

# AGENCY NEWS SPRING 2017 EDITION

## COMMUNITY LIVING CAMBRIDGE INSPIRE POSSIBILITIES



Then



Now

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160 Hespeler Rd. Cambridge, ON  
[www.communitylivingcambridge.ca](http://www.communitylivingcambridge.ca)

### Exploring Franklin Centre: The transformation then & now!

**1969:** ARC Industries was built on Franklin Blvd. There were 33 individuals working in the new building packaging shower curtain rings for Canadian General Tower.

**1972:** The Kinsmen Club of Galt provided funding to build an addition. By 1977 there were 54 individuals working on packaging and assembly jobs.

**1980:** An addition consisting of 5,000 sq. feet was completed.

**2005:** 'Career Start' an ARC vision and initiative was approved by the board. A program available to ARC participants geared towards reducing barriers getting into the work force ran quite successfully.

**2015:** The ministry announced it was shifting away from Sheltered Workshops. As a result, new openings to the program came to a halt as the transition to a person centered approach began soon after. Transformation forthcoming to cultivate an inclusive community promoting participation for people with developmental disabilities.

**2016:** The Board approved the renovation of ARC and transformation began.

**2017:** The doors opened to the newly renovated centre. On March 2017 the Board approved the new name, Franklin Centre. The official opening ceremony will be in the Spring so stay tuned for more information. The transformation to a lifestyle person centered all inclusive programming continues.

By Grace Santos Gould

### VISION

People empowered through opportunities  
and supports to realize their dreams.



### MISSION

Journeying together, we create opportunities  
to support people with developmental disabilities  
to realize their citizenship and aspirations.



## Call for Nominations for 2017 - 2018 Board of Directors

Community Living Cambridge is seeking nominations for our Board of Directors.

The ideal candidate will possess previous governance experience, work in social services, good networking and people skills or have marketing and fundraising experience.

### Term of Office: 3 years

- May serve a second consecutive 3 year term after which a break of minimally one year must occur prior to another term of office.

### Method of Appointment:

- Nominated by committee charged to identify potential candidates
- Elected to the Board of Directors by membership
- Submits a current Criminal reference Check for the Vulnerable Sector

Consult with the candidate being nominated and ask for their authorization and willingness to serve, before forwarding the individual's name and submitting the Nomination Form.

Nominations should be submitted to the Nominating Committee by **April 11, 2017.**

For a detailed Board of Director's description and Forms for; Nomination, Membership and Board application please contact Denise Gruber for more information.

**YOU CAN MAKE A DIFFERENCE!  
INSPIRE POSSIBILITIES TODAY**

# A Vision Realized

*"We have turned a major corner in the service model and delivery of options at Franklin Centre."*

Here we are, almost three months into the Modernization and Transformation from a Sheltered Workshop to a more inclusive Lifestyle Centre and the results are amazing! It is difficult to conceptualize the change from a light industrial setting that was once Arc Industries to the vibrant centre that offers such a divergent range of choices for individuals. Kudos and congratulation to all those involved with this massive shift! It took dedicated and committed teamwork on the part of the managers and staff, those involved with planning and organizing the renovations, the scheduling both during the construction phase and then in the new programming model, and for all the people involved in the programs, self-advocates and families alike, shifting from a work focus to lifelong learning. Thank you everyone for making this possible!

And so what do we call this new location? After reviewing the names submitted through the 'naming contest' and shortlisting a selection to the Board of Directors ... I am pleased to announce the new name of 466 Franklin Blvd. is:

## Franklin Centre

This will be easy for all of us to remember and you will see the transition of the name over the next several weeks. Part of the process will be looking at the signage that is needed both in and outside the building. The new name will be showcased in our grand opening, which will be planned for when all the transformation is complete, sometime in late spring.

Arc Industries (as this location has been known) has served us well as a name, and will forever hold a place in many of our hearts, but time marches on and we are ready to embrace the future. And if you recall, we had a naming con-

test for the site that included prizes!! Everyone who contributed a suggestion had their name entered into a random draw for one of three \$25.00 gift certificates. Congratulations to our three winners:

David Convoy  
Doug Malcom  
Melissa Potocnik

And there was a special draw for the person or persons who submitted a name that was ultimately chosen for the site. As it turned out, only one person submitted the chosen name .... earning a gift certificate of \$100.00! A big congratulation to the winning entry of Franklin Centre:

Valerie Spencer

We have turned a major corner in the service model and delivery of options at Franklin Centre. We remain aware that the work isn't done and are committed to developing increasing options for individuals, working out some of the 'kinks' and focusing on individuals who are finding this transition challenging. Thank for your continued support and ongoing patience in this process.

Respectfully,  
Denise Gruber







*"Made by Me"*  
A participant's masterpiece at Franklin Centre.

## Helpful hands made Franklin Centre possible!

*"They listen and want to do their very best, they bring joy and laughter to what they do."*

A program so diverse and busy as Franklin Centre does not happen without the help and hard work of many people.

We want to thank all those who donated time and materials to make the building transform from an industrial block workshop to a bright and colourful place to be.

In particular, we would like to thank Carlos R. of CW Kitchens for their generous donation of cabinets for our program rooms.

Thank you to the many people who have generously donated items for our craft and art programs.

We are also very grateful to St. Vincent De Paul for their support for program items as well.

Thank you to the families and group home staff for their support and understanding as we go through these changes and learn from our successes and mistakes.

Thank you to our amazing volunteers. We would not be able to do this without your energy and commitment!

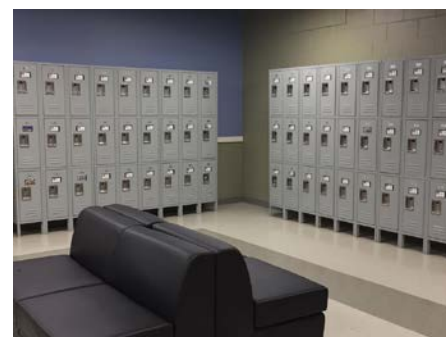
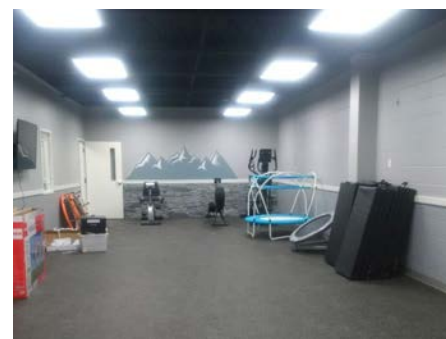
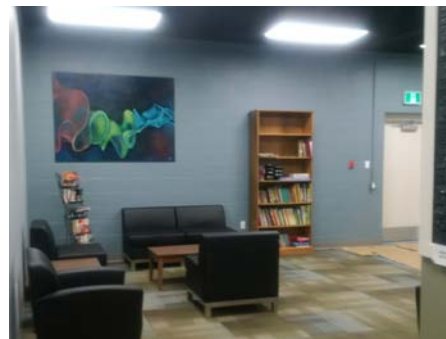
Finally, to the staff at Franklin Centre... this has been a monumental change in a very short time. The changes in the building while dealing with renovations, added participants and developing new and creative programs... it has not been without its stresses and difficulties, but the program staff at Franklin are amazing and dedicated.

They have worked hard to come up with programs that are person centered and follow the lead of those they are supporting. They listen and want to do their very best, they bring joy and laughter to what they do. The days are busy with programing, registrations, and day to day support and they go full speed from morning until the end of the day. They have put in the extra time to make sure that everything was "good to go" and we appreciate their commitment to the people in this program.

So thank you Brenda, Gerry, Jonathan, Fil, April, Teena, Mark, John, Sarah and Sandy (and our "other" super support folks: Shannon, Sandy, Jean and Khalil) you are a wonderful team to work with! We are looking forward to even greater things ahead!

Karen and Kerri

Look at what we accomplished together! Thank you!



**The exciting transformation of Franklin Centre continues! Stay tuned for more information and monthly updates!**



Register

# OPPORTUNITIES FOR YOUTH



## FUNDAYZ DAY CAMPS

Fundayz day camps provide a stimulating environment for youth aged 14-22 with a developmental disability.

Camps are filled with a mix of exciting day trips, in-house activities, crafts and games.

|                               |       |
|-------------------------------|-------|
| Week 1 (July 3rd to 7th)      | \$300 |
| Week 2 (July 10th to 14th)    | \$300 |
| Week 3 (July 17th to 21st)    | \$300 |
| Week 4 (July 24th to 28th)    | \$300 |
| Week 5 (July 31st to Aug 4th) | \$300 |
| Week 6 (Aug 8th to 11th)      | \$240 |



## YOUTH NAVIGATION

Youth Navigation and support is individualized but can include support in the following areas:

- Employment - Support for job training, searches and coaching
- Volunteering - Connection to appropriate community volunteer opportunities.
- Education - Connecting to resources to complete high school or explore post-secondary options.
- Recreation/Social - Exploration of meaningful activities based on interests.

For over 60 years Community Living Cambridge has been empowering individuals with developmental disabilities through opportunities and supports.

**COMMUNITY LIVING**  
Cambridge

Christa Moniz 519-623-7490  
160 Hespeler Road, Cambridge  
[www.communitylivingcambridge.ca](http://www.communitylivingcambridge.ca)



# We Value your Feedback

*When the news broke that ARC Industries would be closing it was both a moment of shock and sadness. So many memories were built at Franklin Blvd. With trepidation and hesitation we embraced the new programming and what was to become an exciting new chapter on Franklin Blvd.*

*With the launch of many new programs, from pallet creations to cooking classes and social activities for all, it quickly became clear that blending work and peer time would be fulfilling and fun.*

*Dean built a beautiful vintage-style sign bearing his name and date of birth, which he was so eager to show off to the rest of us. Programs such as pallet creations are educational, skill building and confidence boosters. Dean had never before made anything like this and is truly proud of the result.*

*Culinary classes enhance food knowledge and food safety, while promoting nutrition and team work.. Dean certainly has enjoyed his lunches!*

*Being able to earn a few extra dollars by working some hours, allows Dean to feel active within the employment community. Yet, another sense of pride!*

*The staff have worked diligently and passionately to make the transition as smooth as possible for the participants. They have gone above and beyond in their dedication to the participants and their families.*

*As the spring session launches, we look forward to another wonderful series of memory builders at Franklin Blvd!*

- Vivi & Dean Urban

*"This program has been very helpful in Cindy's life. Cindy now helps me at home with the cooking, cutting vegetables and she even cooked a steak for her brother.*

*The relaxation classes helped reduce mental health, stress, depression and anxiety. Cindy enjoys being at this program. She has a lot to choose from and finds it very exciting to learn new things!*

*There has been such a big change in Cindy. Thank you!*

- Jennifer S.

*A number of concerns have been expressed to us regarding the changes at Franklin Centre; focused on the loss of work activity, loss of revenue – both from the work itself and the ODSP training allowance.*

*Please be assured we hear you and recognize that the various programs and activities are yet to capture every individual's wants or desires.*

*Your feedback is important and helps us identify areas that require additional attention, focus and future planning.*

*While we can't guarantee that we will ever hit 'perfection' we are committed to working towards solid and varied options to respond to the majority of individuals.*

*Thank you for being part of this Modernization venture.*

- Denise Gruber

Send your feedback to  
[gsantosgould@clcambridge.ca](mailto:gsantosgould@clcambridge.ca)



On Wednesday, February 22, 2017 Franklin Centre participated in Pink Shirt Day 2017 to help stop bullying.



# Tired of waiting for services?



## We offer STEPS in the following areas:

Day Program Participation

Alternate Living Supports  
Respite  
Stepping Out  
Independent Living

Life Skills Development

1 on 1 Support

Customized Personal Plans

Modules and Classes based on  
interests

Recreation and Leisure Activities

Day Camps  
March Break  
Summer  
Christmas Break

Volunteer Assistance

Create Your Own Program

## Passport Funding? STEP this way...

Community Living Cambridge offers unlimited possibilities for those wanting participation supports, and are in a position with Passport funding from the Ministry of Community and Social Services or other financial means, to design and purchase services.

CLC provides services to well over 500 individuals in Cambridge. We offer a full range of established day programs to suit individual needs, ages and areas of interest. Have a look at our listing of current STEPS modules available on our website.

Feel free to contact **Christa Moniz 519-623-7490** for further information or to design a personalized program to meet your needs and your budget.

**COMMUNITY LIVING**  
Cambridge

Celebrating our 60th year of Inspiring Possibilities

**Let Community Living Cambridge show you the way today!**

[www.communitylivingcambridge.ca](http://www.communitylivingcambridge.ca)  
519-623-7490 ext 2233 Christa Moniz  
[CMoniz@clcambridge.ca](mailto:CMoniz@clcambridge.ca)



# A dream come true for Richard

*From Cambridge, Ontario to The Magic Kingdom twice the fun the second time around!*

Have you ever been to a place where you are feeling like you can stay there and it will never get old. Well back in January Richard and I went to Disney World. We had a great time and it was exciting and memorable.

We were counting down the days for months. We loaded up our suitcases at three in the morning for our flight to Orlando, Florida. When we arrived, many, many and many more hours later we were greeted by the warmth of Florida weather.



Richard and I stayed at Disney's Pop Century Resort located at Walt Disney World. The resort is framed around 20th



century American pop culture and we were given a room in the 80's themed wing, complete with giant Rubik's Cubes.

The theming is great and we had fun walking around reminiscing. It was a fun experience.

There are four theme parks at Walt Disney World. The first is the Magic Kingdom, home to the iconic Cinderella Castle. It has five lands, known as Fantasyland, Tomorrowland, Frontierland, Adventureland and Liberty Square. We did them all *twice* on our trip. Richard had a particular desire for Big Thunder.

Mountain Railroad and the "Zip-A-Dee-Doo-Dah" Splash Mountain. The latter ride we got wet many times.

We also did many rides and shows that he had never seen or done before such as Country Bear Jamboree, Haunted Mansion, Jungle Cruise, Pirates of the Caribbean. Walt Disney's Enchanted Tiki Room and many more.

The second theme park we went to was Epcot, which was originally an acronym meaning "Experimental Prototype Community of Tomorrow." and the park is made up of two main sections, Future World and World Showcase. Future World blends learning with entertainment, while World Showcase brings a small taste of 11 countries to Florida.

One highlight of that day was seeing the nightly IllumiNations: Reflections of Earth.



We had dinner reservations at the Yak



and Yeti while visiting Animal Kingdom. What an awesome find! We

both thought the atmosphere was great and the food amazing!



We spent a day at Disney's Animal Kingdom which blends live animals like lions, tigers, elephants and rhinos with traditional rides and shows. The park is dedicated and themed entirely around the

natural environment and animal conservation. Richard and I particularly enjoyed the Festival of the Lion King celebration presented by Simba and his friends.

By Daryl Keating

People empowered  
through opportunities  
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COMMUNITY LIVING  
Cambridge

## Community Living Cambridge SPRING ACTIVITY GUIDE 2017

### SPRING FLING DANCE

May 29, 2017

6:30 p.m. – 8:30 p.m.

at the Cambridge Newfoundland Club

Cost is: \$ 6.00 Per Person  
(Pay at the door)

### SOO REGISTRATION

Summer Sports Registration

For more information please call  
Sandra Goodwin at 519-623-7704

### DAY TRIPS:

#### MILLION DOLLAR QUARTET – DUNFIELD THEATRE

May 3, 2017

Cost is: \$ 42.00 Per Person

Meet us at 1:30 p.m. at the Dunfield Theatre, Cambridge

#### TORONTO BLUE JAYS VS ATLANTA BRAVES

May 16, 2017. Game time is 4:07pm

Cost is: \$ 60.00 Per Person

Bus will depart 160 Hespeler Road at 1:30 p.m. Returns at approximately 9:00 p.m.

#### MARATHON OF HOPE – THE MUSICAL - DUNFIELD THEATER

June 2, 2017

Cost is: \$ 42.00 Per Person

Meet us at 1:30 p.m. at the Dunfield Theatre, Cambridge

For the complete guide please request one from Judy M. or Melisa C.

# FRANKLIN CENTRE SPRING PROGRAM

Spring session began April 3rd and runs until June 30th

**MINDFUL MEDITATION** Practice mindfulness & relaxation through breathing, body awareness & stress relaxation techniques.  
Mon to Fri 9am-10am Cost: Free

**BOOK CLUB** The book club will choose a book to read, staff or volunteers will read it together each day.  
Mon to Fri 9am-10am Cost: Free

**DAILY NEWS** Together we will review the local newspaper & discuss items of interest.  
Mon to Fri 9am-10am Cost: Free

**MORNING STRETCHES** Combination of gentle stretches with breathing, tapping & mindfulness practices.  
Mon to Fri 9am-10am Cost: Free

**AMAZING RACE CANADA** We will watch an episode of the Amazing Race Canada, then research & learn about the places visited & cultures shown. At the end we will host our very own Amazing Race Franklin Blvd.  
Tue 10am-12pm Cost: Free

**iPad** Do you have an iPad? Do you want to learn how to use an iPad? Join us as we explore how to use this technology, safely!  
Mon to Thu 10am-12pm Cost: Free

**KNITTING** If you enjoy knitting, or would like to learn how, join this club. Everyone will work on knitting a scarf at your own pace.  
Thu 1pm-2:30pm Cost: Free

**HEALTHY LIFE SAMPLER** by ACTIVE SOULS Each week we will try a different type of exercise offered by a qualified fitness instructor. Fitness and functional movement, yoga for beginners, laughter yoga, aerobic exercise & healthy eating. \*\* Minimum of 10 people \*\*  
Fri 10:15am-11:15 am Cost: \$117.50 for the 13 week session (\$9.00 per day)

**LOW IMPACT EXERCISE** Combination of gentle stretches with breathing, tapping & mindfulness practices.  
Mon to Fri 9am-10am Cost: Free

**Coffee & Chat** A time to socialize with friends & talk about what interests you.  
Friday 10am-12:00pm Cost: Free

**TRIVIA TIME** If you are into trivia around music or movies you will enjoy joining us to test your skills  
Thu 10am-12pm Cost: Free

**PINTEREST PROJECTS** Have you ever searched Pinterest for a craft idea but did not have time to complete it? If so this program is for you! We will choose a number of craft projects & work on them.  
Mon & Wed 10am-12pm Cost: \$15.00 per session (\$1.20 per day)

**BINGO** Who doesn't like to play a fun round of B-I-N-G-O? Join us as we follow various patterns at your chance to win bingo.  
Mon 1pm-2:30pm & Wed 10am-12pm Cost: Free

**PHOTOGRAPHY** Here is your chance to practice using a digital camera to capture pictures of your favourite things! The spring session will focus on indoor & outdoor photography. Action photos will be displayed & used for our upcoming Open House. Bring your own camera or one will be supplied if you do not have your own.  
Tue & Thu 10am-11:30am Cost: Free

**MADE BY ME** This is your chance to express yourself through art projects using a variety of mediums.  
Tue 1pm-2:30pm & Fri 10am-12pm Cost: Free

**XBox BOWLING/GAME** Do you like to bowl? Join us as we take turns playing & cheering on our friends with Xbox bowling and games.  
Mon & Wed 10am-11:30am Cost: Free

**GARDENING – SPRING PROGRAM** This group will continue talking about plants & start getting our plants ready for the outdoors.  
Wednesday 1pm-2:30pm Cost: Free

**LET'S DANCE** During each session we will dance to your favourite dance tunes, learn some new dance moves & laugh the afternoon away.  
Tue & Thu 1pm-2:30pm Cost: Free

**PET THERAPY** This is your chance to spend some time with various dogs in a calm, quiet atmosphere.  
Friday 10am-12pm Cost: Free

**KARAOKE** Do you like to sing? Each session you will choose your favourites to sing along to!  
Mon & Wed 1pm—2:30pm Cost: Free

**ALPHABET ALLEY** Do you want to learn letter recognition or sharpen your skills? Each week we will tackle a new letter in the alphabet & at the end of the session make alphabet soup.  
Monday 10am-11:30am Cost: Free

**PALLET CREATIONS** Create a piece of art using wooden pallets! This is your opportunity to prepare the wood for your art project, paint, & stain your very own masterpiece.  
Mon & Wed 1pm-2:30pm Cost: \$15.00/session

**SPECIAL EVENT COMMITTEE** If you like to plan or be part of special events, then this program is for you. This committee will organize special events such as birthday celebrations, special holiday activities, etc.  
Friday 1pm-2:30pm Cost: Free

**DRUM CIRCLE** Be a part of a drum circle, led by an experienced musician. Everyone will get a chance to express themselves through drumming! \*\* Minimum 15 participants required per day\*\*  
Thu 1pm-3pm Cost: \$65.00/person for the 13 week session.

**MOVIE AFTERNOONS** Please sign up for Movie 1 or 2 according to interests.  
**Movie Time # 1** will show comedy & romance movies. **Movie Time # 2** will show action & thriller movies.  
Friday 1pm-2:30pm Cost: Free

**GAME SHOW HOUR** Do you like game shows? Join us for such interactive games as Wheel of Fortune, Deal or no Deal and Family Feud.  
Tue & Fri 1pm-2:30pm Cost: Free

**OPEN ACTIVITIES** This is "free" time to choose any activity you like to do. We have board games, puzzles, cards, etc. The facilitator will be there to help you do something with your friends or on your own.  
Mon & Thu 1pm-2:30pm Cost: Free

**THE SOCIAL CLUB** Are you looking for a place to talk about topics such as; how to manage overwhelming emotion's, how to start conversation using social media & electronic communications safely & how to handle conflicts with friends. This is a group for you. \*\*Group size is limited to 9\*\*  
Tue 1pm-2:30pm Cost: Free

## Watch for Summer programming soon!



## NATIONAL VOLUNTEER WEEK

APRIL 23 - 29, 2017



Crossword No. 150 - **Volunteering, Eh?**  
How do you recognize volunteering in 2017?

# Volunteer News

It has been a busy start to 2017! With recruitment of many volunteers needed for the new program roll-out at Franklin Blvd and the up-coming volunteer recognition events in the works for spring, we have been working tirelessly to prepare for all the changes that have happened since the fall.

The new programs at Franklin will be changing every three months to reflect different seasonal activities as well as different volunteers. The number of volunteers needed has increased. The search for volunteers available to help out during the day Monday to Friday is on-going. If you know someone who is interested in crafts or fitness, games or gardening and has some time during the business week send them my way.

A space has been carved out in my office at Franklin for our volunteers to call home. If you are in need of a volunteer or if you want to volunteer (or someone you know), come see me, pick up an application form and get the ball rolling. Visitors are always welcome!

Four of our amazing volunteers will be recognized for outstanding volunteer contributions to Community Living Cambridge in 2016 at the United Way-Volunteer Cambridge Community Achievement Night on March 21. Please join me in thanking them for choosing to share their talents and time

with us at Community Living Cambridge.

They are: Keith Hughes, Heather Schmitz, Karen Campbell, and Michelle Hughes.

This year National Volunteer Week is April 23 to 29, 2017. We will be honoring all of the Community Living Volunteers for 2016 in April by providing a "Night at the Movies". All registered volunteers will receive an invitation early in April. Watch for your invite in the mail or via email. We hope to see all our volunteers at our Volunteer Recognition Celebration.

By Sandy Caple, Volunteer Coordinator  
519 621 0680

## PERSON CENTRED PROGRAMS

The new programs at Franklin will be changing every three months to reflect different seasonal activities as well as different volunteers. The number of volunteers needed has increased.

The search for volunteers available to help out during the day Monday to Friday is on-going. If you know someone who is interested in crafts or fitness, games or gardening and has some time during the business week send them my way.

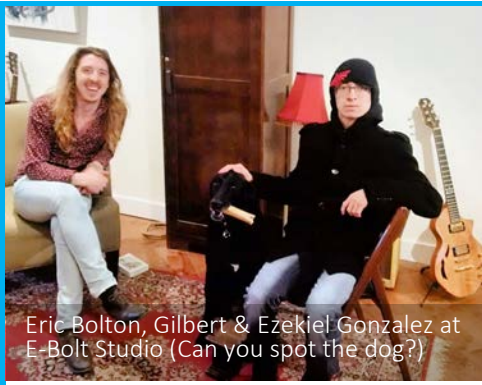
Day Program Assistants: volunteers to share their time and talents with our participants in various day programs. Program examples are: gardening, crafts, music, fitness, book club and Photography.

## VOLUNTEERS WANTED : **YOU CAN MAKE A DIFFERENCE!** **INSPIRE POSSIBILITIES TODAY**

**Fundraising Bingo Support:** volunteers to go to the Cambridge Bingo Center to act as ambassadors representing our agency to the bingo players during each of our scheduled bingo sessions. Training is provided.

**Day program assistants:** volunteers to share their time and talents with our participants in various day programs. Program examples are: gardening, crafts, music, fitness, book club and Photography.

**Leisure Buddies:** volunteers wanting to build relationships with participants who need one on one interaction and social activity within the community. Go the movies, out for coffee or on walks with the participants.



Eric Bolton, Gilbert & Ezekiel Gonzalez at E-Bolt Studio (Can you spot the dog?)

## Still I Rise

2016 was the year of self-discovery for me, a year of finding my identity and passion. The answer was actually under my nose my entire life, but looking back, every moment led up to the answer of what my calling is - music. It's unbelievable how much I accomplished last year, as well as the past three months.

I completed the song writing courses at Conestoga College, as well as meeting with my Instructor, Jamie Warren, to get his advice and recommendations on building a music career. Jamie Warren is a country music singer/songwriter, and with his program, I had a chance to express my musical talents.

I now sit on a committee with the City of Cambridge, namely Rock the Mill, as a Band Coordinator. I am involved in planning music events in the community and I hope this gives me a chance to meet like-minded individuals.

I'm also attending the Music Is My Weapon program, where I will be recording a song that will be put on a compilation album with the rest of the class recordings. I am also volunteering at E-Bolt Music to assist performers in setting up for shows. Meeting Eric has opened more opportunities to further my music career and I hope these connections will give me a reputation as a musician.

I'm also starting my own band soon with a friend of mine, and we are currently in the recruitment stage to find other members to complete our lineup.

2017 will be the year of new beginnings, as many new opportunities are opening up every day. I know this will be the year of redemption. By Ezekiel Gonzalez (a part of Youth Navigation Program).

## Feeling accomplished! I graduated with honours at Conestoga College!

*"When I got accepted to the program I was nervous and excited. I was the most nervous about meeting new people. My support system helped me overcome my obstacles."*

I started my journey to become an independent woman by enrolling and getting accepted to the Community Integration through Cooperative Education (CICE) program at Conestoga College.

I started the program January 2015 and



completed 4 semesters successfully. I was on the honour roll because of my overall average. I got assistance from my Counselor Janet Baumbach to help me deal with the stress from school and assist in the application process for OSAP.

While in school I completed 6 Early Childhood Education classes. Shannon Lipskie

and the Learning Strategists helped me find and complete 4 different field placements at childcare environments. These field placements helped me to understand children, their behaviour's and health needs.

When I got accepted to the program I was nervous and excited. I was the most nervous about meeting new people. My support system helped me overcome my obstacles. In the program I met new friends and still stay in touch with them.

I have successfully graduated December 2016 and waiting for convocation in June 2017 at Bingeman's.

This will be the first graduating class for the CICE program. I started working with Carrie Franklin my Youth Navigator who is helping me find a job and find meaningful things to do after graduating.

Our graduating class was featured on CTV news <http://kitchener.ctvnews.ca/video?clipId=1033567>. Feel free to watch!

I am so happy that I have accomplished my goal in graduating from Conestoga College.

By: Kimberly Prattis

## 'The Little Preemie Who Could'

Amanda Elizabeth Crane (Mandy to her friends) was born in the city of St. John's, Newfoundland, about an hour away from her home town of Bell Island. Mandy was born premature and weighed in at only 2 lbs. 10 ounces. She encountered a multitude of life threatening health problems as she struggled for life. She was born as healthy as any preemie baby could be. The necessity for doctors to keep her on high levels of oxygen to maintain her life led to a condition known as Cerebral Palsy. Mixed in with everything from brain hemorrhages to yellow jaundice and heart surgery as she began life, she beat all the odds. She became known as "the little preemie who could". Mandy went on to graduate high school on Bell Island and then graduated from the College of the North Atlantic in office Administration. Today, Mandy published a book and hosts a show on Radio Bell Island (93.9FM) every second Thursday of the month at 8pm. Through perseverance she has succeeded. She is an inspiration to all and most specially her proud Aunt, Teena Bickford at Franklin Centre who wanted to share this wonderful story.





## SPECIAL EVENTS COMMITTEE

Our Special Events Committee interviewed a number of their peers throughout the building recently asking questions like "how do you like this new program", "what don't you like", and any other news tid-bits that came up in conversations are listed below.



Kristine really likes the new programs she signed up for. The Meditation, Music Makers, Photography, Gardening, Healthy

Life Sampler, Crafts (Made By Me). "It was fun and I really like it. I like working in the shop and making money. I got my first big pay cheque today. I want to buy a new DVD with my money." Kristine says "IT ROCKS" when talking about the new program.

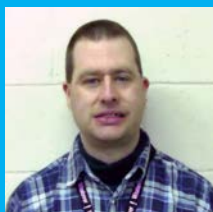


Jim enjoys the great big building. "The staff take the time to help us out. I enjoy photography, and Abuse Prevention. "

He is looking forward to the GRAND OPENING. "I am happy to be back in a nice newly renovated building."



Sarah said, "I love it! I liked learning how to Knit, Pet Therapy, Xbox Bowling and Pallet Creations. I like everything. "



Gord says "its fun especially the morning meditations. I like IPads and dancing with the Conestoga Students in the Lets Dance program. I like photography, being able to take pictures of everything." Gord likes cooking and eating what he's made. He enjoyed taking a video of the dogs doing their tricks in Pet Therapy.



Peter likes the activities he is participating in which includes; Xbox Bowling, IPads, Karaoke, Cooking and Photography. Peter would like to start a group doing a play of the Wizard of Oz. He would like to act out the role of the Tin Man.

Although everyone seems to be enjoying the new activities here at Franklin Centre there has been a big adjustment everyone has had to make along the way. We no longer offer the mid morning coffee break, but do encourage a nutritional break in between morning programs for those that require one.

We are all excited to start the new Spring programming in April. A few new programs will be offered. We are looking to getting outside to do some outdoor activities in the nicer weather. If you have any programming suggestions we always welcome your input.

## 2017 HOLIDAY CLOSURES CLC & FRANKLIN CENTRE:

**Apr. 14:** Good Friday closed  
**Jun. 30:** Canada Day closed  
**Jul. 31 - Aug. 8:** Civic Day & Summer closure  
**Sep. 04:** Labour Day closed  
**Oct. 09:** Thanksgiving Day closed  
**Dec. 25 - 29:** Christmas week closed.

The Special Events Committee have been busy planning the following; birthday celebrations, PINK T-shirt day and St. Patrick's Day celebrations! Each member has contributed in making posters and birthday cards to celebrate various events throughout the building.

Dennis Charlton makes sure everyone's birthdays are posted each month on the calendars. Bojanna Kurkic, Troy King and Kim Elliott ensure that the cards are handed out, special birthday brownies are decorated and presented to those celebrating their birthday.

The committee made flyers to post around the building and advertised the opportunity to purchase a PINK t-shirt in support of anti-bullying day held on February 22<sup>nd</sup>. There was over 50 PINK T-shirts that were purchased and many more sported pink on that day to show support!

The committee also made green St. Patrick's Day ribbons for everyone to wear on St. Patrick's Day! They were excited to hand the ribbons out to their friends and decorated Franklin Centre with shamrocks displayed on windows and doors throughout the building.

We are all looking forward to the next event we can all make plans for! Written by your Special Events Committee

## Community Connection's Employment Highlight

Community  
Networks



*"Her excellent animal handling and restraint techniques calm the anxious animals."*

Do you have a dirty dog or cat who needs a bath and groom?

Look no further, Dana Cornish to the rescue.

Dana joined the team at Clippers Pet Grooming in December 2014. Her job as a pet bather keeps her hands busy as she navigates the shop providing bathing services to its furry visitors.

Owner Manager, Rebeka Stanley can't say enough positive accolades about Dana's abilities, knowledge and her compassionate gentle care of people's pets that pass through the Clippers Pet Grooming door. Her excellent animal handling and restraint techniques calm the anxious animals. Rebeka stated that she follows instructions well, and can work unsupervised and is an excellent team player.

Dana works as part of a team with fabulous groomers, who she says are her second family.

Kuddos to you Dana ..the furry customers at Clippers give you a high paw salute.

Submitted by Jane Spina Job Coach



## National Cupcake Day was celebrated at Franklin Centre

*"We are proud to announce that we raised \$ 190.00 in sales that will go directly to a local animal shelter."*



National Cupcake Day™ was Monday, Feb. 27, 2017 and Franklin Centre held their own cupcake fundraiser in support of this event on Friday March 3<sup>rd</sup>, 2017. The event is supported by the Ontario SPCA and BC SPCA on behalf of participating local shelters, SPCAs, and Humane Societies. The Cupcake Committee spent the morning decorating their very own cupcakes to enjoy, then assisted in decorating over 200 cupcakes to complete the orders we had for that day. We are proud to announce that we raised \$ 190.00 in sales that will go directly to a local animal shelter.

Each year thousands of abused, abandoned and neglected animals across Canada are rescued by SPCAs and Humane Societies. The funds raised for National Cupcake Day™ will have a significant impact on the shelters, clinics and animal cruelty inspectors in our community, ensuring that their life-saving work continues.

Fight cruelty with cupcakes and "bake" a difference for animals! We thank you for your support!

The National Cupcake Committee at Franklin Centre







The Tigers are (back row, left to right): Nancy Lake (Assist. Coach), Jacob Jennings, Bradley Schmidt, Bojana Kurkic, Daniel Sampson, Bill Smith, Kevin Kleinstuber (Assist. Coach), Bryon Bates (Head coach).

Middle row: Erin Bell (Assist. Coach), Michael Lake, Peter Ashworth, Bryan Kleinstuber, Chad Wilson, Vanessa Maidment.

Front row: David Sutton, Barry Sutton (Assist. Coach) Ben Belanger.

## Basketball tournament in Hamilton

On Saturday, January 14 the Cambridge Tigers Special Olympics basketball team played in the Hamilton Invitational Basketball Tournament.

Everyone met at Community Living Cambridge's parking lot (early but not so bright - yes, it was dark!) at 6:30am in time to board the bus.

Upon arrival at Cathedral High School in Hamilton at 7:20 a.m. our team changed into their uniforms and practiced their shooting skills prior to the first game, which started shortly after 8:00am.

Their first challenge came from the Brampton team. Both sides needed some time to get their muscles warmed up and the game was a see-saw affair until the second half. That's when our Tigers started pulling away and eventually cruised to a comfortable 20-8 win.

Game two was scheduled for 10:40 a.m. so this allowed time for all the players and coaches to watch and scout the two teams they would be playing later, York Region and Durham. This was very helpful as the coaching staff was able to better prepare the team for their upcoming games.

Next up was York Region and they had some very talented players. The first half was close but our defence was up to the task and this allowed our offence to excel in the second half on route to a decisive and well earned 24-12 triumph.

Game three against Durham proved to be the Tigers biggest test of the day. Both teams played with great intensity with neither squad holding more than a four point lead at any point during the game. With only four seconds left in regulation and the Tigers trailing by two points they demonstrated great composure and managed to tie the game.

On to a five minute overtime they went. With the game deadlocked in the dying seconds of O.T. Cambridge raced down the court and scored the winning basket in a very thrilling 34-32 victory!

It was a great experience for all the players and coaches and gives them much confidence heading into their next tournament in Guelph on Sunday, January 29.

Special thanks to all the dedicated parents and friends who cheered on our Cambridge athletes during all three games. By Barry Sutton



**Ways to give and make a difference today!**

With your help, we will create opportunities to support people with developmental disabilities to realize their citizenship and aspirations!

1. A donation by mail or in person or over the phone.

Our reception staff is available at 519-623-7490 to process your donation over the phone.

2. A donation online via [CanadaHelps.org](http://CanadaHelps.org)

3. Enroll in our monthly giving program

4. Give a lasting gift by way of a Planned giving or Endowment



*May you always*

FIND REASON TO

*Smile*

COMMUNITY LIVING  
Cambridge

1 in 7 Canadians has a disability.

## What if it was someone you love?

We are a non-profit organization dedicated to serving those in our community with a developmental disability by providing programs and activities to enrich their lives.



Promoting acceptance for all.

COMMUNITY LIVING  
Cambridge

[www.communitylivingcambridge.ca](http://www.communitylivingcambridge.ca)



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## Agency News Spring Edition

**ISSUE: APRIL 2017**

## Upcoming Events:

## Jun. 13: Annual General Meeting

## Nov. 9: Fabulous Fashions Beauty Redesigned Show



## About our Newsletter:

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## NEWS ARTICLES ARE PRECIOUS:

The next edition will be our **Summer edition** which will be released in **June 2017**. Please send your articles in as soon as you have them ready. We are always looking for content related to:

- Events
- Fundraising
- Program offerings
- Milestone Birthdays and Candid photos
- In Memoriam
- Advertising
- Feedback

Any content that Inspire Possibilities are greatly appreciated!  
Send your articles to [gsantosgould@clcambridge.ca](mailto:gsantosgould@clcambridge.ca) Thank you!

**Subscribe to our Newsletter to keep you current!**

## Join our team!



If you're looking for a rewarding job with great co-workers and competitive pay, then look no further.  
We are hiring part-time weekend staff. Students welcome.

Send resume to [mbugaja@clcambridge.ca](mailto:mbugaja@clcambridge.ca)

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