



**COMMUNITY LIVING**  
Oshawa / Clarington

## COMMUNITY NEWSLETTER

April 2018



### Message from Executive Director, Terri Gray

Spring has Sprung! Bulbs are starting to peek through the soil, in anticipation of growth and change that will begin over the next few months. CLOC has growth and change on the mind, as well. We are currently engaged in Strategic Planning and are in the process of setting organizational goals for CLOC to work toward, all with the help of our amazing employees and our important stakeholders. As you may or may not know, employees, people receiving supports, family and community partners all contributed feedback for our plan. Thank you all! We will be launching our 2019-2023 plan in September at our AGM. We are also in the process of creating a new fundraising campaign that will launch alongside the strategic plan for 2019. Our four-year plan will be an ambitious one that will require an organization wide effort to be successful. Most people want to know that they make a difference in the world, in the lives of our community, and most importantly, in the lives of the people and families for which we provide support. Our new plan will act as a road map to help give you a long-term approach to expand the scope and impact of what you do in our community and with CLOC.

Community Living Oshawa/Clarington has reached out to local MPPs, in partnership with other developmental service partners, to ensure we are bringing forward sector pressures as they relate to Bill 148, the need for cost of living increases, and the growing demands for services and supports within Durham Region. Participation House Durham and Christian Horizons have joined us in our meetings with MPP Jennifer French, MPP Granville Anderson and MPP Lorne Coe recently. We are using a united voice to let our government know that Developmental Services urgently needs \$300 Million to stabilize the sector. More meetings are being lined up continue this discussion with all our Members of Provincial Parliament.

Tickets are selling fast for CLOC's 65th Anniversary Event, and the committee continues to gather donations for the silent auction. We hope to see you out to celebrate with us on May 10th!

The Spirit Crew is gearing up for CLOC's popular annual garden competition. The people we serve will be working hard to beautify the properties where they live and enjoy services. We encourage families, neighbours and members of the community to get involved.

CLOC has launched a new line of SWAG items.... t-shirts, hoodies, hats and more! Items are priced to be enjoyed by all. Please see the information below, and order yours today.

As always, we want you to continue to share your photographs and stories of how you and CLOC work

together to create opportunities for community inclusion and citizenship, and to spread the message of belonging for all. So many exciting things are happening here at CLOC!

I hope that your own lives are filled with the growth and positive changes that come with the rebirth of our gardens in the Spring.

Happy Gardening,

*Terri Gray*

Executive Director

## CLOC Through the Decades 65th Anniversary Cocktail Celebration

Tickets are selling fast! Join us for our 65th Anniversary Cocktail Celebration! Take a walk down CLOC's memory lane..... Visit with employees current and past, view historical displays, enjoy some great food, and dance to the music of each decade from the 50's until today!



### How to purchase your tickets before they are gone!

Tickets can be purchased by contacting Marnie Salenius at 905-576-3011 x 304, or by email at [msalenius@communitylivingoc.ca](mailto:msalenius@communitylivingoc.ca).

If you prefer to purchase your tickets online, please visit [snapd TIX](#) (A service charge will apply when purchasing tickets through this site).

## The Newest Beatle Sings with Band Members After the Show

April 7, 2018 - Andrew and his friend John visited the Beatles tribute concert called The Ones, an interactive show put on at the Regent Theatre in Oshawa. It was a tribute concert that showed the history of the Beatles while playing 30 number-one hits. It was an awesome show, both men really enjoyed the music and history lesson, which included screaming fans and fainting women! After the show they went down to the stage to say hello and introduce themselves, and thank the band for such a great concert. When asked what his favourite Beatles song was, Andrew said "Across the Universe!" The guitarist said "oh we didn't play that one... Steve hand me that guitar!" A man handed him a shiny black guitar and he began to play Andrew's favorite song, and he and Andrew sang together! He had a great time! Both men give it a thumbs up and would recommend it to all their friends! Helping people achieve their goals and to truly live, work and play in their community is what Community Living is all about.

*Story submitted by Terri Boyd*



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## NEW! CLOC Spirit Swag

CLOC is thrilled to be able to offer the people we serve, employees and community partners the opportunity to sport CLOC spirit wherever you go! Order your very own logo'd CLOC hat, pullover or zip-up hoodie, travel tumbler, golf shirt and t-shirts. Order date has been extended to **Friday May 18th**, and orders will take 2 - 3 weeks to be delivered to CLOC offices. [Click here](#) to visit CLOC's website to download an order form.



# Get your CLOC Spirit Swag NOW!!

<b>HAT</b> In black  <b>\$20</b>	<b>ZIP UP HOODIE</b> In black, navy, grey or white Sizes: small to 5XL (sizes 3XL—5XL are \$35)  <b>\$32</b>	<b>PULLOVER HOODIE</b> In black, navy, grey, sapphire or white Sizes: small to 5XL (sizes 3XL—5XL are \$35)  <b>\$32</b>	<b>TRAVEL TUMBLER</b> Green pop top  <b>\$20</b>
<b>GOLF SHIRT</b> In black, navy, green or white Sizes: small to 5XL (sizes 3XL—5XL are \$33)  <b>\$30</b>	<b>HOW TO ORDER YOUR SPIRIT SWAG</b> All CLOC Spirit Swag items are embroidered with the CLOC logo. Travel Tumbler is printed. All order forms must be submitted, with payment to Marnie Salonijs @ 39 Wellington by Friday April 27th. Order forms available online, via email, at 39 Wellington. Questions? Contact Marnie at 905-576-3011 x304 or msalonijs@communitylivingoc.ca		<b>T-SHIRT</b> In black, navy, lime, sapphire or white Sizes: small to 5XL (sizes 3XL—5XL are \$21)  <b>\$18</b>

## Don's Mini Vacation

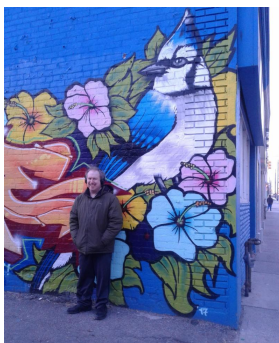


It's an exciting time for me right now... While improvements are happening in my home, I'm on a mini vacation! Earlier this week, I checked into the newly built Holiday Inn Express in downtown Oshawa. I'm loving my room... especially the king size bed! It's so big and comfortable.

It was a beautiful day on Wednesday, so I decided to go for a walk and explore the area. I stopped to see the tank at RS McLaughlin Armoury – I can see it from my window!

On the way back to the hotel, I saw a very bright and cheerful mural on the side of The Rainbow restaurant... it made me smile!

~ Don F.



Thank you so much, Don, for sharing the story about your mini-vacation with us! We are glad you had an amazing time.

If you have a story to share, please ensure that you have permission from everyone involved, especially if there are photos, and send it along to Marnie Salonijs at [msalonijs@communitylivingoc.ca](mailto:msalonijs@communitylivingoc.ca)

## King Street Open House

After months of renovations, CLOC's new King Street home is ready to be lived in! But before people move in, we want to show it off.

Tours of the location at **1186 King Street East** in Oshawa will be taking place on:

**Friday May 4th, from 2pm - 5pm**

**Saturday May 5th, from 10am - 12 noon**

Please note that there is very limited parking at the location, so we encourage you to park in the Walmart plaza that is east of the house, at the corner of King Street and Townline. To see a map, [click here](#).



## Annie Shorten Achievement Award



On March 20th, Community Living Oshawa/Clarington presented the Annie Shorten Award to Vivette Smith, who has been a family home provider with the organization for almost 30 years.

The Annie Shorten Achievement Award honours people who have made a significant contribution to the lives of people served by CLOC through a unique achievement or outstanding service, as a member, volunteer, associate or employee of CLOC, in any area that provides a benefit to persons with a developmental disability.

Many employees, past and present, that have worked with Vivette over the years told stories about Vivette as part of the the award presentation, including Paul Woodcroft (former employee), Andre laFlamme (former employee), Suzanne Nobes and Petrina Peyton. Vivette's family and some of the people that have lived with her over the years were also on hand to say thank you. There wasn't a dry eye in the house!

Congratulations Vivette!



## SPiRiT Crew Progressive Euchre Tournament

The SPiRiT Crew held its first Progressive Euchre Tournament on the evening of Friday March 23rd at the Clarington Project. A great evening was had by the players, with many prizes to be won! Thank you to the planning committee, and everyone that attended for your support in making the event a success. Funds raised at the tournament will be used toward employee engagement events. In attendance were families from both Oshawa and the Clarington Project, employees and family members of employees.

Congratulations to Ingrid K ~ Winner ~ Highest Score & Winner of "Find the Joker"

Congratulations to Cathy M ~ Winner ~ Low Score

Congratulations to Adam V~ Winner of 50/50 Draw







**Right:** Ingrid K., winner of the "Guess the Joker" game and the Euchre Tournament

**Above:** Cathy, winner of Most Honest Player



## Budget 2018 Announcement

Below you will find the announcement from from Minister of Community & Social Services, Michael Coteau, regarding Budget 2018. While the potential changes proposed for the Developmental Services sector are positive, we want to remind you that these changes are contingent upon the Liberal party being re-elected, and that nothing is set in stone until the election is over and proposed budget changes have been carried through the appropriate motions and passed within the Legislature.

For more information on the budget, click the link within the Minister's message.

### Message from Minister Michael Coteau

On March 28, 2018, the government tabled its 2018 Budget.

I want to begin by thanking you for the work you, and the agencies you represent do every single day to support people with a developmental disability and their families.

I would also like to take this opportunity to provide you with some important highlights from the budget.

I'm pleased to let you know that as part of the budget the government has proposed to invest an additional \$1.8 billion over the next three years in developmental services in Ontario. This represents the single largest investment to developmental services in the province's history.

The government values the important work that the community and developmental services agencies across the province do, day in and day out. Which is why, as part of this investment, we will continue to support agencies with an investment of approximately \$300M over three years so that agencies can continue to provide high-quality services to individuals and their families. This includes a preliminary allocation of \$55M in 2018/2019 to support agencies to manage some of the unintended costs associated with Bill 148. The Ministry will continue to work with community agencies to determine any

further pressures moving forward.

In addition, for the first time in the province's history, every eligible adult with a developmental disability, including youth turning 18 and transitioning to adult services, would get at least \$5,000 a year in direct funding through the Passport Program. Those who have applied for services and supports will receive more information in the weeks to come.

We would also be ensuring that hundreds of people living in places like hospitals, shelters and long term care homes find new, more appropriate, safe homes in their community – where they would receive the right supports for their particular needs. We would also provide extra support to aging caregivers as well making much needed capital investments in creating new residential spaces. We are committed to the goal of making sure that no adult with a developmental disability is living where they are not appropriately supported.

As well as this historic investment in Development Services in our province, we are pleased that the 2018 Budget, through the first phase of income security reform, would also deliver immediate help to those in deepest need, including those with developmental disabilities.

Adults with developmental disabilities who are eligible for the Ontario Disability Support Program (ODSP) would see improvements to their ODSP each month. Our plan would mean more money in the hands of those on social assistance through an increase to rates, changes to income exemptions and through the elimination and simplification of ineffective and punitive rules.

These are just some of the improvements that we plan on making through these two vital investments.

These investments are part of our government's broader plan to support care, create opportunity and make life more affordable during this period of rapid economic change includes making full-day child care free for families with preschool-aged children, free prescription drugs for everyone under 25, and 65 or over, through the biggest expansion of medicare in a generation, free tuition for hundreds of thousands of students, a higher minimum wage and better working conditions and a historic investments in medical health and addictions services and supports.

To learn more about the Budget, I invite you to visit [ontario.ca/budget](https://ontario.ca/budget)

We know how important our programs are to individuals and families who rely on them and we are committed to continuing to look for ways to make our programs and supports better.

We will continue to listen to the individuals and families who rely on our programs as well as our agencies.

Regards,

Michael Coteau  
Minister of Community and Social Services

## Equestrian Rider Amanda Enjoys Her Time at WindReach Farm!

Amanda rides a few of the horses at WindReach Farm, in their Therapeutic Riding Program, and sports a smile each time! She rides for 1 hour a week with the support from the volunteers at the stable. Amanda can control the horse on her own, with commands like "Walk on!" and "Whoa! Halt!" The riding skills that Amanda has learned are balance and posture, bonding with the horses by brushing them, steering and working the reins. Amanda has been riding for years now, and loves what it does for her life. She is very happy when riding, and it helps her physically, as well. It costs approximately \$500 per season for 12 weeks of riding.

Working with horses is a proven way to reduce anxiety, connect with nature and promote overall wellness. WindReach Farm has many programs that are enjoyed by people that CLOC serves, whether it be riding or learning skills through volunteering at the Farm.

In June, they are holding an RCMP Musical Ride show, which is bound to excite all fans! Tickets are \$25 each and can be purchased through WindReach Farm. [Click here](#) for more information about WindReach Farm and their programs.

*Story submitted by Terri Boyd*





# ReportON

There are an estimated 73,000 adults diagnosed with a developmental disability living in Ontario. Most are living a safe and happy life. However, some aren't.



The Ministry of Community and Social Services has developed a mechanism that can be used by anyone to report abuse. ReportON is a telephone line and email address to report actual or suspected abuse or neglect of adults with a developmental disability. The abuse or neglect might be at the hands of the person's family, friends, care giver or a stranger. Even if you're not absolutely certain you're witnessing abuse or neglect, they encourage you to call. There are no consequences for you, and you might make a significant difference in someone's life.

You can contact ReportON 24 hours a day, seven days a week:

Phone: 1-800-575-2222

Email: [reportONdisability@ontario.ca](mailto:reportONdisability@ontario.ca)

TTY: 416-916-0549 or Toll Free 1-844-309-1025

For more information about ReportON, click the logo (top right), which will take you to their website.

## Got some extra time? Volunteer for CLOC!



CLOC has several volunteer positions available and posted on our website. There is something for everyone, from teaching skills like cooking, managing money and internet safety, to working with the people we serve on their creative expression through art, music or sport, to driving people to reach destinations not accessible by bus.

If committee work is more your style, why not join one of our event committees (golf, gala), or a committee of the Board of Directors, such as Finance, Governance, Policy or Human Rights. There is always opportunity to gain experience on one of these committees, prior to apply for a position on CLOC's Board of Directors.

For more information about the specific volunteer opportunities available, and a link to download a volunteer application, please [click here](#).

## Shine A Light on Community Living

# 2018 Shine a Light on COMMUNITY LIVING

On **Friday, May 4th**, raise awareness for the full participation, inclusion and citizenship of people who have an intellectual disability and their families by participating in **Shine a Light on Community Living**.

That night, Canada's most iconic structure - The CN Tower - will be lit blue and green during its night-time illumination, as well as many other buildings and structures across Ontario.

You too can Shine a Light on Community Living in your town or city by turning the lighting outside of your home **blue** and **green** that evening (or throughout the month) and having your organization, local businesses and municipalities do the same.

Getting involved is easy and the impact will be illuminated in communities across Ontario.



Toronto Skyline | Photo courtesy: Louis Thomas



Tourism London  
Photo courtesy:  
Anna Tavener



Welland Bridge 13  
Photo courtesy:  
Anthony Gallaccio



## John Visits CKDO



morning show being done on the air, by his favourite DJ Terry Johnston! What started out as a regular trip to work one morning turned into a dream come true. When they were driving, John told his direct support staff that he really likes Terry Johnston, and CKDO. He said he had listened for many years. His staff asked if he has ever called in and requested a song? Or joined the fan club, or even seen what TJ looks like? John said no. Staff said would you like to? He said yes! So staff emailed the station and asked Terry Johnston a few questions, and if the station did tours? Terry Johnston wrote back and invited John to the station to watch the show behind the scenes, and then take a tour. John was so excited he told all his staff and friends every day until it happened!

On the morning of the show, John wore his favourite Beatles shirt, and went along with his support staff to the station (he brought along an invite for CLOC's 65<sup>th</sup> Anniversary event to hand deliver to Terry). Terry Johnston came out of the studio and John said hello and shook his hand. He watched Terry talk on the radio, as well as talk to his partners who were reading the news, weather and sports. Then Terry made John a coffee in his new CKDO mug. John got to drink his coffee right in the radio booth next to Terry. Terry also gave John a CKDO shirt and bag. They took lots of pictures. John learned that he and Terry Johnston share a favourite band... the Beatles! John got to see how the computers and radio equipment work, and even got to wear TJ's headphones! After the show was over, John got a tour of CKDO, and the other stations that are in the same building; KX96 and 94.9 the Rock. John met all of the radio hosts and behind the scenes people who were writing commercials for the radio.

John had an awesome day and met a new friend. Thank you Terry Johnston and CKDO!

*Story submitted by John M. and Terri Boyd*

## Upcoming CLOC Events

### Family/Membership Meeting

**Tuesday June 19, 2018**

39 Wellington Avenue East (downstairs)  
Further details to be confirmed.



Questions? Contact Wendy Shaw at 905-576-3011 x330 or  
[wshaw@communitylivingoc.ca](mailto:wshaw@communitylivingoc.ca)

# SAVE the DATE

## For CLOC's Annual Fall Golf Classic

### Wednesday September 26, 2018

**Kedron Dells Golf Club, Oshawa**

**Individual Golfers \$150**  
**Foursome \$550**

**Sponsorship Opportunities Available**

**Contact Marnie Salonijs at 905-576-3011 x304**  
**Or [msalonijs@communitylivingoc.ca](mailto:msalonijs@communitylivingoc.ca)**







**KEDRON  
DELLS** GOLF CLUB

## Mother's Day Brunch

Sunday May 13<sup>th</sup> from 10am - 2pm

### Breakfast

Fresh Seasonal Fruit Display  
Cereals and Granola with Berries  
Assorted Breakfast Breads, Rolls, Muffins, Bagels  
Sweet Creamy Butter, Cream Cheese, Preserves  
Assorted Individual Yogurts

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Made to Order Omelette Station  
Eggs Benedict  
Crisp Bacon and Sausage Links  
Scrambled Eggs  
Butter Milk Pancakes  
Home Fried Mini Potatoes

### Lunch

Seafood Display featuring Smoked Salmon and tiger Shrimp  
Assorted Sushi and California Rolls  
Classic Caesar Salad  
Garden Salad with Assorted Dressings  
Grilled Vegetable and Prosciutto Platter  
Pesto Chicken Pasta Salad  
Assorted Flatbreads with Mediterranean Dips

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Baked Salmon with Tangy Dill Yogurt  
Grilled Chicken Supreme with a Tarragon Cream  
Rice Pilaf  
Fresh Seasonal Vegetables

### Carving Station

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Roast Striploin of Beef, Yorkshire Pudding and Jus  
Baked Bone in Ham with Maple Mustard Sauce

### Dessert

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Mini Red Velvet Cake, Caramel Cheesecake,  
Gluten Free Chocolate Almond Torte, White Chocolate Lemon Cheesecake,  
Assorted Cookies, Squares and Tarts, Banana Raisin Bread Pudding  
Domestic and Imported Cheese Board,  
Crème Brule and Biscotti  
Strawberries and Fresh Whipped Cream



*Call to book your reservation Today!*

905.728.6641 ext 108

## Social Media

Don't forget that you can connect and get the latest in news from CLOC by checking out our Social Media pages. Please encourage the people who receive services, their families, and anyone else you know to connect with CLOC via social media, as well. Click below to transport to CLOC's Facebook, Twitter and LinkedIn and YouTube profiles, along with CLOC's brand new website.

STAY CONNECTED with SOCIAL MEDIA



[www.communitylivingoc.ca](http://www.communitylivingoc.ca)

Visit our website