane is a highly skilled social worker by profession, but you only ever feel a sense of gratitude for your role in Charlie's life when you work closely together. She wears the hat of a caring family member, who works collaboratively and respectfully with others Charlie has identified as important in his life, to ensure that his needs are always met and that his wishes and dreams are always heard and valued.

Charlie has stated that he thanks Mary Jane for being his Provider, and for being the best person in the world to him, and he loves her very much.

In Family Home, we bring people together in an artificial way, with the hope that something natural will grow. In this case, a beautiful long-term relationship has emerged, which has been a true privilege to bear witness to over the past eight years.

Family Support Monthly Drop-In

Located at our new office:

645 Gardiners Road, Suite#201

- Appointments are encouraged but walk-ins are welcomed
- We accept people dropping in and those with appointments until 6:00 p.m
- French Language Services are available by appointments only

Every 2nd Thursday of the month

1:00 p.m. – 7:00 p.m.

WELCOMING FAMILIES

LIVING WITH A PERSON WHO HAS AN INTELLECTUAL DISABILITY

Our team can assist you to...

- Complete government forms
- Complete referrals
- Provide advice
- Find out where to turn

For more information please contact Diane Stewart
613-507-8460 ext. 2262
diane.stewart@clkingston.ca

Resource Consultant Update

THE JOURNEY OF LEARNING WITH STUDENTS; WHAT A WONDERFUL PARTNERSHIP!

Paula Alger and Leah McCumber

Over the past several years Child Care Resource Consultant Services has had the opportunity to partner with St Lawrence College and Queen's University to host placements for students in a variety of programs. Students have created resource kits, developed a video about inclusion and have offered assistance directly to some of the children we support, in their licensed child care program. In September we welcomed Leah McCumber to our program. Leah is currently in fourth and final year of the Honors Bachelor of Behavioural Psychology at St. Lawrence College in Kingston. We have structured Leah's placement so that she can learn more about the role of a Resource Consultant in the community as well as offer her a variety of opportunities for her to add to her experience, both now and in the future. Here is what Leah had to share about her placement thus far…

"*Even though I have just started my placement at Community Living Kingston and District with Child Care Resource Consultant Services, I have enjoyed it since my very first day. Theresia Hamilton and Paula Alger are my supervisors for the placement, but I also work with the CCRCS team.*

In the mornings I am at a licensed child care program and I work alongside the full time educators with the goal of assisting a child with her engagement, belonging, well-being and expression. My hope is to use my educational background in order for the child to continue to make gains in her communication, play and social development. I have had the opportunity to meet and build a rapport with many amazing parents, children, and staff.

My afternoons are primarily spent with the CCRCS team at their Gardiners Road office. I may visit licensed child care programs to make observations, create learning resources that will be used with children or attend professional development training or events in the community.

Although I have only been on placement since the beginning of September I have already learned so much. Continuously having the support of the resource consultants throughout this past month has been heartwarming. I cannot wait to see what the next couple of months have in store!"

Leah will be with our program until the end of the December semester. We wish her the very best as she graduates in the spring of 2019 and begins her career.

Be sure to check out Community Living Kingston's page on Facebook. Learn about upcoming events, share opinions and hear about how others are making community living a reality.

Check us out at: www.facebook.com/communitylivingkingston

WHEN ONE DOOR CLOSES, ANOTHER DOOR OPENS

Steve Champagne

Chris Verreault is a 46-year-old man who enjoys life and loves being busy. He is a very passionate individual and always wants to help others. Chris has a wonderful sense of humor and enjoys making people laugh.

He is involved with the Special Olympics in Brockville where he participates in baseball, basketball, bocce ball, track and field and swimming. When Chris is not at home in Elgin, he stays with his Family Home Providers in the town of Lyn, Jim and Sandy; they have been a huge part of Chris' life for a number of years.

Chris' family is very important to him, they are a tight knit group who support and look out for each other. This was evidenced by the way his family and friends stepped up to comfort him when his mother passed away in April 2017. Chris was very close to his mother and her passing was a very difficult time for him. Chris recognized and appreciated the love and support from his family and friends through this rough time in his life. As a result, he visits his family and friends every chance he can.

Chris has held a few jobs since becoming involved with Community Living Kingston and District. For a long time, Chris worked with the Recycling Team in Gananoque. Chris was a member of the team that weekly went around to different businesses in town and retrieved recycling items. Once the items were picked up, Chris and the driver would take them to the recycling depot in Gananoque and separate them by putting the items in their specific bins. Chris did this job for many years and was fortunate to meet many business owners in the community. Chris's bubbly personality and social demeanour had the customers looking forward to seeing him every week, asking him how his day was going and what kind of concerts he had been to lately. Chris gladly took the time to answer questions and share any stories that he had for the past week as he enjoyed the social aspect of meeting and conversing with various community members. Chris was a hard worker and always left the pick-up site clean and free of any debris. Chris would work in all kinds of weather and never complained. Chris would also help deliver invoices to the different businesses for payment once a month. Chris is a strong, hard working individual who wants to work and do the best job he can, and it showed in his work ethic as well as his

It was in early 2018 when CLKD received news from the Town of Gananoque that the recycling program could not continue past the end of June. For Chris, this was very disappointing, as the work that he did was very important to him. However, Chris he took it in stride and believed that it was as the saying goes: "When one door closes, another door opens". Steve, one of Chris' support team, approached one of the businesses shortly after Chris delivered the 'bad news' letters. Gerry, the owner of Greko's Pizzeria immediately said that he would be happy to have Chris work there! Chris was approached about this opportunity and he said he would like to work there. Steve accompanied Chris to meet and talk with Gerry and the two smiled and shook hands. Chris has now been working there for the past few months and really enjoys what he is doing. He enjoys working and talking with the other employees of Greko's, as they all make him feel like is now part of their team.

Chris is very happy to have a job and even though he is starting all over again, Chris says "I am still part of a team and that is what I like".

GETTING ON THE RIGHT TRACK

Donna MacLean

Marcus is a 24 year old man who presently lives in Gananoque with his parents and two siblings. He recently moved back from St. Catharines, leaving young son behind with his mother.

Marcus started receiving support from Community Living Kingston and District in November 2017. Marcus expressed an interest in moving forward after a rough patch in his life and asked for assistance in finding employment in his town of Gananoque. He received assistance through KEYS Employment in Gananoque to write up a resume and talk to them about what his interests were. He had some experience in maintenance work as well as in customer services and as a dishwasher and food handler.

With the help of his support worker, Marcus submitted resumes to the local businesses he was interested in last May. The last place he stopped to drop one off was Metro. He met the assistant manager and she was very impressed with his experience in food preparation and suggested he return in two weeks to follow up with her. Marcus went back in two weeks and she asked if he could start orientation the next night, to which Marcus enthusiastically replied 'yes'. Marcus has since been employed at Metro in the bakery section. He continues to learn new parts of his job each week. He has learned to bake bread and cookies, slice bread, and label and shelve the baked goods. Marcus loves his job and works at least twelve hours a week. He has commented how he likes being part of a team, but also likes working alone when the job requires him to. Having some extra spending money is not so bad either!

Marcus would like to continue to work towards achieving a couple of his bigger goals. He would like to visit his young son in St. Catharines as he only sees him in pictures sent to him or by Skype. Marcus would also like to live in his own apartment, as a space of his own is very important to him.

With Marcus' focus and determination he will continue to receive support from CLKD to help him work towards achieving these goals so he can live a fulfilling and happy life. Way to go Marcus! Keep up the great work!

Inspiring Possibilities

Community Living Kingston and District promotes full participation for individuals who have an intellectual disability.

Become a Full Time or Respite Family Home Provider and help make community living a reality!

Enrich your life by sharing your home with someone who has an intellectual disability on a full time basis or for weekend visits and short stays.

As a provider you will receive reimbursement, person specific orientation and ongoing support.

***For more information contact Eleonor at* 613-546-6613 ext 284 *or* volunteer@clkingston.ca

REFLECTIONS OF CAMP INCLUSION 2018

Keira Kelly, Tess Danforth and Veronica Lloyd

Keira Kelly shares highlights of her Camp Inclusion experience:

This year I had the opportunity to spend my summer with four different, wonderful children and help them create their own unique experiences and memories of summer camp. Thanks to the position of Camp Inclusion Facilitator, these children with intellectual disabilities had the opportunity to attend camp with their non-disabled peers and receive the support they required. Each of the campers finished their camp sessions with a positive experience, thanks to the work and dedication of the various camps and Community Living for fostering inclusiveness in camp programs.

This summer took me to camps from the City of Kingston for Sports of all Sorts and the YMCA, both of which had a very welcoming and supportive atmosphere. As well, it turned out that all of the children I supported attended their two weeks of camp at the same location, allowing both them and myself to develop good relationships with the staff in place and it provided for a sense of familiarity, especially going into the second camp session.

A highlight of my summer was not only getting to develop relationships with the campers, but also getting to see these children comfortably interacting in their camps and developing friendships with their peers. Going into this experience, I was unsure where my summer would take me, but at the close of camp, I can honestly say that my expectations were exceeded in each and every way. It was such a positive experience helping these children to take part in their favourite activities, whether it was playing a variety of sports, going swimming, or just socializing with the other children in their camp. Watching their smiles grow with each day of camp is a visual that I have held on to and cherish. All of these children benefited from being part of the camps they attended, and I feel very fortunate to have played a part in helping them have a fun and successful camp experience.

Tess Danforth's observations from the summer:

This was my second summer as a Camp Inclusion Facilitator. While I felt I had learned the ropes and knew what to expect this year, I could not have imagined the great times I ended up having with the great group of kids I went to camp with this summer. I feel like I learned something new every week and with every child I worked with.

Family Support Forum continued...

Most importantly, I was able to help these kids have the most positive camp experiences they could have and the laughter I saw this summer reaffirmed why I loved doing this job so much the first time.

Each child I supported this summer needed a little extra help from me, and each in a completely different way. This could, at times, be confusing and difficult to keep up with, but the support we received at each camp was fantastic. Every camp I attended this summer was unique, and yet they all carried the running theme of support and inclusion which is so vital for a truly accessible summer camp. This theme shone through each camp in the smile of the child attending, and allowed for every child to find activities in the camp that they were really excited to participate in.

This summer we went swimming, splash-padding, and touring; we did gymnastics, played soccer, threw water balloons outside and made slime. At each camp, both myself and the child I was supporting were welcomed with open arms from the counselors and from the campers, which made our days all the more fun. I had such great experiences with every child I supported this summer, and I am very sad that the end has come, but I hope that the skills and lessons and great experiences the kids were able to learn at camp this summer will stick with them throughout this school year and their lives.

Veronica Lloyd describes her summer with Camp Inclusion

This was my second year with the camp inclusion program, with an entirely new range of campers. There were many highlights throughout the summer. I'm happy to say that everyone thoroughly enjoyed their time at camp, new friends were made, with new experiences and memories to grow on. It was wonderful to join in on the fun!

This program has always been near and dear to me since I first learned of its existence. Many years ago, when my brother and I attended summer camp, there was minimal support available for children with Autism or other intellectual disabilities. We wanted to attend many camps but, at the time options were limited. I've been so happy to be part of a program that opens doors for all kinds of summer camps and I hope this program continues to flourish.

COMMUNITY LIVING
Kingston and District
Inspiring Possibilities

INTÉGRATION COMMUNAUTAIRE
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Community Living Kingston and District is pleased to announce that our website is available in both official languages.
Check us out at www.communitylivingkingston.org

Intégration Communautaire Kingston et district est heureux d'annoncer que notre site est disponible dans les deux langues officielles.
Visiter nous a www.communitylivingkingston.org

SPARK CHANGE in your community

INSPIRING!
CREATIVE!
INCLUSIVE!
REMARKABLE!

THESE ARE THE CHARACTERISTICS OF A SPARK...

THE SPARKS THAT IGNITE CHANGE ARE ALL AROUND US

Spark Change is a general awareness campaign to encourage people, employers, neighbours, community and family members, who see the abilities of all people, to be the Spark that ignites change for people who have an intellectual disability.

Sparks are inspiring people who advance inclusion in their own lives, the lives of others and in their communities.

They are people and organizations that demonstrate new thinking and new ways of caring which champion inclusiveness and dignity.

There are many remarkable stories. You can read and learn more at **www.sparkchangetoday.com**

We're on the look out for Sparks!

If you know a local person or organization that has impressed you with their inspirational actions to change the community for the better, please let us know!

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