

DID YOU KNOW.... Family Edition!

Welcome to our new Family Newsletter....

Community Living Prince Edward is pleased to present the first edition of our Family Newsletter. This newsletter will feature lots of information that parents, youth and people we support tell us is important for them to know.

We will include information about Community Living Prince Edward, funding, upcoming events, resources and so much more.

Let us know what you think and what you would like to see included in edition two.



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Basic Assurances Certification in Feb 2010.....

On February 9, 10, and 11th CLPE will be engaging in a Basic Assurances Certification Review.

This review ensures that we are providing the best possible services for people and families we support.

CQL—Council on Quality Leadership conducts the review over the period of these three days. As part of this review CQL staff will interview some families and people we support, visit various locations around CLPE, and engage in a variety of stakeholder focus groups. These focus groups will include community partners, families, people we support and staff.

Watch for more details.....



Personal Outcome Measures

As part of the review CQL will look at how Community Living Prince Edward plans with people they support and families. CLPE has embraced Personal Outcome Measures as a tool to ensure we are capturing all areas of people's lives that they tell us are important to them. Personal Outcome Measures are broken down into three areas:

MY SELF

My Family, my friends, and intimate relationships. My rights, my health, my safety, and continuity.

MY WORLD

Where I live and work. How I interact with others and use the environment around me. What social roles do I have. (roles of responsibility)

MY DREAMS

What are my goals. How do I participate in my community. Who are my friends.

Upcoming Events

Basic Assurances Review
February 9, 10, 11

Rights Training
Fall and Winter

'Healthy Relationships'
Workshop Series
January 2010

Autism Parent Support Group
March, April, May

Call Us For Details

An All Terrain Wheelchair is now available for families and people we support to borrow. To book and/or sign out the chair, please call reception at 613-476-6038.



Peer Mentoring is Making a Difference....

Peer Mentoring is a program that promotes an inclusive school culture in which everyone is encouraged to participate in the life of the school and where all contributions are valued & respected. Friendships are fostered and memories and attitudes are created which in many cases last long beyond the high school years.

Over the past several years CLPE has partnered with PECCI to offer this program in our local high school made possible by United Way Funding. Students with disabilities are now

joining clubs, participating in school events, fashion shows and joining sports teams, just to name a few.

Last year CLPE received an Ontario Trillium Foundation Grant to expand this program to Pinecrest School. In May over 90 grade 6-8 students participated in an inclusion awareness workshop. This year the program is in full swing once again and many exciting workshops, activities and guest speakers are arranged. For example in October Barb McKenzie, a mother, author and advocate for inclusion shared her

daughter's inspiring story of inclusion. Her daughter was born with Down Syndrome. In December Jay, a young man with Autism will be speaking with students at PECCI sharing a powerful message of inclusion and looking at the possibilities and contributions that all students can make.



Students at Work....

Students at work provides youth 16-21 opportunities to gain valuable employment training and experience during the summer months.

Patrick was more than excited to share his success story. He once again worked for the Bloomfield Bicycle Company this summer. Like other youth his age, Patrick worked a flexible schedule that included weekends and evenings. But like his peers, Patrick didn't mind as he knew his pay cheque made it all worth while.



Congratulations to all the youth for their hard work this summer.

This summer 6 people participated in Customer Service Training at the Prince Edward Learning Centre. During this four week workshop participants gained knowledge in greeting, interacting and working with consumers in the retail industry. Valuable social skills, inter-personal skills, positive conversation tips, and so much more were presented as part of this course.

Social Capital – Meaningful Roles in the Community

On October 4, 2009 Bruce volunteered to help out at the Annual Prince Edward County Marathon. Bruce enjoyed cheering on the runners as they past through the finish line. After the race was over, Bruce helped clean up and stack many chairs. Bruce enjoyed volunteering at the race so much, that he is looking forward to helping out again next year.



Blair has been working hard this year volunteering for different charities. Recently Blair gave of his time to volunteer at the Quinte Mall collecting donations for the MS Society. Blair is also collecting pop cans for Habitat for Humanity. Each week Blair visits various locations to pick up all the cans that have been saved for him. He also removes the tabs which he then donates to March of Dimes for purchasing wheelchairs. Great Job Blair.

People living at 33A Lake Street supported Prince Edward County Habitat for Humanity Building Project by bringing lunch for all the volunteers.

In October Tom attended the Prince Edward County Train Show. He was so impressed that he decided to join the Train Club and now attends their weekly meetings. He is now exploring options to purchase his own train setup and help contribute to the club's train setup.



Staff of CLPE are working hard to support people to make meaningful connections in their community.

SAVE — Support, Advocacy, Values, Education

SAVE Council is an opportunity for people we support to meet together, advocate and help direct the support they receive. The name speaks for itself: **S**upport, **A**dvocacy, **V**alues & **E**ducation.

Meetings are held the first Monday of the month from 4:30–5:30 p.m. at 29 Elizabeth Street, Picton,

A Self Advocates Group has also been formed. This group has been busy with a number of projects including giving presentations to staff teams on how they want to be supported. This

presentation clearly outlines what 'to do' but also what 'not to do'. For example, Steve tells staff "Do not do things for me that I can do for myself. Do ask me first if I need help."

The "Art of Inclusion" is another powerful presentation given by the Self-Advocates to several grade 5 classes. This interactive presentation teaches about inclusion, equality and rights.

Watch for the **LINK** newsletter that is produced and distributed by the



Summer Connections.....

From golf camps, soccer, and recreational programs, to karate and wake-boarding school children in Prince Edward County once again experienced new and exciting things this summer. Resource Consultants and Family Support staff supported families to make connections with child care programs, summer camps, respite workers, and community events to plan a summer that was active, busy and most importantly inclusive.

Timothy joined the Wellington Golf Camp this summer and along with his peers improved his drive and perfected his putting technique. But most importantly Timothy had fun and made some new friends.



It's a Matter of Rights....

Equal rights for all people. That is the message that is coming across loud and clear from people we support.

CLPE has developed many resources, workshops and materials to help people we support learn about their rights, to exercise their rights and advocate for themselves.

Through training and hands-on experiences, people learn how to exercise their rights but also learn that with rights come responsibilities.

On September 16, 2009 Danita Norton and Julia O'Neil presented information

about rights to parents of youth and young adults.

Throughout the fall and winter a number of self-advocates are being supported to facilitate several 6 week Rights Training Workshops. These workshops are open to all people we support 18 years and older.

If you would like to participate in this training please call Audrey Hamilton at 613-476-6038 x229 to sign up.

"I have the right to belong, participate, and be included like everyone else."

CLPE has many resources you can access:

- "It's a Matter of Rights" a book for youth.
- The Rights Manual
- 'Right On' Video
- 'You Have Rights' Brochure
- The Complaint Brochure
- An Independent Skills Inventory
- Safety and Financial Audits
- Tips on Advocating with the school
- Many resources now available in audio

Carry the Torch Relay December 15, 2009

CLPE is actively involved in a planning committee for this exciting event.

Congratulations Joe Lavender on being selected to carry the torch representing all of Prince Edward County.

Blair Welbanks has been selected to carry the British Flag of St. George representing his heritage.

Watch for Steve, Agnes and Amber in the Community Choir.

Congratulations Everyone!

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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"

Associate Home — Celebrates 5th Anniversary

Started in 2004 with a single home, this program has grown to include 15 homes in Prince Edward and Hastings Counties. The Associate Home program offers adults with an intellectual disability the opportunity to live with an individual, family or couple within their own community.

There are opportunities for both full-time Associate Home Providers and part-time Respite Providers.

Glen goes camping with Tim.



Gary lives on a farm in his Associate Home.

To find out more information about the Associate Home Program or if you know someone who would like to become an Associate Home or Respite Provider please call 613-476-6038 Ben Dick extension #116 or Julia O'Neil #130.

We're on the web!!
www.clpe.on.ca

Resource Library

- **ASD Starter Kit:** a valuable resource for families who have a young child with Autism.
- **Conversation Skills:** tips for on the job and in the community.
- **Steps to Independence:** teaching everyday skills to children with special needs.
- **Meals for Good Health:** a visual guide to low-calorie recipes with meal plans.

Useful Website Links

- **www.seregon.ca** — a ministry website E-Portal that lists all services available in Hastings and Prince Edward Counties.
- **www.mcass.gov.on.ca** — Ministry of Community and Social Services.
- **www.respiteservices.com** — a local website to match families and respite workers. Operated in partnership by CLPE and CSBD.



Community Living Prince Edward
is a United Way member agency.

Social Connections....

Making friends, hanging out, sharing common interests and belonging. These are things that people tell us are important to them.

CLPE is working hard at supporting people to make social connections.

Derrick and Al were recently introduced to each other as they both share a love for music, in particular guitars. Derrick is teaching Al to play the guitar and now they jam together.

Staff are supporting people to develop individualized plans that focus on making social connections, building natural supports and social capital, and facilitating friendships.

This and That Workshop....

This and That Woodworking Shop know bird houses. Recently they responded to a request in the paper to help restore the houses at Bird House City that have fallen victim to time and erosion.

Dolores and Gail of "The Friends of Birdhouse City" were grateful for their response and assigned them their first task right away. People working in This and That were a little nervous at first, after all this is "Birdhouse City", a well known local attraction, but were ready for the challenge. The first Birdhouse, a seaplane, was practically finished in a week. Gail and Dolores were so impressed that they quickly assigned various other tasks, including the rebuilding of "Birdhouse City's" replica of the Picton Fire Hall.



Keep an eye out next summer for the improvements at Birdhouse City...and remember to thank everyone involved for a job well done.