

Happenings

WE BELIEVE IN PEOPLE

Volume 2, Edition 3
2021



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A MESSAGE FROM ALEXANDRA



Welcome to the latest edition of Happenings!

I am honoured to be writing my first article as Executive Director in this edition. As many of you know, Janet Lorimer, who was the former Executive Director for nearly nine years, retired at the end of July. It was a bitter sweet goodbye as Janet is surely missed and remembered for all that she has done for Community Living Oakville and the people we support. It is also a celebratory time for her and we wish her the very best in her retirement years ahead and in embracing this next chapter in her life.

Although I have met many of you, I would like to take this opportunity to introduce myself in this publication to those that I have not had the pleasure of meeting just yet. My name is Alexandra Hoeck-Murray and I consider it a pleasure to work for the people we support at Community Living Oakville. I am passionate about advocacy, community inclusion and providing quality services and supports. I have seen tremendous growth and achievements at our agency over the years, which has directly had a positive impact on the people we support. My goal is to continuously enrich the lives of the people we support and work towards our mission of ensuring people are living active, rewarding and fulfilling lives in the community.

On a personal note, I am a lifelong learner and enjoy educating and challenging myself every day. I am a wife and a mother of two children (one girl and one boy). I also can't forget our

newest addition to the family - a very busy 4.5 month old puppy! If I'm not working, you can find me antiquing, hiking, enjoying the outdoors and in the winter months, skiing.

Since the last edition of Happenings, we all have continued to adapt to the changes and guidelines that COVID has thrown our way, while still enjoying the summer and fall months. As you scroll through this publication, I believe it will bring a smile to your face as people we support share many of their highlights from summer vacation, road trips, spending time with family and friends and challenging themselves to learn new things along the way.

The month of September was also a very busy month, as we celebrated Direct Support Professionals week; recognizing the tremendous talent and dedication of our staff – we continue to celebrate and thank all of you for what you do. Not only do our staff provide direct support to the people we serve, they wear many hats in their roles, requiring them to be flexible. During this pandemic, their resilience has been even more profound as they continue to ensure the health and safety of all, whilst still providing quality services.

In addition, we hosted our 35th annual golf tournament at a new venue this year: Piper's Heath Golf Club. As COVID prohibited us from hosting our event last year, this year was surely one to remember. I want to sincerely thank all of our sponsors, donors, volunteers and attendees for making this event a great success. Your contribution and the funds raised will greatly enhance our Xcel day service program. As you read along this issue, you will find more details in regards to our tournament and the tremendous amount raised! Thank you again to all of you and we hope to see you again next year.

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Try Kit's delicious Lemon-garlic salmon and asparagus recipe. See page 12

TWELVE BRAVE STUDENTS BEGIN A TREK UP THE 'PRE-EMPLOYMENT MOUNTAIN'



This metaphorical mountain refers to Xplore Employment's very first Summer PREP program that ran this summer. Twelve students climbed up a mountain unlike any other; building job skills, gaining employment experience, and most importantly learning ways to overcome day to day challenges.

Comparable to all treks, however, it was the barriers that allowed for growth to occur. Community Living's three summer job coaches: Ella Peterson, Jenna Watson and Tatyana Velez described this experience as "rewarding to witness such tremendous growth for each student".

On Mondays and Fridays, while most youth may have been off doing summer-like things, these young adults buckled down and took part in virtual workshops building job skills. The remaining days of the week involved in-person placements at Burloak Canoe Club, Keller Williams Real Estate, My Furniture Bank Oakville, Kerr Street Missions Food Bank, and St. Christopher's Anglican Church.

Each of these placements gave the students a number of opportunities to enhance their skills, push their limits and learn something new.

According to Ella, "as a person who was able to witness this growth firsthand, it was so rewarding. I experienced constant goosebumps as I watched how far each of the students progressed every step of the way."

This growth was subjective and personal, allowing each individual to develop in ways that were unique to their own journey. There were examples of victories all throughout this experience. In some cases, students found part-time employment, while for others, it was the small victories that will prove to be the most impactful. Simple moments such as interacting and collaborating with one another, or even engaging in Zoom workshops. Each person demonstrated their own set of 'super powers' that they didn't even know existed until they pushed themselves up the mountain out of their comfort zone.

Going into this program, both student and staff withheld their own respective stories with a challenge they had to adapt to. When given a set of circumstances, we can either decide to observe the mountain or climb it. Not only did each student climb the mountain, but by doing so they moved many as well.

A special thanks to our aforementioned placement sites (Burloak Canoe Club, Keller Williams, My Furniture Bank, Kerr Street Mission Food bank, St. Christopher's Church), and our Community Living Oakville summer students that made this pilot program possible.



"It's not until you reach the peak of the mountain, when you look down and realize how far you have come."

Tatyana Velez
Summer Job Coach 2021

DIRECT SUPPORT PROFESSIONAL (DSP) RECOGNITION WEEK

Direct Support Professional (DSP) Recognition Week took place from September 12-18, 2021 and was a great opportunity for Community Living Oakville to celebrate and recognize the amazing and groundbreaking professionals that are the heart and soul of our organization. A social media campaign was launched highlighting 56 front line staff whose contributions to the organization have made an incredible impact on the people we support.

Submissions to nominate staff members were made by people receiving support, managers, families and colleagues.

This year, along with small bags of sweet treats for each employee, we had over \$2,000 in prizes to be won that were randomly drawn throughout the week.

We would like to thank the following organizations for their contribution to our prize draws:

- White Oaks Spa for donating a 1-night stay at the luxurious resort in Niagara on the Lake
- Fox and Leaf Co. for the custom engraved Yeti travel mugs
- MechanIQ for supplying a free oil change
- Swiss Chalet for donating a dinner for two (Upper Middle Road E location)

A HUGE thank you to Gabrielle McCarthy, Graphic Designer, who spent many hours volunteering her time creating all of the social media slides and the wrap up video recognizing our front-line staff (to view the staff recognition video, please click here: [Direct Support Professional Recognition Week #DSPPRW2021](#))

Although DSP Recognition Week is formally over, we continue to recognize our staff for their hard work and dedication which is valued and immensely appreciated by everyone at Community Living Oakville.





Community Living Oakville is grateful to the many donations received by community members and local businesses.



We would like to express our sincere gratitude to COBS Bread (Headen Forest Shopping Center location) for their continued donation of bread, sweets and pastries through their End of Day Giving program.



We would also like to extend our thanks to Aeneas Maclsaac, from the Knights of Columbus, who dedicates his time once a week to deliver the COBS donation to Community Living Oakville. Community Living Oakville has been a recipient of this donation since May 2020.



Thank you to Canadian Tire (1100 Kerr Street location) for their donation of over 50 gallons of hand sanitizer to our agency. This is incredibly helpful for our homes, offices and programs as we continue to follow safety protocols. Canadian Tire also donated a large number of vegetable plants and herbs to be planted by the people receiving services from Community Living Oakville.

THANK YOU!

A letter of thanks from Marlyne Van Exan, President of Halton Civitan Club, and a long-time member and volunteer at CLO -

A few years ago, I contacted the Oakville Municipal Greenhouse to see if I could purchase plants for the planters at the front of 301 Wyecroft (Community Living Oakville's head office). The Halton Civitan Club purchased the planters many years ago and kept them filled with summer flowers. When I spoke to Galina Tchouprikova about purchasing plants, she quickly offered to supply them to us at no cost. If I could wait until the middle of June, when all the Town planting had been done, I could have my pick of the left-over plants. This has been a wonderful partnership. She now knows what we need and arranges to have the plants ready for me in late June every year. As you can see by the photos from this year, she chooses plants that flourish in the hot sun. Galena is very generous and knows her horticulture. She has held her job at the greenhouse for many years and is a definite asset to our beautiful town. Galina also runs the Jr Gardeners Teaching Garden teaching horticulture. What a wonderful opportunity for people to learn about nature, gardening and how to enjoy the outdoors.

Again, thank you to all of our community partners for your generosity!



“ANYTHING IS POSSIBLE IF YOU TRY. DREAMS ARE MADE IF PEOPLE TRY.” - TERRY FOX

Vanessa Rowley is always on the go; she is always looking for her next adventure. So, it was no surprise when she decided earlier this spring that she wanted to give back and raise money for a cause that she holds near and dear to her heart - The Terry Fox Run.

Terry Fox has always been an important hero of Vanessa's. She admires his bravery and efforts to find a cure for cancer. Initially her fundraising goal was \$500, however, she more than tripled her goal in donations raising \$1,600 with the support of her family and friends!

The Terry Fox run took place on September 19, 2021. Vanessa completed the run joined by her mom, sisters, brothers-in-law, niece and nephew, as well as her support staff Kristen.

Vanessa would like to say, “Thank You to everyone who donated money for such an amazing cause!” This was a great accomplishment for Vanessa and you could see the pride beaming from her face.

When asked if she had any advice to give, she echoed the words of Terry Fox, “never give up and always keep trying” and she's right – anything is possible if you try!



A MESSAGE FROM ALEXANDRA (CONT'D)

Our busy month of September didn't end there as we also hosted our Annual General Meeting. Once again, this meeting was a clear reflection that though this pandemic has challenged all of us, we did not lose sight of our goals and had a healthy year. We would like to greatly thank the Ministry of Children, Community and Social Services for their ongoing support and in particular, the COVID Residential Relief Fund which has supported us through these trying times. We invite you to also read through our latest Annual Report for more detailed information from the last fiscal year.

Last but not least, the month of October has encouraged us to reflect and give thanks to all of our stakeholders. We are grateful to all of you who contribute to Community Living Oakville in various ways and always welcome new members. Through collaboration, we are able to leverage new opportunities and increase possibilities for people we support.

With warm regards,

A handwritten signature in cursive script that reads "Alexandra Hoeck-Murray".

Alexandra Hoeck-Murray
Executive Director

A MUSICAL NOTE FROM MASSIVE TANK STUDIOS' RYAN SWITZER



I have had the privilege and joy of working with Community Living Oakville for the past six years and in that time the one constant has been that there are no constants. I am forced to reevaluate, re-strategize and reanalyze every day. Even after all of that is done and I feel solid in my assessments, it is quite common to still be caught by surprise. This in my opinion speaks to the unbelievable potential, malleability and passion that we have in this community. Having said all of this, please excuse me that I now find my opening statement not entirely true. The single constant I have found in six years is to never underestimate.

During the past 18 months I have had two students that have particularly exemplified the traits I mentioned earlier. COVID-19 has brought a lot of distancing, but simultaneously it has brought a lot of innovation. Andrea Cervin Lawry began songwriting lessons with me during the lockdowns. We did our classes remotely and admittedly this relied heavily on Andrea's computer skills. I should mention that Andrea was learning - apart from music - how to oper-

ate a digital audio workstation, namely Garageband. Garageband is marketed as a user friendly program - which it is but only by comparison to other DAWs (which are notoriously user unfriendly). Months later Andrea is flying around the program with little to no issue, she is writing her own music and very soon we will be posting our first song on YouTube to share with everyone! Over the last while Andrea has blown me away with her dedication, attention to detail and incredible attitude. She is a pleasure to work with and I can't wait to see what else she has in store.

When restrictions began to lift, I was able to offer lessons to more people which opened the door to others I didn't previously have the opportunity to meet. Among these people is Cathy Hawkes and I will say in the onset that she has better timing than a lot of the drummers I know - but no one knew it. Cathy loves ABBA and can be found in her room listening to them at least once a day, if not more. When I first met Cathy, like many students I meet for the first time, my job was to find her "it." This usually entails a process that involves me getting to know how this individual interacts with music. With Cathy I opened an app that I use to get a glimpse of rhythmic aptitude. Immediately Cathy "went to work" and the result came back perfect. Her timing was perfect, as in not good, or very good - it was perfect. I did the test three more times and three more times I got the same result. Since then I have been able to apply this skill to strumming on a guitar, playing drums (on an iPad) and a plethora of rhythmic exercises. She loves to sing ABBA as she strums the guitar - in perfect time - while I play the chords in the left hand for her. In case the tone hasn't been obvious - working with Cathy is pretty great and always a highlight of my week.

Community Living Oakville is a place where I have met more remarkable people in 6 years than in the balance of my life prior. I am exposed to new challenges and things that amaze me every day, and I truly love what I do. All of this said, it is a pretty easy job to love and given what I've written above, I hope anyone reading this would agree.

PERSONAL OUTCOME MEASURES- A PERSON CENTERED PROCESS LENS DURING COVID-19

Focusing on Quality

The current Covid-19 pandemic has placed increased pressure in service delivery for people in developmental services organizations. Enforced lockdowns have led to people supported not being able to access services as well as having limited in-person contact with their social support networks.

Consequently, Community Living Oakville's (CLO) Quality Enhancement Team has encouraged and supported staff to look for creative and unique ways to make dreams a reality. This practice concurs with studies that show that "goals are more likely to be realized when organizations support these efforts". CLO's support of goal development and achievements that are developed through the Personal Outcome Measures (POM) process aligns with evidence-based practices. As such, the Personal Outcome Measures process is yielding a high rate of success for Warren, Melissa and Greg.

Enhancing Quality of Life



Warren

Bespoke suit and French cuffs shirt, Warren stepped out in style on his staycation and by his side, staff Micah supported him to make it happen. One of Warren's annual goals could not be realized due to Covid-19; he was missing his annual trip to Mexico to visit his brother. He missed his champagne breakfast, lounging by the pool, and swimming in the ocean. Instead, Warren, not easily discouraged and always positive and in high spirits chose to have a staycation in Niagara Falls for three days!



Melissa

Melissa missed her annual trip to Australia to visit her sister. Instead, Melissa opted to do a number of short staycations which included a day at Niagara Falls, African Lion Safari and a visit to the Hamilton Warplane Museum. Melissa's grandfather worked on this Lancaster during WWII. Melissa also loves the beach, so Melissa and friends had a social distanced picnic at the beach.



Greg

Greg's love of shopping, including collecting unique t-shirts and hoodies, took him and Laura on a path of finding the best t-shirt stores around town. They explored unique shops in Hamilton, Burlington, and anywhere within the region to find these unique treasures and along the way shared a nice cold milkshake at Hamilton's Bayfront Park. Greg also enjoyed spending time with his family in Penetanguishine.

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COMMUNITY CONNECT



Community Living Oakville has always strived to be innovative and create opportunities for the people we support to be fully immersed in their community. We are extremely grateful to United Way Halton & Hamilton for supporting our vision and granting us the funding needed to make this change. This grant has allowed us to reimagine and restructure “traditional” day services from congregate based services to inclusive opportunities that will further support people in developing skills towards independence and securing social roles.

We wanted to ensure that people we support decide how they would like to spend their days so we conducted focus groups with everyone who attended Ministry Funded day programs. We asked questions that gave us insight into what is meaningful to them and the response was overwhelming.

Most of the people supported did not want to come back to the traditional form of day services. So, we listened, and we created Community Connect, which is driven by people’s choices and goals.

Once we knew what people wanted to do, we began creating community partnerships. We are fortunate to be a part of an amazing community that is open to equity, diversity and inclusivity. We have been successful in creating many meaningful partnerships with organizations and are very excited about two of our newest partnerships that recently joined this program, Decathlon and Street Dog Art Studio. People we support are enjoying what these partnerships have to offer and want to participate more and more. Community partnerships are key to our success as it will help people develop and strengthen their social connections and network.

As we continue to work hard on building partnerships that promote inclusivity, we are encouraged that we have piloted a few programs successfully. People have been enjoying their days and looking forward to what is next. Our progress is guided by evidence-based practices, as such, we evaluate our programs on a regular basis to ensure that we are meeting everyone’s goals.



GETAWAY TO THE MOUNTAINS

Arham Cheema loves the outdoors; he likes going for walks and exploring nature and this summer, along with Harvir and Andy, Arham took his love for the outdoors to Blue Mountain.

When they arrived, the weather was beautiful and the village was buzzing with activity. Arham, Harvir and Andy began their getaway exploring the village and seeing all it had to offer.

The next day, Arham, Harvir and Andy, enjoyed a scenic hike that led them to a beautiful waterfall. The picture-perfect day ended with dinner on the beach. The trip to Blue Mountain proved to be just what was needed to kick off the summer, and will be remembered not only by the souvenirs that were purchased, but by the good time had by all!

STAY CONNECTED



Who can believe it is October?

Summer seems to 'zoom' by, and while it was zooming by, hopefully you had a chance to stop into Stay Connected and check out the fun in the virtual world.

One of the highlights of Stay Connected (Community Living Oakville's virtual program) has been the Open Discussions. There is no format for these discussions, or specific topics to cover, it is an open forum for participants to lead the session with topics that are on their minds. The majority of people are re-connecting and sharing stories from the weekends, or evenings, some will ask for advice, sometimes it's about politics, or even events going on in the world. What is magical about these sessions is seeing the participants listen to each other, offer their opinions or advice, or share a similar story - friends supporting friends!

Kristeen Sopeju is still connecting us to mindfulness each week, with everyone now always practicing their breathing, and remembering to stay grounded. Coping strategies and techniques have helped many people through the stresses of the pandemic and we would like to thank Kristeen for continuing to support each person and provide strategies to help work through our anxieties.



Rick Rossini was back to kick off the summer with his Canada Day magic show. People were wowed with illusions and magic with all things celebrating Canada!

A few ladies from Stay Connected have been joining Lori McConnell for her virtual ladies nights, every Friday evening with a group of ladies from Guelph.

Stay Connected Zoom birthday celebrations have continued over the summer, with interesting facts about the year you were born; #1 song, who was prime minister, how many days old you are, and of course music requests. It is so great to see everyone celebrating their friends.

Stay Connected is running 4 days a week, from 10 am - 3 pm. Please zoom by to join any of the programs we offer!

For more information or to join our virtual platform, Stay Connected, please contact julie.bisbicos@oakcl.org

PERSONAL OUTCOME MEASURES- A PERSON CENTERED PROCESS LENS DURING COVID-19 (CONT'D)

Mind, Body & Soul:

Being mindful of one's spiritual life and self-care during the pandemic was evident. As such, individuals supported headed to Church and the outdoors. Cycling, rollerblading, hiking, social distanced picnics on the beach and in local parks were outlets that were pursued. Warren attended mass online as well as in-person. Melissa, an avid athlete, strapped on her roller blades and headed to the trails. Both Warren and Melissa were supported in these activities by some very active staff who are young at heart and in body.

Melissa's sports of choice included biking and roller blading and the staff at Waterford are equally athletic (minus the manager who is an avid cheerleader- no cartwheels and flips). Staff Laura and Micah put their blades on, pumped up the tires on their bikes, purchased a bike rack and the race was on. The bikers and roller bladders explored all the wonderful trails within the Halton and Hamilton regions. During the colder months, a home gym was put together so the exercise could continue.



Connections:

Equally important, family participation and support networks are necessary to enhance the supports that people receive. This support network was at its best. Melissa's mother walked with her at Bronte Harbor. Warren's brother took him to dinner at a local restaurant. Greg visited his family up north and his brother came to watch movies with him in his room. Family and friends were always close whether it be dinner invitations, Zoom meetings, visits on the driveway or hosting visits in the garage. Although they are looking forward to going back to work, volunteering and visiting family and friends, Warren, Melissa and Greg have been proven to be resilient, positive and adventurous.

CLO'S ANNUAL GENERAL MEETING INTRODUCES TWO NEW BOARD MEMBERS

Community Living Oakville hosted its Annual General Meeting (AGM) on September 27th, 2021. In addition to the business aspect of the night, the AGM featured messages from the Executive Director, the President of the Board of Directors and the Board of Directors' Treasurer, all of whom commended the work that the staff of Community Living Oakville have done over the past year to ensure the health, safety and overall wellbeing of the people receiving services.

A video highlighting the past year was shared with attendees. The video demonstrated that regardless of the restrictions that were in place, people found ways to stay connected to one another, while continuing to build and learn new skills (albeit this may have had to be on a virtual platform). To view the video, please click AGM 2021 Year in Review.

The AGM also had the privilege of having Michel Mariner as a guest speaker. Michel spoke of his experience with the services he receives at Community Living Oakville, he shared his passion for his job, and discussed how he stayed busy during the pandemic. Michel shared some insight on how to stay positive, stating "Don't think about what bad things may happen. Just think good thoughts for people. Don't go back – keep going forward!".

The AGM also passed a motion and introduced two new Board members to CLO's Board of Directors.

Kaitlin Nesbitt has been supported by Community Living Oakville in the Supported Independent Living program since January 2000. Kaitlin has proven to be a committed volunteer in Oakville; she has been a volunteer at the Oakville



Hospital since March 2003 and has held a part time position at the Region of Halton Division of Children's Services as a Program Assistant since October 2004. Kaitlin has been involved for many years with the Special Olympics in Oakville and has competed in several provincial games. Kaitlin is an avid reader and loves to visit the library. Kaitlin is the first person supported to be on the Board of Directors in a few years – a testament to Community Living Oakville's commitment to ensuring that everyone's voice is heard and represented. When asked how she feels about being a Board member, Kaitlin states: "I really want to help CLO be the best agency we can be and help people develop to their full potential"

Chengbo Qian is a Finance Manager at Air Canada, primarily responsible for all financial matters related to AC's operational business units in Toronto. Previously, Chengbo worked as a financial auditor at Ernst & Young LLP in Toronto, where he re-



viewed the financial statements of a wide portfolio of clients, including several prominent government-funded not-for-profit organizations. Chengbo hopes that by joining the CLO Board of Directors, he will be able to leverage his financial skillset to help our organization maximize the impact of its expenditures, and achieve its objective of ensuring each person with a developmental disability is fostered in an environment that will help them to develop their full potential.

Welcome Kaitlin and Chengbo!



If you have any questions about sponsorship, registration, volunteering or to be added to the email list for future CLO events, please contact Andrea Interior via andrea.interior@oakcl.org.

KIT'S RECIPE FOR LEMON-GARLIC BAKED SALMON AND ASPARAGUS

Ingredients:

- 2 lbs salmon filet, cut into six 6 oz portions
- 2 bunches asparagus, fibrous ends removed
- Salt and black pepper
- 1 Tbsp olive oil
- 1 small lemon, sliced into rings for garnish

For the Lemon-Garlic-Herb Butter:

- 6 Tbsp of unsalted butter, softened
- 2 Tbsp fresh lemon juice, from 1 small lemon
- 2 garlic cloves, pressed or minced
- 2 Tbsp fresh parsley, finely chopped
- 1 tsp salt
- 1/4 tsp black pepper

Instructions

1. Preheat oven to 450°F. Line a large rimmed baking sheet with parchment paper
2. Place salmon filets in a row down the center of your lined baking pan. Arrange trimmed asparagus on the sides of the salmon. Drizzle asparagus lightly with olive oil and roll to coat. Sprinkle both asparagus and salmon with salt and pepper.
4. For lemon-garlic butter: In a medium bowl, use a fork to mash together all ingredients until combined.
6. Spoon 3/4 of your flavored butter over the salmon and spread. Dab remaining butter mix over the asparagus. Top each salmon filet with a slice of lemon and bake uncovered at 450°F for 10-12 minutes (a thinner fillet will take 10 minutes and larger fillet takes 12 minutes). Set the oven to BROIL and bake another 2-3 minutes to give the salmon a golden glow. Bake until salmon is flaky and cooked through.



SECOND HARVEST GRANT



In April 2021, CLO was awarded the Second Harvest Grant to start a culinary program for people who receive support living independently in the community. After more than a year into the pandemic, people were feeling the effects of social isolation and financial strain. Access to grocery stores was becoming more burdensome for some based on their declining mobility, health, and safety restrictions. The grant funding could not have come at a better time!

With the Second Harvest Grant, we have been able to provide three to four nutritious, home cooked meals every week to 19 people in our Supported Independent Living program. We hired a part time staff, Kit, who's no stranger to the culinary world. She has a real passion for all things food related and it's evident in the amazing, delicious meals she prepares each week.

Owen said "the food is SO good! Kit is a great cook. It's been very helpful having food delivered every week. And it's been really nice having healthy meals that I don't get to cook myself".

Joe said he "really looks forward to Tuesday deliveries!"

Hans, who helped with some of the deliveries, said "I loved seeing the smiles on people's faces when I would deliver their meals. We all love the program. Some people were finding it hard to get to a grocery store and it has really helped having delicious meals delivered to us".



The grant received has also enabled us to provide skills training for a person supported through Xplore Employment. Monica recently graduated from the Humber College Culinary Program and was looking to further her experience working in a professional kitchen; she wanted to build upon her culinary skills before searching for paid employment opportunities. Monica completed a four-week job trial with the support of her job coach, Liezl. During this time, she gained and improved on her skills, assisting with food preparation, cleaning and sanitizing of the kitchen, packaging meals and of course sampling the finished product. Monica said "I loved working there. Kit was great, I think she already misses me!".

Thank you to Second Harvest for providing us with this amazing opportunity for people to receive homemade nutritious meals on a weekly basis.

"Food may be essential as fuel for the body, but GOOD food is essential for the soul."

MAKING A DIFFERENCE



Daisy Paiva has worked at Community Living Oakville for 8 years supporting Julie, Scott, Thorne, Ryan and Harrison. Daisy enjoys the busy environment; the hustle and bustle has kept her on her toes and she feels she has learned a lot over these years both professionally and personally.

Daisy has grown not only as a Direct Support Professional but as a person. Daisy loves the team she works with and credits them for her longevity at the same work place. “We are a strong team,” says Daisy, “we work through many challenges and obstacles together.”

Working through a pandemic is one of those challenges that Daisy has faced, however, prioritizing people’s natural support connections has been a priority for her. She always ensures that people have connections to families and has become an expert at setting up video chats. Daisy’s manager, Jody Blaauw, has noticed that Daisy has taken an interest in CLO’s Personal Outcome Measures. She wants to do whatever she can to ensure each person she supports has an excellent quality of life. Daisy is looking forward to things getting “back to normal” as she loves ensuring people have social roles and strong community connections.

“She is amazing – and has amazing consistent values and principles. She works hard from the time her fob clears the door to the time she leaves. She holds her co-workers accountable and to a high standard – she desires the best support environment for people. I have NEVER – on a diverse team (and that is an amazing accomplishment) – seen anyone have anything negative or critical to say about her. She prioritizes the care for the people that she supports in the home and on her caseload. She only sees the world through her principles and values and nothing else. I have NEVER noticed her being negative even when she gets tired and worn down which is part of the business. She’s pretty remarkable. She does not seek the limelight, honestly, I don’t even think she gives it a thought.

She is a natural leader by example. And she’s like the Duracell bunny – just keeps going and going and going. It’s hard being that dedicated in our field and never lose your focus or become despondent. Or if she does, it does not show. And if something needs to be done, she does not ask the question ‘who has to do it?’ She just takes on the task assuming it is her.”
Jody Blaauw – Residential Manager

In her spare time, Daisy loves working out and focuses on weight lifting. She also loves cooking and gets joy from making meals that people enjoy eating.

We are so grateful and thankful to have Daisy as a Direct Support Professional. She embodies the Mission, Vision and Values of CLO. She is humble yet clearly dedicated to her profession. To quote Aristotle “We are what we repeatedly do. Excellence then, is not an act, but a habit.” Thank you, Daisy for your habit of excellence and your ongoing commitment to Community Living Oakville.

COMMUNITY LIVING OAKVILLE'S 35TH ANNUAL GOLF TOURNAMENT



On Wednesday, September 15th, 2021, Community Living Oakville held our 35th Annual Golf Tournament at Piper's Heath Golf Club. Over 200 golfers were in attendance for the Morning Ladies "Nine & Dine" and the Afternoon 18-hole Tournaments. Unfortunately, last year's tournament was canceled due to Covid but with the continued generosity and support of our wonderful community, we raised a record breaking \$68,500 this year for the Xcel Day Program!

Xcel promotes individual choice and offers options during the day that fosters independence.

Xcel focuses on supporting people with a disability by becoming fully immersed in their community through opportunities that build on skills, assist with networking, engaging in social opportunities, expanding creativity through the arts, and participating in health and wellness group activities, however, these programs come at a significant cost for many families. With the funds raised from the event, we will be able to offset participation fees and offer our services to more individuals in need. Given the isolation and financial stress experienced by many over the last year, these much-needed funds will make a tremendous difference to many people supported in our community and their families.

To learn more about our wonderful Xcel program and the tremendous difference it makes in the lives of all involved, watch our Xcel "Thanks You" video: <https://www.youtube.com/watch?v=p44QzGoeetM>.

Photos from the golf event have also been uploaded to our 2021 Golf Tournament google photo album: <https://photos.app.goo.gl/P7urgtnS4qWoY2aW6>.

If you interested in more information or would like to volunteer with Xcel please contact Julie.bisbicos@oakcl.org.



While we receive much of our funding from the government, many of the programs and services we offer rely heavily on fundraising initiatives, the largest of which is this annual golf tournament. We cannot thank our generous sponsors and donors, enthusiastic golfers, dedicated volunteers and hardworking employees enough for making this year's event an incredible success!

SUTTON SCHOLARSHIP

The Sutton Scholarship was established by Gerry and Margaret Sutton, who wish to contribute to the education of children of long-term employees of Community Living Oakville. The Scholarship is open to children of staff who have dedicated 8 years or longer to the company and is awarded to individuals who display dedication to their community. All applicants are reviewed by a selection committee and the Sutton Scholarship is awarded to one new student each year. This Scholarship is renewable for the student each year of their college or university course (if a specific grade is achieved).

Tristan Dance, the son of Jennifer Dance, was this year's recipient of the Sutton Scholarship. This past year, Tristan has been dedicating his time towards volunteering with Stay Connected and In the Loop Media; virtual programs created by Community Living Oakville during the pandemic to keep people supported engaged and connected to each other and their community. Volunteering and supporting in these virtual programs gave Tristan the confidence and the tools he needed to assume a leadership role - a role that is generally out of his comfort zone.

As part of his application, Tristan made a short and comprehensive video talking about Community Living Oakville, the

work CLO does, what it means to him, and why he thinks Community Living Oakville is important to our community. You can view his video submission here: <https://www.youtube.com/watch?v=C9RrLt5z3Xw>. Along with having participated in a number of clubs at school and volunteering with Best Buddies and Community Living Oakville, Tristan is also an avid video gamer. His curiosity for gaming led him to his current career path, and Tristan was accepted into the Game Development and Interactive Media program at Ontario Tech University.



We are deeply appreciative of Gerry and Margaret Sutton for investing in students and helping them be one step closer to reaching their education and career goals.

Congratulations Tristan, on starting this new chapter in your life! Give it your best shot and you will discover your true worth!

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On behalf of Community Living Oakville, the many people we support and their families, we hope to see more of our community at next year's event!



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