

DID YOU KNOW....

Family & Community Edition

Our Partnership with FOCUS Accreditation....

We are pleased to announce that the Board of Directors of Community Living Prince Edward have given approval for the organization to proceed with seeking accreditation through FOCUS Accreditation.

FOCUS Accreditation is an Ontario-based organization whose accreditation standards were developed in consultation with people who receive service, families, employees and service providers from across the developmental service sector. The standards feature a dual focus on a) the people who receive service and b) the quality of service provided.

There are many benefits for both people who receive service and the organization as a whole to become accredited by an external evaluator such as FOCUS Accreditation. These include:

- Validation for the work that we say we do through confirmed facts and data
- Assurance to consumers, families and community partners of our quality services
- Promotion of consistently high performance across the organization
- Provision of a framework for achieving and sustaining high quality of services
- Promotion of a culture of continuous learning and quality improvement
- Promotion of the organization as a service provider of "choice" in a market that is becoming increasingly competitive, as people and families are involved in choosing their supports and services

We are looking forward to this partnership with FOCUS Accreditation as part of our ongoing efforts to ensure that people benefit from effective and efficient quality services.



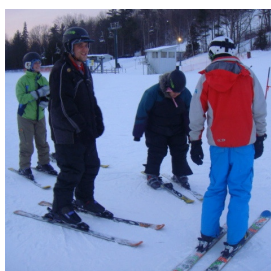
Healthy Living for a Healthy Life Grant....

Community Living Prince Edward (CLPE), the Recreation Outreach Centre (ROC) and the Prince Edward Fitness and Aquatic Centre (PEFAC) successfully collaborated to receive a \$161,504 grant over two years from the Ministry of Health Promotion and Sport to launch an innovative project called *'Healthy Living for a Healthy Life'*.

As part of the project CLPE is the lead agency to work with community partners to create new & exciting opportunities for adults with an intellectual disability to lead healthy and active lives.

The possibilities are endless....People are joining PEFAC and working with a personal trainer, learning to swim, and joining exercise and dance classes. Several people are

taking a 6 week skiing program to learn to downhill ski with Ski-ability; watch for pictures on our website. In partnership with the local dietitian people are taking cooking classes and learning about healthy eating. Stayed tuned this summer as opportunities for sailing with Sail-ability and Dragon Boat Racing with the Wellington Lions Club are all in the works.



We are very excited about this grant and the opportunities it will create.

Upcoming Events:

Parent Autism Support Group

A Networking Group for parents who have a child with Autism Spectrum Disorder. Come meet others, share stories, laugh and network together. The group meets March, April & May. Call for details.

Building Positive Relationships

A course focused on healthy relationships, rights, safety, and healthy sexuality.

Rights Training

A six week course to help people understand and learn how to exercise their rights and responsibilities.

Siblings Matter

A 6 week support group for brothers and sisters who have a sibling with a disability. Learn about disabilities, what you can do, how to talk to your friends, learn how to express your feelings. Your are not alone.

Celebrating 45 Years Of Quality Services in Prince Edward County



A Vision of Inclusion...

Forty five years ago, our founding members had a vision of inclusion. They believed that their children deserved more. They believed in equality and the right to belong. All their hard work and endurance led to the creation of Community Living Prince Edward.

Today, we are proud to say that our agency is firmly established in the community and is part of a federation of over 100 local Community Living organizations.

Dreams and hopes are still strong today and futures of full of inclusion, independence, equality, belonging and being treated with dignity and respect are happening thanks to the commitment of our founding members 45 years ago.

Today children are included in regular classrooms, they are joining sports teams, wakeboarding, taking karate, hanging with friends, going to their school prom, and so much more. Today visions of their son or daughter living in their own apartment, working in the community, exercising their rights and being an equal and valued citizen in Prince Edward County is not just a dream but a reality.

2010 Inspiring Possibilities Award...

At our 45th Annual General Meeting held this past October, Community Living Prince Edward awarded Nancy Etmanski, an educational assistant at Prince Edward Collegiate Institute (PECI), with this year's *Inspiring Possibilities Award* for Children and Youth.

This new award is designed to recognize the contribution someone in our community has made that promotes inclusion, value, equality, dignity, respect and creates opportunities for people with an intellectual disability.

Nancy is an ambassador for inclusion both within her school and in the community. Nancy is a key asset in building the success of CLPE's Peer Mentoring Program at PECI. Nancy values all contributions made by each student and encourages all students to participate in the life of the school and in their community. Nancy takes great pride in her work and goes above and beyond to ensure students experience success.



Nancy Etmanski is presented with the Inspiring Possibilities award by Debbie Skinner and Linda Duffy-Brown.

Valued Social Roles...

When reflecting back on 45 years of service, it is hard not to be in awe all of the accomplishments people who receive services are experiencing today that 45 years ago would not have been possible.

Staff of CLPE continue to empower people to be self-advocates and support people to exercise their rights, have social roles, make informed choices, are respected citizens, give back to the communities in which they live and have natural support networks.

This means that people have meaningful and valuable roles within their community as committee members, volunteers, & employees. The following is just glimpse of the roles people have today:

I am a...

- Teammate on a bowling league.
- Self-employed business man. I have my own lawn care service.
- Employee at Sobey's Grocery Store.



- Member of the Quality Enhancement Committee. I represent other self-advocates.
- Caring son whose mother is in the hospital. I visit when I can.
- Inspiring pianist. I am taking lessons.
- Member of the Water Sports Camp. I learned to wakeboard.
- Talented baker. I bake cookies and sell them to the O.P.P.
- Volunteer at a local day care. I help children at the centre.
- Participant in Relay for Life. I walked the survivor's lap in support of my mom who had cancer.
- Member of the local gym. I live a healthy lifestyle and have lost over 30 pounds.
- Representative on the Provincial Network of Self-advocates.

"Let us see the glass as half full rather than half empty and look for the possibilities."

Barbara McKenzie.

Community Partnerships

Working Together to Build Inclusive Communities

In the Community...

Angela and Cheryl volunteered for the Picton BIA by stopping at local businesses handing out flyers for the Santa Claus Parade. They also helped tie ribbons on all parking meters along Main Street for free parking for the month of December.

Kathryn is volunteering at the Mac's store in Bloomfield on Monday mornings. She is placing price stickers on magazines and then sorts through them replenishing with new and updated ones.

Bob has started an E-Waste program with support from Randy Thompson. They are collecting light bulbs, batteries, paint cans, aerosol cans, and will soon be adding old computer parts. Bob and Randy deliver the waste to the Public Works Yard in Belleville on set days.

Nancy is a member of the Wellington Women's Institute and they meet on Tuesdays at the Library in Wellington.



Josh on the STRUM Christmas parade float.

United Way...

On December 2, 2010 Jessica volunteered with the United Way to help present their Caring for Others Program to grade four students at Harmony Road Public School. Students are taught that they can make a difference by random acts of caring, volunteering and supporting community agencies that help people. Jessica is an active volunteer in her community and was able to share her personal testimony of the value of giving back.



Picton Pirates...

Community Living Prince Edward, the Picton Pirates and the Picton Legionettes have joined forces this year to sell raffle tickets to raise funds for both hockey clubs as well as for people supported by CLPE.

On November 4, 2010 the Picton Pirates hosted a Community Living Night. Cheryl and Marty had the honour of dropping the puck.



Bullying Prevention Week...

School communities throughout Ontario celebrated "Bullying Awareness and Prevention Week" November 15-19, 2010. Community Living Prince Edward (CLPE) was proud to partner with schools in Prince Edward County to help promote inclusion, equality and belonging. Some highlights included:



Self Advocate Gives School Presentation: Rhonda Orr, a self advocate with CLPE, was invited to speak to the student body at Massassauga Rednersville School. She prepared a presentation and shared her life story which includes times when at school she was bullied by her peers. She encouraged students to work together as a team, support each other and stand up for those who are being bullied.

Peer Mentors Make Bully Prevention and Awareness Bulletin Board: Through the Peer Mentoring Program offered in partnership with CLPE and Pinecrest Memorial School; student leaders created a Bullying Awareness and Prevention Bulletin Board. Students worked for several weeks to create this collage of posters. Messages like "Bullying is not ok in our school," "Don't make victims, make friends" and "Help, don't Hurt" are now visible on a daily basis for all to see.



Staff Share Information at Parent Evening: CLPE staff participated in the parent evening at Pinecrest with a display outlining supports and services available to promote inclusion, equality and supporting parents with advocacy.

"Relationships lead to more opportunities for all."

Barbara McKenzie

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Goal & Vision

"That all persons live in a state of dignity, share in all elements of living in the community and have the opportunity to participate effectively"

Kipper the Service Dog...

Kipper came to live with us in June 2010. She was in training with National Service Dogs for 2 years before she was assigned to be Max's certified service dog. Max is diagnosed with autism. We were excited as we had been waiting for a service dog for Max for more then 3 years. We were not sure how Max would react to his dog as he has always been cautious of animals but the first day that Kipper arrived, Max decided he would play catch with her. Kipper laid on the floor, not sure what to do, and Max threw the ball at her. Kipper did not move or try to get the ball so Max said, "I will get the ball." He got the ball and then kept trying to throw it to Kipper and she just sat there! We were amazed that Max initiated this contact with Kipper so quickly!

The primary goal for Kipper is to ensure that Max is safe when we are out. When we go to the grocery store or a restaurant, Max is hooked up with Kipper and he holds her handle to walk. An adult is always there to give commands. We are still learning how to work together. Eventually we hope that Kipper will go to school with Max.

Submitted by Aynsley; Max's mom.



Max, Kipper and Dad

Check out our website
www.clpe.on.ca

Get Involved with CLPE...

Just a few ideas of how you can get involved:

- Become an Associate Home or Respite Provider
- Share your talents or interests with people
- Become a volunteer
- Access services and supports
- Ask us to visit your school or business
- Call if you have questions or comments

Become a Respite Provider

"Being a Respite Provider is very rewarding. I get to do the things I love and help out a family at the same time. I don't know why I waited so long to sign up."

These are the types of comments often made by respite providers. Respite Providers spend time with a child, youth or adult with a disability while giving their parent or caregiver a much needed break.

If you would like to become a respite provider or just want more information, please call Julia to set up a time to meet or receive information in the mail.

Visit our website and log-in into the respite website link on the bottom of our homepage or go directly to:

Respite Website: www.respiteservices.com

Registered Disability Savings Plan

The Registered Disability Savings Plan (RDSP) is a relatively new tool to help parents and/or caregivers plan for the financial well-being of their son or daughter with an intellectual disability. The federal government created this plan to allow individuals with an intellectual disability to grow their savings in a tax deferred manner. Additionally, the federal government has established matching grants and contributions to assist people with a lower income.

Some important factors:

- The RDSP will not impact social housing (rent geared to income), Ontario Works or ODSP.
- You do not have to be able to contribute money to benefit from this plan.

Community Living Prince Edward is hosting an information session with Brendon Pooran on February 23, 2011 to provide parents and caregivers with a better understanding of the plan so that they are able to capitalize on the numerous advantages of the RDSP.

If you are unable to attend the session you may also:

1. Meet with CLPE staff trained in RDSP
2. Or go to www.rdsponario.ca to register for a webinar or 1-1 phone consult.

Learn how the RDSP can work for you and your family.
February 23, 2011; 1:00 p.m. at CLPE
Visit our website or call for us details.

Do you have a concern or a complaint?

If so, and you or your family member receive services from CLPE call: (613) 476-6038 Ext.155



Community Living Prince Edward is a United Way member agency.

