

AGENCY NEWS  
FALL 2017  
EDITION

COMMUNITY LIVING CAMBRIDGE INSPIRE POSSIBILITIES

*Join us for an evening of  
Fashion, Silent Auction and Casino Games*



**NOVEMBER 9, 2017**  
**Bingemans Marshall Hall Kitchener**

Casino Tables & Silent Auction open at 6pm  
Fashion Show starts at 7pm  
General Admission \$40  
Reserved Table \$360  
Premium Table \$450

Tickets available at Community Living Cambridge or [ticketscene.ca](http://ticketscene.ca)

COMMUNITY LIVING  
Cambridge

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

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.

# Much To Be Thankful For ...

*"I am thrilled to share that CLC received an initial rating of 99.5% compliance!"*

The turkey has made its way into sandwiches and soups, the pumpkin pie just a pleasant memory and the sound of family gathering a whisper in our ears of one more Thanksgiving celebration. We truly have much to be grateful for in our lives.

Over this past year Community Living Cambridge has been faced with a number of challenges that required nimble changes and adaptations.

Last year at this time we were faced with the need to cease operations as a sheltered workshop at Arc Industries, and together we approached this as an opportunity to create new prospects and choices for people. Recognizing that this 'transformation' is not yet complete, there has been such positive outcomes to the huge steps already accomplished and the resulting, vibrant Franklin Centre and for this we have much to appreciate.

Community Living Cambridge recently was reviewed by the Ministry of

Community and Social Services for the annual compliance inspection. This is an incredibly thorough 'audit' of the services offered and the way in which CLC functions. There are 351 separate indicators that are reviewed across all the programs.

As a result of the dedicated staff teams who strive on a daily basis to ensure a high quality in all the programs and services of CLC, I am thrilled to share that CLC received an initial rating of 99.5% compliance! Within 10 days of this preliminary rating, we were able to address the few outstanding items and now have a full 100% compliance rating. Well done! I am truly thankful for each person who makes up this community of CLC.

Looking ahead, there are new challenges (Bill 148) and some long standing pressures (pay equity) that will require wisdom, creativity and energy from both the Board of Directors and the agency itself as we formulate positive, sustainable responses. A review and update of the agency strategic plan is being com-

pleted in October as together we plan for the future and the health of the agency. I am confident that we will map out a direction to see us through these hurdles and allow for creative and responsive growth.

Meanwhile, there is excitement in the air as the date of the 9<sup>th</sup> Annual Fashion Show draws ever closer on November 9<sup>th</sup>. Hope to see you all there as we celebrate the beauty that is found in each person!

Thanks for your ongoing support and encouragement.



Denise Gruber, Executive Director



# NEWS FROM FRANKLIN CENTRE



Art Group—Fall session

Look at what we accomplished together! Thank you!



Brett proud of his Art and we are too!



Grand Woolly River Ride event held Spt. 23



Knitters and Gloves!

## Programming Updates:

Hard to believe but we started our 4<sup>th</sup> session on October 2! The summer was busy our gardening group raised some amazing tomatoes and lettuce that was shared with everyone. We had a great group of summer students that allowed us to do volunteering with the Galt Horticultural society, walks around the neighborhood and the opportunity to explore different parks and trails throughout the city.

Our knitters were also busy getting pieces ready to contribute to the Grand River Woolly Event, which happened on September 23. The weather was beautiful and the display at end was very impressive! Well done.

This fall we hope to have a survey out to everyone to get feedback on the programs and future direction of Franklin

Centre. We are also looking at changing from four 3 month sessions to three 4 month sessions in 2018 to reduce the amount of transitions and registration times.

Looking forward to a busy fall!

Karen & Kerri



## Mark your calendars!

Upcoming dates to note as Franklin Centre will be closed:

**Christmas Closure:** Dec. 25-29/17

**New Years Day:** Mon. Jan. 1/18



Paddling away at the Grand Woolly River Ride event to celebrate Canada 150.



# Shop and help a good cause!

*"To give every woman the means to style her own life!"*

## STELLA&DOT INDEPENDENT STYLIST

*Please join us on: Thursday October 26<sup>th</sup>*



At 160 Hespeler Rd. Cambridge

*From: 11am-1pm*

*In the Upstairs Boardroom at the Main Office  
For a Stella and Dot "Pop up Shop"*

**15%** *of the proceeds from all sales will go to support the  
Fashion Show*



*Clothing \* Bags \* Accessories \* Jewelry*

# Getting My First Job

## YOUTH NAVIGATION PROGRAM



In order to prepare me to get a job I have been working with my youth navigator and residential team to develop skills needed to be successful in the workplace. I started out volunteering at the Food Bank to gain a reference and to learn new skills. After volunteering at the Food Bank I started a position at the Franklin Centre helping with coffee service, clean up and customer service. I also became a leisure buddy with Community Living because I have an interest in helping people.

Once I had my resume and references set up I started looking for a job. I knew I wanted a job with customer service and something related to my previous experience. I attended an interview at the ONroute with my youth navigator. To prepare for the interview I needed to make sure I was well groomed and wearing nice dress clothes. My residential team helped me do a lot of these things in order to get prepared to start working. I did a lot of practice and mock

*"Chris has worked so hard this past year preparing for employment and I am so proud of this huge accomplishment! He continues to work towards maintaining this goal on a daily basis and receives a lot of support within his residential and youth navigation team."*

*Chris developed a great budget and now has money to buy all of the things he's been working so hard to save up for such as a IPOD, Tablet, laptop, head phones, clothing and one day a big trip! Chris should be so proud of himself because I know everyone in his support circle is!" - Elyse Bouwmeester*

interview's with all my supports to help me have a successful interview. In the interview I felt really nervous and worried because I did not know if I was going to get the job. When I met with Dave at the ONroute for the interview I felt nervous but it was helpful to have Carrie to support me through this experience. This was my first job interview ever! I am really thankful to have the support to do the mock interviews because this made me feel a little less nervous and more confident to do the interview. I found out that day that I was offered the job to work part time. When I found out I got the job I was really excited and thankful. Right now my residential team is helping me save for a trip with all the money I am earning.

I started working June 13, 2017 part time as a dishwasher but quickly moved into doing porter duties. Now I work full time and responsible for cleaning washrooms, the lobby, changing garbage's, doing dishes, greeting customers and unloading trucks. I assist with food preparation and do bakery staging when required. I think this job has been so successful because I am making friends and I still follow up with my youth navigator and residential supports. All my co-workers and managers at work have been very helpful. I

really look forward to going back to work because of all the new people I am meeting.

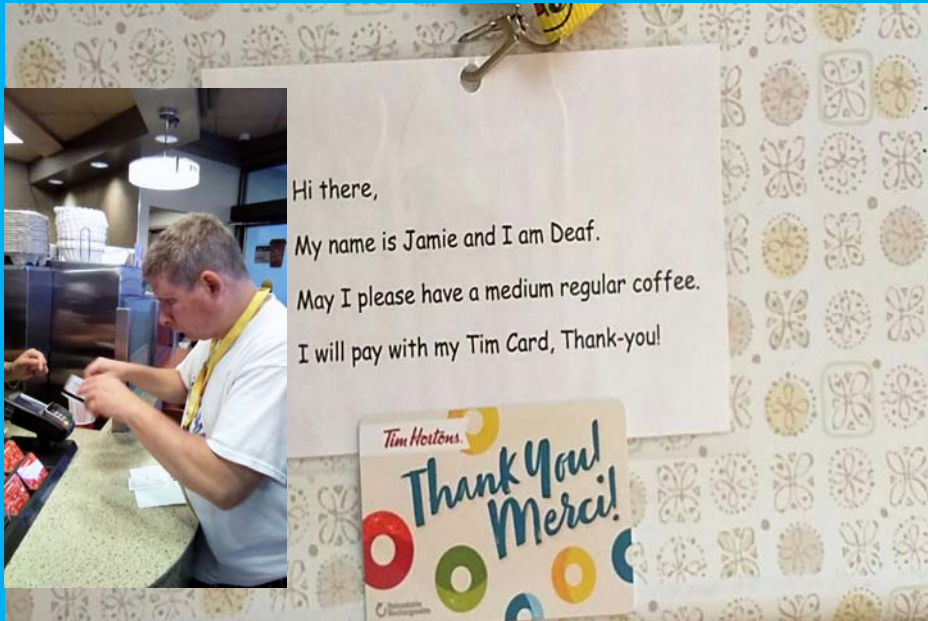
All the staff at the ONroute has been very helpful and willing to take the time to help me learn new things and be successful. They show me how to do things at my own pace. They are patient and very supportive when I need to be reminded to complete all my job tasks. Dave helps me learn what tasks I need to complete if I have missed something and is always patient and kind. Tina helps me when I am feeling stressed with all the job tasks. Tina will take the time to talk to me if I need some support. Tina also makes sure that my work schedule are shifts that I am capable of working. Jennifer always puts a smile on my face when I come to work and makes me want to keep the job. Jennifer will help and prompt me to do tasks when I need some reminders.

I am so happy to be working! I hope to maintain this job for a long time. I celebrated my 3 month probation with my support team during a luncheon at Swiss Chalet on September 13.

- written by Chris Laframboise, with the support of Carrie Franklin (Youth Navigator)

# Communication Cards—my aid!

*"to do this independently is a great achievement for Jamie."*



"Where there's a will, there is a way." This summer Jamie Millar and myself have been walking to Tim Hortons on Bishop from the Rose St. group home a couple times a month. I showed Jamie how to order his own coffee and pay for it all by himself!

He has done extremely well with this over the summer that he also orders all by himself on the weekends too if they go on outings to Tim Hortons.

He pays with his communication aid and his preloaded Tim Hortons card. He is full of smiles when he gets the chance to do this independently and is a great achievement for Jamie!

By Myranda Loker, Residential Counselor

## The History Behind Fabulous Fashions

Special thanks to all volunteers! This show will not be here today without your help!



While attending a planning meeting for a young man involved with Community Living Cambridge, he was invited to share his hopes and dreams for the future. His dream was to be a fashion model, along with being featured in a clothing catalog. He posed in front of a mirror and practiced his signature walk for the day when he might become a fashion model.

We all know how tough it is for the average person to break into the fashion industry but the fact that our friend has Down Syndrome was entering into as yet uncharted waters. But, all agreed that CLC was going to support him in order to make that dream come true. This is when CLC decided to have its' own fashion show, not just to raise much needed funds to support programs, but to contribute to a more inclusive definition of beauty and fashion, and ultimately, to allow our friend's dream come true.



On November 14th, 2009, Community Living Cambridge celebrated the first Fabulous Fashions Beauty Redesigned, a sold out event with a great silent auction and an audience full of smiles, teary eyes, and joyful hearts. This has become an annual event. The amount of money raised has grown each year, with tickets selling out every year, and the venue has needed to change three times to accommodate the ever-increasing crowd. CLC has raised funds to continue to support vital programming but, more importantly, we have raised awareness about the agency, its cause, and the worthiness and importance of the people supported.



# Carnival

by Sunday Funday Committee



On Sunday September 10, the Sunday Funday committee presented a Carnival. Everyone enjoyed popcorn, cotton candy, pogos, fruit, and ice cream.

Also many enjoyed a train ride and live music during the afternoon. There were many games and also face

painting.



It was get fun to throw a pie in Danny's face. (he was a very good sport about this).

Many thanks to the Committee and also Britney (Saginaw) and Shirley (Wauchope) for organizing this great Sunday afternoon.



Plans are in the works for New Year's Eve party.

Thanks, Iona Thompson Manager



# Community Connection's Employment Highlight

Community  
Networks



## Employee Highlight

*"I feel proud of my accomplishments."*



McDonald's has an awesome employee by the name of Cassandra Robertson. She started September 2012 as a crew staff. Her many jobs included front counter, drive-thru window and other various duties. Cassandra states "McDonald's is a great company to work for, has great training and is respectful to employees. I enjoy the awesome managers and team members that I am fortunate to work at McDonald's Sportsworld. Two years ago the manager asked me if I'd like to be a team leader which carried a lot more responsibility.

My job now is to help managers cover breaks, stocking, training staff on cash and ordering, and making sure the drive-thru runs smoothly. I even clean equipment a few times a month. I am the night shift manager a few times a month. The thing I love about being employed at McDonald's is that I am able to multi-task, coach staff and help the team to reach their goals. I feel proud of my accomplishments."

Well done Cassandra, all of us at Community Living Cambridge salute you on your career!

Jane Spina, Community Connections Job Coach

## A well deserved recognition!

*"Jeff is the first of twelve Cambridge volunteers to be given such an award."*



On July 19, 2017, Jeff Speed was publicly recognized for his exemplary volunteer service to the community. Jeff has been a stable volunteer with the Cambridge Self Help Foodbank for nearly ten years.

Brian May, MP for Cambridge was on hand at the Food Bank to honour Jeff with a certificate and a Canada 150 copper pin.

Jeff is the first of twelve Cambridge volunteers to be given such an award.



The copper pin is especially unique as it was minted from the old roof of the Parliament Buildings. Pat Singleton, Director of Cambridge Self Help Foodbank spoke of Jeff's contribution and commitment to the Food Bank and how thankful they are for all that he does.

By Nicole Fraser, Community Connections Job Coach



## Community Networks Connecting with our Community

**Community Networks**



### Action Squad: Giving back to our Community

*"I love my job and seeing all the people here at the office."*



Kelly Silveira has been helping us shred old files and documents at the Operations Centre for the past couple years. Kelly loves coming into the office and always arrives with a smile on her face. Kelly greets everyone who is in the office before starting her work. Kelly states "I love my job and seeing all the people here at the office".

Staff at the main office says that Kelly is always able to put a smile on their faces and brightens up every room. Kelly's hard work continues to show her dedication and commitment and she always ensures her area is tidy before leaving.

Keep up the great work Kelly! Written by Kim Seed, C Opt Job Coach



## Here we Grow Again!



Meet Community Networks newest Action Squad. Jason, Jennifer, Michael and Pauline who give two hours a week of their time giving back to the community at Community Support Connections – Meals on Wheels.

Community Support Connections – Meals on Wheels and More is a local charitable organization that provides a range of supports and services that enable people to live at home with independence and dignity. The group assist with cleaning and sanitizing meal delivery bags, cutting, labelling and assisting where they can.

Volunteers are the very heart and soul of an organization and The Action Squad are excited to be able to help!

By Mary Fleet, SES Job Coach



Action Squads are teams of four that volunteer with various organizations within the community. We have action squads at Rare, the Cambridge Food Bank and Community Support Connections doing a variety of activities from weeding and maintaining the trails to packaging food into individual portions. If you are interested in volunteering in a group, let Community Networks know.



May you always  
FIND REASON TO  
*Smile*  
COMMUNITY LIVING  
Cambridge

## FRANKLIN PERSON CENTRED PROGRAMS VOLUNTEERS

**Needed for current Fall and upcoming Winter sessions!**

If you are interested in recreational activities then, the 'Franklin Centre' is for you!

We need volunteers to help in a variety of fun programs such as wood working, painting, fitness, electronic gaming, knitting and so much more.

The minimum commitment is one 4 month session for 1.5-2 hours per week.

# Volunteer News

Welcome back to all our Volunteers who took the summer off. We are hoping to involve new volunteers in a variety of new and exciting placements as the fall session begins in October.

If you or someone you know is interested in sharing skills and expertise then come join us!

To enquire about any and all of our exciting volunteer opportunities simply contact our volunteer coordinator, Sandy Caple at 519-621-0680 or email: [scaple@clcambridge.ca](mailto:scaple@clcambridge.ca)

home. Since then he has taken participants ice fishing in the winter months and camping in the summer and helped with various projects from supporting recreation programs to facilitating them.

He supports our fundraising efforts by volunteering at Bingos and helps at special events such as the Christmas dance. Currently Barrett is a regular volunteer at the Franklin Centre helping the Pallet Creations program in addition to his Leisure Buddy activities.

Barrett continues to make a very positive impact in all his volunteer activities with CLC. He has been a huge asset to our agency. He is reliable, responsible, hard-working, motivated and dedicated to all projects he takes

on. He shows sincere empathy, he is very patient and kind towards our participants, volunteers and staff.

Barrett assures me that he will continue volunteering with our agency in the future. Please join me in thanking Barrett for all the support he has provided to us in the last 7+ years.

Thank you so much Barrett!

## Volunteer Highlight



Meet Barrett Mucci.

Barrett has been a volunteer with Community Living Cambridge since January of 2011. His sincere approach and concern for the individuals

he is working with was visible from the start.

He began his journey with CLC as a Leisure Buddy at our Guelph Ave. group

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

**Bingo / Fundraising Bingo Support:**

We are currently recruiting fundraising volunteers to help with various fundraising events but especially for our ongoing Bingo events.

**We need 3 more OLG trained bingo volunteers.** If you have a few hours that you could donate towards fundraising for Community Living Cambridge, please become a bingo volunteer. Bingo volunteering is fun, low stress, and above all, easy!

**You can become one of our Amazing Bingo Volunteers.**



# A special thanks to all Sponsors of **Fabulous Fashions!**

## Gold Sponsors

**Integratis Benefit Solutions Inc.**

**Dr. Ernest Morin Preston Chiropractic Clinic**

**D&Z Renovations**

**Majestic Auto**

## Silver Sponsors

**Libro Credit Union**

**Val Brooks**

**MEDPRODIRECT INC**

## Bronze Sponsors

**Comfort Plus Heating & Air**

**Conditioning**

**Universal Printers**

**CFG Paving**

**Karanda Properties**

**Cowan Insurance**

**TD Commercial Banking**

**Preston Medical Pharmacy**



Waterloo Region Family Network's  
**Camp Day!**

Please join us on Sunday, October 22nd between 2-5pm at Camp Ki-Wa-Y for our annual Camp Day!  
Enjoy camp activities for the whole family while connecting with others. Bring your appetite because we will be roasting s'mores on the fire and having a barbeque! Everyone is Welcome!

**Sunday, October 22nd**  
**Camp Ki-Wa-Y**  
3738 Hessen Strasse, St. Clements

**Event Schedule**

<b>2-4pm</b>	Canoeing Hiking Rock Climbing High Ropes Archery Camp Fire & S'mores
<b>4:15-5pm</b>	Barbeque

Please register in advance by contacting Krista McCann at [krista.mccann@wrfn.info](mailto:krista.mccann@wrfn.info) or 519-886-9150 ext. 2

**WATERLOO REGION Family Network**

\*Please note that the only access to canoes is by stairs due to environmental barriers.

With generous support from:

**chroma**  
An inspiring NEW magazine celebrating  
**CAMBRIDGE ARTISTS**  
including Community Living Cambridge Art Trails Studio

By Lily Platt

**\$15 (incl tax)**

Also available at: Community Living Cambridge, 160 Heslop Rd.



**BUY YOUR TICKETS FOR THE FASHION SHOW SOON, THEY ARE SELLING FAST!**

**GENERAL ADMISSION \$40**  
**RESERVED TABLE \$360**  
**PREMIUM TABLE \$450**  
**ALSO AVAILABLE IN TICKET SCENE.CA**

## PLAY NEVADA TICKETS + SUPPORT YOUR CHARITY



Did you know that you are supporting Community Living Cambridge when you buy Break Open Tickets, also known as Nevada Tickets?

They are only available at Mr. Convenience Too at 55 Beverly St, Cambridge, ON N1R 3Z4.

While you are there, fill up with gas! You will find the lowest rates for gas at Mr. Convenience!

**Thank you Mr. Convenience Too  
for your support!**

# AUCTION ITEMS NEEDED — PLEASE DONATE



**THERE IS STILL TIME TO HELP!**

Quality auction items needed.

To donate items please contact

Theresa Haight at 519 623-7490

or at [thaight@clcambridge.ca](mailto:thaight@clcambridge.ca)

## Indulge in You!

Need some time for self-care?

LOOK NO FURTHER!

2 self-care baskets available for raffle

... 30 minute massage from Knots RMT

... Over \$100 worth of products from Truth Niagara

... bags of loose leaf tea from Steeped Tea

... and more!



Raffle tickets: \$2 each, 3 for \$5, or 7 for \$10

Available for purchase at  
OPS Centre, Saginaw & Peachtree.

All proceeds go back to CLC.

Support Team "Dangerous Curves Ahead"

Draw to take place October 14/17



# CHANGE STARTS WITH YOU.



Supporting many local charities,  
including:

COMMUNITY LIVING  
Cambridge

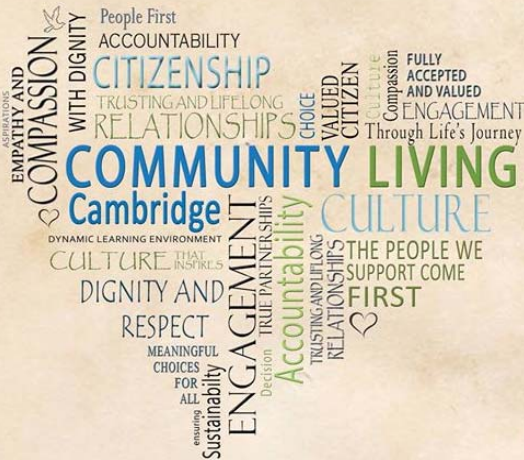


# Tired of waiting for services?



## 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.

## 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)





## 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



Upcoming event:  
Nov. 9/17  
Fabulous  
Fashions  
Beauty  
Redesigned  
Show

Agency News Fall Edition  
ISSUE: OCT. 2017

Connect with us!

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## About our Newsletter:

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### NEWS ARTICLES ARE PRECIOUS:

The next edition will be our **Winter edition** which will be released in **Dec. 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
- Advertise with us - ask for rates
- 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)

APPLY NOW