

## Community Living Oakville



### WORKING AT MPP KEVIN FLYNN'S OFFICE

Congratulations to Brad who began working at MPP Kevin Flynn's office in September, 2015. He secured a one year internship after using the interview skills he acquired with the support of his Job Placement Coordinator, Tracey Morrow. Brad is a graduate of the Mohawk College CICE program, and was beyond excited to start his internship. After several months Brad was asked to write a letter describing his role.

"I really enjoy waking up on Wednesday mornings and getting ready to work in the office with people

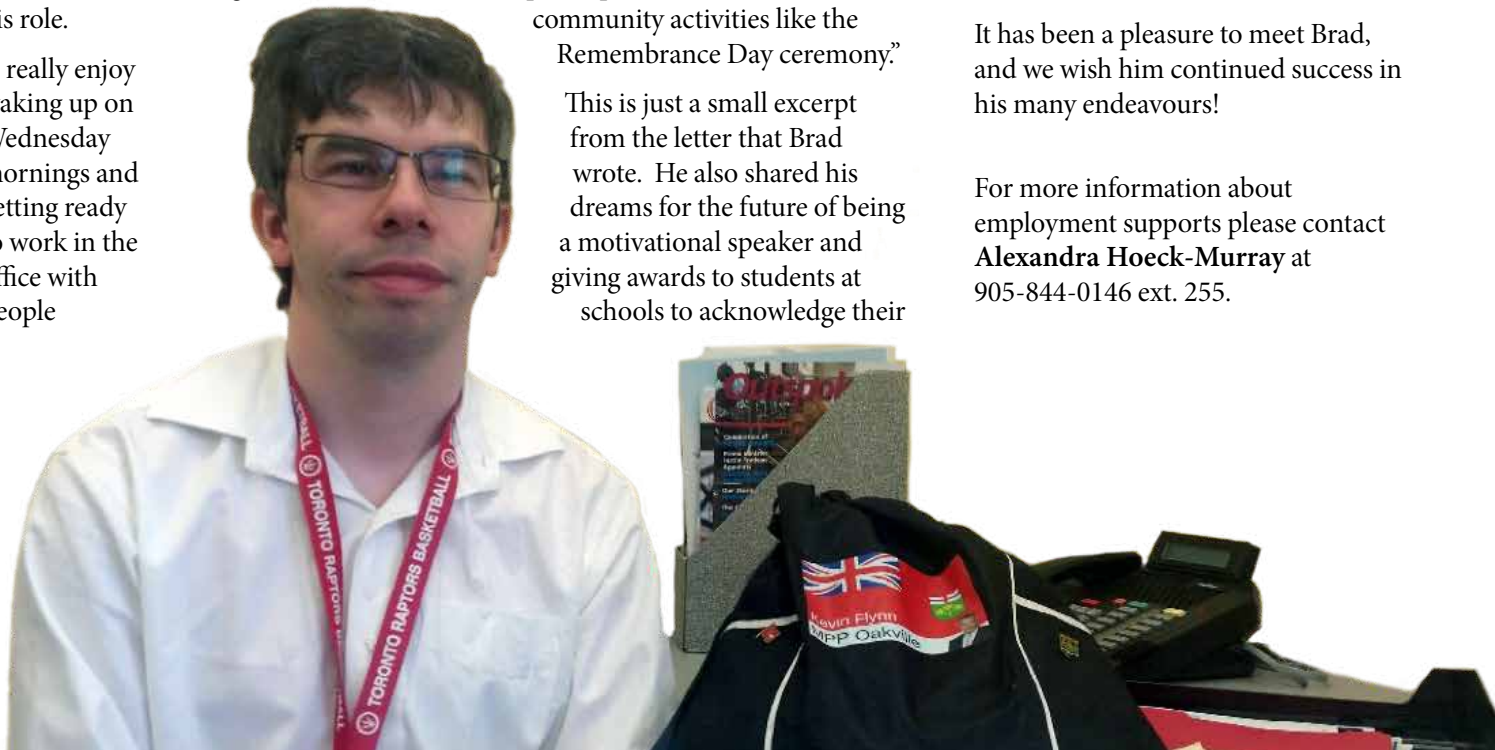
who can give me help when I need it. I enjoy learning how to use the bus system independently and getting to the office on time. I have learned many things while at MPP Flynn's office some of which I learned without any trouble like shredding, and others I needed more help with such as folding a bi-fold brochure. I enjoy that each week I get to learn something new. I also enjoy going to participate in the different community activities like the Remembrance Day ceremony."

This is just a small excerpt from the letter that Brad wrote. He also shared his dreams for the future of being a motivational speaker and giving awards to students at schools to acknowledge their

hard work. In addition to working with MPP Kevin Flynn, Brad works at Aerosports Trampoline Park three evenings every week running the canteen. Although some may say that Brad's two jobs keep him quite busy, his ambitious personality has led him to accept a part time position with Tim Horton's. In his spare time, Brad plays in a band called "Super Fire" and this year he has already performed in a few concerts.

It has been a pleasure to meet Brad, and we wish him continued success in his many endeavours!

For more information about employment supports please contact **Alexandra Hoeck-Murray** at 905-844-0146 ext. 255.



# SUMMER 2016

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## A MESSAGE FROM JANET



We are pleased to share some of our latest news in this edition of Happenings.

The Raise Your Voice Council's enthusiasm continues in creating educational and social opportunities for people in Halton Region. Through their partnerships with Community Living North Halton, Community Living Burlington and Central West Specialized Developmental Services, the support of social media and assistance of Developmental Services Ontario, they are able to keep hundreds of people in Halton aware of their events. They take their lead from surveys and the input from people in the community about what opportunities they would enjoy. The Members had a table at the Halton Community Fair to network and introduce themselves and their work. Their second Get To Know Us Open House on April 2, 2016 was well attended again this year and they were pleased to have Honourable Kevin Flynn and MPP Indira Naidoo-Harris open the day. Visit them on Facebook to learn about upcoming events.

Work has been ongoing over recent years to assist people who participate at Speers Place Industries in exploring new experiences. In the fall of 2015, MCSS announced that there would be no new admissions to vocational programs, and that agencies would assist people in transitioning to other types of supported opportunities or employment. At that time six of the fifty-three people had already identified new goals and moved from Speers Place Industries to pursue different options. Staff and management, and the remaining forty-seven people and their families have worked

to identify each person's interests and goals, which informed the resultant transition plan. We continue to have discussions with the Ministry of Community and Social Services regarding our transition plan as financial support will be required. It is important to note that Best Pack will continue operating as a not-for-profit packaging business and affirmative employer.

The Music Group has grown to include six bands, and their performances are always enjoyed at a local pub where people are able to share their love of music with family and friends. In The Loop Media Group was thrilled to receive an official invitation as media reps for EGLX "Canada's largest gaming expo" and the drama group has continued plans for future productions. Thank you to the people we support and staff for constantly sharing new ideas and making them a reality, contributing to rich and meaningful days.

We greatly appreciate the approval of two new grants for the Seniors 4 Seniors program from the Oakville Community Foundation, and for the Café from the Region of Halton. As increasing costs continue to challenge our budgets, we actively seek grant opportunities in order to respond to the needs and requests of people we support. As well, we are grateful to our supporters and donors who have made many dreams possible, and who made our 2016 fundraising golf tournament a great success.

We continue to work with our community partners and government in working toward expansion of all services in our region as the unmet needs are great, and new funding for services has been very limited.

Wishing all of our friends a wonderful summer.

Yours very truly,

Janet Lorimer  
Executive Director

## Compound Interest: The Eighth Wonder of the World?

The Town of Oakville is privileged to be the home of Community Living Oakville (CLO), a not-for-profit organization whose 260 employees provide services and support to help people with a developmental disability participate fully as citizens in their community. Someone once said: “When people are emotionally invested, they want to contribute. When people are financially invested, they want a return.”

A reporter once asked Albert Einstein, “What do you consider the greatest invention of all time?” Einstein purportedly replied, “Compound interest is the eighth wonder of the world. He who understands it, earns it. He who doesn’t pays it.”

With this truism in mind, in January 2014 CLO undertook to have a thorough review of their Group RRSP Retirement Plan. The goal of the review was to provide an opportunity for CLO’s employees to take advantage of the wonder of compound interest. Stewart Financial, a local firm started by Drew Stewart 40 years ago and now overseen by Duncan Stewart, was chosen to lead the review. Not only does the firm understand the challenges some employees face managing their retirement plans, they also have a strong appreciation for and commitment to the work that CLO and its employees have done throughout the past 60 years.

How you invest, and how much you invest, will determine your income after your regular pay cheque stops. This is not something you want to be casual about or disinterested in. However, the terms and details about investments often are not easily understood. In our conversations with CLO’s employees, it became clear that they wanted feedback about their financial retirement plans. “Will I have enough?” was the big question in their minds. They were candid in telling us that they are not knowledgeable about

investments and did not know what questions they should be asking and where they could get reliable advice.

CLO’s senior management wanted to make retirement planning a manageable process for its employees. Stewart Financial offered an alternative that made sense. For employees who want to manage their own investments, individual investment choices were provided. For employees who wanted guidance, Stewart Financial offered 3 diversified balanced portfolios from which to choose. The portfolios would then be monitored by Stewart Financial on behalf of the plan members. Ultimately, the majority of the employees appreciated the ‘nudge’ to reconsider their retirement plan options and selected one of the balanced portfolios.

Each group Retirement Plan requires a plan administrator. The administrator has a legal duty of loyalty and faithfulness – known as fiduciary duties – to the plan beneficiaries. CLO chose iA Financial Group, as their administrator. Founded in 1892, iA Financial Group is responsible internationally for the administration and management of over \$117.7 billion in assets and ranks among Canada’s largest and most prominent insurance companies.

iA, like Stewart Financial is ‘member centric’. They prove this by investing in award winning communication technology that focuses on the plan member. Earlier in 2016, iA introduced their new ROADMAP Campaign to the retirement committee of CLO. Roadmap is a comprehensive and ongoing communication and education campaign that will better engage and inform group retirement plan members and enhance their financial wellness. The program ensures that plan members are receiving, understanding and embracing the information they need to reach their goals.

iA also introduced an easy-to-use tool to CLO’s employees that allows them to periodically check whether they are still on track to reaching their goal and to see if they need to make any changes to their contributions. Employees can immediately access their accounts by logging onto [ia.ca/myaccount](http://ia.ca/myaccount). Each employee can immediately see their total retirement savings, modify their investment options, generate and print a statement, and access the Retirement Simulator, their online retirement planning tool.

Like compound interest, which can be thought of as “interest on interest”, providing retirement options to your employee may well augment their already considerable emotional investment to contribute to the well-being of people with a developmental disability.



*Gregory Serieaux-Halls, full time Residential Counsellor recently met with Shannon Coles, HR Manager and was pleased to enroll in the Industrial Alliance Group RRSP.*

Stewart Financial

**iA**  
Financial Group

# RAISE YOUR VOICE COUNCIL

The Raise Your Voice Council continues to enthusiastically arrange a myriad of opportunities in 2016.

In January the Council analyzed the results of the joint survey with Developmental Services Ontario that attempted to identify people's interests in community involvement. Of the 117 surveys returned the social opportunities most requested were dinner and a movie and attending dances. People asked for both indoor and outdoor active living opportunities, such as going to a trampoline park, indoor golf and hiking or walks in the park. The most sought after learning opportunity was learning to cook meals including the menu planning and associated budgeting. Learning to use computers was also on top of the priority list. Most people (83%) wanted a monthly drop-in opportunity where they could socialize, enjoy recreational pursuits and have fun. Attempts are being made to search for a community location for such a drop-in and any suggestions/connections would be appreciated by the Council. Taking into consideration all the survey results, a schedule of events for 2016 has been created by the Council and circulated widely.

The first big event on the schedule of events was the Valentine Dance held at OE Banquet Hall. More than 200 people from across Halton danced to a DJ, competed in dance competitions, had photos taken at the photo booth and received a goody bag complete with a signed valentine card from Appleby College students.

Approximately 240 guests, participants and volunteers enjoyed The 2nd Get To Know Us: Community Living Oakville Open House hosted by the Council on April 2, 2016. The proceedings were initiated by Oakville's MPP Kevin Flynn and Halton's MPP Indira Naidoo-Harris.

The Council's Bake and T shirt sale was an enormous hit. The Community Living Oakville's Rep Band practicing, Michelle Francis singing and DJ Electro Joe and the Drum circle demo provided the entertainment. Lunch was generously provided by Panago Pizza and complimented by a donation of gourmet Starbucks coffee. Not only did visitors receive information from Community Living Oakville but could ask questions at the information tables provided by the Passport Community Developer, Developmental Services Ontario, Sensory 1 / Conscious Care, Oakville Transit, Creative At Work Advertising Inc, and Special Olympics. Guests delighted in having their hands painted in exotic henna designs by Vaseema and making all natural lip balm and purchasing products by Natural Start. People were also kept busy making buttons with Oakville Galleries and creating fantastic raspberry mini deserts with Liaison College. Mellissa Northcott Photography and True Essence Media donated their time to capture some of the moments of Get To Know Us. The resulting photographs and video can be seen on the Community Living Oakville's and Raise Your Voice Council's Facebooks. Next year's Get To Know Us, Open House is being planned for Saturday April 8, 2017.

On April 30, 2016 four members of the Council attended the Halton Resource Fair in Milton where they promoted the Council and its Schedule of Events.

The results of the survey emphasized a desire to learn to cook and find out about nutrition. This was accommodated by the Learn To Cook Evening arranged by the Raise Your Voice Council at the Loft Longo on May 13, 2016. A group of 15 people cooked a healthy meal of asparagus soup, followed by Moroccan Chicken

and a very tasty black bean brownie with raspberry coulis.

With Hugo Troccoli's guidance, some Council members have also been learning how to use social media such as Facebook, Facebook Messenger and Twitter to promote the various events. The Council is also working with Creative at Work to produce a video that will highlight its aims and promote the opportunities it has to offer.

The future months are very exciting, as the Council holds all the opportunities listed on the Schedule of Events plus members are in discussion with the self-advocate councils at Community Living Burlington, Community Living North Halton and Central West Specialized Developmental Services to plan a big joint event.

Over the past two years the Council has become firmly established in providing a voice through social, recreational and learning opportunities, enabling friendships throughout Oakville and surrounding areas. This has been achieved not only through the enthusiasm and ideas of the Council members, but by the numerous volunteers. The Council thanks parents, staff, and students from various schools including Appleby and Sheridan Colleges. Thanks to all the companies that have donated food, drinks, products and services and to the Trillium Grant for making all this happen.

Please come and join us and tell your friends about the upcoming events. Check out the Raise Your Voice Council Facebook page <https://www.facebook.com/raiseyourvoicecouncil/> for more details on the Schedule of Events.

**The Raise Your Voice Council is graciously supported by the Ontario Trillium Foundation.**

# Thank you CharterAbility

Stephen Cull is a name that is often heard at Community Living Oakville. Proud founder of CharterAbility, a registered charity dedicated to providing accessible recreational boating, Stephen has worked very hard to ensure that each year the people we support have enjoyed over 120 boat rides throughout the spring and summer months. He has committed his time and energy to improving the lives of persons with disabilities by providing them with opportunities to fully enjoy boating into a wild life sanctuary right in the heart of downtown Oakville. The boat rides are offered at no cost however the benefits are priceless. As a result of this wonderful opportunity people have gained a great knowledge about the boating industry while enjoying the outdoors on a beautiful pontoon making new friendships and networking with people in their community.

The long standing partnership between Community Living Oakville and CharterAbility has unlocked new and exciting opportunities for people who have a developmental disability.

David Midgley a respected volunteer at CharterAbility has been involved since its inception almost 14 years ago. He has been instrumental in greeting the guests, directing traffic at the dock and with the recent construction under the bridge, his role has been a vital contribution toward the success of the program.

As many of the people we support have recently expressed a desire to become involved with CharterAbility, Stephen has made it his priority to provide each person a valued role in the organization, one that will fill the gaps.

Thank you Stephen for this incredible venture, we are happy to give back!



# Our Partnership with Sheridan College keeps growing and growing!

# Sheridan

## The Capstone Project

In January 2016 Community Living Oakville and Sheridan College partnered once again to provide the graduate students from the Business Process Analytics and Management Graduate Certificate Program with an opportunity to utilize their skills learned in the program. The benefits of this partnership are endless as Community

Living Oakville received a full business report that addressed process and procedure efficiencies for the plant packaging operations at Best Pack.

This very detailed report among other key points addressed: Critical success factors, SIPOC analysis, current process map, SWOT analysis, Fishbone analysis, new process map, cost benefit analysis, balance score card including optimization of current processes and an implementation plan.

The formal presentation of the Capstone project took place on June 13, 2016 at Sheridan College attended by Professor Dr. Carol Tuck-Riggs, Professor Dr. Ginger Grant, the student in charge Ibrahim Shakul and Irene Cvetkovski-Dukic, representing Community Living Oakville.

We look forward to our continued partnership as conversations about collaborating on future projects have already started.

## Campus Connections

Campus Connections is a mentorship project partnering with Community Living Oakville, Sheridan College's Social Service Worker Program and Thomas Merton Centre. Over the course of the school year the Social Service Worker students and people with a developmental disability engage in a symbiotic relationship – learning, sharing and growing from each other. Mentees have developed new relationships with peers and enhanced their social skills, independence and confidence. Mentors have developed leadership skills and gained an invaluable educational experience.

“I really liked my mentors, they were fun. They taught me new ways of looking at things and shared their campus with me. Campus Connections has taught me to advocate for myself and my friends, meeting and communicating with new people, learning to speak comfortably around new people.”

Selviya Zemokhol, Community Living Oakville's Mentee Mentors and mentees engaged in various activities throughout the campus that focused on educational and social skill building. These activities included: auditing classes, goal setting workshops, employment skills training, salsa dancing lessons, canvas paintings, nature hikes, art exhibits, and social celebrations.

Being on campus and involved with their student mentors has further contributed to the creation of an inclusive environment. Participants gained knowledge about what it means to be a student and experience college life which in turn, creates a foundation for future educational possibilities. Two mentees were inspired to apply to college and just recently received their letter of acceptance. Congratulations! And congratulations to all the participants of Campus Connections in completion of a successful year!



# Exciting Community Initiatives

In 2014, Community Living Oakville, STRIDE and Bennett EDGE hosted an event at the Holiday Inn Hotel & Suites in Oakville to promote employment for people who have a developmental disability.

The gala provided an opportunity for local business people to network and explore new relationships with the hope of inspiring them to employ people who have barriers to employment. Tim Hortons franchisee Mark Wafer, was a keynote

speaker who addressed the benefits of hiring people who have a disability.

Although Community Living Oakville has achieved great success in enhancing employment opportunities for people, ambassadors such as Mark Wafer help to move the needle even further along.

Oakville's MPP and Minister of Labour Kevin Flynn, catalyst and supporter of Community Living Oakville initiated the first round table discussion with representation from various community

agencies and the school board, in an effort to address barriers to employment. This very involved group of people all of whom share passion for the topic and led by the Honourable Kevin Flynn will begin to explore venues to unify 5-10 local 'business champions' to broaden employment prospects and create a more inclusive Oakville. Keep reading Community Living Oakville's newsletter for future progress.



## SUTTON SCHOLARSHIP PROGRAM

Through the generosity of Mr. and Mrs. Gerry Sutton, Community Living Oakville is pleased to announce the third year of an annual scholarship program exclusive to children of qualified employees of Community Living Oakville.

### WHO CAN APPLY:

Children of long term employees of Community Living Oakville who are entering college or university in the 2016/2017 school year or who are presently enrolled in a university or college program. Long term employees must have eight years of seniority or longer as per the seniority list dated January 1, 2016 and non-union employees must have completed eight years of service as of January 1, 2016.

To obtain an application and eligibility criterion, visit the folder named "Sutton Scholarship" on CLO's documents which is located on the agency server or you can contact Nancy Steptoe after April 15, 2016 at 301 Wycroft Road or by email [nancy.steptoe@oakcl.org](mailto:nancy.steptoe@oakcl.org) or by phone 905-844-0146 ext. 231

**APPLICATION DEADLINE:** By 4:00 pm July 18, 2016.

# THE ABOVE AND BEYOND AWARD - PEER TO PEER NOMINATION

This award gives peers an opportunity to recognize each other for going above and beyond.

It is with that in mind that we created an opportunity where we can recognize each other for the wonderful things we do every day. It is remarkable to see how many people took time out of their busy schedules to show an appreciation for their co-workers and to showcase the important work they do.

Congratulations to the winners of the "Above and Beyond" award and to those who nominated their peers. Sincere thanks for your hard work and for your desire to make a difference.

"No matter how busy you are, you must take time to make the other person feel important." Mary Kay Ash, American businesswoman

## **Abby Johnson**

Abby Johnson believes in people. She is kind and always puts the people she supports first. Abby was determined to help a person she was supporting obtain a goal that she had been struggling with for quite some time. With money and confidence being a barrier, Abby took it upon herself to find creative ways to help this person accomplish her goal. By researching cost effective ways to create and maintain a lifestyle change she has set a terrific example of helping a person she supports identify a goal and set a plan in place to ensure the goal is met. As a result of Abby's dedication this person is enjoying a newfound level of confidence and an overall better quality of life.

Abby you have been recognized for going Above and Beyond by Enhancing Quality of Supports. Your creativity and dedication are truly appreciated and have not gone unnoticed. Congratulations on this amazing achievement!

## **Hugo Troccoli**

Hugo became employed with Community Living Oakville two years ago. From the very beginning it was evident that Hugo possessed a great deal of enthusiasm and passion for helping people achieve a quality of life. Hugo sees no barriers and when a gentleman we support expressed a desire to launch a radio show he utilized his skills and talents to accomplish just that. He was instrumental in creating the "In the Loop Media" which has become an integral part of Community Living Oakville's social media platform. The media team is active in the Oakville community covering various events, interviewing contributing members of the community and providing people with meaningful opportunities that are broadening their horizons. Hugo's work does not stop there! When he recognized that the organization was in need of community exposure he voluntarily took over Community Living Oakville's Facebook, Twitter, YouTube and Instagram sites to ensure the people we support can publically celebrate their accomplishments, successes and memorable moments.

Hugo, you have been recognized for going Above and Beyond for your ongoing Commitment and Contribution to the Organization. You are an inspiration to all of us!

## **Linda Ryan**

Linda has been employed with Community Living Oakville for two years as a Job Placement Coordinator in the Employment team. Linda has worked tirelessly to provide new and exciting employment

opportunities for the people she supports. Linda will often work on her own time, creating resumes for people, meeting with potential employers and educating them on the benefits of hiring people who have a developmental disability. She encourages people to dream big and to never give up on something they believe in. When it comes to finding employment for the people she supports, there is no task that is too challenging for her. She views challenges as opportunities and with that in mind she has achieved outstanding results. Linda has shared that her motivation derives from the culture of the organization, one that embraces open door policy and is led by the people supported.

Linda, you have been recognized for going Above and Beyond for Enhancing Quality of Supports. Your positive approach, drive and work ethic have inspired us all!

## **Nic Walters**

Nic has been employed with Community Living Oakville since 2010 as a Residential Counsellor. Nic is a firm believer in enhancing the quality of life for the people he provides support to. As a result of his hard work and dedication many of the people we support have turned their adventures into a reality. Last summer two of the young men supported by the agency and Nic rented a cottage for a few days, they went fishing, played football and sat around a campfire enjoying beautiful Georgian Bay. Nic's vibrant personality and amazing ability to connect with people are contributing factors towards a happy and healthy life. Nic loves to see people happy and extends his support beyond the home where he works.

Nic you have been recognized for going Above and Beyond for Enhancing Quality of Supports. Your ongoing dedication to ensuring the people we support live adventurous lives, giving them experiences and memories to last a lifetime is truly amazing. We Thank You!

## **Daisy Dawe**

Daisy started her career with Community Living Oakville in 2013 as a Residential Counsellor. She has been instrumental in providing an excellent quality of support and in ensuring that her team members are doing the same. Daisy is always hard at work and sets an exceptional example for those who work alongside her. Her knowledge base of the people she supports is immense and she makes sure that it is shared amongst the team to ensure a consistent delivery of service.

Daisy you have been recognized for going Above and Beyond in the area of Team Building and Leadership. Your strong work ethic is an inspiration to everyone on the team!

## **Cherie Gravelle**

Cherie has been employed with Community Living Oakville since 2012 as a Residential Counsellor. Cherie's positivity and encouragement of the team she works with is evident all of the time and in every situation. She is always wearing a smile and exudes an infectious energy. Cherie is a great example to all new staff coming to the team on how to make the best of every situation to ensure that the people we support are having wonderful experiences as they make their way.

Cherie you have been recognized for going Above and Beyond in the area of Team Building and Leadership. Your disposition has boosted the energy on the team, inspired others and garnered the fortitude to meet challenges.

# ZUMBA - Dance Competition



On June 3, 2016 Community Living Oakville's Zumba Class spent the day at the Spring Tulip Dance Competition at the Americana Waterpark Resort & Spa in Niagara Falls Ontario. Dance instructor Nicole Vass had been working diligently with all fourteen dancers on their Zumba Routine to compete amongst hundreds of dancers from all over North America.

The team performed flawlessly to "What Makes You Beautiful" by One Direction and were recognized with medals for their performance.

For a number of months Warren Wright had been coached on the art of ballroom dancing and he competed alongside his partner and teacher Nicole. Warren danced effortlessly and flawlessly around the ballroom floor like he had been dancing for years. He has said many times he will be returning for the next competition!

Edem, Ivanna, Samantha, Warren, RaeAnn, Milan, Greg, Elizabeth, Fayth, Emily, Annie, Mary Grace, Tyler & Judy had an amazing time at the competition and eagerly shared their experiences.

Following the competition the team was full of excitement and took a stroll to enjoy the beautiful view of the falls while proudly showing off their medals.

The dancers are currently gearing up for the next competition and will be working hard to learn new routines during the next few months.



## THE BREAKFAST CLUB



As some of us may already know breakfast is the most important meal of the day! A good breakfast enables greater energy, promotes healthy living and reduces hunger throughout the day. Breakfast also assists in reducing agitation, anxiety and fatigue.

The Breakfast club originated at STEPP in 2015 and started with 3 people. It has grown significantly into an educational program with 15 people we support and 2 schools. The program introduces different types of nutritional and vegan friendly food groups. We use terms like sustainable, gluten free and compassion.

The people we support lead the Breakfast Club by preparing the meals, leading group discussions about food preferences and making healthier choices. The Breakfast Club has been instrumental

in enticing people to prepare meals at home which has promoted greater level of independence. Things that may appear on the menu include: zucchini bread, green smoothies, carrot ginger pancakes, whole grain toast with almond butter and bananas, herbal tea, almond milk, and coconut milk.

### A big big thank you!

Thank you to Emmanuel Kikiantonis who thought of incorporating Breakfast Club at Community Living Oakville and started running the program.



# PLEASE DON'T STOP THE MUSIC

June 18th marked the 4th public performance for many of the bands at Community Living Oakville and was held at The Pipes and Taps Pub in Oakville. With each concert the attendance has increased and in this particular case the pub was nearly at maximum capacity. The afternoon started off with Anne Moore, Joel Layne and Kyle Whyte playing "Shake it Off" by Taylor Swift. With Joel pounding out the beat, Anne belting out the lyrics and Kyle providing the rumble from down under it's no surprise that the song's end was met with deafening cheers. Up next was Dylan Hansen and Ivanna Sokic doing an instrumental version of Van Halen's "Jump." Both of these members had only begun playing their respective instruments 8 weeks prior and pulled off a great performance. Bob Seger's classic "Old Time Rock and Roll" was brought to life by Michelle Francis, Katherine Thomson, Heather Grant and Milan Patel. Milan had only joined the band 3 weeks prior and Katherine had never played bass before the start of this shortened program. Everyone

played their hearts out and the audience had a blast. Singer of the rep band and theater guru Matteo Esposito rocked Billy Idol's "Mony Mony" with drummer Erin Justice, bassist Josh Kitchen and pianist Kam Dhaliwal. At the end of the song Erin who has worked very hard came up to the microphone to say "did you guys like it?" Needless to say a very enthusiastic response of over 200 hands came back at her. Samantha Rose and Kelly Pitcher helped out our resident rock stars Lou Balough and Adrian Nandal as the fearless foursome showed the packed pub that they were "Born to be Wild." Last but absolutely not least the Rep Band came up to rock the house and show all the budding musicians what hard work and dedication can do. Matteo (Potatoes) Esposito slammed out the vocals, Joel (the Bucket) Dickinson whaled on the guitar while Chris (The Noodle) Rennie tickled the keys and Michel (the Survivor) Marinier smashed the skins. It was a great three song set with tons of energy from four awesome men.

Over the summer the band program will take a break but that doesn't mean the rocking out will stop at Community Living Oakville. Approaching the anniversary of the music program, teacher Ryan Switzer decided to dedicate the summer courses to areas he felt would be of most benefit to the existing band members as well as provide a very solid foundation for anyone interested in becoming involved. These programs are "Rhythm Studies" and "Performance Studies." Alongside of these Community Living Oakville will be offering two 5 day music camps. The first camp is songwriting where each member of the camp will leave with their own recorded song. The second camp is a band made entirely of iPads! This cool new spin on a "band camp" is specifically designed for people who have physical needs that would prevent them from being involved in a more traditional band setting. Here's to a music filled summer at Community Living Oakville!



## COMMUNITY SPIRIT AWARD

It is with excitement that we announce that Matteo Esposito was awarded the Community Spirit Award at the 15th annual Oakville Community Spirit Award ceremony.

With a passion for theatre, Matteo, was instrumental in creating the Take Flight Theatre Group which has helped people to experience acting by featuring theatrical

performances at various local establishments.

The most recent production of "Will You Be My Valentine" last presented at Woodview Mental Health and Autism Services received cheers from an audience of over 100 people. The next show is in the planning stages and the actors are preparing for the debut.



# GOLF TOURNAMENT



On a cold, snowy day at the beginning of the year, a small group of people sat around a table and decided that this year; the golf committee would set a lofty goal and aim to raise \$50,000 at the annual tournaments. Fast forward six months – mission accomplished!

After months of planning and preparing, and numerous one sided conversations with Mother Nature, nearly 220 golfers hit the greens in support of Community Living Oakville under sunny, albeit windy skies. We can only hope that the wind worked in peoples favour and drove their balls closer to the hole...

Each year, the agency hosts two tournaments – a nine hole shotgun in the morning for ladies only and a mixed 18 hole round in the afternoon. The tournaments are held at the amazing Royal Ontario Golf Course in Milton, ON. The course offers challenging

holes, service that is second to none and a spectacular outdoor patio that overlooks the greens. The surroundings were integral to everyone having a relaxed and enjoyable day. Following their round of golf, people made their way into the clubhouse to enjoy a lovely meal, bid on some fabulous auction prizes and listen to some speeches and announcements. Jason Camacho delivered a heartfelt speech that captured the impact that Community Living Oakville has had on his life, and Joel Layne brought the house down with an impromptu, freestyle rap at the end of the evening.

This golf tournament would not be possible without the generous support of our sponsors and contributors. Many of our previous sponsors lent their support once again including RBC, our Ace sponsor, and SKYWAY Canada, our Albatross sponsor. There were a number of past supporters that

increased their sponsorship levels this year to the Eagle level – Match Marketing Group, PricewaterhouseCoopers LLP, Godin Productions, Mercedes-Benz Oakville and the Petrus Fund (Petrina and Peter Nesbitt). We also had some new sponsors come on board including MARS Petcare, who joined at the Albatross level.

The hard work of our volunteers ensured a seamless process throughout the day, from registration to the auction to clean up.

Thanks to our golfers, donors, contributors and sponsors who helped us surpass our goal of \$50,000. In the near future, there will be a new wheelchair accessible van to ensure there are more opportunities for people to participate in the community doing the activities that interest them.



## GEORGE BRATHWAITE SCHOLARSHIP

It is not by chance that Janet's name was brought forward for the George Brathwaite Scholarship award.

Janet Lorimer has held a position as an Executive Director with Community Living Oakville since 2012. She works tirelessly to further contribute towards the mission and vision of the organization while establishing a path with clear and measurable results. Under Janet's leadership the organization has gained financial strength, a culture that is conducive to collaboration and a strong work ethic where the people supported by the agency are on a journey to reaching their full potential.

We would like to take this opportunity to congratulate Janet on receiving the George Brathwaite Scholarship which took place at the annual OASIS Conference in Niagara Falls May 4-6, 2016.



# SARA'S GRADUATION

Sara is proud to let everyone know that this year she is receiving her Secondary School Diploma from St Thomas Aquinas, a goal she has worked very hard to achieve. "People with goals succeed because they know where they're going." — Earl Nightingale.

Sara not only received her Secondary School Diploma for St Thomas Aquinas but she was also recognized for extraordinary achievements. Sara was awarded the Harry Barret Award based on her outstanding level of achievements that have directly and positively impacted her desire to continue to learn and grow. She also received a Certificate of Distinction for the 2016 "Spirit of Inclusion" Award.

This young and ambitious lady has set her sights quite high and we are all excited to be part of her journey. Congratulations Sara on this amazing achievement



## MANY THANKS TO OUR GRANTORS!

It is with elation that we formally announce the approval of the following three new grants; The United Way for the enhancement of our current residential programs and assistance with the fees at STEPP, the Community Oakville Foundation for the Senior 4 Senior program and the Region of Halton for the new Cafe.

As a result of these new initiatives we are able to enhance quality of life for the people in our service by engaging in new and exciting opportunities.

Thank you United Way of Oakville, Community Oakville Foundation and the Region of Halton for believing in us!



## FAREWELL HARRY, HELLO ROBERT

The Sutton team would like to share sad but encouraging news - after many years, Harry left his home to start a new journey with a Long term Care Facility. The vacancy became available speedily – and we were notified on a Friday – confirmed the following Tuesday.

Harry made many friends over the years and was always present throughout Oakville, at the Waterfront Festivals, outdoor concerts at Coronation park or travelling around the downtown Oakville core with friends and staff at Innovations on Church Street. He was probably better known than the Town's Mayor and will be missed by more than his friends and support staff at Community Living Oakville.

Harry's determination to be a gentleman despite challenges to his health, or any bad news – was inspirational to everyone. Any sadness always rolled like water off a duck's back, to Harry, rarely lasting more than a few

minutes.

His easygoing demeanor will not be going far, only about 20 minutes away in Mississauga. Harry will be missed by his friends and support staff at his home, Innovations at the Front and Innovations on Church Street.

During one of our visits, Harry shared that he was excited to be in his new home. Greeting the nurses like they were familiar acquaintances... already drawing people in close to him. With this change comes the opportunity for more rest – and a slower pace. Something Harry has been seeking more of, lately.

Harry has returned to visit his friends at his previous home and many of his friends at Community Living Oakville since leaving and the transition has been positive and gone well. As always, our fears and apprehensions were thankfully,

unfounded.

Harry's transition opened a new opportunity for Robert Kimmel to move into the home. Robert was welcomed by peers and staff and embraced the change, which was a benefit since saying goodbye can often be such a sad occasion. Much as we miss Harry that large void was filled by Robert and the energy in the home is again balanced and complete.

Harry's friends are already planning another visit and look forward to seeing him soon.



# 'IN THE LOOP MEDIA'



'In The Loop Media' have been busy honing their skills in broadcasting by exploring behind the scenes at the CBC in Toronto. Visit our YouTube page and see Greg Kozak take over the set of "The National" and speak where the great Peter Mansbridge speaks! The 'In The Loop Media' team also won media passes to EGLX "Canada's largest gaming expo" which granted us all access to the event. Hugo and the team plan to continue covering events and

creating videos for broadcast on our numerous social media sites. And to top off here is our new logo. For photos and stories search 'In The Loop Media' on Facebook! If you have exciting news to share or an upcoming community event, please contact 'In The Loop Media.' We would be happy to share your news!

## THE ONTARIO PROVINCIAL SPRING GAMES

The Ontario Provincial Spring Games kicked off in Guelph May 26-28th this year. Community Living Oakville had a strong group of athletes participating in the 5 and 10 pin bowling as well as swimmers in the aquatics events.

The athletes all boarded buses heading to the University of Guelph where they met their friends and fellow athletes. Katherine, Kelly, Adrian and Kaitlyn all said they met a lot of "cool" new friends.

Collectively the athletes won Silver and Bronze medals in bowling and

the swimmers brought home Gold, Silver and Bronze.

The athletes said that the highlights of the games were achieving their personal bests in their events, the opening and closing ceremonies, the socials and the food!

Congratulations from everyone at Community Living Oakville goes out to athletes Katherine, Kelly, Kaitlyn, Adrian, Heather and Dylan on their great achievements!



# LONGO SUPPORTS COMMUNITY LIVING OAKVILLE

The Longo's grocery store located in southeast Oakville on 469 Cornwall Road celebrated 60 years on June 25, 2016. The event took place with a 70's theme, BBQ, and games. The proceeds from the BBQ will be benefiting Community Living Oakville's STEPP program and the Innovations Center program. Everyone had a fabulous time helping throughout the event. Many of the people supported by the agency have been participating in Longo's cooking class with Chef Sarah Buckland for approximately 2 years. We would like to thank Longo's and Sarah for their continued support and generosity.



## HARRISON MOVES IN

Harrison proudly shows off the "H" for Harrison that now adorns the wall at his new home. The "H" sits amongst the initials of Scott, Thorne, Ryan and Julie who have been enjoying their new home for years now. April 10th marks the day that Harrison moved into his new home and was celebrated with a party attended by his new friends.

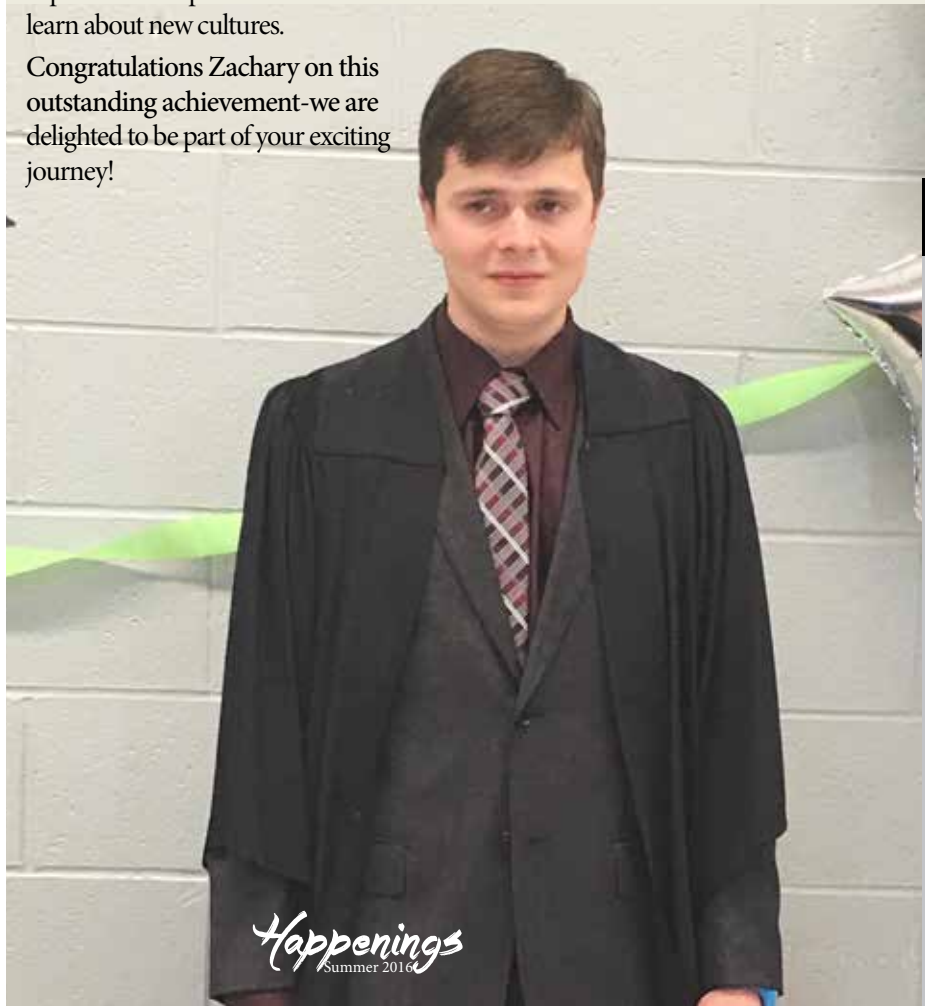
Everyone at the event got to know each other over pizza, cake and some bubbly. Harrison is a familiar face around Community Living Oakville. He was supported in Day Services before taking a temporary home with Community Living North Halton in 2014. Community Living Oakville was able to facilitate this move and bring him closer to the natural supports of his family and longtime friend Tim. Welcome home Harrison!



## ZACHARY'S GRADUATION

Zachary Brazil is excited to reach a new milestone. This year he is receiving his Secondary School Diploma from Thomas A. Blakelock. Zachary is interested in volunteering and with the assistance of his support team has already started to explore various possibilities. His dream is to travel the world and learn about new cultures.

Congratulations Zachary on this outstanding achievement-we are delighted to be part of your exciting journey!



## PATRICIA ELWELL

Long-time Community Living Oakville employee Patricia Elwell passed away on Friday June 24, 2016. Patricia first worked for Community Living Oakville in 1991 as a Residential Counsellor and Supervisor. She returned to Community Living Oakville in 1996 as a Casual Staff then moved to Supported Independent Living in 2002. Patricia had the opportunity to work with many people over the years and her talents and personality will be missed. Outside of work she was passionate about cooking, board games and the arts, especially dance.



## ANTONIO PACHECO

It is with sadness that we inform you Tony Pacheco passed away on February 20, 2016 at Halton Healthcare in Oakville, after a long determined fight against complications that caused him to unexpectedly fall ill.

Tony lived in Oakville most of his life, and will be affectionately missed by Linda, Virginia, John and Donna – who he knew intimately and lived with, for many years. Tony will also be missed by the support team at his home.

We remember Tony for his passionate love of music – technology and his keen sense of adventure.

Tony enjoyed travelling. He loved nature and sunlight – he would sit in his back yard in his favorite spot, flipping through a magazine or listening to music on his iPad for hours but only until the sun started leaving for the day. When the sun no longer touched his face he spontaneously wanted to leave as well. That relationship is just another of the mysteries that made Tony the unique enigmatic person he was.

He touched the lives of many people over the years, with his strong will, character and passion for life. His caring nature showed in his anguish whenever peers were not well or became upset.

Tony attended Innovations on Church Street and will no doubt be missed by his friends and support staff there as well.

Tony was laid to rest at Glen Oaks Memorial Gardens – besides his mom – under the ‘big tree’.



## John Russell McLaughlin

John Russell McLaughlin, affectionately known as Russ, was a positive, gentle and humble person. It was always a pleasure to spend time with him and be in his company.

Russ faced many challenges and hardships throughout his life. His strength and faith allowed him to constantly see the positive side of his experiences. At 8 years of age, Russ moved to an institution where he stayed for the next 16 years of his life. He then moved to Orangeville, first living in a group home then Supported Independent Living. Russell met Sue in 1992 and they became very good friends. As they explain “It was love at first sight”. In 1995 Russell and Sue married and began building a strong commitment based on love and faith. In 2008 Russell and his wife Sue moved to Oakville and in 2015, they joined Community Living Oakville’s Supported Independent Living program. Recently Russ and Sue celebrated

their 20th anniversary at St. Aidan’s Church in Oakville where they also renewed their vows. Russ’ experience with the agency was very beneficial and helpful for him. Through Community Living Oakville, Russ made a large number of friends and acquaintances and enjoyed the many activities and opportunities that the agency had to offer.

The last two years have been a difficult journey for Russ and his wife Sue. Russ became ill and had to undergo treatments that affected his independence, however this did not affect his positive outlook on life. Russ always used to say “We all go through things, but remaining positive and optimistic is most important”.

On April 14, 2016 Russ passed away at the Ian Anderson house with his wife at his side and surrounded by his loved ones. Russ’s memory will always remain within our hearts.



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