

Happenings

WE BELIEVE IN PEOPLE

Volume 1, Edition 3
2020



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A MESSAGE FROM JANET



Thank you for reading this edition of *Happenings*. We are pleased to share our latest news and showcase the successes that people have achieved.

Thank you to all who attended our holiday celebration on December 11th. It was a lovely evening with over 270 people in attendance. We thank Mayor Rob Burton for joining us and his kind words in expressing congratulations on our 65th Anniversary on behalf of the Town of Oakville. As well, we thank Jamie Perrenoud for presenting a generous donation through his “Just Appreciate Movement” fundraising.

On December 15, 2019 Brenda Kerr hosted a “Queens of the Court” tennis fundraiser at the Ontario Racquet Club in support of Community Living Oakville. The event was a tremendous success. We sincerely thank Brenda and all of the Queens of the Court for participating and raising \$27,668.00!

Two of our Board Members, Tom Whelan and Shannon O’Neill, have been busy over recent months gathering stakeholder input into the development of our next three year Strategic Plan which will be launched April 1, 2020. We are very pleased with the successes achieved on the current plan and thank our dedicated staff, Management Team and Board of Di-

rectors for helping to make many goals a reality.

We were thrilled to have a number of our donors attend a Donor Appreciation evening on November 14, 2019, and have the opportunity to recognize their contributions, and reflect on all they have made possible.

Thank you to each of our donors, supporters and sponsors. Your generosity makes a difference every day. Community Living Oakville appreciates and relies upon the support of government funding which covers a basic level of support. As we aspire to helping people achieve their goals and enjoy new experiences, it is our donors who make many opportunities a possibility.

The Board of Directors are diligent in ensuring that funds are approved and used only to enhance the lives of people who use our services.

We hope you enjoy reading this edition of *Happenings*, and as always, your input and feedback is welcomed.

Janet Lorimer
Executive Director

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A WELLNESS JOURNEY

KICK OFF TO 2020

As a New Year begins, many of us wonder about new beginnings, and ponder the past. This year, 2020, is a milestone year, marking a new decade and new beginnings.

Nearing the end of 2019, Carol Forster woke up one day and decided she was simply tired of feeling exhausted and achy all the time. She decided it was time to take control of her health and wellness, end her tiredness, and heal her aching body.

Many of us would continue down the same path, out of comfort and perhaps lack of time or motivation, but not Carol. Once she sets her mind on something, she is determined to ensure it happens!

First step: Get a gym membership! Carol's sister Anna has been a member at the YMCA for many years, so Carol chose the YMCA for her membership. She did not stop there, she felt that to keep her motivated she needed the added benefit of a personal trainer to work on the specific areas that were causing Carol to have aches and pains. Carol chose her personal trainer and began her journey.

When Carol was asked why she decided to venture down this journey she said, "I decided that it would be much easier to get around using my walker if I was carrying less weight, and it is good for my heart, I want to be around for a long time ya know."

Carol does her personal training with Nancy once a week. At first, Carol couldn't find the right connection with her original trainer, then she met Nancy and things just clicked. "She makes the training sessions challenging, but at the same time listens to me and knows the problem areas that I want her to focus on. I can tell how hard I worked by the soreness after my workout. It's a different soreness than the lazy soreness you get from not doing anything" says Carol. "Nancy really knows what I can do".

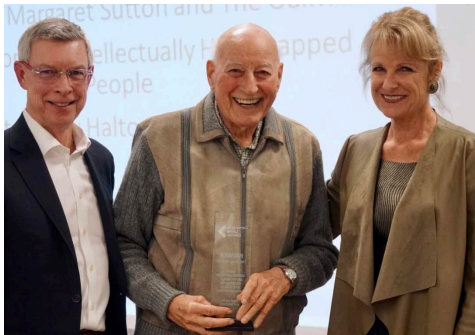
In just over a month Carol has noticed an overall improved physical condition. She has more energy, and she says she feels more confident when walking. When asked if she plans to continue her path to find her best possible health she says "I



don't plan on quitting anytime soon, I am thinking about starting up Aqua Aerobics as well!"

Carol has said that 2020 is her year; she jumped on the health and wellness bandwagon, and is determined keep going.





AN EVENING OF CELEBRATION

November 14th, 2019 marked Community Living Oakville's Donor Appreciation evening. This event recognized our generous donors who have contributed to our agency and have directly enriched the lives of the people we support. Each donor was recognized and provided with a small token of appreciation. Our donor community have been integral and have contributed in countless initiatives at Community Living Oakville. They are part of the fabric of our agency.

The evening also included a memorable slideshow and video displays of the people we support enjoying all of life's moments, including new experiences made possible by the support of our donors. It further included the official unveiling of our new donor wall located at the front reception of our main building.

On behalf of everyone at Community Living Oakville..... we thank you!

PROJECT SEARCH

Project Search interns have been very busy in recent weeks as they transitioned to their second internships in early January to further develop and hone their skills. They are not only learning to embrace change but also learning to transfer their newly acquired skills to new situations. The real achievement was when a student of project search got an invitation to apply for a job in food services and two other departments of the Oakville Hospital expressed interest in hiring as well.

The success of the first internship was marked by an appreciation event to Honour the Mentors and Managers of the program. The interns presented the Mentors with a framed document along with a small gift to which was attached a personal note to tell them how important they were to student success. Intern Kyle's note read "Thank you Angie, for making me feel welcomed in Connect Care and making me a part of this community."

During Brianna's new internship with Human Resources, she was invited to attend a staff-training day where they spoke about the role staff have in the patient experience. "I am the patient experience" is the mission statement for the interns and a focal point in the classroom sessions. Sense of community at Halton Healthcare is key and the interns are seeing the impact they have on a patient's story.

Some of their many activities and achievements of the interns in the recent weeks include:

- Participating in job interviews for their second internships.
- Representing Project Search at six Halton Secondary Schools and presenting to Community Pathways Program.
- Establishing Goals for 2020 and tracking them on graphs.



- Involvement in a video produced by HDSB and another exciting experience of doing a story on Project Search with Susan Hay from Global News.

Project Search was thrilled to have two new students Ryan and Caitie join in through the Community Pathways Program. Ryan will be starting his internship in the Computer Information Systems department where he will learn all about the complex inner workings of the Hospitals IT department and how important these systems are to keeping the hospital running. Caitie on the other hand will be working in the Maternal Child Department where she will be help with organizing and maintaining games and toys, read stories to children and help with administrative tasks.

The newly acquired skills and increased independence the interns have been experiencing, will no doubt continue throughout their second and third internships. The exciting transition from there will result in meaningful employment in the future.

SPONSORED BY:



TELUS Friendly
Future Foundation



RAISE YOUR VOICE COUNCIL

Raise your Voice Council and the Voice Committee (Community Living North Halton) co-hosted the Halloween Dance at the OE Banquet hall on Friday October 25th. This was the first event organized by the newly elected Committee members of the RYVC. The Pumpkin competition had many creative and imaginative entries that made it very challenging for the judges who eventually announced a joint first prize. The winners were Leandra Park with her 'Skullina n Friends' creation and Innovations Church for their 'Spooky Jail' Pumpkin. Nearly 300 attendees enjoyed getting into the spooky spirit with their spooky costumes and great dancing.

After a success with the Holiday Marketplace, RYVC organized their Second Annual Holiday Marketplace on Friday, November 29 at Community Living Oakville. This was an opportunity for everyone at CLO, family, friends and community neighbors to get a start on their holiday shopping. Yearlong planning goes into this event since all the programs at CLO have a table that sells unique holiday items alongside other vendors. New this year was the RYVC Welcome Table serving complimentary drinks and organizing games. Special thanks to the Co-op students Chiarra Ricchi and Ciarra Villafior for their valuable contribution to this successful event.

Before the end of 2019, RYVC organized The Annual Pizza and Movie Night on December 16. The group enjoyed a fun evening watching Jumanji: The next Level at Films.ca.

The New Year started with the council planning Events and Dances for 2020.

Green Heart: a combination of Valentine's Day and St. Patrick's Day took place on Friday, February 14.

CLO Open House - Get to Know Us will be open to everyone on Saturday, May 2. This is an opportunity for the community and potential members to see what makes CLO unique. Some of the programs or service areas at CLO will be showcased and community partners will be available to give information and provide activities alongside a BBQ lunch.

COVE Annual Self Advocates Conference will take place on Saturday June 13 in conjunction with Community Living Burlington, Community Living North Halton and Central West Specialized Developmental Services. The theme this year is modelled on the TV show Survivor so it promises to be very exciting.

It is amazing to see how the council members are continuing to advocate for others and in this attempt setup a Raise your Voice Focus Group, chaired by Cody Prevett (see next page: Your opinions Matter: We want to Hear your Voice)

The RYVC would like to thank Oakville Community Foundation, specifically the Petrus Fund and the Alexander and Bernice DeMaio Foundation Fund that has generously approved a grant of \$25,000 for 2020.

Visit the Raise Your Voice Council Facebook page (www.facebook.com/raiseyourvoicecouncil) for the latest information and photos from past events.

Would you like to join the Raise Your Voice Council or have any questions?

Talk to any of our members or email Stephanie Butcher at stephanie.butcher@oakcl.org



SAVE THE DATES: (Open to all)

- **Saturday, May 2**
11:30am to 2pm
Get to Know Us : CLO Open House
301 Wyecroft Road, Oakville, ON
- **Saturday, June 13**
1pm to 9pm
COVE Annual Self Advocates Conference
Sheridan Conference Centre
1400 Trafalgar Road, Oakville, ON



My name is Cody Prevett and I am the Vice Chair on the Raise Your Voice Council. I feel very strongly that all the people who live, and or spend their days at Community Living Oakville, should have a say about which staff they spend their time with.

To make this happen, I have made a survey and will be visiting all parts of Community Living Oakville to get everyone's input on what is important to YOU. All answers will be confidential.

Human Resources will then be including some of these suggestions as questions when they interview future staff.

Thank you, YOUR opinions matter!

Cody Prevett
Chair of Raise Your Voice Focus Committee

MEET TEDDY...

Some people who have retired end up being lost in transition- a place of isolation and loneliness. This is not the case for Teddy. She has many interests and keeps herself busy by attending yoga, art classes and most importantly, she volunteers her time with the Humane Society.

Teddy wanted to find a way to give back to her community, but she was not sure how she wanted to do this. Once she retired, she had more time to find her passions and she knew through volunteering with animals was her way to give back. Teddy filled out a volunteer application for the Oakville Milton Humane Society; she completed the screening process, police check and her orientation to become an official volunteer.

Through volunteering, she made connections with the animals but more specifically the Felis Catus, otherwise known as the cat. A small carnivores mammal, did you know, it is the only domesticated species in the feline family?

The cats adore Teddy and she adores them. Knowing them all by name she greets them when she arrives ensuring each one has had the opportunity to feel loved. She spends her time socializing and grooming her feline friends,



ensuring they are ready for their forever home.

The Human Society relies on the dedication of their volunteers. Teddy is one of them; diligently showing up and enriching the lives of the animals in need. She is making a difference in her animal community and the community as a whole.

As Sigmund Freud says "Time spent with cats is never wasted", and Teddy does not waste any time.

If you would like to volunteer and are a feline enthusiast, the Humane Society is a great place to start!



211 Ontario

When you don't know where to turn, call 211



211 can refer you to a variety of social services that exist to help Ontario residents navigate life's hardest challenges. There may also be organizations to provide help with applications or advocacy in certain situations.

Call 2-1-1 or 1-877-330-3213

Chat or search at www.211ontario.ca

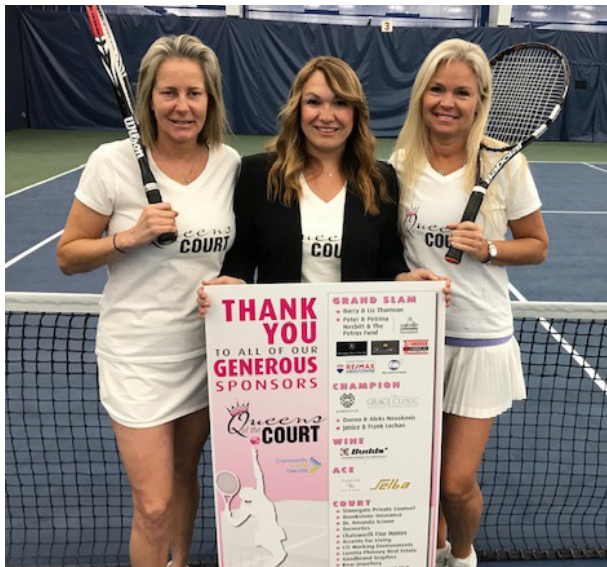
Email: gethelp@211ontario.ca




| Confidential | 24/7 | Live answer | 150+ Languages



QUEENS OF THE COURT



Queens of the COURT
and
Community Living Oakville

thank you all
for participating
in today's event
and our key
sponsors for their
generous support.

GRAND SLAM

- Barry & Liz Thomson
- Peter & Petrina Nesbitt & The Petrus Fund

CHAMPION

- Donna & Aleks Novakovic
- Janice & Frank Lochan

Sponsors: Mercedes-Benz Oakville, Tamarack Lumber Inc, RE/MAX ABOUTOWNE, The Grace Clinic, ACE, Jellha, GARGOYLE.

On Sunday December 15th, the first annual “Queens of The Court” tennis fundraiser was held at the Ontario Racquet Club. This 3rd party event was conceived and executed by three ladies in our community (Donna Novakovic, Sue Bartholomew and Brenda Kerr). It included 2 hours of round robin play, cocktails, a buffet dinner and an impressive raffle/silent auction table.

Thanks to the tremendous sponsorship support received from within our community, the many wonderful items that were donated and the 62 eager ladies that participated, “Queens of The Court” was able to donate \$27,600 to CLO. Stephen Greathead, who participates in our Thursday culinary program joined the dinner portion, and was very helpful with the raffle. He actually stole the show when he offered to end the evening by leading everyone in “Jingle Bells”, for which he received a standing ovation.

2020 GOLF TOURNAMENT

Golf season may seem a long ways away, but Community Living’s 35th annual golf tournament will be here before we know it!

This year’s tournament, which attracts over 200 participants, will be held on Tuesday, June 9th at Royal Ontario Golf Club. As in past years, this fun filled day includes a Ladies Only “Nine & Dine” in the morning and an 18-hole Mixed Tournament in the afternoon.

Please mark your calendars if you are interested in participating, and as always, we are in need of sponsors, silent auction items and volunteers. Anyone interested in learning more should reach out to Brenda Kerr at 416-268-3080.

A CATALYST FOR CHANGE

Some months ago, Michael Marchetti spoke with Pam Damoff, MP of Oakville North-Burlington, regarding the lack of a cross walk from Community Living Oakville to the bus stop directly across the street on Wyecroft Road. Ms. Damoff asked Michael to address this at the town level, as they are doing improvements of Wyecroft from Bronte to Dorval.

So, Mr. Marchetti went to town council!

On January 27th, 2020, Michael ensured to arrive early as he wished to familiarize himself with the town hall and asked to speak during the meeting. Michael pre-registered for item 5 on the agenda: ‘The Wyecroft Road Improvement Plan.’ When agenda item 5 was announced, Michael was called to the podium. He was pleased to introduce himself and spoke further in detail in regards to the importance and need for a crosswalk.

Michael ensured that he emphasized all of the safety concerns while crossing a busy street and how a crosswalk would enable the greater community to live and travel independently. *(continued on next page)*



ACCREDITATION: PERSONAL OUTCOME MEASURES



With accreditation planning underway and having just met with the 55th person to participate in the Personal Outcome Measures process, this is an exciting time for our organization. The wheels of progress and change are moving.

There have been many great moments for both the people that we support and their staff. People are realizing goals that they never thought were possible and our organization is supporting people in a progressive and holistic way.

WE PUT PEOPLE FIRST
Accreditation helps ensure we are person-centered. By using tools like the Personal Outcome Measures®, people are in charge of their own lives.



Through the results of Personal Outcome Measures, Robin worked with her support team to plan a trip to Blue Mountain that she had dreamed about. She was inspired to redesign her room in her favourite colours and decor. She advocated for herself and her housemates to upgrade to a new TV and finally got her own cell phone. The Personal Outcome Measure tool enables support teams to delve deeper into the personal dreams and aspirations of the people we support. It further provides the opportunity for each person to voice opinions and become stronger advocates for themselves and their rights.

When Jane Tynan Bird, a full time staff in Supported Independent Living went through her first Personal Outcomes interview she stated:

“The question and content of the Personal Outcomes process that were asked about the people that I support were not questions that I felt were traditionally part of my support role. It has allowed me to get to know people in a new light and more in depth.” – Jane Tynan-Bird

Elena Navaro Finnegan stated “This tool has allowed me to see the people that I support through a new lens. It was a real eye opener.”

In the weeks and months ahead, we look forward to having more people and staff experience Personal Outcomes and we also look forward to reporting on the progress and changes that will be happening as a result of our accreditation plan.

“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.” - Barack Obama

A CATALYST FOR CHANGE (CONT'D)

Councillor O’Meara thanked Michael for bringing this to their attention and directed the Wyecroft Improvement Planners to please include this request in their planning process.

Michael is proud of his experience in which allowed him to advocate for others and have his voice heard. He is looking forward to hearing in the near future whether his request was granted.

Until then, we are grateful to our catalyst of change: Michael Marchetti.



12 DAYS OF GIVING - HEALTH AND WELLNESS



The goals for Community Living Oakville's Health and Wellness Committee is to continue to drive initiatives within the Organization that focus on both physical and mental wellbeing.

The holiday season is a season of joy and excitement, however, for some families it can be a time of stress and uncertainty.

The Chair of the committee Kelly Perras, and other members wanted to bring a feeling of gratitude and sharing during the holiday period and give back to their community. So, the committee ran their 2nd annual campaign 12 Days of Giving. The committee collaborated with the same two organizations, Oakville Fare Share Food Bank and SafetyNet Children and Youth.

There were 12 donation days each with a different theme. Items such as gently used coats, school supplies, breakfast items, canned goods, new outdoor gear and new clothing were divided and taken to the respective organizations who support vulnerable people and families within our community.

The Committee is delighted with the generosity of people we support, their families and employees. We had an entire carload of items that helped those in need this holiday season!

Thank you to all who participated!

Health & Wellness Committee

www.safetynetservices.ca www.oakvillefoodbank.com

SECOND INNINGS: RANDY BATES

Randy Bates has been a dedicated and appreciated employee of Best Pack since January 1, 1989. Thirty-one years later, Randy is transitioning into semi-retirement. This is a new and beautiful chapter in Randy's life.

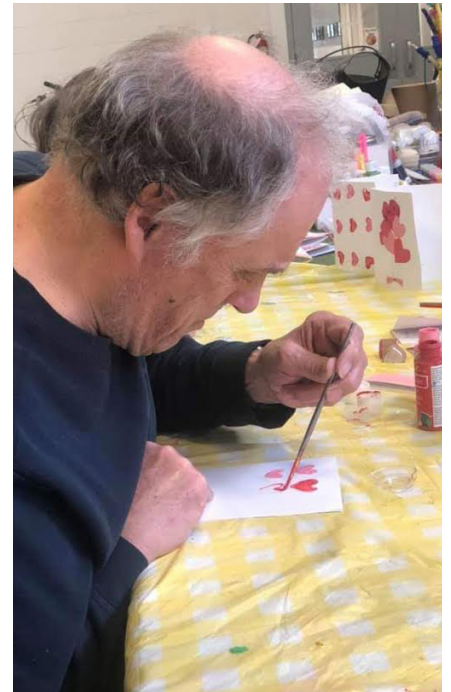
A happy retirement is no longer really about sitting with your feet up and watching the rest of the world whiz by. The best retirement plan involves not just finances but also ways to stay mentally and physically healthy. Unlike most of the retirees, Randy has not only planned for his time off but also set goals and knows exactly what he wants to achieve with all the extra time.

Randy started volunteering at Kerr Street Mission once a week because he enjoys helping others and feels good about giving back to the community. He has also got himself a personal trainer, Chris to train with him at home. Eventually his plan is to join the YMCA. Randy is also part of the art class at Community living Oakville. He did not think he would do well in the art class but he loves it.

According to Randy, he was never scared for this big change. He plans to try out new things, things that he had no time for in the past. He has more time to relax, read books especially Reader's Digest and go to the malls. Randy is also very excited about joining the day program at Seneca, which will give him access to woodworking, exercises, discussions and so forth.

When asked what the best things about his past life were, Randy says "Collating warranties, packaging sharpies, filling gift bags for companies and all my friends." He still makes time to come by and say hello to his friends.

Perhaps the best way to plan for retirement is to visualize your future – really think about details of who you will be, where and why. Randy has made such a difference with his constant optimism, enthusiasm and willingness to work every single day. All of us at Community Living Oakville want to wish him the best in all his endeavours towards his second innings.



OUR PARTNERSHIP WITH APPLEBY COLLEGE



Community Living Oakville (CLO) has had a partnership with Appleby College for approximately 15 years. The importance of this relationship was recognized in 2016 when Appleby College was presented with the Bruce Lynn Volunteer Award. This close partnership has created varied inclusive opportunities for members of the CLO community and students that have resulted in friendships and a lot of fun!

CLO participants regularly visit the beautiful lakeside campus of Appleby College and take part in activities with students such as skating in the arena, playing ultimate frisbee and tennis, watching concerts, painting and crafts, cooking with school chefs, scavenger hunts and having BBQ and pizza parties. Students have also volunteered together with CLO community members, including parents, to run a Bake Sale. Proceeds raised from this event allowed us to purchase a computer to develop skills further. CLO has also attended the school's annual Walkathon to cheer on students as they raise funds for the United Way. Appleby has liaised with the Employment Department to provide jobs, our Take Flight Theatre group have joined students in their classes and have experienced the art of miming as well as dance. In addition, we have been invited and have enjoyed many theatre performances by Appleby College students at the Oakville Centre.

CLO has also hosted students in day service programs, where they have enjoyed getting to know everyone and what their

day encompasses. This Christmas, a joint group painted mugs at Crack Pot and another made gingerbread houses to sell at the CLO Holiday Marketplace. We can always count on the Appleby students to also volunteer at many of our events, including our dances and activities organized by the Raise Your Voice Council. Appleby art students also volunteered to brighten our hallways by painting the colorful mural you may see in lounge area at the back of our main building.

In addition, members of the CLO community look forward to meeting their Appleby friends at clubs held weekly during the school year. Everyone is welcome to a Tuesday afternoon drop-in session held in the cafeteria at the main office location on 301 Wycroft. People enjoy taking part in interactive activities such as dancing, basketball, bowling, crafts, cookie decorating and playing various games.

On Wednesday afternoons, people who participate in STEPP attend Coffee Club



held at a local Tim Hortons with students. Lots of laughing is heard and it is not unusual for some spontaneous singing. Appleby students act as mentors and encourage life skills, such as ordering and counting money. Shannon Ross says she enjoys it as she can "talk with my friends from STEPP and make new friends. Thank you for helping us to learn about Tims Cards and other stuff." Appleby students also report that they benefit from meeting new friends and having fun off campus. For many students, this is the start of understanding the importance of an inclusive community. As one of the students says she is "learning new things by interacting with new people." Some parents too, take the opportunity to socialize with other parents and enjoy this respite option. *(continued on Page 16)*

"One of my favourite parts of working at Appleby College has been my time with Community Living. I have met extraordinary people at CLO who are warm, wise, and wonderful. Working with students to provide an inclusive sense of a community of care has been incredibly rewarding, and students even years after their time at CLO mention how much they miss the friends they made. This after school experience is incomparable for our students, and is truly a humbling one."

Jennifer Hurley
Teacher at Appleby College



In The Loop Studios - New location!

We started 2020 with good news of our very own studio located Downtown Oakville. Our first order of business is connecting with new neighbours and developing mutually beneficial relationships in this new space. We are off to an exciting start to the New Year. Let's recap some of the places we visited in 2019 – and share our experiences of our community and it's political life as we continue developing our capacity to share these experiences in a variety of media:

Hanes Corn Maze and Bullying

Fall offered many perfect days to rifle through a corn maze and close the season with traditional pumpkin picking! Thanks to The Hanes Corn Maze & Tiny Shop Bakery for making the experience such fun! You can follow our IG stories about the very important topic of bullying for #stopbullyingday #bekind

Elections Canada plus Politicians visit: Pam Damoff and Anita Anand

Richard and Donna from Elections Canada joined us at Community Living Oakville where we learned about the electoral process and how accessible it is!

Did you know?

If you need help to mark your ballot, bring a support person (such as a family member, friend, personal support worker, or intervener) to help you vote. To protect the secrecy and validity of your vote, they ask that this person of your choice take an oath before you vote.

Election workers can assist you if you need help marking your ballot. They always have a second election worker present to act as a witness. For more on accessibility for the 2019 Election visit this website: www.elections.ca

Pam Damoff a longtime friend and supporter of Community Living Oakville visited us and answered our political questions! @inthe1oop

"It was an immense privilege to visit Community Living Oakville this morning and speak about the Liberal platform that seeks to improve accessibility in schools and in the workplace. Thank you so much for your warm welcome!" Anita Anand

97.7 HTZ-FM

In the spirit of continuing to explore media – radio broadcasting, Siobhan Woodrow from 97.7 HTZ fm gave the team an epic 'behind the scenes' tour! Thanks Siobhan and the crew at 97.7 HTZ-FM!



IN THE LOOP MEDIA (CONT'D)

CBC visit

We experienced a #behindthescenes look at CBC Toronto with so many broadcasters we watch and listen to on a daily basis! It was delightful talking to and taking photos and videos with Natasha Fatah, Nil Köksal and Michael Serapio. They gave our budding reporters some great advice about the commitment, passion, and hard work required to do their job.

First In The Loop Podcast

The first podcast started with a donation of microphones, headphones and a mixer - leading to recording our first In The Loop Media podcast! We kept up with weekly recordings - covering topics like local entertainment, travel, relationships - having phone 'call ins', and special guests! Both teams are enjoying this and we anticipate creating more fun episodes.

We participated in #randomactsofkindness by buying vegan and gluten free treats for our families from friends at Kelly's Bake Shoppe.

Trafalgar Memorial Remembrance Day

It was a snowy and cold day but we were happy to participate in the remembrance day service at the Trafalgar Memorial #lest-weforget. We were honoured to acknowledge the service of those who made our quality of life today possible.

Completely Inclusive/Complètement Inclusif interview

We attended the Autism LifePath conference where Adam Spicer from In The Loop Media interviewed Kelly Bron Johnson at the Frame of Mind.



Nov 29th Holiday Marketplace

CLO's Holiday Marketplace was a success and the In The Loop Media was there to capture the #festivespirit.

Casaloma on TikTok

The #christmas spirit was alive at Casaloma. This was our first day trying out the new tiktok app ;) follow @intheloopmedia on tiktok.

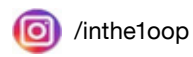
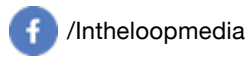
Laptop Donation - Siemens

Thanks to Siemens Canada Limited and United Way Halton and Hamilton for the donation of 6 laptops to @intheloopmedia to help with editing our videos, podcasting, creating presentations, social media and much more! #thankful to our #community

Jan 7 2020 Family Feud

To kickoff the new year (and new decade) we were lucky to win tickets to a taping of Family Feud Canada! We watched the show and participated with Joel Layne getting selected to take part in an audience judged lightning round. Even with the fast pace and stiff competition he made it past a few contestants.

We are excited about the prospects for the coming months and year as we continue exploring and developing our talent with communications and broadcasting in a variety of media.



If you have any questions about sponsorship, registration, volunteering or to be added to the email list for future CLO events, please contact Alison Fay via alison.fay@oakcl.org.

HARD WORK, DETERMINATION AND 5 DEGREES OF SEPARATION



Destiny has presented unique employment for Caitlin Danylkiw. Caitlin's employment journey started with her interest in Thanatology. Thanatology is the scientific study of death and the psychological and social aspects surrounding it. This interest prompted Caitlin to enroll at Sheridan College. After years of hard work, she graduated with a certificate in Thanatology and Introduction to Psychology.

Job development was challenging, but Caitlin was determined to utilize her education to find employment in the Funeral Services field. Caitlin's Job Coach Liezl, circulated her goals with the Employment Support team. Andre Durie, Job Placement Coordinator from the Employment team connected with his friend Christine Boomhour who works in funeral services, Christine kindly contacted Don Clarke from Glen Oaks Funeral Home and Don Clarke fortunately called Caitlin for an interview.

Caitlin has happily been working at Glen Oaks for over a year in the On-Call Hostess position. She says, "The best thing about my job is the camaraderie amongst my fellow employees along with helping people when they need it the most". With support from Manager Don and the staff, Caitlin is encouraged to grow professionally within the organization. She has begun to job shadow different positions within Glen Oaks, and may further her career by obtaining the certification needed to become a Funeral Director. Caitlin is currently looking into schooling options to obtain this certification on her new path of becoming a Funeral Director. Caitlin has an exciting future ahead – fate will surely continue to lend a hand.

2019 TAKE FLIGHT THEATRE'S CHRISTMAS COMEDY PRODUCTION!



Community Living Oakville's Take Flight Theatre program performed a Christmas comedy production titled "Regift". It took the all too familiar notion of "re-gifting", (for those of us who are willing to admit), to a whole new level. It was mainly the cast's diverse personalities that set the stage to fully appreciate and bring out the humour in it. This created unpredictable, outrageous and hilarious scenes in the play; from misunderstandings, to difficulty in relating to each other's peculiar and occasional irritating ways. As a bonus, there was a mysterious gift that just kept getting re-gifted.

The cast of characters included: The 'Boss', played by Michael Marchetti; the sweet and eccentric office secretary, 'Mary' played by Kathryn Snjaric; 'Nick', the office geek, was played by Damian Battle; the clumsy worker, 'Seth', portrayed by Ryan Cooper, and the angry office worker 'Susan' was played by Micah Mouskos.

Prior to working on their Christmas play, the Take Flight Theatre group

attended workshops and various theatre productions which provided invaluable insights and skills that would be implemented in their own production.

Leading up to their production, the cast participated in weekly rehearsals where they learned to work together, resulting in a mutual trust and building personal confidence. The content of the play became secondary to what was accomplished behind the scenes. Talk about character building!

Finally, on December 20th, after weeks of preparing and memorizing lines, the Take Flight Theatre group performed their Christmas production. What resulted was a comedic performance, enjoyed by all.

Following CLO's Christmas production, Michelle Francis opened with the singing of Emmanuel. There was an open mic, karaoke style, for all who wanted to sing some of the most beautiful, popular and classic Christmas Carols to kick us off into the Christmas season!

WE ARE NOW

HIRING

JOIN OUR TEAM

Community Living
Oakville



Community Living Oakville Job Fair

Date: April 4th 2020
Time: 10 am - 2pm
Location: Community Living Oakville
301 Wycroft Road

**Please enter via the west sliding doors of building*

What to bring:

Candidates should bring a resume and three professional references.
Interviews may be conducted on site.

You can also submit your resume to resumes@oakcl.org

www.oakcl.org



CHRISTMAS CELEBRATIONS



65 years of making a difference in the lives of many! This, along with the holiday season called for a special celebration. This year's Christmas party was held at the Oakville Conference Centre and was attended by people from Community Living Oakville, along with many family members and special guests.

This was the best-attended Christmas Party yet, with a guest list of just under 300 attendees. Rob Burton, Mayor of Oakville made a guest appearance to congratulate everyone on 65 years of service and gave his best for the holidays. He also provided inspiring and motivating words to kick off the evening.



The mark of an excellent celebration has always been good food and good music. Oakville Conference Center catered a three course delicious meal and DJ Tom from Sound Obsessions organized the music for the night. While most of our guests were enjoying the music and dancing away, others were busy mingling or taking pictures at the photo booth and sharing their evening on social media.

The highlight of the evening was Jamie Perrenoud's donation to Community Living Oakville. Jamie has always had a spark of enthusiasm when it comes to supporting causes that bring attention to people with disabilities; always recognizing their abilities. Diagnosed with Cerebral Palsy at a young age, Jamie uses fundraising as a means to expose stereotypes and intolerance, as well as raise funds for important causes. He began this endeavor several years ago, when he undertook his first T-shirt fundraiser to combat bullying. We thank Jamie for his donation of \$940 to Community Living Oakville and for all of his hard work and positive influence!



OUR PARTNERSHIP WITH APPLEBY COLLEGE (CONT'D)

Another opportunity developed through the Appleby College partnership has been the Swim Club, held on Mondays at the campus pool. Students take turns in planning water-based team games which enable everyone to feel more comfortable in the water and have a chance to practice their swimming skills. An Appleby student expressed, "the CLO members are so much fun to hang out with and it is so much fun playing games in the water with them." Sheila Kuyper; swim teacher, has been instrumental in running this club since 2011 and is passionate about providing diverse opportunities for everyone, as well as fostering inclusion.

A special THANK YOU to all the students and staff at Appleby College and for the school's generosity. We especially want to show our appreciation to Andy Jelinek who founded this partnership and Bonnie Wolfenden, Director Service Learning at Appleby College who continue to strive towards creative ways of collaborating together.

This inclusive partnership within our local community has been cemented with a lot of smiles and memories. Sammy Rose sums up her experience of being involved in Coffee Club and Appleby Swim Club with Appleby students over the years as "Amazing. I have a blast!"



HOLIDAY FOR HEROES



The CLO Art Class took a great initiative this past Christmas season and started a Holidays for Heroes campaign.

The Art Class created 100 Christmas and holiday themed cards. Each one unique to it's artist. Cards were sold for \$2 each at CLO's holiday marketplace and would be delivered to troops around the world. The person that bought the card wrote a personal message to a soldier who could not be home for the holidays. The cards were distributed to 5 different locations where our Canadian military are based: Kuwait, Iraq, Latvia, Ukraine and Romania.

At the Marketplace we sold 71 cards and the following week thanks to many generous CLO staff we sold the remaining 29 cards.

On December 5th the CLO Art Class mailed all the cards knowing that it would put a smile on a soldier's face.



TEDDY HELPS SPREAD HOLIDAY CHEER!



For many, the holidays are the most wonderful time of the year; this is especially true for Teddy Mylonopoulos. Teddy recently shared his love for the season and his passion for painting with Community Living Oakville's employment partners.

During the holidays, the Employment Support team distributes greeting cards to all their employment partners. Last season, they decided to design a card featuring one of the talented artists at Community Living Oakville. Teddy had created a character named "Fredo" who is "Rudolph's younger and more handsome brother." His painting of "Fredo the Green Nosed Reindeer" was chosen. Fredo's unique green nose reminds us to embrace what makes every person one-of-a-kind! The company Burlodge, loved the card with Fredo so much, they offered to purchase the image to use on their own holiday cards this year.

Teddy participates in both Employment Support and Innovations Centre at Community Living Oakville. The various daily activities offered at Innovations Centre are what Teddy enjoys most about the program. Teddy is also employed at Swiss Chalet, in the food preparation and portioning position. He enjoys reading about dinosaurs, critiquing movies and lifting weights with his brother. Teddy says that above all "my family is most important in my life."

Though Teddy has not decided what his next steps in his artistic career will be as of yet, he enjoys sharing his vision and art with others. Those around him appreciate his paintings and drawings, some of which include the jungles of Jurassic Park or rekindling the magic of Christmas through his inspiring artwork. In the words of artist Romero Britto, "Art is too important not to share."





REMEMBERING VIRGINIA BERNICE HANDLEY JUNE 8TH, 1947 - DECEMBER 25TH, 2019 CELEBRATING 'THE ROAD LESS TRAVELLED' & 'COURAGEOUSNESS OF AN ORDINARY LIFE'

Who does not enjoy the natural beauty of flowers? Virginia or Ginny as she also liked to be called, loved flowers. As if she knew something about them – a mystic insight secretly embedded in each vibrant petal. Virginia could sit for lengthy periods in the tranquil company of a single flower cautiously plucked from a colourful bouquet her brother Peter sent or a friend hand-picked and gave her. She would clasp and adroitly caress it for hours.

Watching Ginny, made it seem that the majesty of Heaven like a grain of sand to the world, appeared as a minuscule reflection of a much greater beauty. Her seeming understanding of elasticity of time turned 'fourscore years and ten' into a treasure-trove of spiritual acumen. Virginia's life is remarkable – disabling many obstacles and barriers during that journey. Her insight was captured in "Auguries of Innocence" – by William Blake:

To see a World in a Grain of Sand

And a Heaven in a Wild Flower

Hold Infinity in the palm of your hand

And Eternity in an hour

When reflecting on life, no one would think to ask Virginia: 'how did you do it? How did you live a life so humble despite its challenges and hurdles?' We may not

think she could point the way during our own moments of difficulty, challenges and the 'daily bread' that makes our spirit grow. But Ginny could – she knew the way. She lived it.

At a time of remembrance it would be magnificent to outline professional accomplishments – acts of magnanimity and generosity recalled with awe. But Virginia lived a humble, unpretentious exemplary life.

When the world was still comparatively speaking – in darkness about those natural human conditions, the solution was for her to live at Huronia Regional Centre. As a young lady, she overcame those obstacles – quietly without protest. Never lamenting a world still budding in understanding of what she and other citizens were facing.

Virginia's image was defined by stylish enviable platinum hair and an aura of grace. Someone once said: 'she looks like she should be on a beach in Florida soaking up the sun with other seniors'. She loved jewelry and to 'look the part' – a sophisticated – well put together senior citizen. Who could swear like a pirate in a storm when displeased. Quite the contrast and thankfully comparatively fleeting in duration and frequency.

She triumphed over hospitalizations for extended periods as her health faltered and a physical disability was added to her life. She lived with her peers and stayed the course – played the cards in life. We never heard Virginia complain about life and obstacles she wrestled. She protest-

ed momentarily when frustrated – the tea was late or she wanted some need met. But the bigger picture of living with disabilities – she handled with grace. That is how we remember Virginia. Graceful. Yet no pushover. The kind of person the world needs.

Virginia was supported by Community Living Oakville for approximately thirty two years after she moved from Orillia. She made many friends and influenced many people. Her housemate Tony who she loved to tease passed before her. Her mischievous words: "I am having a party – and you are not invited. I'm inviting Donna and Linda and John but not you Tony" still echo. Tony did not care – just loved that Ginny was talking to him even if they were bickering like siblings. Taking solace in the fact he had 'gotten under her skin'.

Ginny, Donna and John continued living together and she would affectionately call John 'worm'. A terrible name but one speaking of sincere love and affection – clandestine camaraderie with a fellow traveler on the road less taken. She would walk over to where he was immersed deep in thought and gently kiss his forehead. She never disclosed the foundation of this affection, bond or fondness. To Ginny the why of things did not matter – just the right in them.

(continued on next page)

NEVER JUDGE...

Never judge a book by its cover - or prejudge or judge at all. That should perhaps be one of the professional learning experiences from lives of people we support. Judging results in so many needless and at times irreversible limitations and restrictions.

Thorne is an amazing young man – who never to the best of our knowledge spoke a single word. But he loves conversation and never misses a cue.

We would never have thought Thorne would appreciate a pursuit where the majority of time was spent relying on the spoken (or sung) word. But he did – so much that to those who know him, he is now a patron of live theatre. And has taught us without uttering a single word – to question our assumptions about people.

Like the musical *Cats* which he attended to kick off the New Year – Thorne is lively. According to Denise, who accompanied Thorne on this experience, he absolutely enjoyed the show. Rising partially from his seat to see where the cats would emerge from, onto the stage, with intense concentration and single minded focus. He was mesmerized by, and assimilated the performance.

If artists thrive on audience appreciation –the cast were injected with a steroid dosage of appreciation from Thorne alone. From the opening to the final curtain call, he was absolutely captivated. He was enthralled by the notion of people dressing up like cats, parading around like them and embodying cat-like behaviours.

The costumes, movements and cat clamors had him beaming for the duration of their performance. Performers boosted the audience's involvement when they turned the show into an interactive experience. Entertainers dismounted the stage and joined the audience, offering an unforgettable experience. This lighthearted flair had Thorne virtually leaping out of his seat to get the closest possible look his vantage point would allow.

He applauded for the “underdogs” and made sure any artist who was not receiving tribute got their due. So much of Thorne's true character showed and reflected that night.

During intermission he relished the personalized attention other patrons gave him. He would reach out his hand to greet, and smile broadly as they passed – warmly affirming his enjoyment of the theatrical experience.

By the end of the show his appreciation of the performing arts was solidified. No experience like this would be complete without a keepsake of the memorable experience – from the gift shop. To most the *Cats* shirt, would be another souvenir but to Thorne – this keepsake is a daily reminder of the night. At home he will dress in his “*Cats*” shirt - perhaps a reminder of the night and his appreciation for the performing arts. Or perhaps, as we now know, just a reminder that to Thorne, life is a stage where we all must play our part until final curtain call.

REMEMBERING VIRGINIA BERNICE HANDLEY (CONT'D)

Reflecting on challenges in Virginia's life 'The Road Not Taken' by Robert Frost is an appropriate allegory – the road more often desired by a young person, good fortune – fame – comfort – comes to mind. Virginia 'took the one less travelled by'. A path with greater challenges and difficulty and like so many of her companions – created an opportunity for learning and spiritual growth in the world. That road has been traversed – second by second – minute by minute – adding to just over 72years. Like the traveler, we recognize – 'she took the one less traveled by, And that has made all the difference'.

Virginia, our compliments on a road less travelled – with grace and dignity. The restrictions of this world are left fading behind, like an orchid coloured sun, setting off the stern of a cruise ship navigating to its next port of call. The greater life is about to commence and I am sure there are alluring flowers yet unseen, expressed in colours still unexperienced - waiting for you to discover.



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