Community Link

SPRING 2018

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THE RECLAMATION PROJECT: THE VALUE OF LIVING LIFE AT THE HELM

Susan Jikeli

Community Living Kingston and District (CLKD) would like to make you aware of a project we are undertaking called **"The Reclamation Project: The Value of Living Life at the Helm"**. This educational project serves to safeguard the advancement of a community that helps to make sure that all individuals have equal opportunity to participate in and contribute to community life.

CLKD received funding to provide for this multi-media documentary project through the Strategic Program Investment Fund. This fund was developed as a direct result of the settlement of a class-action suit against three Ontario facilities by the individuals that resided there, namely Huronia Regional Center, Rideau Regional Center, and Southwestern Regional Center

The main objective of "The Reclamation Project" is to provide an opportunity for individuals who lived in Ontario's institutions to tell their stories about what it was like living within this model and to share their experiences of their journey between then and now. As this population is rapidly aging, it is imperative to document their stories so that current and future generations have a clear and memorable understanding about the experiences of institutionalization and the effect this had on the lives of people now supported in the community. The project will also chronicle the history of institutionalization, and the attitudes, factors and cultural dynamics which contributed to perpetuating the conditions within the facilities.

"The Reclamation Project" will be accessible to family members, students, educators, agencies, service providers, and government funders to raise awareness about the history of these facilities, as well as the societal and cultural attitudes of that era. Through story telling, "The Reclamation Project" will create a lasting impact for future generations to consider and secure the rights of individuals to participate in and contribute to society.

We are seeking individuals who lived in an institution and their families, as well as staff that worked there or were involved with the closing of institutions and the repatriation of individuals into the community. We are also seeking individuals and their families who did not spend time in institutions during this time, as their stories will illustrate the benefits and the challenges resulting from their decision to keep family members at home.

If you know of anyone who would be willing to share their story, please direct them to Susan Jikeli, Project Facilitator at **susan.jikeli@clkingston.ca**. Their story will be a valuable contribution to the successful creation of **"The Reclamation Project: The Value of Living Life at the Helm."**

Community Living Kingston and District

From The Corner Office

Developmental Services in Ontario at a Critical Juncture

Peter Sproul,
Executive Director

When I took over as Executive Director in February of 2012, our annual operating budget was $11.2 million. It's now well over $18 million. We've grown tremendously in terms of supports and services and in numbers of individuals served. While some of that expansion is the result of amalgamation with Gananoque, most is a consequence of stepping up to the plate to serve more people in virtually all programs, including supports to individuals and families who have individualized funding through Passport. Similarly, the relationships we have with other stakeholders, including those who are waiting for service, families who require support and assistance, community partners and volunteers has remained strong and vibrant, something of tremendous importance to us as an Association and vocal advocate for inclusion and citizenship.

Despite this steady pattern of growth, Community Living Kingston and District, like all other transfer payment agencies in the sector in Ontario, has not been funded to address cost of living pressures. In fact, base budget funding has been stagnant for nine consecutive years, bringing many organizations in the province to the point of considering significant program cuts in order to pay the bills. Thankfully, Community Living Kingston and District is not in that position. Nevertheless, our voice is being added to others calling for a fairer funding framework moving forward. Community Living Ontario and OASIS (Ontario Agencies Supporting Individuals with Special Needs) are two provincial bodies who have stepped up advocacy efforts on behalf of developmental service agencies. The delivery of high quality, sustainable and effective supports demands greater stability in funding for the future.

The provincial budget is expected out in late March or early April. The election will not be far behind on June 7th. On January 31st, I was one of many who made a presentation to the Minister of Finance, Charles DeSousa, as part of the pre-budget consultations calling for a significant investment of funds to stabilize the sector and to ensure that we can respond to individuals and families who are desperately waiting for service, many of whom have been stuck on a waiting list for far too long. This message was repeated by my colleagues and others across the province. The challenges faced by the sector and the funding required to meet those challenges have been effectively communicated to politicians (including those from other political parties) and senior bureaucrats. Those efforts have been well coordinated and consistent, clearly expressing the realities of chronic underfunding and the need for immediate corrective action.

Many of us who lead organizations and are involved in developments on a provincial level are cautiously optimistic that some measure of financial relief is on the way. Our ability to serve more individuals, expand opportunities for further inclusion, and provide reasonable increases to employee wages depend on it. Targeted program funding that has seen our organization grow at a healthy pace is welcomed and appreciated, however that needs to be matched with funding that sustains infrastructure and recognizes inflationary pressures in order to preserve the organizational strength that sets the stage for excellence in service delivery.

Community Living Kingston and District is in the enviable position of enjoying financial stability at a time when instability in the sector is growing. This is a critical time and a critical year for developmental services on Ontario. Political, corporate and community pressures have been applied that give reason for hope, particularly since the response from government has been sympathetic and supportive. While pressures on our organization have been, and continue to be managed effectively with no real cause for concern, we remain active in supporting all sector efforts to achieve a fairer, more equitable and sustainable funding arrangement in the future.

OPTIONS PROGRAM-ON THE MOVE!

Tamara Cordeiro

The Options Program is one of three community based programs within our Community Inclusion Programs Division that provides community based daytime supports for individuals interested in pursuing meaningful roles and activities. Over the last seven years two of the programs, namely Milestones and CO2 branched off from our main office to relocate elsewhere in the city. Options is now eagerly anticipating a move to a new program location at 1292 Bath Road.

Development of this new program space has been underway since September 2017 and is in the final stages of completion with a move date scheduled for late May. This has been an exciting time for Options participants and staff as they patiently await word on progress and moving details.

Aside from a fresh modern look, the program space boasts a fully functional design with accessibility being at the forefront. Our goal was to provide an environment that catered to enhancing independence for people we support and decreasing reliance on staff whenever possible. Wider hallways, accessible appliances, countertops, automatic taps, dispensers and easy to access cupboard storage are all part of the design.

These features will allow all program participants to be fully involved in onsite activities such as meal prep, cooking and cleaning. Noise containment and lighting have been targeted to reduce sensory concerns. The kitchen will have more seating choices that will accommodate personal preferences.

Program participants will continue to enjoy their activities of choice including community based volunteer jobs and leisure and recreational activities. The program site will have three activity rooms to support personal interest and life skills groups. Throughout the development of this site there was an additional focus on properly equipping the kitchen to meet commercial standards. Our vision is to use the kitchen to provide training for individuals across the organization who are interested in developing culinary and hospitality skills with a view to developing an in-house social enterprise and potential employment opportunities for more people.

The new Options program location will inevitably be an organizational asset that we expect will be fully utilized by staff and individuals we support. More to follow, stay tuned!

Inspiring Possibilities Celebration

Monday June 25th 2018
5:30p.m. Reception---6:00p.m. Celebration Begins
Located at the Donald Gordon Centre
421 Union Street West, Kingston, Ontario
R.S.V.P. to Natalie Thompson by Friday June 15th
natalie.thompson@clkingston.ca / 613-546-6613 x 357

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
Symone Stratakos	Aberfoyle	Social Service Worker
Jessica Unger	Davis	Community and Justice Services
Lisa Staudt	Family Home	Bachelor of Arts
Andrea Wardell	Family Home	Social Service Worker
Ryan Walsh	Mowat	Bachelor of Behavioural Psychology
Cierra Hall-Pilon	Roosevelt	Community and Justice Services
Hailee Kramer	Splinter	Art and Design, Personal Support Worker
Samantha Wilson	Options	Behaviour Science
Julianna Brzezicki	Options	Behaviour Science
Terri-Lynn Asselstine	Mowat	Bachelor of Arts
Alyssa Sundy	Compass	Child and Youth Care
Jen Heinemann	Community Services	Child and Youth Care
Ashley Houghton	Family Home	Bachelor of Arts
Nicole Cotter	Family Home	Community Development Services Worker
Stephen Machan	Gananoque	Bachelor of Arts
Kayla Huffman	Community Services	Child and Youth Care
Cara Sickler	Co2	Bachelor of Behavioural Psychology
Ashley Cummins-Mills	Splinter	Community and Justice Services
Aneka Smith	Community Services	Community and Justice Services
Madison Arsenault-Ball	Splinter	Bachelor of Behavioural Psychology
Alysha Severin	Gananoque	Behaviour Science
Jena Brown	Splinter	Community and Justice Services
Nicole Slater	Aberfoyle	Social Service Worker

SUBSCRIBE TO OUR YouTube CHANNEL

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

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 and Details	Program
Luciana Virno	Direct Support Professional- Overnight Awake	McMichael
Leah Reid	Community Support Worker	Parkway
Kayla Halladay	Community Support Worker	Family Home/Respite
Fatima McArthur	Coordinator- Contract	Milestones

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	Sharon Dunn Community Support Worker Parkway	Jackie Wall Community Support Worker Bayswater
Ten Years	Jessica Weaver Direct Support Professional Options	Melissa Swainson Direct Support Professional Splinter
Ten Years	Krystle Gauthier Home Facilitator Dolshire	Josh Woods Driver/Delivery Kwik Shred
Ten Years	Tricia Ort Direct Support Professional Gananoque Services	Charlene Corneau Direct Support Professional Mowat
Fifteen Years	Jodi Herman Residential Facilitator Ringstead	Christina Kennedy Residential Facilitator Ringstead
Thirty Years	Catharine Gibson Coordinator Community Services	

INTÉGRATION COMMUNAUTAIRE
Kingston et district
Inspirant des possibilités

COMMUNITY LIVING
Kingston and District
Inspiring Possibilities

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

Helen Lyle Memorial Bonspiel 2018

A fun day for all!

ANOTHER SUCCESSFUL BONSPIEL!

Tamara Cordeiro

On February 24th, 2018, many people came together once again at the 21st annual Helen Lyle Memorial Curling Bonspiel. The atmosphere was buzzing with laughter, good food, friendly competition and good friends! As part of the event, a silent auction fundraiser and 50/50 draw took place in support of our Community Inclusion Programs, raising over $3000 towards the purchase of specialized computer equipment for one of our programs. A big thank you to Robyn Ross and Sam Huddleston for taking a lead on organizing the event, and to everyone who supported it. The silent auction wouldn't have been

Cooke's Fine Foods and Coffee	Herman's Auto	Vanzuylen Tire
Tom McRae	Bath Fitter	Black Dog Pottery
Taggart Construction	Medieval Times Toronto	The Keg
Pita Pit	Bellamy Family	Metro (Gardiners Road)
Desiree Simpson	Costco	Home Craft Brew and Wine
Black Prince Winery	Shoppers Drug Mart (Strand Blvd)	Lisa and Mark Vass
Pleasure Island	Avanta Spa	Eleonor Egidio
Pam's Flower Garden	King's Town Beer	UCosmetic
Car Medics (Rigney Street)	Denny's (Benson Street)	Calypso Waterpark
Willowbrae Farm B&B	Haunted Walk Kingston	Merchant Taphouse
Dream Catcher Farm	Toronto FC	JE Agnew Foods
Camera Kingston	Bread and Butter Bakery	Coffee Trends
Live and Breathe Photography	Grizzly Grill	Shaw Festival
Mattress Mart	Asham Curling Supplies	Cheesecakery
CN Tower	Loyal Oarsman	Oosterhof Electrical Services
1000 Island Kayaking	Sterling	Wine Krafting
Playtrium	Mabel's Labels	Joanne Gervais
TK Danceworx	Robyn Ross	Grand Theatre
Donna Spriggs-Watkins Representative	Marni Yntema-Village Hair and Spa	Shoppers Drug Mart (Centennial Drive)
Shoppers Drug Mart (1201 Division Street)		

THANK YOU FOR YOUR SUPPORT!

Ontario Trillium Foundation / Fondation Trillium de l'Ontario

The Youth Connect program has just entered its final year of our three year grant.

Thanks to Ontario Trillium Foundation, 41 youth to date have made lasting connections in their community.

TINY HOPPERS KINGSTON WEST, QUALITY INCLUSIVE CHILD CARE

Sherrie McLean RECE-Director

Tiny Hoppers Kingston West Early Learning Centre believes that all children are capable of achieving their goals and meeting their full potential. We feel that children should be taught with respect and dignity in a loving and caring environment and that all children should have access to quality care, regardless of their developmental, social or economical background. These beliefs set the foundation of Tiny Hoppers Kingston West, we are proud to offer a program that reaches all children and gives them the opportunity to grow and develop within these early years.

We strive to meet all aspects of the needs of every child who comes to us, including their social, emotional, cognitive and motor development. We believe that children have the right to learn in an inviting, nurturing environment with teachers who truly care about the well being and development of each individual child. With materials that are current and intriguing for the children, we encourage each child to grow and develop to their full potential with success and confidence while feeling loved and secure in their surroundings.

Our educators are knowledgeable, caring, reflective and resourceful professionals. Our teachers collaborate with other like-minded professionals to deliver a program that will reach every child and will benefit all ages and stages currently enrolled at the centre. We work closely with community agencies to ensure inclusion within the centre. Our teachers embrace the documentation from the Ministry of Education entitled "How Does Learning Happen", This documentation is the frame work for today's education of these young children and is considered to be essential to optimal learning and healthy development for children, including four main topics, which are; Belonging, Well-being, Engagement and Expression.

We have been very successful in educating children with even the most severe developmental delays and challenges. Tiny Hoppers staff is dedicated to providing each family with individualized care. This starts at the initial enrolment visit, where we have parents fill out an 'All About Me Form', indicating the personal needs of each child. We also ensure that each parent and child feel secure before they start their daycare journey with us, by having them visit the classroom and teachers together, prior to engaging in their full time care. This allows both parents and children to become familiar with the daycare surroundings, this also allows the teachers to speak with the parents and determine what type of goals and milestones this child is working on. Within these initial visits we are often able to start documentation

Tiny Hoppers... continued from previous page

that may later help us determine if the child could benefit from outside community engagement, which we can help the parent access from the centre.

When we are faced with challenges, we accept them whole-heartedly. We find answers and seek new ways to ensure inclusion for all children in the community. In doing so we have a program that can ensure quality care for all children, even those with the most severe diagnoses. In the past few years we have had children with cystic fibrosis, feeding tubes, autism (ranging from mild to severe on the spectrum) non-verbal children and children with Global Development Delay. Tiny Hoppers staff have educated themselves to maintain a safe nurturing environment while ensuring inclusion. Our enhanced support workers ensure that children are supported as a group effort, in keeping the needs and safety of all children in mind, we create a family within the centre of children who learn kindness, empathy and how to help each other, in doing this we have created a centre where no child is singled out, but rather included as a valued member of our Tiny Hoppers family.

Parent Testimonial:

"When we started at Tiny Hoppers three years ago I was extremely cautious and nervous because Jacob is unable to speak and communicate. I was that Mom that called multiple times a day to check in on him, and I wanted to know every little detail of his day and they were totally accommodating to that. Jacob is severe on the autism spectrum and is non-verbal with challenging behaviours and he is also diagnosed with intellectual disabilities.

Tiny Hoppers staff took him in like he was any other child, and made sure he was included in everything. They never saw him for his disability it was always Jacob first. Over the three years we have attended we have all learned so many things from Jacob, and he continues to share his light with the amazing staff here. They have made sure to educate themselves and learn how to use his communication devices; PECS and Go-Talk. Tiny Hoppers is our second family, and we are grateful for all they have done and continue to do not just with Jacob but other children with special needs. Their care, commitment and support is so amazing and our hearts will always have a place for Tiny Hoppers." - Jazmin Harper-Macleod

Community Living Gives Back!

Employees of KWIKSHRED, Community Living Kingston and District's commercial shredding business held a "Shred A Thon" in support of the Kingston Humane Society on Saturday April 21st.

Customers brought in hundred's of pounds of paper to be shredded for a donation to the Humane Society. We are proud to announce that the day was a huge success and we were able to present the Kingston Humane Society with a $500 donation!

Project Update:

TRANSITIONAL LIFE SKILLS PROGRAM

Alexa Kirkland

Over the past year, Community Living was fortunate to receive funding from the United Way through the Homeless Partnering Strategy. Since then, I have been working hard to develop and implement the Transitional Life Skills program, serving youth in the Kingston Community. What was unique about this funding was that I was able to serve youth with intellectual disabilities that are precariously housed/ at-risk of homelessness. I had an idea of how the position would unfold but I was pleasantly surprised with how much I learned through this process and how much information I was able to compile, not only for our agency, but for other service providers in the Kingston community.

Most youth referred to the program required intensive 1:1 support that challenged the assumption that a group format would be the first task to accomplish early on. The 1:1 program assisted youth with traditional life skills such as cooking and housekeeping. However, what I really admire about this program is that it is flexible enough to serve youth with life skills that are untraditional in nature. For instance, a youth was able to get connected to FUSE, an LGBTQ+ youth group in Kingston and help them to feel confident within their identity and establish natural connections within the LGBTQ+ community. This youth in particular was also able to get connected to other agencies within Kingston through volunteering and participating in FUSE community events.

Through this program, I was able to secure a partnership with Pathways to Education and co-facilitate life skills groups, for youth aged 16-21, that covered a range of topics such as: cooking, physical fitness, transportation, resilience, personal hygiene, and budgeting. Because of the success of this group, Meagan Rogers from the Youth Connect Program and I were able to develop an internet safety group in partnership with One Roof. Many of the youth that participated had said that this group gave them insight about how to navigate difficult situations online in a supportive environment. *"I had a great experience with the life skills program. I was able to join the group with Pathways and the internet safety group. I feel that I was able to learn what to do in tough situations and learn new skills, like cleaning, to help me be more independent"*. Cosmin

Another goal of the program was to increase the community's capacity to serve youth with developmental disabilities, and ultimately resulted in co-developing an educational tool for service providers that work out of the One Roof youth hub. Meagan Rogers (Inclusion Facilitator) and Samantha Huddleston (Community Services Facilitator) lent their knowledge and experience to produce this educational tool and assisted with facilitating this training at One Roof for staff and members of the community.

We were able to learn so much through this project and have found that group settings aren't necessarily the most effective for youth who require life skills development. The groups that we did run proved to be a great educational and enjoyable setting for younger youth but older youth that were experiencing unique challenges were able to reach their goals more efficiently with flexible 1:1 support. I am pleased to say that this experience has further developed my professional practice and I have learned even more about the unique challenges that youth in our community are facing every day. I think that our agency has also learned a lot about the types of services that youth are accessing and how we can further develop our own skills and keep up on new research that is becoming available with the population we are serving.

A YEAR OF TRANSITIONS

Lindsay Thomas

Betty Davis is a woman who receives support through Community Living Kingston & District's Gananoque Services. She and her husband, Richard Davis, had been married and lived together by the river for 32 years with the help of family and agency supports.

Both Betty and Richard had been on a waiting list for Carveth Care Centre for a number of years. Betty and Richard's Community Facilitator at the time, Donna MacLean, had been assisting them to prepare for one day when a room would become available at Carveth. In April of 2017, Betty got the phone call from Carveth that a bedroom had become available and she would be able to move in. At first, Betty was hesitant. "Everything happened pretty quickly after the phone call", she said. Once she had time to think about it, Betty was excited about this and was ready to experience a new living arrangement.

Betty began to get involved right away with all kinds of weekly activities happening at Carveth saying: "They have lots of stuff going on almost every day". Betty has enjoyed meeting new people while participating in activities in and out of the home. Some of her favourite activities have been bingo, visiting with animals like kittens and puppies, musical entertainment, various crafts, and outings like shopping, picnics and going to the movies.

Betty also enjoys the nurses and PSWs that work with her in Carveth. "They have good staff here and they are all really nice people. The food they serve is good too!" says Betty. Betty has had the opportunity to meet new people and make new friendships along the way, which has had a noticeable and positive effect on her.

Richard was not able to move to Carveth at the same time that she did, but both Betty and Richard managed through this by knowing that Richard would join her once a bedroom became available for him. In June of 2017, after living apart for two months, Richard's opportunity to move to Carveth came. Betty and Richard originally had separate rooms with other roommates but after a few months the opportunity for Betty and Richard to share a room together came up, which they took right away. Betty and Richard were very happy to be officially together once again. Unfortunately, their reunion was short lived when Richard became quite ill and ultimately passing away in hospital on January 2, 2018.

Above: Betty enjoying her new room at Carveth
Below: Betty and Richard celebrating their 25th wedding anniversary in Weakefield, QC

Betty has faced many challenges and changes in her life over the past year. Even though Betty has been through some difficult life events, she has ultimately blossomed and thrived in her new home and new way of living. We are all inspired by her resilience and how she has coped with the recent transitions in her life. Everyone can learn a great lesson from Betty, which is to not get too caught up in loss and sadness. It's okay to need time to adjust, to mourn or to just be sad, but in the grand scheme of it all, focus on every wonderful thing life has to offer you!

The Volunteer Side

ONTARIO VOLUNTEER SERVICE AWARD NOMINATIONS

Eleonor Egidio

The Ontario Volunteer Services Awards (through the Ministry of Citizenship and Immigration) recognizes volunteers for providing committed and dedicated service to an organization. Adults are recognized by the length of time they've volunteered with one organization, ranging from five to 65 years of continuous service. Youth (24 years old and under) are recognized for two or more years of continuous service. An organization can nominate up to nine volunteers.

The awards are presented at ceremonies across Ontario from March to June. The recipients are presented with a stylized trillium service pin and a personalized certificate to acknowledge their years of service. This year Community Living Kingston and District nominated the following volunteers:

Nominee	Award
Cassidy Chau	Youth Award
Julia Chen	Youth Award
Gabriel Jayakaran	Youth Award
Mary Redfearn	Youth Award
Emma Spence	Youth Award
Meghan Zee	Youth Award
Gail Shkwarek	5 Years of Service
Olivia Yau	5 Years of Service
Cindy Gardner	15 Years of Service

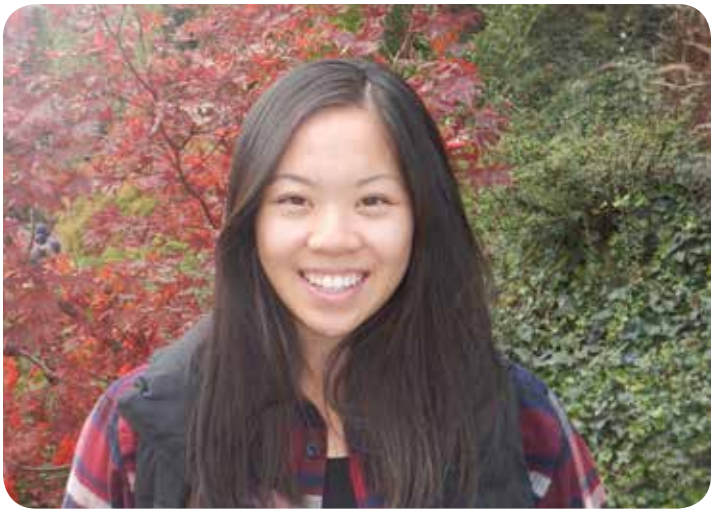
TOGETHER WE CAN MAKE A DIFFERENCE

Cassidy Chau

When I arrived at Queen's University in the fall of 2014, I was excited by all the opportunities that were advertised during orientation week at Queen's in the Park and Sidewalk Sale. It was at these events that I realized that I wanted to volunteer with Community Living Kingston and District.

I am privileged to have had the opportunity to volunteer with Community Living Kingston and District over the past four years, as an educational tutor and child care volunteer. In my first year, I was matched with a lovely eight year boy. We would meet on a weekly basis to work on reading and writing, and throughout the year, this extended to tutoring his younger sister as well.

Over the last three years, I have volunteered at Helen Tufts Nursery School and Kingston Kids & Company. These programs are important because they provide all children, regardless of ability, equal access to activities.



It has been an incredible experience to watch the children learn and grow over the semester and for some, over the last three years that I have been volunteering. I have watched nonverbal children begin communicating with their teachers through signs and speech. I have watched children overcome tasks that they were once struggling with, such as changing their shoes. And, I have watched children build friendships and create memories.

BYE BYE BEST BUDDIES

Mary Redfearn Queen's Con'Ed 17

When I joined Best Buddies three years ago, I expected to find a unique volunteer experience; but instead, I found a community. Having joined Best Buddies in my 3rd year at Queen's, I felt late to the game. I joined the program knowing little of the organization, and even less about my soon to be friend. After attending training and my matching interview, I received an email from Eleonor informing me of my match. Hooray, I replied while I gulped down my nerves. I was used to working with children with exceptionalities, could I really form a bond with a woman three times my age?

I remember being both nervous and excited for our first meeting. We had arranged to meet briefly at her house prior to the Halloween Meet N' Greet. Her other Buddy and I rented a car for the evening and travelled into an area of Kingston far outside of the University District. We rang the doorbell and made our way inside of the residential home.

When I first met Liz, she was quiet and shy. I remember thinking, oh no – what if she doesn't like me? By the end of the night, she was racing through her halls showing me her bedroom, jewelry collection and outfits galore. I tried to say goodbye and she kept grabbing my hand to have me stay. Throughout the year, we developed our friendship by going to Tim Hortons, out for ice cream, to hockey games and to the theatre! While it was sad to say goodbye that first summer, we remained pen-pals while I was away at camp.

Because of my bond with Lizzie, I decided to apply for the executive team to help plan and facilitate chapter wide events. This has been an incredible experience as I have had the opportunity to meet and connect with so many Buddies and advocate for a cause about which I am so passionate.

Flash forward three years – Lizzie and I remain good friends! Our letter and email collection is growing while I'm away on teaching placements, and we see each other when I am back in Kingston for school. I know these collections will continue to grow next year and beyond once I have left Queen's and Best Buddies. I am so glad to see she and her new Best Buddy have a strong friendship - Liz deserves the very best of friends in her life.

Together We Can Make a Difference... continued from previous page

I am honoured to have supported the children in their physical, cognitive, social, and emotional development. But, I am even more honoured to have had the opportunity to learn from all the children and staff.

I learned to be more patient with the children and with myself. I was reminded to persevere when overcoming challenges. And, I was inspired to approach new activities with excitement, energy and enthusiasm.

Overall, I am incredibly grateful for my experience at Helen Tufts Nursery School and Kids & Company. Volunteering with Community Living Kingston and District will always remain an important part of my undergraduate experience at Queen's University.

Parents Meeting Parents

Look for upcoming information about the monthly Parents Meeting Parents Group!

Join the Facebook group:
Special Needs Parent Support and Friendship

INCLUSION IN SCHOOLS PRESENTATION -SHELLY MOORE

Hailey Latimer

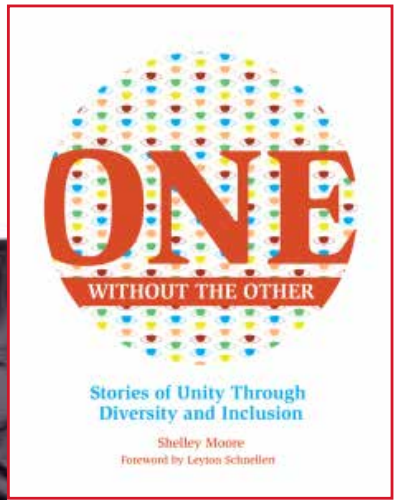
In October, Community Living Kingston and District and its Education Committee were pleased to host a presentation from Shelley Moore, a highly sought after teacher, inclusive education researcher, collaborator, consultant and storyteller. Shelley presented her ideas and practices about inclusion in classrooms, schools and communities to educators, families, and other professionals.

Shelley has worked with school districts and community organizations throughout both Canada and the United States. Her research has been featured at international conferences including the Council of Exceptional Children (CEC), the International Reading Association (IRA), the National Council of Teachers of English (NCTE), The American Education Research Association (AERA) and the Canadian Society for Studies in Education (CSSE). Shelley's interactive presentations integrate theory and effective practices of inclusion, special education, curriculum and technology. Her first book entitled, One Without the Other was released in July 2016 to follow up her TED talk highlighting the foundational influence in her work about presuming competence.

Here is some more information about Shelley's work:

An analogy for inclusion in the classroom: **https://www.youtube.com/watch?v=wFu-tljANXE&t=11s**

TEDx Talks- The Importance of Presuming Competence: **https://www.youtube.com/watch?v=AGptAXTV7m0**



CHARTING THE LIFE COURSE

Hailey Latimer

In November, CLKD and the Education Committee hosted a workshop with Jeannie St. John, one of the developers of the Life Course Tools. Participants included educators, families, and other professionals who assist individuals with person centered planning. The Life Course planning tools are simple, very easy to access online, and free for anyone to use. The tools and framework are designed to help individuals develop a vision for a good life, think about what they need to know and do, identify how to find or develop supports, and discover what it takes to live the lives they want to live. Individuals and families may focus on their current situation and stage of life but may also find it helpful to look ahead to think about life experiences that will help move them toward an inclusive, productive life in the future.

For more information, and to access the planning tools visit the following website: **www.lifecoursetools.com**

Family Support Forum continued...

Our Family Support team continues to offer a Family Drop-in, every second Thursday of the month, at our new location on Gardiners Road. This past February we extended our services to Molly Brant Public School, through the collaborative efforts of the school counsellor, principal and the Family Support Program. Until the end of June, we will be meeting with families at the school, on the same day as our drop-in from 1:00- 5:00, by appointment only. It has made it much easier for families who live in the north end of Kingston to meet with us, since our move to the west end has been difficult for some families to access our regular drop in. If this service proves to be beneficial for families, we may consider continuing this partnership and extending this service to other families in this area, next school year.

DSO

Developmental Services Ontario

Your access point for adult developmental services

PASSPORT FUNDING PRESENTATION

On March 8th representatives from Developmental Services Ontario presented to families and caregivers. The presentation was an overview of the Passport invoicing process, how to complete the new invoices, and how to submit them. It was well attended, and it provided the opportunity for families to ask questions about their funding. We hope to offer the same presentation again in June, so that families new to administering Passport funding will have an opportunity to learn more about it, and will have a better understanding of the funding process.

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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COMMUNITY LIVING
Kingston and District