



Community Living Burlington Newsletter Spring 2019

Congratulations Sarah & Connor!

We are so proud of Sarah and Connor for their incredible accomplishments at the 2019 Special Olympics World Summer Games in Abu Dhabi. On April 11, the teams at Mainway, Start It Right & Life Skills welcomed Sarah & Connor home with a Pep Rally held at the drop-in centre. They were greeted with colourful signs created by their friends & family, and enjoyed a fun Q & A interview with our Passport Developer, Candice Keem. Everyone celebrated with cake, pictures and lots of cheering! Sarah and Connor will also be honoured as the first two people on CLB's new Wall of Fame, which will be displayed at CLB's Mainway location. Congratulations Sarah & Connor, you are an inspiration to us all.

A Letter from MPP Jane McKenna : (originally read in the Ontario Legislature) I want to congratulate two extraordinary athletes from Burlington who had the experience of a lifetime when they won several medals at the 2019 Special Olympics World Summer Games in Abu Dhabi, United Arab Emirates.

Sarah Lynn Lisi, a 31-year-old gymnast, placed first and second in 10 events. Sarah is a 31-year-old and participated previously in the Canadian summer Special Olympics in both Vancouver and Nova Scotia. She says the experience has meant she has met many new friends and developed new skills.

Connor Joseph Mahoney is 27 years old and is a competitive swimmer. I had the pleasure of meeting him and his father, Tom Mahoney, who is his swim coach, for the Special Olympics when they came to my Burlington office to pick up some Ontario pins to take with them to Abu Dhabi. Connor's favourite events are the butterfly, backstroke and crawl, and he is fast. Connor has won many medals in the qualifying Special Olympics here in Canada, and in his first trip to the worlds he placed second in the 50-metre butterfly, participating and placing in six events.

I know I can speak for everyone in this chamber when I say congratulations to Sarah and Connor on their excellent performances at the World Summer Games. I'm so proud of them.



Cheering on Team Canada!



Our amazing athletes!



Great job on the signs!

Success at Start It Right

By Danielle Rescan



How do you support someone who is deaf when you don't know how to sign? That was the question staff at Start It Right asked when approached about having a member of the deaf community join their program. The answer was simple, you learn!

Samya Mohammed and her daughter, Wayma Masauni, who was born deaf, approached Start It Right last spring about Wayma joining Start It Right once her school year had finished. Wayma had always attended a school for the deaf so coming to a program which was designed for the hearing was a whole new challenge for Wayma. Some of her support staff from her school questioned if Wayma attending Start It Right would be a good move. They had doubts about her being supported properly due to the lack of communication and worried about her transitioning from a deaf community to a hearing one. No one really knew how well the transition would go. However, Wayma took the challenge head on and has never looked back!

Every day, Wayma comes to Start It Right and greets you with her big infectious smile and strong hand shake. Then she makes her rounds hugging and greeting her friends. Her mom, Samya has been a great support to staff. Samya came to Start It Right for several weeks when Wayma first started. She ensured we were comfortable in our support needs for Wayma and helped staff learn the basics of sign language. You will often find Wayma doing the same in helping staff or her peers learn new signs.

Today, Wayma continues to actively participate in program. She goes swimming, to the horse stables, cooking, and even loves participating in dance and music classes. Wayma is incredibly observant, perceptive and her ability to read one's body language is impeccable. She goes beyond the sense of sound to communicate to those around her. Wayma has taught Start It Right a great deal about her abilities and how she has never let her hearing loss be a hindrance. She has quieted her biggest critics and has proven to be an inspiration to us all.

"Kindness is a language which the deaf can hear and the blind can see."

Brilliant Business Circle



Our home provider, Linda, with Steven & Tyler. They are featured in the LifeShare video.

Burlington Foundation's Brilliant Business Circle is a collective giving experience that amplifies corporate giving and creates opportunities to engage employees in the act of giving locally. 21 business in Burlington came together to make it possible to raise \$50,000 for new grants. CLB was one of seven successful grant recipients for this inaugural program, and received \$6,000 towards our LifeShare Program. Through LifeShare, families (home providers) can offer a safe and nurturing environment for people who have a developmental disability (home sharers). The grant received will help promote the LifeShare Program in our community and create more opportunities for the people we support to access this alternative housing model. To watch the impact of LifeShare in our community, please check out this video:

<http://burlingtonfoundation.org/corporate-partners/brilliant-business-circle/>

Thunder's LIDS Journey

By Nichole Murcia

"One of the most exciting aspects of shopping in a LIDS store is the ability to customize your cap or team gear with Lids Custom Zone" (Lids.ca). Like every hat and LIDS employee, they each possess their own uniqueness and style. Each employee at LIDS Mapleview brings their own personality and shine, which helps to brand the store as one of the most approachable in the community. Over a year ago, Thunder Maxwell was searching for a part-time job and came across the opportunity to work for LIDS at Mapleview Mall. Thunder is a huge fan of LIDS caps (and owns quite a few!) and he felt his passion would be a natural fit for the company. In short, it was his dream job! He was excited and despite his nervousness, he decided to take a leap and apply for a job at a company that he loves. And he got it.

On his first day at the job, the nerves were at an all-time high but a previous manager, J.B., made sure that Thunder felt right at home. His first job responsibility was to greet all the customers that came into the store. Thunder was initially nervous about talking to customers but J.B. was a natural support to Thunder. She encouraged him to step out of his shell and nowadays, there is not one customer Thunder hesitates to strike up a conversation with. Customer service is an important component to LIDS' mission and J.B. helped Thunder become a lightning bolt of a greeter. Thunder quickly earned his reputation as a hard worker and his dedication shines through with his impeccable attendance, enthusiasm and his ability to quickly learn new skills.

Over the course of his first year at LIDS, Thunder has been fortunate enough to work alongside great managers and team members. He currently works with Dan (Manager) and Sunny (Assistant Manager) and really enjoys being on their team. Thunder could not be happier to work with such great people. "Dan is great. I really like working with him and having him as my manager, and Sunny and I get along really well as I have known him since I started working here. He's like a big brother to me even though I'm older than him," says Thunder. He has overcome many hurdles in the past few years, and he is proud to have celebrated his one-year anniversary at LIDS. Thunder is excited to continue his journey as a LIDS employee and work alongside his inclusive team. As Thunder's job coach, I could not be more proud of the hard work he puts in every single day.



(L to R): Thunder, Sunny & Dan

Memorial Donations

In memory of Michael D'Rozario

Michael & Evelyn Cockman
Louis & Gail Gillard
Denzil & Daphne Gonsalves
Lesley Gray
Leslie & Lily Kerr

Chantal Kot
Weir Milne
Sydney Reynolds
Sheila & Eugene Smaller
Linda Surita
Adolph & Christine Vauquelin
Diane Westhead

Heart of Gold

Submitted by Jules Francis

On April 4th, 2019 Lora received the Heart of Gold Special Olympics basketball award for all of her athletic accomplishments. We are so proud of you Lora!

"Thank you so much for such a memorable and beautiful evening. Watching my sister Lora receive such a touching award in memory of Mr. Greg Daly was wonderful."

On April 4th, 1975 Lora defied all odds and at 2 months old survived a plane crash that was attempting to fulfill the final Operation Baby Lift out of Vietnam, just before the fall of Saigon. How fitting that she received this award on the very Anniversary of her completing our family.

Thank you from Lora and our family for her recognition of the first Heart of Gold Special Olympics basketball award. Tonight we witnessed the true beauty of inclusion and deep friendship.

Thank you for all you do, the deep dedication, commitment and support of these amazing athletes is beautiful to see. Lora floated all the way home holding the beautiful award!!"

With Gratitude, Lora and the Francis Family



Laura (in orange) receiving her award in front of family & friends.

Getting Fit with P-FIT

We have introduced a new fitness class at our Life Skills Program called P-Fit. This program allows people with all abilities to participate in physical exercise. This program ensures that all individuals have fun, as well as enjoy the following benefits: increased cardiovascular strength, improved muscle strength and joint mobility, decreased stress level and improve posture and coordination. It also motivates people to work their hardest as they see their peers trying to do the same. We enjoy this program every Friday afternoon and look forward to ending our week on a positive note.



A P-Fit class on a Friday afternoon

Donna's Retirement



Staff & the people we support celebrating Donna!

Our Manager of Human Resources, Donna Clausnitzer, retired in early February after 35 years of service to Community Living Burlington. As a team, we celebrated her invaluable contributions to CLB at Paletta Mansion on January 28. Thank-you for your years of dedication and hard work, Donna! You will be missed by all of your co-workers. We wish you the best as you embark on your next journey.

Spa Night at Rubens 2



Earlier this year, Rubens 2 held their very first spa night! This spa night started with an idea from one of the staff at the program, Sithini. The ladies at Rubens 2 invited their friends at New Street 2 over for a night of relaxation and pampering. Sithini did an amazing job planning and implementing all the spa features. There were multiple stations set up in the house for pedicures, facials and nails. All the ladies enjoyed their relaxing evening and received a take home kit as well!

A fun night was had by all and the staff hope to implement this every couple of months moving forward. Thank you to the staff involved for making "Titi's Spa" a fun evening for everyone and special thanks for Sithini to all of your hard work!

New Van for Life Skills

In March, our Life Skills program received a generous grant from the Foundation for Human Development to purchase a new van. This donation will give the people we support at Life Skills the opportunity to participate in more meaningful and inclusive activities in the community.

Thank you to the Foundation for providing endless adventures in this new and cool ride!



Thank you Jackie!



We at Start it Right were so delighted to receive a photo collage from Jackie, a student in our program. She arrived with a big smile as usual and brought us this beautiful collage. We were beyond delighted. We wish to thank you Jackie for your dedication in making our program so fun.

- From the team at S.I.R.

Blanket Donation

The staff and residents of Martha's Landing created several hand-stitched blankets for the people we support at Daryl House. A huge thank-you goes to Amanda, who organized this special donation event and to Peggy, Pat and Corrine who dedicated hours of their time to producing these beautiful masterpieces. They will be forever treasured.



Moments Through Music Updates



AWL General Contracting and Long & McQuade working hard to bring this room to life!



The Feature Wall: Donated by AWL. Thank you for your making our dreams a reality!

Community Living Burlington is excited to announce that we have surpassed our goal of \$100,000 to renovate our existing space and create the *new* Moments through Music room. We extend our sincere gratitude to all of our donors and most prominently, our private donor who matched every donation we received. You have truly made our dream of bringing music into the lives of everyone we support, a reality.

Construction started in mid-January and was completed at the beginning of April. Four offices in the lower level of our Mainway building was repurposed to create this beautiful & bright room that spans over 1,000 square feet. By renovating this space, we are able to give all participants the opportunity to dance and sing in a bright and spacious and environment. Donations were also used to purchase new instruments and equipment for classes.

In the last two weeks, schedules have quickly filled up and several programs will access this room weekly for yoga and Zumba classes, music lessons, talent show auditions and more! Special thanks to the Moments through Music committee that worked tirelessly to make this project a possibility. And thank-you to Deanna & J.P. Shalala who bring the benefits of music to the lives of the people we support with so much care and thoughtfulness.

SAVE THE DATE:

Moments through Music Official Opening/Open House

Thursday, June 20, 2019 from 6:00pm to 8:00pm

Thank you to our Online Auction Donors

AFFINITY DENTAL CARE
BROWN FAMILY
CONFUNDRUM ESCAPE ROOMS
EASTERN OUTDOOR SALES INC
FLOORS PLUS MORE
GIANT TIGER
HIRD FAMILY
I LOVE LASHES BY SLAVICA
KEEM FAMILY
LONG POINT ECO-ADVENTURES
MILLCROFT GOLF CLUB
SHAKLEE CANADA
STOP N GO SERVICES
THOMSON WEISZ FAMILY
VENERE SALON APPELBY
WOMEN'S FITNESS CLUBS OF CANADA

BAD BOY BURLINGTON
CANADIAN NATIONAL EXHIBITION
DAVE & BUSTERS OAKVILLE
FEATHER INDUSTRIES
FRIENDS OF CLB
GIANT TIGER BURLINGTON
HOME HARDWARE
INDIAN WELLS GOLF & COUNTRY CLUB
KIEHLS MAPLEVIEW
MARSHALLS
MOVATI BURLINGTON
SHAW FESTIVAL
THE WORKS BURLINGTON
TIFF
VISIONS ELECTRONICS

BEAU'S ALL NATURAL BREWING CO
COGECO
DEBBIE WATSON, KELLER WILLIAMS EDGE REALTY
FLINTOFF FAMILY
FUNDScrip
HAND & STONE BURLINGTON
HUNTER AMENITIES
JULES MORRIS, ROYAL LEPAGE
KITCHENER WATERLOO SYMPHONY
MARSHALLS
NIAGARA PARKS
SMARTMEDS PHARMACY
THOMSON FAMILY
TREASURE INTERIORS
WATERLOO REGION MUSEUM

The Hub Program

By Theresa Kiehn

Last year, our staff team who work in our Complex Care homes were determined to fill the gaps in service being offered to the people we support. There are many different programs available but none that serviced the needs that are more complex. They wanted to offer a program including a variety of sensory stimulating activities, alternative communication needs, activities geared towards adults with limited mobility, and offer creative projects that were more meaningful.

To ensure this program would not only be dynamic but would also give our frontline staff the opportunity to be involved with all aspects, we wanted to find a space within our local community that could be utilized at least once a week. After meeting with our contact at the City of Burlington, we went to visit a space at the Haber Recreation Centre and knew immediately it was a perfect fit. This place was community oriented and inclusive. We had access to all the common areas of the recreation centre, and we were the first group people saw when entering the recreation centre, which helped to promote awareness of our organization and the people we support. There is a library on site that provided alternative methods of learning literacy and communication, large gyms that were free to access for the people we support and a safe environment to wheel around freely without limitations and the park across the street has accessible swings. In short, this space was perfect.

The program started last summer with lots of fun leisure activities to get people excited for their day. There were some initial challenges with transportation but the hard-working staff at the program were able to work out these barriers together as a team. Some of those fun activities include: creating Scrabble tile art, decorating cookies, creating jellyfish canvases and dream catchers, picture scavenger hunts, game days, sensory stories, pet therapy from St. John's Ambulance and many more!

We have had a very busy year at "The Hub" and our staff teams have been outstanding in their support and creativity. Staff from different programs are working together and ensuring the people they support are participating in activities they enjoy and are passionate about. They even have a 'rule' at the program: each staff, at some point during the day, is encouraged to work with someone who is not in their direct care. This promotes more comradery and learning opportunities within the program.

The team at the Hub looks forward to another year of fun! We have many exciting new ideas for the future such as partnering with Frank Hayden High School (attached to building) to bring aboard some student volunteers, going on more adventures in the community and creating meaningful activities every week. We look forward to growing the program this year and creating more memories with the people we support. Thank you to Haber Recreation Centre for giving us this wonderful space.



The Hub Program runs on Mondays & Fridays



Therapy dogs



Lynn proudly displaying her artwork!

Upcoming Events & Dates

DATE	EVENT	DETAILS
May 20, 2019	Victoria Day Statutory Holiday	Day programs closed
May 25, 2019	39 th Annual Walk'n Roll	Spencer Smith Park (10am)
June 20, 2019	Moments through Music Open House	3057 Mainway (6pm)
June 25, 2019	Annual General Meeting	Location and time TBD
July 1, 2019	Canada Day	Day programs closed
August 5, 2019	Civic Holiday	Day programs closed
September 2, 2019	Labour Day	Day programs closed
September 21, 2019	Community Living's Got Talent	Burlington Performing Arts Centre
October 14, 2019	Thanksgiving	Day programs closed
November 28, 2019	Christmas Dinner & Dance	Burlington Convention Centre

SAVE THE DATE

Community Living's Got Talent is BACK!



September 21, 2019

Burlington Performing Arts Centre

Guess what's back? You guessed right! It's Community Living's Got Talent: "Yes We Do!". For two years in a row, this show has been the talk of the town! Some quotes from 2018:

"This is truly one of the most inspiring, heart-warming and special events in our community and if you haven't had the chance to attend, you should mark it in your calendars for this time next year!"

"The overall calibre of the show was just so professionally done. There was such authentic talent!"

"We loved the whole concept of this show, and how well it was put together to feature a truly diverse, talented group of artists."

Trust us, you won't want to miss this year's show! Tickets will be on sale June 1st on the BPAC website or box office. Check out the website for updates: <http://www.clburlington.ca/yeswedo>



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