

## AGENCY NEWS SUMMER 2017 EDITION

### COMMUNITY LIVING CAMBRIDGE INSPIRE POSSIBILITIES



this issue

- A look back at AGM P.01
- Knowing where you are P.02
- Franklin Centre P.03
- Volunteers & Models P.04
- AGM photos P.05
- AGM photos P.06
- A dream come true P.07
- In memoriam P.08
- Volunteer News P.09
- Ontario Budget come up P.10
- Tour de Grand P.11
- Summer BBQ P.12
- A new partnership with P.13
- Congratulations Graduate P.14

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

### A look back at the 63rd Annual General Meeting

The Annual General Meeting was held at Holiday Inn Banquet Hall on June 13, 2017. It was an honour to have; MPP Kathryn McGarry, Regional Chair Ken Seiling, Lina Veglia attended on behalf of the Mayor and Council, all brought warm greetings. Darryl Law of Dave Rocks 107.5 FM, Diana Li of MCSS and Kevin Swayze officer of Cambridge MPP Office delighted us with their presence. The beautiful décor and delicious meals carefully crafted for us by Holiday Inn was enjoyed by all. Thank you Tracey Penny for all your help with our event!

To the wonderful volunteers who helped with registration, the Hosts for being gracious directing all guests to their seats and Photographers—thank you!

The members of Community Living Cambridge and Board conducted business and ratified 2017-2018 year. To all members of CLC and Board, Participants and Families and to all Staff, thank you for your continued support!

More photos on Page 5 & 6.

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.

# Knowing where you're going is always a good plan!!

*"It is heartening and rewarding to see all that has been accomplished in the past three years."*

And here we are, half way through the summer with many vacations and trips already enjoyed, and numerous new adventures waiting to be discovered. So, use your imagination and grab your personal GPS ... which in this case stands for 'Go Plan Something'! Be active, safe and enjoy your summer!



June 13, 2017 was the date of the 63<sup>rd</sup> Annual General Meeting for Community Living Cambridge. The energy and excitement was high as almost 270 people gathered for an elegant meal, wonderful fellowship, positive business reports and of course, topping off the evening, the ever popular dance party. It was wonderful to share this evening with some special guests, MPP and Minister of Natural Resources and Forestry, Kathryn McGarry, local celebrity and radio host Darryl Law along with greetings received from Ken Seiling, Regional Chair. Congratulation to all the people involved with Community Living Cambridge. It is good to celebrate together.

The Franklin Centre continues as

a bustling hub of activity, well into the third series of planned curriculum. One project that continues to develop and evolve is the kitchen area where renovations and improvements are expected to occur in the early fall. And you'll be able to see current news on the amazing new electronic sign at 466 Franklin. We are simply awaiting the electrical work to be completed to go live with this sign. Our thanks are extended to Blayne Rennick for his tireless work securing the sign with the help of several anonymous donors.

And looking forward, the Board has planned a review and update of the agency strategic plan as it has been three years since the last plan was developed and implemented. It is heartening and rewarding to see all that has been

accomplished in the past three years. The desire of the Board is to continue with this progressive momentum as we plan for and move into the next several years, building on these successes.

And lastly, the agency website is undergoing a major transformation. A team is working with a consulting company to upgrade and modernize this 'window to the world'. Your patience is appreciated while this site is under construction. I think the wait will be worth it!

**Happy Summer Everyone!**



Respectfully,  
Denise Gruber



## FRANKLIN CENTRE UPDATE



Our new sign has been installed and it looks amazing! The electrical supply still needs to be installed, so no fancy messages just yet. We are very grateful to Board Member Blayne Rennick for all his hard work in making this happen and donors.

### Programming Updates:

We have been busy getting ready for our 3rd session this year. With 4 summer students and extra volunteers, we are taking this opportunity to do some more programming in the community. City Explorers, Outdoor walking group. Photography and gardening will all have opportunities to do activities in the community. We are particularly excited to be partnering with the Galt Horticultural Society. They will be coming to Franklin Centre to help us with our gardens and we will be assisting them with their gardening projects in town. Speaking of gardens - our vegetable garden is looking fantastic! Thank you to John Reid for making the base and fence - "you did a super job"!

Our Special Events Committee has been busy as well. They make sure that everyone's birthdays are recognized with a card, song and candle lit brownie! They also planned and ran a very successful hot dog lunch held on June 23. In spite of the rain we all felt in the picnic mood. Special thanks to Wendy Wassink for the ice cream!

Our Franklin artists participated in the Mayors Celebration of the Arts on June 16. We had wonderful art work and pallet creations on display at City Hall (outside the Mayor's Office) for 2 weeks following the event. The evening was busy and our artists were proud to show off their work.

Wishing everyone a safe and pleasant summer!

Karen and Kerri

Look at what we accomplished together! Thank you!



**Upcoming dates to note as Franklin Centre will be closed:**

**Summer closure:** Jul. 31–Aug. 4<sup>th</sup>  
**Civic Day:** August 7  
**Labour Day:** September 4  
**Start of Fall Session:** October 2  
**Thanksgiving Day:** October 9  
**Christmas Closure:** Dec. 25 -29  
**New Years Day:** Mon. Jan. 1





The Fashion Show Committee is now recruiting

## **VOLUNTEERS & MODELS**

This year's "Fabulous Fashions. Beauty Redesigned" will take place at Bingeman's Park on

**Thursday, November 9, 2017**

If you, or your friends and/or family members are interested in volunteering or modeling for this year's fashion show, please complete the appropriate form and return it to [the Operations Centre by August 14th, 2017](#). Even if you have already spoken to a committee member about participating, you must still complete and return the form. **PLEASE FEEL FREE TO APPLY EVEN IF YOU HAVE ALREADY BEEN A MODEL IN PAST YEARS.**

*Please read the following information carefully prior to deciding to commit to participating in the show.*

The primary purpose of the show is to raise money for CLC to support Daily Programming within the agency. Additionally it also raises awareness and promotes inclusion. And best of it, it's just really, really fun!!

If you are interested in modeling, please be aware that we receive many applications, but are looking for about 35 models for the show. So please:

- Fill out the appropriate form
- Submit it on time
- Follow the instructions given
- Come to the meetings
- Ask questions if you are not sure about something
- Remember that the information we are given helps us in the selection process.

Please know that the selecting the models is the most difficult piece of the entire show. We are aware that many people really want to be in the show, and may be disappointed if not selected. If you are not selected this time, it may be because we are looking for specific age groups, availability, experience or other contributing factors. We try to be as fair as possible!

**There are many ways to participate. You can model, volunteer, donate or be an audience member!**

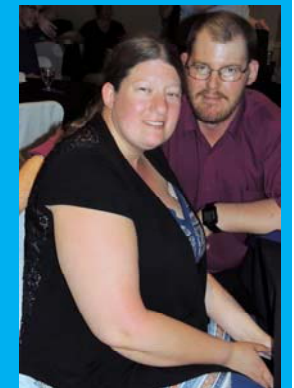






## Photos at the 63rd Annual General Meeting.

A special thank you to Dorothy Spencer for her dedication over the years in serving on the Board. Happy retirement Dorothy, you will be missed!

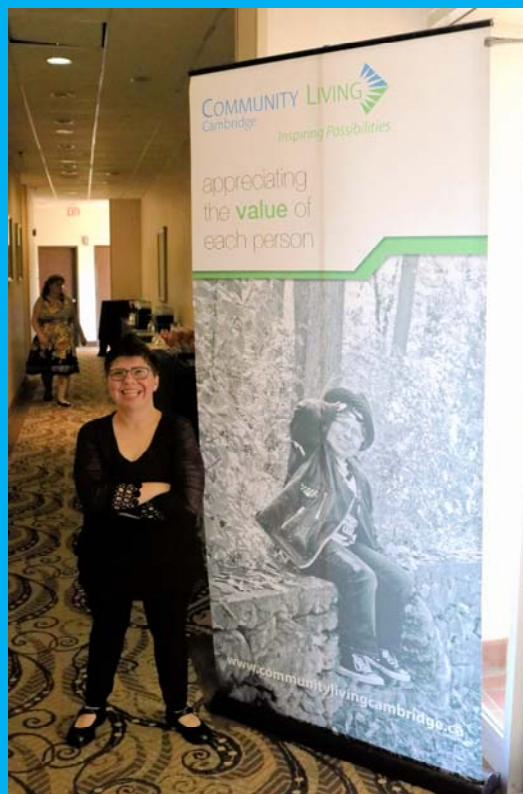






# Photos at the 63rd Annual General Meeting—continued.

Thank you all for attending!





# A dream come true!



I have been volunteering at the Franklin Centre helping with kitchen clean-up, laundry and coffee service. I like volunteering at the Franklin Centre to help serve coffee during the lunch service and to socialize with others. I like this position because it helps me practice all the skills needed to get a job in the future.

Some of the skills I am learning are following a schedule and showing up on time, completing tasks and gaining social skills. I am learning that it is important to try my best and push myself even when I am having a hard day.

When I am having a hard day I try and remind myself that this is good experience for my resume. I hope to continue volunteering each week at the Franklin Centre for the summer. I am going to continue working with my residential team and Youth Navigator to continue exploring my interests and goals. I hope one day in the future I can work in a coffee shop!

Written by Malisa Phaviseth

## Youth Navigation Program: Nutrition for Learning



Geena Young is supported by the Youth Navigation Program to find meaningful ways to spend her days. Geena is supported to be successful in this placement by the work of her residential team. The success of this placement would not have been possible without the acceptance, support and kindness of everyone who works at **Nutrition for Learning**. **Thank you so much for this opportunity and partnership with Community Living Cambridge!** Below is Geena's reflection on her placement at Nutrition for Learning.—Carrie Franklin, Youth Navigator

*"Volunteering makes me feel happy. It makes me feel good about myself because it helps children have a healthy start to their day. I started volunteering at Nutri-*

*tion for Learning in October 2016. I volunteer there every Monday. I help out in the warehouse picking orders that are going to be delivered to the schools the next day. Part of my responsibilities are checking expiry dates, getting products from the fridge/freezer to the package on the skid, putting stickers on each of the boxes and counting food items. I really enjoy volunteering at Nutrition for Learning with Lana, my support staff. I like going there each week to see Lee in the warehouse because he is really funny and jokes around a lot. I like talking to Steve when I see him in the mornings before he drives the food to the schools. After my shift is finished I get to enjoy a snack and decaf coffee with Lana and Erin from Nutrition for Learning. I had a good time at the volunteer appreciation night on May 25, 2017 and was recognized for my work. After my summer break, I look forward to returning in the fall to Nutrition for Learning."*

- Written by Geena Young with the support of Lana Hill and Carrie Franklin, Youth Navigator

*In memory of our  
dear friends*



**Penny Stuart**

**June 8, 1950—June 9, 2017**



**Kenneth Mishall**

**August 10, 1935-July 8, 2017**



We are deeply saddened by the passing of our dear friends, Penny and Kenneth.

We send our sympathies and best wishes to their many friends, Staff supporters and Family.

They will be missed.

A celebration of life will be held for Kenneth on Aug. 10th from 1pm to 3pm more details to follow.



**Who wore it best, is back to kick off the 9th annual Fabulous Fashions fundraiser.**



rock it! Thanks Lourdes for this lovely photo! By Grace Santos Gould

Stay tuned for more information on our 9th annual Fabulous Fashions Beauty Redesigned show. It will be held Nov. 9th 2017 in Bingemans Marshall Hall in Kitchener.

Feeling blue today? Well we caught up with Joanne and Denise who showed us the 60 shades of blue in this stylish prints ensemble. Blue is hotter than ever in the summer and these ladies

**CAMBRIDGE2017.RACETOERASE.COM**

"Car-Rally" meets "Corporate Challenge" | "Minute to Win It" meets "The Amazing Race"  
Community members competing for just causes & making change in our community  
...one second at a time

**FUNNY SHORTS NOT REQUIRED!**

**Register your team of four today!**

**CHANGE STARTS WITH YOU.**



Supporting many local charities,  
including:

**COMMUNITY LIVING**  
Cambridge





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

## 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.

# Volunteer News

In February we welcomed two co-op students from St. Benedict Catholic Secondary School. Sabrina and Logan have been a great asset to our Franklin Centre day program line up. They are having fun helping in the Pinterest program and exercise program, as well as learning a whole lot about our services. They ended their placement in the middle of June. We are hoping to see them continue on as Bona Fide CLC volunteers in the summer. Thanks Girls!

In April we held our annual volunteer appreciation event. Night at the movies. We had over 63 people in attendance. This was the second time we sent electronic email invites to our active volunteers. The response was very positive once again. We will continue to send out Evites to all our volunteers who have provided an "up to date" email address.

In May we were able to establish volunteer partnerships with the Galt Horticultural Society (GHS) and with Breathe into Motion (BIM) Yoga studio. The horticultural society will be helping with our gardening program and "Yoga Mike" will be volunteering his time to teach entry level yoga in the fall session at Franklin Centre. A special Thank You and Welcome goes out to both GHS and BIM!

To all our volunteers in 2017 ...please check that we have the correct email address for you as well as your regular mailing address. This will allow us to ensure no volunteer is missed when we send out our invites for volunteer appreciation week next April.

To enquire about becoming one of our fantastic volunteers, contact: Volunteer Coordinator, Sandy Caple at [scaple@clcambridge.ca](mailto:scaple@clcambridge.ca) or 519-621-0680 ext-1202.

Don't delay, call today!



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

**Fundraising Bingo Support:** As always we can use a few more Bingo Volunteers to help support our Fundraising bingo events. If you can spare 2.5 hours 3 times in a six month rotation then let us know. *We could use your help, join our Bingo volunteer! It's easy, fun & fast!*

**Franklin Centre Day Program** - Volunteer to help out in any of our day time recreation programs that run for 12 weeks at a time, seasonally. This is a great way to share your skills, have fun, and learn about our demographic in a structured environment with staff support. Enquire about becoming a Franklin volunteer today!

**Leisure Buddies:** This is a very interactive volunteer placement that requires you to be interested in having fun out in the community. We need male and female volunteers to be matched up with a buddy to take part in social interaction out in the community. If you like to go to the movies, play video games, take walks or just go out for coffee...join us!



# Ontario Budget Comes Up Short for ODSP Recipients

By now, you may have heard that the Ontario government announced a few changes to the Ontario Disability Support Program (ODSP). These changes include:

- Raising the **asset limits** from **\$5,000** to **\$40,000** for single individuals and from \$7,500 to \$50,000 for couples;
- Increasing the **income exemption for gifts and voluntary payments** from **\$6,000** to **\$10,000** per 12-month period;
- **Exempting gifts** if the funds are used to pay for **first and last month's rent, purchasing a principal residence or buying a vehicle**; and
- Increasing **benefit rates** by **2%**.

While these changes signal the first significant shift in social assistance policy in recent years we cannot help but be disappointed. Since its inception, Pooran Law has been involved with various law reform efforts focused on increasing asset and income limits for those relying on ODSP. These efforts have included developing submissions for community-based organizations, writing law reform papers for the Law Commission of Ontario, meeting with numerous bureaucrats and politicians within the Ontario government and most recently being part of a coalition lead by #HelenRies. Our consistent message has been simple – current ODSP restrictions on gifts and assets promote a life of poverty for ODSP recipients. The current structure does not allow individuals to accumulate sufficient savings to create the financial safety net required to live comfortably or come off social assistance. In addition, individuals are unable to pay for their most basic needs given the limits that income restrictions place on supplementing substandard social assistance rates.

Consider for example, parents that are planning for their daughter Mary and her future financial security. Mary's only source of income is from ODSP and therefore they incorporated a Henson Trust into their estate plan to provide for her future without affecting ODSP eligibility. They anticipate that the trust will have \$500,000 in assets and expect the monies to be used to pay for Mary's basic needs and enhance her quality of life. Based on the proposed budget changes, Mary's trustees could not access more than \$10,000 every 12 months to pay for Mary's everyday living expenses including her rent. With an ODSP shelter allowance of less \$500 this only allows Mary a monthly allowance of just over \$800 from the trust to cover her housing-related costs. With living expenses at an all-time high in Ontario, this is simply not realistic or sustainable.

We have been calling for the elimination of limits on voluntary gifts and an increased asset allowance of \$100,000. This ask is low cost and the changes would not be novel. Ontario implemented legislation in 2008 that allows ODSP recipients to access funds from their Registered Disability Savings Plans without imposing any monetary limit. More recently, the British Columbia government changed its social assistance laws by raising asset limits to \$100,000 and eliminating a ceiling on voluntary gifts and payments. If Mary were living in B.C. her trustees could access the funds she needs on a monthly basis to pay for her everyday living expenses without having the fear of a claw-back being imposed on her ODSP benefits.

It's time for Ontario to recognize the barriers being faced by ODSP recipients and to act in a meaningful way that would have positive and sustainable impact for people who rely on social assistance benefits. While the changes proposed in the Budget are a move in right direction we do not believe that they will provide individuals with the financial security they require to avoid a life of living in poverty. Low cost, regulatory changes, like those implemented in British Columbia, are needed now.

We are coming in to an election year with the current government facing low approval ratings. With a balanced budget, the government has shown it is eager to make changes that will sway voters. We need to act now to show the government that people with disabilities who rely on ODSP have a voice and that we are willing to use it in the ballot box. We encourage you to speak to your local MPP, the community groups with whom you are connected, and any other relevant outlets about the need for real and meaningful change. Source: Brendon D. Pooran of Pooran Law Licensed to Practice in the Province of Ontario 1500 Don Mills Road, Suite 400 Toronto, Ontario M3B 3K4 T: 416.860.7572 ext. 221 [www.pooranlaw.com](http://www.pooranlaw.com)



Community Networks connecting with our community

Community  
Networks



## Community Networks “BIG EVENTS” Tour de Grand



2017 CAMBRIDGE  
TOUR de GRAND  
FRONT 160 Km  
CLC was here!



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.

Once again, a group of 12 volunteers from Community Living Cambridge donned their safety vests and assisted Tour de Grand as Traffic Marshalls.

It was the 20<sup>th</sup> anniversary for Tour de Grand and we are proud to say that we've volunteered at the event for the past seven years! It was a beautiful day for a ride and this year had the biggest registration of riders and volunteers to date!

A big thank-you to our volunteers! Your time is precious yet you give it selflessly. You truly are amazing!

Submitted by: Mary Fleet, Job Coach



# Community Networks connecting with our community

*Community  
Networks*

## 5th Annual Welcome To Summer BBQ



June 28<sup>th</sup> we celebrated our 5<sup>th</sup> annual Welcome to Summer BBQ. The weather was perfect as we gathered at Soper Park and everyone waited patiently for the hot dogs and hamburgers to be ready! Over 60 people showed up for our annual event. Conversations were had, frisbies were tossed, laughter was heard and bellies were filled. It was a great time had by all. See you next year! By Theresa Haight





# Community Connection's Employment Highlight

Community  
Networks



## A New Partnership with Dare Foods



On February 9, 2017 six participants from Supported Employment Services became part of a new and exciting partnership with Dare Foods. With their recent expansion on Cherry Blossom Road in Cambridge, Dare Foods opened a new product packing department. Through a partnership with Community Living Cambridge and Ontario Disabilities Employment Network (ODEN), Dare hired a full time crew of twelve, six of whom would be hired and assisted through Community Living Cambridge. Success at Dare Foods will be our success, as it will mean employment opportunities for people we support.

The participants love their positions as warehouse associates. They receive full time hours at competitive wages and are eligible for full company benefits. The staff and management at Dare Foods are committed to fair and equal treatment for all employees and have been open to any and all accommodations requested to ensure the success of the employees.

Pictured: the co-pack crew (with summer students & temporary personnel included)

Submitted by: Joe Sousa, SES Job Coach

## Action Squad - Team 2: Giving back to our Community

*"We have had such a positive response from our many volunteers doing amazing work..."*

In January of 2016, Community Networks introduced the first Action Squad. Our facilitators take a group of up to 4 individuals once a week to a community volunteer project. We have had such a positive response from our many volunteers doing amazing work that we are in the process of adding a third team.

Action Squad – Team 2 participants' first foray into volunteering was at RARE charitable research reserve, and our assigned task was to dig up noxious weeds that out-compete native vegetation. The day was eventful as we had to hide out from a rain storm in a nearby building. Everyone said they had an amazing time and as you can see from the pictures were working hard to make a difference. During our next visit to RARE we will help keep trails clean and clear of brush.

Our 2nd volunteering experience was at the Cambridge Self-help Food Bank. The task of the day was to measure out powdered milk into baggies. This was a team effort of labeling baggies, scooping the powdered milk and sealing the bags. Everyone had to wear hairnets which caused a lot of laughter amongst the volunteers. As the picture shows the participants had fun giving back to the community.



Written by: Nicole Fraser, Community Connections Job Coach



# Community Connection's Employment Highlight

## Congratulations Graduates!

*Community  
Networks*



**WOW!**

Community Networks salutes college program graduates, Zach Marsh and Ryan Connolly. Two years of dedicated work and cooperative experiences has launched them into the future. Zach is currently employed at the Cambridge Toyota Dealership and Ryan is involved in community work at the Cambridge Food Bank. Hats off to both you!

Submitted by Jane Spina, Job Coach

## Employee Highlight



Congratulations go out to Community Networks participant Zach Marsh, who recently graduated from the Community Integration through Co-operative Education Program at Conestoga College! Zach also recently obtained full-time employment with the Cambridge Toyota Dealership. Zach works in the wash bay and also assists in the detailing department. One of the job specifications was to drive a manual transmission, which Zach mastered quickly, in order to accept the position.

Way To go Zach, keep on driving your dreams!

Submitted by: Jane Spina, Job Coach

# 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)





## 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



Connect with us!

160 Hespeler Rd.  
Cambridge, ON N1R 6V7

Phone: 519 623-7490

Fax: 519 740-8073

E-mail: [info@clcambridge.ca](mailto:info@clcambridge.ca)

[https://www.facebook.com/](https://www.facebook.com/CommunityLivingCambridge)

Community Living Cambridge

[https://twitter.com/](https://twitter.com/clcambridgeON)

clcambridgeON



**Agency News Summer Edition  
ISSUE: JULY 2017**

**Advertise**  
WITH CLC  
For more info. call  
Grace at 519 623-7490

## About our Newsletter:

Published in Issuu Digital Publishing Platform

<https://issuu.com/communitylivingcambridge>

Editor in Chief: Denise Gruber  
Editor, Layout & Design: Grace Santos Gould  
Proof: Barb Chapman and Judy Moitoso

### NEWS ARTICLES ARE PRECIOUS:

The next edition will be our **Fall edition** which will be released in **Sep. 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 [mbugeja@clcambridge.ca](mailto:mbugeja@clcambridge.ca)

**APPLY NOW**