

## CLAPW E-Newsletter Fall 2019

### HALLOWE'EN DANCE



As always, the Hallowe'en Dance was one of our most popular events of the year. Organized by the HEROES self advocates group there was great decorations, good music and some amazing costumes!

The Heroes group will be hosting a Valentines Dance and a Spring Fling in the New Year. Dances are held at the Legion on Hunt Street in Ajax. Pay attention for our Facebook feed and Website for upcoming events.



### FAMILY SUPPORT GROUP

In 2020 we will be hosting regular meetings of a family support group called **Parents as Partners** thanks in part to partnership funding through a Town of Ajax Impact Grant. Come out and meet other families, hear about trends in the Developmental Services Sector and hear from a variety of guest speakers and service providers. CLAPW has a long history of having active and dynamic family support groups; indeed, it was families working together in the late 1950's that established CLAPW. We are appreciative of the Town of Ajax for supporting this initiative. Stay tuned for more details



## Annual General Meeting



Our Annual General Meeting was held at the end of September and provided an opportunity to celebrate the many successes of the last year. Several staff members received Service Awards ranging from 5-25 years! Chris Beesley of Community Living Ontario shared his insights about changes and challenges in the Developmental Service Sector and his hopes and dreams for the future.



### Message from the Chair of the Board-Joe Visconti



What a great fall it has been for CLAPW! A number of events stood out for me.

We had a very successful AGM at our Dowty Location, where, in addition to the usual business, we honoured many of our employees for outstanding service throughout the years. In early September, a group of parents got together to discuss several issues and I hope that they will continue to be a voice in future meetings that they hold. Also, at our AGM, we welcomed our newest Board Member Andrea Kennedy. We look forward to having Andrea on our team. Congratulations to all our supported people who participated in our very successful art program and show with our partners at the Ajax Public library. I was totally impressed with the talent that was on display there in a variety of pieces done by our artists.



Of course, for me, the culmination of these last few months was our fabulous Christmas dinner and dance on November 22nd! What a grand occasion that was! Everyone looked so fine dressed in their Christmas best, even Santa! Our Christmas dance committee sure outdid themselves. Special thanks go to Sylvia Thornton and Janice Stroh for purchasing and arranging the wonderful gifts for the raffle and the door prizes. For me, the highlight of the night was watching the astonishing Brent play air guitar, while dancing to a great rock and roll song, then dropping on his back on the floor and moving along the floor using his feet while not missing a beat playing his guitar! Remarkable!



As we enter the Christmas season, regardless of how you observe the holiday, on behalf of the Board of Directors, I would like to wish all of you a very Merry Christmas and a Happy Holiday.

May peace and happiness fill your hearts at this joyous time.



## Message from the Executive Director-Lisa McNee Baker



As I write this note the snow is falling and the wind is blowing; it looks like winter is soon upon us. We have had a wonderful late summer and early fall. A highlight for sure with the first ever CLAPW Scavenger Hunt. The teams worked hard together to solve riddles and got out in the community to capture pictures of some iconic locations, and frankly created some iconic poses.



We recently hosted our annual Christmas Dinner and Dance and had the largest crowd in CLAPW history. Two hundred and twenty-nine guests joined us for dinner, dancing and wonderful raffles. Thanks to our many supporters and our hardworking dance committee. It is truly a pleasure to work with such a fun-loving and dedicated team. Special thanks to Sylvia Thornton and Janice Stroh who once again worked their magic on the raffle table, door prizes and take-away gifts. These two ladies really are like Santa's elves. Thank you to our Lead Sponsor Seamless Care Pharmacy and our Décor Sponsor Durham Regional Police Services Board.



2019 has been a productive year with progress towards our strategic objectives. We had an excellent compliance review through MCCSS and expanded and enhanced our daytime programming at Dowty Road. CLAPW is making good progress on our mission to help people with intellectual disabilities to live full lives in their communities.

As we head into the hectic holiday season, I extend my deep appreciation to the staff members of CLAPW. With a 24-hour service model, many of our staff members will be working over the holidays and striving to ensure the people we support have a Joyous Christmas. We are fortunate to have many hardworking and committed staff members who endeavor every day to create a good life for the people they support. I am regularly inspired by their creativity, commitment, fierce advocacy and perseverance in the face of challenges. I look forward to what 2020 has in store for CLAPW!

**"Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well."**

**Voltaire**

## Art Show

For almost a year now we have focused on our creative side at the CPP program at Dowty Road. The efforts of our various program participants can be seen throughout the building which has been transformed with beautiful, bright pieces of art.

We were thrilled to be able to feature the works our program participants at an Art Show at the Ajax Public Library. The art on display was beautiful, bright and inspiring and everyone involved in the show was proud to showcase their work.

We extend heartfelt thanks to volunteer Ana Paula Leandro who has played a key role in helping us to expand our art programming in the Community Participation Program at Dowty Road.

We were very pleased to partner with the Ajax Public Library who generously provided the space to display our art and host our art show. We look forward to growing this partnership.



## Mosaic Works



### The Gallery



### Pride on Display



## WE ARE HIRING!

I'VE GOT THE  
**BEST JOB!**

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](mailto: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!**

**"A small team, committed to a cause bigger than themselves, can achieve absolutely anything." Simon Sinek**

## Falling into winter!



**“Autumn.....the year’s last, loveliest smile.” John Howard Bryant**

## LET THE INCLUSION LIGHT SHINE!



“My advice to other disabled people would be, concentrate on things your disability doesn’t prevent you doing well, and don’t regret the things it interferes with. Don’t be disabled in spirit as well as physically.”

*Stephen Hawking*

**Diversity is being invited to the party; inclusion is being asked to dance. Verna Meyers**



## RESOURCES

### Development Services Ontario (DSO)

#### What is DSO?

Developmental Services Ontario (DSO) helps adults with developmental disabilities connect to services and supports within their communities. Wherever you live in Ontario, DSO can help you or someone you care for connect with: residential supports, caregiver respite, community participation supports (such as for volunteering or employment), professional and specialized services, the passport program and person-directed planning, and various other supports to assist individuals with disabilities to become more involved in their communities.

#### **Connecting with DSO:**

- Your local [DSO](#) can provide information on services and supports available in your community
- It's important to connect to the DSO as soon as possible because the waiting lists for services are long
- Connect with the DSO as soon as possible after your child turns 16. This way, by the time your child is ready to graduate high school and/or turns 18, your son or daughter will be able to access all the supports and services for which he or she may be eligible

#### **DSO's Definition of Developmental Disability:**

- Present at birth or is developed before 18 years of age
- Affects a person's ability to learn
- Permanent
- Mild or severe

The Developmental Services Sector has changed a lot over recent years. The Services and Supports to Promote the Social Inclusion of Persons with Developmental Disabilities Act stipulates who is entitled to services and supports and how they may apply for services. It ensures that services and supports are of high quality and that people have more choice in which services they select for themselves or their loved ones.

Today, the focus is on individualized funding supports and services designed to better reflect, support and include adults living with developmental disabilities in all facets of life.

To learn which services and supports are currently available within your community visit [dsontario.ca](http://dsontario.ca).

## USEFUL LINKS

|  |   |
|--|---|
| 211 Ontario                            | <a href="https://211ontario.ca">https://211ontario.ca</a>                       |
| Ontario Disability Support Program     | <a href="https://mcss.gov.on.ca">https://mcss.gov.on.ca</a>                     |
| The Health Line                        | <a href="https://www.thehealthline.ca/">https://www.thehealthline.ca/</a>       |
| Community Living Ajax Pickering Whitby | <a href="https://www.cl-apw.org/site/home">https://www.cl-apw.org/site/home</a> |
| Individualized Funding Library         | <a href="https://www.iflibrary.ca">https://www.iflibrary.ca</a>                 |



## THANK YOU TO OUR VOLUNTEERS

**Samah Syed** started volunteering at CLAPW in the fall of 2018. She runs a Book Club with 6 individuals who attend our Dowty location program on Monday and Wednesday mornings. These individuals have enjoyed the interactive story lines and the chance to share their opinions and thoughts. Over the year, Samah has gotten to know people and morphed the Book Club to suit their personalities. She enlists the use of audio and video to facilitate understanding, so the everyone can enjoy the adventures. Samah provides great leadership for this program and we thank her for all the time and planning she brings to the group.



**Brenda Icaza** has been volunteering at one of our residential programs in Whitby for a few months. She spends Sunday mornings heading out into the community with Maureen, who loves getting out to the gym, shopping and restaurants. Brenda's enthusiasm and caring personality is a welcome addition to everyone living at Applewood. Maureen is also proud to be helping Brenda learn and practice her English, so she can resume her Orthodontic career here in Canada.

Volunteers give generously of their time to enrich the lives of others. We appreciate their efforts beyond measure. If you know of someone who would like to volunteer at CLAPW please have them reach out to Sharon at [sharon.burgess@clapw.org](mailto:sharon.burgess@clapw.org).

## HOT OFF THE PRESSES!

Community Living Ajax-Pickering-Whitby Drama Presents:

"When it seems that we have lost our way,  
we find ourselves again on Christmas Day."

**WHERE:** 1755 Plummer St.,  
Pickering ~ Units 1 & 2

**WHEN:** Monday,  
December 16, 2019

**TIME:** 1:00pm

**COST:** Suggested donation of  
\$4.00 per person

**Make sure to bring your change for baked goods made by our Friday Baking Crew!**

On behalf of Community Living, we would like to thank Ontario Power Generation for their sponsorship.

Make sure to mark **Monday December 16 at**

**1:00 p.m.** in your Calendar. Our CPP participants from ACT ONE Drama are thrilled to bring you **THE POLAR EXPRESS!** The Christmas show is always well performed and well attended. Bring some change to purchase some yummy Christmas treats that our baking team have made. Thanks to our lead sponsor Ontario Power Generation for helping to make this event a possibility. Make sure to be on your best behaviour as rumor has it the jolly man in red will be making an appearance. Ho, Ho, Ho!

**ONTARIO POWER**  
GENERATION

## The Culture Club Committee



A group of CLAPW employees have banded together to create the "Culture Club" Committee. This group is taking steps to enhance the workplace culture.

**We know, that our biggest asset is the people who work at CLAPW** and we know how important it is to feel good about the work you do.

We have two events happening in December. Christmas doors will be judged on-line through our agency Facebook page. (are you following us yet?) Voting will run from Dec. 06 until Dec. 09.

On December 20<sup>th</sup> from 8:30-11:00 we are hosting a pancake breakfast in the gym at Head Office. All are welcome. RSVP by December 13 to [cultureclub@clapw.org](mailto:cultureclub@clapw.org)



**RSVP BY DECEMBER 13!**

## CHEERS FOR PEERS-EMPLOYEES OF THE MONTH

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

### August

Siobhan Hall  
Vanessa Sulamen  
Lena Reilly

### September

Shannon Shepherd  
Rehber Ismaily  
Rhi Smith

### October

Nick Persaud  
Peju Thanni  
Violet Jaigobin

### November

Ruth Alambo  
Amanda Bradley  
Louise Kitchener

**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*



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## Person Centered Planning



Person Centered Planning is an ongoing problem-solving process used to help people with disabilities plan for their future. In person centered planning, groups of people focus on an individual and that person's vision of what they would like to do in the future. This "person-centered" team meets to identify opportunities for the focus person to develop personal relationships, participate in their community, increase control over their own lives, and develop the skills and abilities needed to achieve these goals. Person Centered Planning depends on the commitment of a team of individuals who care about the focus person. These individuals take action to make sure that the strategies discussed in planning meetings are implemented.

### Purpose of Person-Centered Planning

- To look at an individual in a different way
- To assist the focus person in gaining control over their own life
- To increase opportunities for participation in the community
- To recognize individual desires, interests, and dreams
- Through team effort, develop a plan to turn dreams into reality.

### Future Planning: It's Possible and Necessary

Future planning is important for all families. Thinking about the future can be challenging and emotional. However, experience shows that adults with intellectual disabilities make a better transition from the family home when a future plan is in place.

Some families might feel that planning is not available to them because they don't have any money to leave to an adult son or daughter with an intellectual disability or can't afford a lawyer or estate planner. **This is not true.** There are many aspects of the planning process that aren't related to money.

Each individual supported by CLAPW has an annual Individual Support Plan Meeting. We want to help, make sure to make the most of it!

## MAUREEN'S BIG MOVE!



I moved to Applewood at the end of May. I was very nervous to move to a new place. After I saw the apartment (bedroom, living room and bathroom) I realized it was big. I now have some privacy. I have a more independent life and I make more choices about my life.

I take public transportation by myself now. I have more control over my bank account, money spent on smokes and over my own activities. I have made friends here.

I help write the shopping list each week and go grocery shopping with the staff. I like talking to the staff about my personal business. I also have a job working at SunnyCrest helping the people there to play Bingo.

I love being able to go out on my own and being able to have my boyfriend come over. I also like that I can talk to my family on the phone. I like that I can still go to Lakeridge for support.

Written By:

Maureen M

As the year comes to a close, we extend our best wishes for a peaceful, joyous holiday season. We thank you, our families, staff and supporters for your ongoing contributions to CLAPW. Whatever is beautiful. Whatever is meaningful. Whatever brings you happiness. May it be yours these holidays and throughout the coming year. May the spirit of love gently fill your hearts and homes. In this loveliest of seasons may you find many reasons for happiness.

*Merry Christmas!*



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