

CLAPW E-Newsletter Spring Edition 2020

COVID-19 PANDEMIC

Due to the COVID-19 Pandemic, our day programs remain closed until current restrictions are lifted. As well, our administrative offices are closed to outside visitors and only have 2-3 staff working on site each day. These are unprecedented times and we thank our dedicated staff members who are working hard to keep people safe and well. We are thinking of the many CLAPW families who count on our day program services who are now likely feeling isolated. Please reach out to us at info@clapw.org if there is a way that we can be of assistance to you in these trying times.

We are pleased to report that at the time of writing this newsletter we have had no cases of COVID-19 amongst our supported people or our staff members. We pray the same holds true for all our CLAPW families and supporters. Looking forward to brighter days ahead.

ROCCA IS TURNING 100!

Rocca will be celebrating an incredible milestone on May 24th, **her 100th Birthday!** In honour of this remarkable lady we will be planning a very special, but low-key celebration. The date for the celebration will be **May 22nd** and we will share pictures on our social media feeds.

Rocca, we wish you love, happiness, laughter and as many smiles; as you have given us over the years.

Rocca you are AMAZING!



"A light heart lives long"-William Shakespeare



Message from the Chair of the Board-Joe Visconti



“We’re all in this together” ends the latest letter from Community Living Ontario and is echoed on various media and social media. No truer words have been spoken in this trying and very frightening time of COVID 19! It is as serious as all the experts say and more.

From the end of February, when the public was just being made aware of this, our Executive Director sprang into action taking a number of steps to effect our Pandemic Policy. By March 13th, Lisa and her managers were in full mitigation mode. It is, of course, absolutely critical that all our staff and supported persons are safe. To this end, everyone has been following the directives of our provincial and federal medical officers of health in taking a number of very practical steps for the safety of all concerned. There has been put in place a number of practical procedures from CLAPW as well. In addition, there has been daily communication amongst the managers and with all staff.

To all of our parents and stakeholders, please feel free to contact Lisa if you have any questions.

Yes, we are all in this together but, if we listen to the experts, we will all get through this together. Stay safe and stay healthy.

Message from the Executive Director-Lisa McNee Baker



What a trying time we are encountering right across the world. It is a time fraught with concern for our loved ones’, friends and colleagues. And at CLAPW it is a time filled with concern for the people we support, their families and our dedicated employees. I cannot express enough how very proud I am of the CLAPW team who so very quickly shifted gears and adapted to the “new normal” of social distancing and mitigation strategies to avoid COVID 19.

We know that these are trying and difficult times, and yet our staff members show up, follow protocol and do everything in their power to keep people safe and well. They have planned an abundance of in-home activities covering everything from ukulele jam sessions, board games and baking to spa days, crafting and gardening. Everyone is working together to try to create some normalcy. Our SIL staff have done an outstanding job working with people who live independently in the community and may need reminders to isolate at home.

Our leadership team and our scheduler have been remarkable. Completely focussed on keeping our supported people and our staff team encouraged and buoyed in what can only be described as the most trying of circumstances. We had two staff members, Betty E. and Joyce M. along with several community volunteers who sewed re-usable masks for our staff members. Amazing.

We miss the many people who attend our day programs and extend our best wishes to families that are dealing with the required quarantine with no external supports. Please know that you are on our minds and in our prayers. Please, should you require some support send me a quick email at lisa.mcneebaker@clapw.org and we will see if there is a way we can help. As Joe noted, we are all in this together. Remain Hopeful!



SHOUT SISTERS SING FOR A GOOD FOR A CAUSE!

We are thrilled that the Shout Sister Durham choir have selected CLAPW as the recipient of the funds raised through their Spring Concert. Funds raised will be used to offset costs of our very popular Christmas Dinner/Dance. The concert is scheduled for May 28th from 7:00-9:00 p.m. in Oshawa. We know the choir is continuing to practice through Zoom Choir Sessions. (it is very interesting with 70-80 people participating) and they remain hopeful that their final concert will go ahead. Ticket Sales information should follow soon. (Our ED is a member of this choir!)



BIG BIKE FOR HEART AND STROKE



CLAPW is planning to participate in the **BIG BIKE** event for the Heart and Stroke Foundation. We aim to have 29 people fundraising and then taking a spin on the **BIG BIKE** to raise funds for the Heart and Stroke Foundation. Want to join our team? Contact Team Captain Lena Reilly at lena.reilly@clapw.org. Want to donate to our team to help us reach our goal of \$2000 raised? Feel free to donate at either CPP at Dowty Road or by stopping by our Administrative Offices at 36 Emperor Street once our programs resume. We are excited to be a part of such an amazing event raising funds for such a worthy cause!

Date for the event is yet to be confirmed.



CLAPW ACTIVITIES



The Valentines Dance was a huge success thanks to our wonderful volunteers. The **Spring Fling Dance** which was to be hosted by the **Heroes Self Advocates Group** on **Wednesday April 24 has been cancelled.**

Like you, we can't wait until we can gather again, enjoy each other's company and dance our cares away. In the meantime, make sure to crank those tunes at home and let your hair down and **DANCE UP A STORM!** **Tune into our Facebook Page on Fridays at 2:00 for a lovely Amanda Sings presentation.**

Pii Day

To celebrate Pii day, we gathered and did what else but eat pie! Thanks to our Culture Club Committee for arranging this fun event and thanks to all who joined us, including long time former employee Ron Gosling.

During these days of Social Distancing our Culture Club is working to create positive content for our social media feed. Make sure to tune in to our Facebook page on Friday's at 2:00 pm for our "Amanda Sings" musical presentations featuring our very own CPP staff Amanda B. Music can be so uplifting!



TAKE A BITE COOKING PROGRAM

The Durham Community Foundation has provided a \$6,000 grant to fund our "Take a Bite" cooking program at the Dowty Road Community Participation Program. This program focuses on good nutrition, meal preparation, ways to stay healthy and the joy of cooking! This group have whipped up some yummy meatballs for lunch! We thank the Durham Community Foundation for supporting our work through their very generous donation.



COMMUNITY EMPLOYMENT PROGRAM



For many years CLAPW has operated a **Supportive Employment Program** and some of our participants have held the same exciting jobs for many years.

Here's Lori Mackinnon, who works at the Canadian Tire store in Pickering as a filler. She stocks shelves and assists customers when needed. Lori has worked in many departments at Canadian Tire but mostly in the tool department. Lori works four days a week with a total of 16 hrs. On Oct 31st of this year she will be celebrating 20yrs of service with the company.

Our **Employment Support Professionals**, Eric, Nancy and Kelly are currently supporting 52 people in supportive employment.

A Day of Learning Together at Community Living Ajax - Pickering Whitby

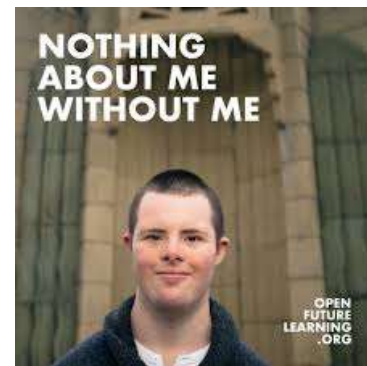
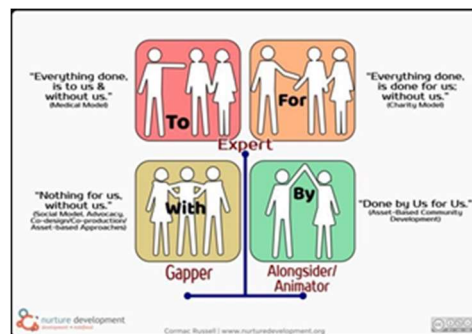
All full-time staff and managers at CLAPW will be participating in Individual Support Plan (ISP) training facilitated by Susannah Joyce.

An ISP is a written tool that describes an Individual's desired personal outcomes and how these outcomes will be achieved through the involvement of a variety of people, services and supports. It outlines goals and the steps to follow in order to meet those goals. It actively involves the Individual throughout the process and builds upon his or her strengths and natural supports. The ISP can be used to help motivate and inspire an Individual and his or her Support Team.

Just as we build on the strengths of the person we are helping, we can learn a great deal from what we notice is already making a difference in the planning ... as well as learning about new tips and ideas to increase how this process can be as effective as possible.

We will be exploring several small ways in which planning can make the most of people's passions, gifts, existing & potential relationships, and dreams and goals. We will look at creative ways to involve others in the planning, ideas to connect more to Community, and the roles and resources that are helpful supports for Direct Support Professionals that are involved in the planning.

We are excited to strengthen our process of planning with people to help them to realize their goals and dreams that will lead to a good life and a secure future.



"We are less when we don't include everyone." Stuart Milk



MESSAGE FROM THE AKTION CLUB



CLAPW's Don Albert Aktion Club has been working hard to find various ways to give back.

This winter, they donated over 100 coats to Denise House & Back Door Mission, sponsored two local seniors in the Santa for Seniors Christmas gift program, bought 3 bed kits for Sleeping Children Across the World and donated 420 pairs of socks to SOCKS Ajax-Pickering (doubling their donation from last year!).

They have just started their newest initiative, which is to collect milk bags from the community and prepare them to give to a local group who will finish assembly of bed mats to help those in need. They also will be collecting gently used coats all year again to donate in November and new socks again to be donated in December or January. Think of them if you have any empty milk bags, coats to donate or buy some new socks and drop them all off at our Dowty Road location!

ALONE WE CAN DO SO LITTLE TOGETHER WE CAN DO SO MUCH! HELEN KELLER

IMPACT AJAX GRANT



We were thrilled to be awarded a \$10,000 IMPACT grant by the Town of Ajax, so that we can start a Families as Partners Support Group. This group will meet the last Tuesday of every month from 6:30-8:30 pm at 36 Emperor Street in Ajax and will provide a wide variety of guest speakers and topics of interest to families.

For more information visit clapw.org and view the events calendar. As well, make sure to follow our Facebook and Instagram feeds for updates on topics and meeting content. As well, make sure to follow the Town of Ajax on Facebook, Twitter and Instagram for updates

Supported by **IMPACT AJAX** |



THANK YOU TO OUR VOLUNTEERS

With events unfolding so quickly in March, I didn't have time to speak to each of our amazing Volunteers in person. I'm going to have the honor of thanking each one of you this month during Volunteer Appreciation Week, April 19th – 25th, so follow our Facebook page! I wish I had new photos to use, (that was this weeks' task) but last years will have to do! I hope you and your families are doing well and stay safe during this uncertain time. I look forward to the day when I can invite you all back to support the individuals, who miss you immensely, in our programs!

To our fabulous students, whose placements were cut short, we thank you for the time and energy you gave our programs and wish you all the best in future endeavors. Please feel welcome to come by when things settle down. We're always looking for new Direct Support Professionals and Volunteers! We will also have a few summer student opportunities this summer! (fingers crossed)

Keep safe & healthy everyone.

Sharon Burgess, Volunteer Coordinator



CHEERS FOR PEERS-EMPLOYEES OF THE MONTH

Staff nominated by their peers for putting the CLAPW mission into action!

December

Lisa McNee Baker
Lisa Knight
Nicole Mavin

January

Cam Smail
Brad Putnam
Maureen Wells

February

Annette Killam

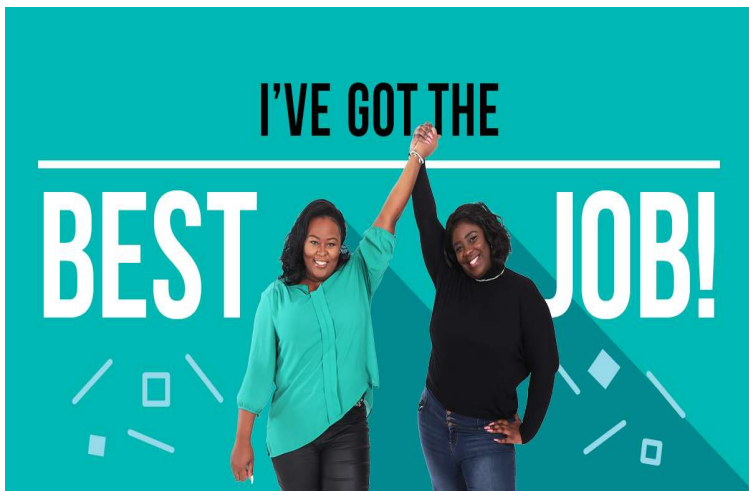
April

Ann Middlebrook

Mission: Community Living Ajax-Pickering and Whitby is dedicated to supporting people with developmental disabilities so they can live full lives and be effectively, safely and inclusively supported in their own communities. We serve that mission by offering a broad range of personalized supports and services, closely aligned with their individual goals and choice of where they want to live, learn, work and enjoy their leisure time.

"Daring leaders work to make sure people can be themselves and feel a sense of belonging." Brené Brown





We are hiring part-time and relief staff to work in our residential locations and day program sites. Please send resume to hr@clapw.org to be considered for an interview. We offer good wages, flexible hours, regular training and the opportunity to make a difference!

BEST JOB EVER!

RESOURCES

Lounge and Leadership Library

Have you heard? CLAPW is pleased to offer a lounge for meetings at the administrative offices at 36 Emperor Street. The comfortable room has a couch, chairs, fireplace, television and is decorated with inspiring art from people involved in our Art Program at Dowty. It provides a bright space, comfort and, should it be needed, a place for quiet reflection.

The lounge also boasts a “**Leadership Library**” where staff and family members can sign out books on leadership, the non-profit sector, creating community and individual support planning. Curl up with a book for a few minutes and be inspired to help lead the charge for the transformation of CLAPW. We’re in it together!

The room can be booked through Althea at althea.telemaque@clapw.org or by calling 905-427-3300 ext. 0



USEFUL LINKS

www.nurturedevelopment.org

<https://family-alliance.com/>

<https://pooranlaw.com/services/>

<https://calendar.durhamimmigration.ca/Default/Month>

Asset Based Community Development

Family Alliance of Ontario

Pooran Law

Durham Immigration Calendar of Event



STAYING CONNECTED

We know you are receiving an overwhelming amount of information during this COVID 19 crisis.

Community Living Ontario wanted to provide you a place to access to the most up to date resources and information you need to navigate these uncertain times, safely and economically.

The Community Living **resources hub** will be updated regularly with the latest news, tips, information and resources for people, families and agencies.

Each resource includes a short description and the intended audience. Community Living Ontario has vetted these resources to ensure they align with their community philosophy.

Their goal is to aggregate a variety of tools, best practices, videos, podcasts, and stories that will help you with your day to day tasks.

Another excellent source of information is Connectability. Please see the links below.

<https://communitylivingontario.ca/en/staying-connected>

<https://connectability.ca/what-to-do-while-in-isolation-covid-19-resources/>

COVID 19 RESOURCES AND LINKS

Here are some helpful links for information on COVID 19 and resources that may prove to be helpful.

Province of Ontario Family Support

<https://www.ontario.ca/page/get-support-families>

Covid 19 Self Screening Tool

<https://covid-19.ontario.ca/>

Planning Network-Frequently Asked Questions re Covid 19

<http://www.planningnetwork.ca/en-ca/resources/28358/COVID-19-FAQ?agilityts=20200407012735>

You Tube Video on plain language ways to keep yourself safe from COVID 19

<https://www.youtube.com/watch?v=V7YI-BesvDw&feature=youtu.be>

Plain Language Covid 19 self care sheet

https://communitylivingontario.ca/wp-content/uploads/2020/04/CLO_FACTSHEET_Plain-Language.pdf

Summary of COVID 19 federal and provincial financial relief measures

<https://communitylivingontario.ca/wp-content/uploads/2020/03/COVID-19-Financial-Relief-Announcements.pdf>

Health Care Access and Developmental Disabilities

<https://www.hcarddcovid.com/info>



EVENTS AT A GLANCE

April 28	Family Support Meeting CANCELLED
TBA	Heart and Stroke Big Bike noon at the Ajax Casino
May 22	Rocca's 100 th Birthday Celebration!
May 26	Family Support Meeting (CPP Update and Passports Funding)
May 28	Shout Sister Fundraising Concert (to be confirmed)
June 15	CLAPW Drama presents MAMA MIA CANCELLED
June 17	Spring Dance at the Ajax Legion hosted by the HEROES Self Advocates Group
June 30	Family Support Meeting-Housing with Kelly Casey

STAY SAFE AND BE WELL! SEE YOU SOON!



“We rise by lifting others”-Robert Ingersoll

