



COMMUNITY LIVING BURLINGTON NEWSLETTER

Winter/Spring Edition - March, 2018

Transitioning with ARC INDUSTRIES

By: Karen Lade

On March 31st, 2018, ARC Industries will be officially closing its doors after almost 60 years in the community. Despite this closure, we are constantly looking for more opportunities to transition the participants of ARC into new, meaningful programs and activities. We have been busy the last several months in creating new ideas and working closely with the ARC team to ensure this transition.

ARCreation:

The team has created a new partnership with North Burlington Baptist Church to develop ARCreation, a new day program where 14 people will choose how to spend their day, whether it is baking, cooking, swimming, exercising, and/or hanging out with their friends. North Burlington Baptist Church offers a lot of programming amenities such as a kitchen for cooking/baking, and is in walking distance to Tansley Woods Community Centre where we can utilize their facilities. It also offers community gardens, fitness programs, and art programs. The program opened in September of 2017 and the staff have done an amazing job in looking for new activities and resources. **Thank you to one of our family members who donated new furniture for this new program.**

Art and other activities:

As paid contracts come to an end, the staff have done an amazing job in creating an Art program where people have been making beautiful home decor items. These items have been sold throughout the year and proceeds go back into the program so that we can continue to buy supplies. The Mainway building has a lot of amenities including a computer room and music room and accessible backyard. We will be sharing these spaces with Life Skills and we will be looking to create an Art room within the building. Over the last several months we have been creating capacity at Start it Right (fee for service day program) and Tansley Woods (seniors program) for people who may be interested in attending these programs.

Drop-in Centre:

In listening to the people we support and their families, a need for a drop-in centre has been identified. People do not just come to ARC because of the work; they come to ARC because it is a safe place where they can socialize with their friends. Community Living Burlington has transformed what was formerly known as the ARC cafeteria into a drop-in centre for people. Ministry funding was received to purchase new furniture and to renovate the space.

Participant Wages Ending:

As we embark on new programming we are winding down the paid contracts at ARC Industries. As of Feb 1, 2018, we will have no more paid work at ARC Industries. Therefore, the "participation allowance" that people get every month will come to an end. This will be the official closure of "ARC Industries" as we know it. However, people will have the opportunity to volunteer, participate in arts and crafts, other various activities, and still have the ability to hang out with their friends in a safe place.

Continued: ARC Transition

By: Karen Lade

Food for Life:

In May 2017 we received funding from the Newman's Own Foundation to hire a Project Manager. The Project Manager's task was to investigate the opportunity to use the work space at ARC with another charity, Food for Life. This would be an opportunity to partner with another Burlington charity while providing enhanced opportunities for volunteering and community participation for the people we support.

Food for Life is a charitable non-profit volunteer based food bank that is located out of a building near ARC Industries. Food for Life has 800 volunteers who work together to operate the food bank, organizing, sorting and packaging food for those in need. Food for Life welcomes volunteers with diverse backgrounds, skills and abilities to take part in their charitable and fundraising activities.

Over the past few months work was completed on the feasibility study to determine whether the people we support would be interested in volunteering with Food for Life and whether the space currently used for ARC Industries could be repurposed, in part, to provide a larger space for Food for Life volunteers.

The study is now complete. The feasibility study has revealed that the people we support are indeed interested in volunteering with Food for Life, and have enjoyed engaging in many volunteer activities as part of the feasibility study.

Some of those activities included:

- Processing shipments of donated stale/expired bread and baked goods for animal feed. This is an ecologically sound and socially responsible volunteer based activity that the people we support excelled in and enjoyed.
- Contributing to Food for Life's charity fundraiser, the "Ride to Provide", by stuffing swag material into cloth bags.
- Participating in The Gift of Giving Food Drive, the largest food drive of its kind in Canada. People supported by the Agency sorted food received from this drive and made a meaningful contribution to this event and our community.
- Weekly volunteering at Open Doors at St. Christopher's Church. Open Doors is a pop-up Food Bank through Food for Life. Volunteers, including people supported by the Agency, assisted in compiling the donations. Volunteers are not only gaining skills but they are making a difference in their community.

From now until April 1st CLB and Food for Life will work on the following next steps:

- Memorandum of Understanding between Food for Life and Community Living Burlington.
- A system to be developed for people who are interested in becoming volunteers for Food for Life. Volunteers will be recruited through the Food for Life recruitment process.

The partnership between Food for Life and Community Living Burlington will remain a pilot project as we continue to evaluate how many people are interested in volunteering and the amount and frequency of volunteer opportunities that become available.



Start your morning with a SIGN LANGUAGE CLASS

By: Jennifer Honey



On Friday March 9th, I was given the opportunity to sit in on a "Sign Language" class at Community Living Burlington's Mainway building. The class was very informative as you can very well imagine, especially to one who hasn't had any real experience and any conception as to any of the signs and meanings. As an observer, I learned a lot from the teacher, Samya and the students.

The learning of the language requires a good memory, retention skills and practice or one can easily forget the necessary hand gestures and

convey the wrong message. As I watched the class, I began to realize that sign language is an art form and requires manual movements of which hand dexterity is a must. Movements of your hands, wrists and facial expression contribute to the success of conveying the message.

The students who participated were very attentive and seemed to be having fun in the class. Education requires that students be engaged in their studies and Samya did just that very thing. She provided much encouragement and complimented the participants. Samya praised the students for their successes in the class room.

The program has been in effect for two years and runs generally from 10:30am with the classroom experience being about 45 minutes; this would depend on the class size. The class can have anywhere from two to eight students attend. Samya has a very good way of teaching her students how to do sign language. She believes teaching them by songs and repetition works the best and is better than working from text books.

Today the students learned various colours and everyday type conversation sign language. In the short number of classes that they have attended, it is clear that they have learned many signs. The students are learning quickly showing that they have mastered some of the typical language used in everyday conversation.

My father who is a College teacher was in attendance and said that he, **"...learned a lot about sign language and was able to relate to the signs being taught..."** He was impressed with the techniques that have been brought into the classroom and how Samya conducted her classroom environment. I can truthfully say that I enjoyed the classroom experience and I was able grasp some of the basic fundamentals.

The overall learning experiences by those in attendance can be measured up as being very successful and with a positive learning environment. All of this was evident by the expressions shown on the smiling faces of the students. The experience was something that I will remember and appreciate. It takes dedicated individuals to take the task on to learn it successfully. It was evident that the two students were exactly that. Hats off to them! Thanks to everyone and especially Samya for permitting two extras to take seats and attend!

I couldn't.... NOW I CAN!

By: Jennifer Honey



The struggle for me with school and life in general was always difficult. When I thought opportunities were available for me, I would find that the door seemed to close and never stay open. I would try and try again to open that door....that was my motive in life. When the door closed I would keep on trying. For quite some time the door seemed to stay closed and I nearly gave up with my desire to try to attend college and become a “someone”; a person providing a “purpose in society”, until one day I heard the words “YOU CAN.”

In primary and secondary school I was in a special education program because of my disability and because of that I would often hear the words “NO.” You see, I learn by hearing, I am not a visual learner and I learn by listening to what has to be done and then my brain says okay I understand...I get it.

Sometimes I require time to evaluate a situation and have more than one discussion with people before I move on it. Comprehending things can be difficult.

Math was something I couldn't do in school and I was feeling at times very defeated because most jobs want and require basic math skills. I didn't possess math skills, nor do I have them now. I have the most difficult time with even simple primary math. Math and sciences are out of my reach and complicated for me so all through grade school and high school the notion of continuing with my education and going to college was only a dream for me....one that I thought would be unobtainable.

My father is a teacher at a college here in Ontario. He always encouraged me and said to “never give up on your dream of being a student at a college and succeeding”, and always told me that I could go to college even though in high school it looked like a dream for me because of my learning disability. Finally the day came for me, opportunities came knocking at my door giving me the chance to go to college. I applied and entered as a mature student when I was 26 years old. I was nervous I would not pass my entrance exam and that I would be told “NO” that it wasn't possible to go to college due to my challenges and disability, but I proved myself wrong...I was accepted, and told “YES!” I never dreamed the day would come and I would be a college student.

College was such an experience for me as it was full of ups and downs and I almost quit because I felt it was a huge challenge. My dad said I could do it and with some hesitance, I kept on going. It was tough, but I endured and continued getting up very early in the morning and hopping on an early morning bus taking transfers to get to college. I had lots of assignments, some very difficult and time consuming with me staying up late nights to complete what was expected by the teachers.

I took a program that I wasn't able to complete totally as the program of studies was such that either the courses had math, chemistry, science which I knew I couldn't handle and or the courses I had actually hoped to get into were no longer available or being offered. I felt challenged by this. Here again was another door closing... another obstacle for me. I questioned myself and wondered what now? If only I had the reasoning skills to handle math and the sciences.

Life experiences and perseverance had me consider opting for another program. Here again I go. I was involved now with a program of study that enriched me with some foundational skills to evaluate topics studying social media prominent and important people, the list of topics go on.

Continued “Now I can!”

My learning curve was such that I took fewer courses in a semester than most. This way I was able to manage and balance my workload making it more palatable and easier for me to handle. I eventually completed the courses I wanted in the media and a general arts and science program. Yay! I did it! I couldn't believe it! To this day I get up in the morning being reminded of the successes. I look at all of these hurdles to be reminded that not all things comes easy. I have a sense of pride for this accomplishment.

After college I was unsure of what jobs I could actually get and then I felt the door was closing on me again, until Community Living came into my life and helped opened doors for me. My employment support worker Joyce believed in me and she encouraged me to apply for a job working for Community Living serving as a **journalist** using my media skills I learned in college. “YES” it happened! The words “I couldn't” suddenly were a distant memory and life was saying “YES!” I love my job working for Community Living writing articles especially this one in hopes someone who reads this sees that just because life says sometimes you can't, doesn't mean you aren't able to, and it doesn't mean you won't, because in the end “YOU CAN” not that you couldn't.

Submitted by Jennifer Honey

START IT RIGHT IS KNITTING FOR A CAUSE

By: Start It Right



Knitting has never lost its popularity, nor has giving back to the community. This past September, our Start it Right day program combined the two - knitting and giving back. We knit blankets to donate to the Burlington Humane Society.

The puppies and kittens who await adoption can now sleep restfully on the donated blankets. Once they are adopted, their blankets go with them to their new home. Our new knitters have been more

than keen to learn the art of knitting. Some have taken to knitting at home as they have found the once a week class not enough. What a great hobby to take up!

This degree of enthusiasm has been met with a new challenge: we will be knitting a baby's blanket with trim as a gift for mothers-to-be. We hope to continue our passions of knitting and giving back to the community at the same time.

A sincere thank you to our volunteer knitting teacher Sue: without you there would be no knitting to donate. We truly appreciate your support and generosity.

Congratulations to our new knitters from Start It Right:

Anne, Christine, Lora, Maninee, Nicole.



FUN & FIT

with Fairfax House

By: Fairfax House



The Fairfax Fun and Fit physical meditation and mindfulness is a home mode of strength training through exercise that is suitable for anyone who likes to be independent and strong. It includes physical and mindful stretching that will help you improve flexibility, strength and comfort. It will assist with performing daily activities; like transferring (in shower, from bed to chair), strengthening grip (while holding spoon, cup, books, ball), getting dressed, and for tasks like using computers and iPads.

Weekends are the perfect time for all of us to get fit and have fun. This is one of Jeremy's favourite home activities. Denise also loves to join in and get sweaty. Lora loves to lead the group by following the staff and John likes to listen to the relaxing spa music.

This physical exercise and strength training and mindfulness is especially great for those who are not qualified for physiotherapy. Jeremy, John, Lora and Denise would like to invite all of you to come and join us for a Fun & Fit day with Fairfax house. Hope to see you all there!



VOLUNTEERING

with Habitat for Humanity

By: Carrie Batt



A gift is always a nice way of showing appreciation. At Habitat for Humanity, they recently gifted Chad with a company hoodie in appreciation for his 500+ volunteer hours.

Chad has devoted his time in the warehouse where he loads and unloads customer's vehicles. He unloads the company truck of sellable items. When those jobs are done, he moves household appliances, furniture, doors, granite, and all other items to the showroom. You name it and Chad moves it, be it solo or with another volunteer. Chad is not only strong but dedicated to his volunteer role at Habitat for Humanity.

The Burlington store managers, Anne, Steve and Colin have been singing Chad's praises since he started in his role. They always compliment Chad on the fact that he is always keen to learn new tasks and that he always welcomes moving any item no matter the size, and he never refuses anything asked of him.

Congratulations Chad on an amazing accomplishment. We are so proud of you!

RESIDENTIAL UPDATES

with Rubens 2 House

By: Rubens 2 House

Rubens 2 House has had a number of changes over the last 2 years. Peter moved into a senior's home because he required more physical care. We miss his sense of humour and Mona Lisa smile! But we are happy to see that he is doing well in his new residence, and remembers staff when we visit him. In his place, we are pleased to welcome Rod. Rod attends Sam's workplace weekly, and once a week, plays bowling consistently well! He enjoys watching hockey! He gets a kick out of staff cheering for the Montreal Canadiens, while he is a loyal Toronto Maple Leaf fan!

Another newcomer is Lisa. She enjoys singing, drawing and The Young and The Restless. She attends the New Horizons workshop in Milton, where she visits her boyfriend. She really enjoyed dressing up and dancing at the Halloween and Christmas dances.

David still loves attending the movies weekly. He is looking forward to attending more live Theatre performances, and is going to England next year.

Joe is very talented at bowling, billiards, and playing his guitar! We can always count on him to be a big help with chores. He is proud of his ability to help with grocery shopping, including carrying many bags up 2 flights of stairs!

It is with great sadness, that we lost our beloved Jimmy. His bouncing cheerful spirit will be missed! He especially loved baseball, hockey, tennis, and the Olympics experience. Live music therapy got him dancing and singing along to the delight of everyone! We are honoured to have known and loved him.



Thank you to our Online Auction Donors

From March 12 to 24, we held our 2nd Annual March Madness Online Auction. We had 50 incredible auction packages donated by our community and over 180 bidders. We were able to raise over \$4,300 with proceeds going back to CLB's unfunded programs and services. **Thank you for your support!**

BODY SHOP
CALIFORNIA HAIRWORKS
CINESTARZ BURLINGTON
CONFUNDRUM ESCAPE ROOMS
DEFINIE HAIR DESIGN
EASTER OUTDOOR SALES INC
FRIENDS OF CLB
HELLO BAKED
I LOVE LASHES BY SLAMICA
LASER QUEST BURLOAK
MICHAEL BREJNIK TEAM
NOLAN FAMILY
SHAKLEE CANADA
STARBUCKS APPLEBY & FAIRVIEW
THOMSON FAMILY
WHITNEY CASEY

BROWN FAMILY
CHOP STEAKHOUSE & BAR OAKVILLE
CITY OF BURLINGTON
COSIMO'S SALON
DOMINOS WALKERS & DUNDAS
FEATHER INDUSTRIES
GOODLIFE FITNESS
HIRD FAMILY
INDIAN WELLS GOLF & COUNTRY CLUB
LASERQUEST BURLOAK
MILLCROFT GOLF CLUB
PARADISO BURLINGTON
SINGH FAMILY
STOP N GO SERVICES
TOWERS FAMILY

CAKES SWEETS & TREATS
CINEPLEX OAKVILLE
COGECO
CROSSWINDS GOLF & COUNTRY CLUB
DON FAMILY
FLINTOFF FAMILY
HAND & STONE BURLINGTON
HUNTER AMENITIES
KIEHL'S MAPLEVIEW
MARK FORMAGIE
MURCIA FAMILY
RICH HALLIDAY
SMARTMEDS PHARMACY
SUNSET GRILL BURLOAK
VENERE SALON

Halton Social Capital Committee

By: Candice Keem

In the Spring of 2017, the Halton Social Capital Committee was formed. Committee members consist of representatives from Community Living Burlington, Community Living Oakville, Halton Support Services, The City of Oakville and the Central West Passport Funding Agency.

The Halton Social Capital Committee is committed to enhancing social capital in the lives of people with a developmental disability in the Halton Region. This will be done by connecting and educating members of our community about the importance and positive impact that social capital can have on a person's life. Additionally, the committee will enhance social capital building and educating agencies that provide services for people with and without a developmental disability, as well as families, caregivers and people that have a diagnosis of a developmental disability.

Our mission statement:

We want the community to be a welcoming environment for all people, without exception. We will advocate, educate, and build the community by enhancing social capital.

WHAT IS SOCIAL CAPITAL?

The term "social capital" generally refers to the valuable resources that come from forming relationships. These relationships produce a public good for a common good. While this may seem unclear, the benefits are truly endless. Just think, with the right friends, peers, and networks, accessing resources like property, employment, people, and opportunities becomes simple. Social capital is the form of capital that creates public goods for a common good.

In order for this committee to educate our community on social capital and what is important to the people we support, we will be collecting data from the source. Our committee will be conducting focus groups with people that receive services from our agencies, as well as service providers and caregivers to learn how we can help them achieve their goals and overcome challenges they face in the community.

The Halton Social Capital Committee will be attending the **COVE Self Advocates Conference** on April 14th, 2018. Members of the committee will be presenting on the Halton Social Capital Committee's goals and objectives. In addition the committee will be facilitating a Social Capital Focus Group to gather information about the desires and challenges that people that receive services are presented with on a regular basis.

The Halton Social Capital Committee is eager to move forward with the vision of the committee and help spread awareness and create a positive impact for the people we support in our community.

K1 Kickboxing Partnership



Thank you to Head Coach, Vic Costa and the rest of our friends at K1 Kickboxing Academy for partnering with Community Living Burlington and organizing a wonderful kickboxing program for people with all abilities. The participants are enjoying learning new skills, working on their fitness goals and making new friends.

K1 Kickboxing Academy offers a variety of programs for people of all ages and abilities. Contact **Vic Costa** at K1 Kickboxing Academy (4129 Harvester Road, Unit E) if you want to try out these classes! vic@k1kickboxingacademy.ca



38th ANNUAL WALK'N ROLL

Join us for our **38th Annual Walk'n Roll** to celebrate Community Living month at Spencer Smith Park and help us reach our fundraising goal of **\$40,000**.

REGISTER ONLINE AT: <http://www.clburlington.ca/walknroll>



***We challenge all participants to help CLB raise a minimum of \$100 in pledges. Come out and support our mission with your family and friends!**

10:00 am: Registration Begins - Arrive Early

11:00 am: 1KM Walk to Burlington Pier starts
2KM Walk to Burlington Pier Starts
(2 loops)

12:00 pm: BBQ Lunch is served to all participants

ALL DAY: Live entertainment, community booths, children's activities, and more!

Community Living's Got Talent "YES WE DO!" is BACK!



Community Living's Got Talent is back with another spectacular evening showcasing the talents of people who have a developmental disability in Halton and the GTA. This talent show is an event where participants will perform acts of singing, dancing, gymnastics, and more!

Join us for an inspiring production of talent from our community. All proceeds benefit Community Living Burlington's unfunded programs and services and help enrich the quality of life of people who have a developmental disability.

SAVE THE DATE: Saturday, September 22nd, 2018

LOCATION: The Burlington Performing Art Centre

More details will be available on our website shortly:

<http://www.clburlington.ca/YESWEDO>

If you know any companies that may be interested in sponsoring or supporting, please contact Emily Huang at fundraising@clburlington.ca or **905-336-2225 ext.320**

How can you help support CLB?

VOLUNTEER

We are looking for volunteers to assist with our events (preplanning and on the day of the event) and programs. If you are interested in joining a committee or lending a few hours of your time, please connect with us!

CONTACTS

Do you have any personal or corporate connections in the community that might be interested in helping out or sponsoring our fundraising events? Pass them along to us! We rely on community support every step of the way.

PARTICIPATE

Join in on the fun! We are looking for advocates of our organization to help us reach our fundraising goals. Share our events with family and friends, and encourage your neighbours to come out and support us!

Contact Emily Huang at fundraising@clburlington.ca if YOU can help.

Thank you in advance for your support!

Memorial Donations

In Memory of Lindsay Morton

Sandra & Ray Beisel

In Memory of Gladys Skerrett

Allan Skerrett & Jean Huehn

Gertrude Cuddy

Henry & Penelope Cormier

Julie Bentley

Margaret Wyatt

Nancy Crawford

Patricia White

Royal Canadian Legion Br. 60

Sandra Benton

Steve & Shirley Dolby

In Memory of Robert Dean

Brian Hawthorn

In Memory of Mary Dickey

Anita Allen

Bob & Tammy Allen

Earl & Leta Goodale

Eric Heath

Heather Small

JoAnne Montreuil

Karen Pettit

Mr. & Mrs. A. Dickey

Mr. & Mrs. D. Allen

Mr. & Mrs. E. Heath

Mr. & Mrs. W. Dickey

Patricia & Ted Moore

Roger & Rebecca Holton

Shirley McLeod

Terri & John Walsh

INFINITY FUND

Created by Mark Formagie



Infinity Fund is back up and running! For those who remember, the Infinity Fund was designed to help provide financial aid to our organization to help make resources and activities more available to our members. The fund was put together with Mark Formagie with the hope to make an impact in our community. He has recently launched the PULSE team at Royal LePage and is taking on real estate in a whole new way. This year, Mark's goal is to bring back the fund and raise \$20,000 through various events and fundraisers that

he will be hosting as well as personal contributions from commissions earned with each home that Mark helps buy or sell. Just make sure to mention the **Infinity Fund** when reaching out.

Mark can be contacted at 905 220 0136 or markformagie@pulserealestate.ca

<http://www.pulserealestatate.ca>

UPCOMING EVENTS & DATES

DATE	EVENT	DETAILS
April 14, 2018	Self Advocates COVE Conference	12:30pm to 10pm @ OE Banquet Hall For more details: www.facebook.com/COVEHalton
April 19, 2018	ARC Closure Celebration	INVITATION ONLY
April 21, 2018	INSPIRE Access Ability Showcase	10am - 2pm @ Robert Bateman HS For more details: www.inspireaccessabilityshowcase.com
May 21, 2018	Victoria Day Statutory Holiday	Day programs closed
May 26, 2018	CLB's 38 th Annual Walk'n Roll	10am - 1pm @ Spencer Smith Park For more details: www.clburlington.ca/walknroll
June 9, 2018	Millcroft Community Garage Sale for CLB	8am - 12pm For more details: www.millcroftcommunitygaragesale.com
June 12, 2018	Annual General Meeting	TBA - check website for updates
July 2, 2018	Canada Day Statutory Holiday	Day programs closed
August 6, 2018	Civic Holiday Statutory Holiday	Day programs closed
September 3, 2018	Labour Day Statutory Holiday	Day programs closed
September 22, 2018	Community Living's Got Talent	Burlington Performing Arts Centre

Questions? Contact fundraising@clburlington.ca — Check <http://www.clburlington.ca> for event updates



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